



# Welfare Guide 2007-2008



A summary of the welfare support provided by the  
JCR, College and University

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*Many thanks to all contributors (who have graciously suffered my onslaught of verbose emails in the last few weeks!). Special thanks must go to David, Sophie, Ryan and Rory for all their help and advice!*

# JCR Welfare Reps

Hi, we're Harry and Harraj and we'll be your welfare officers for the year. Technically, we coordinate JCR welfare, head the welfare sub-committee and create a link between JCR welfare and the greater Merton welfare system. More interestingly for you, I'm sure, in doing so we:

- provide a weekly **Welfare Tea** in the JCR each **Sunday** at **4pm**; we'll lay out a banquet of delights, from snacks to teas, cakes to biscuits, in this popular event that invaluablely bridges the gap between brunch and early supper or formal hall. It's a great opportunity to socialise with those in the years above you and to get to know all those people in Freshers' week that you only met in passing. Come along! Free food and brilliant people – what more could you want?
- put on a **Film/Sitcom Night** every **Thursday** at **9.30pm** in the **TV room**, popcorn and snacks abound. See you then!
- keep a well stocked laundry room, featuring a wide variety of condoms.
- can provide you, without charge but with the utmost discretion and confidentiality, **personal attack alarms** and **pregnancy tests**.

Most importantly, however, we are also here to provide a **listening service** if ever you are having problems, whether at Merton or at home. Privacy is taken very seriously, and you can be sure that anything that you say to either of us will be kept **strictly confidential**. As mentioned above, we'll always be around at Welfare Tea and Film Night, so feel free to grab us at either of these times. Both of us are also living in Rose Lane (Harry at 3:3 and Harraj at 3:4) so feel free to pop over to our rooms at any time, even if you believe your problem to be silly or insignificant. We both look forward to meeting you and wish you all the very best for your time here at Merton.



Female Welfare Rep  
Harraj Panesar  
Rose Lane 3:4  
Internal: 26420

Mobile: 0791 712 3360

[harraj.panesar@merton.ox.ac.uk](mailto:harraj.panesar@merton.ox.ac.uk)

Male Welfare Rep  
Harry Williams  
Rose Lane 3:3  
Internal: 26419

Mobile: 0775 474 9094

[harry.williams@merton.ox.ac.uk](mailto:harry.williams@merton.ox.ac.uk)

# The Chaplain

Dr. Simon Jones

The Chaplain co-coordinates the welfare provision in the College and chairs the Hardship Committee, so please talk to him if you ever find yourself in financial difficulty. His professional code means he is not legally obliged to talk to anyone about any problems (no matter how serious) brought to him. The Chaplain is happy to speak to all members of College regardless of their religious affiliations.

"I'm happy to provide confidential welfare support and advice to any student on any matter. I'm also the first port of call for students who find themselves in financial difficulty.

I have experience of providing welfare support to a wide variety of people in different contexts. Do feel free to get in touch if you have anything you wish to discuss in confidence, or are considering making an application for hardship funds.

There is no need to make an appointment. I'm available most days (including weekends) during term time. Feel free to call round, or contact me by 'phone or email."

Chaplain  
Simon Jones  
Fellows' 3:2  
Internal: (2)76365  
Home: (2)81793  
Mobile: 0796 837 5664  
[simon.jones@merton.ox.ac.uk](mailto:simon.jones@merton.ox.ac.uk)



# The Welfare Dean

Corin Throsby

The Welfare Dean is a member of the MCR who acts as the first point of contact for welfare advice and serves as a liaison amongst the members of the JCR, MCR, and SCR to promote student welfare in college.

Both undergraduates and graduates are welcome to come to see me about any concern or problem they may be having, no matter how big or small. Oxford is a demanding place, both academically and socially, and I am here if you have something serious on your mind, or if you simply feel like a chat. You can also contact me with any suggestions or comments about welfare support in College.

If you would like to meet with me, please email [corin.throsby@merton.ox.ac.uk](mailto:corin.throsby@merton.ox.ac.uk), or give me a call, to set up an appointment.

In cases of emergency or distress, students should feel free to ring my mobile 0776 290 6913 or room phone (2)76286 at any time, day or night.

Welfare Dean  
Corin Throsby  
St Albans 5:1  
Internal: (2)76324  
Mobile: 0776 290 6913  
[corin.throsby@merton.ox.ac.uk](mailto:corin.throsby@merton.ox.ac.uk)



# The Senior Tutor

Dr Catherine Paxton

"My job combines a number of roles: Tutor for Undergraduate Admissions, Tutor for Graduates and Senior Tutor. I work closely with my colleagues in the Tutorial Office, Vicky Lill, Julie Gerhardi and Jane Ashford, and with the Access and Schools Liaison Officer, Lucy Hawkins, to look after academic affairs connected with junior members from application to graduation. The College wants all its junior members to fulfil their academic potential and I am one of the College officers available to see junior members to discuss problems and offer advice.

As the College's Academic Administrator, Vicky is a first point of contact for problems such as:

- **Special exam requirements** such as extra time, use of computer or dictionaries, clashes with religious holidays.
- **Co-ordinating support** for students with **disabilities** or **health problems** (signalling special needs to Tutors; liaising with College staff on food, accommodation, laundry; linking with the Disability Office etc.)
- Arranging suspension of studies where there is a legitimate cause.
- Difficulties in relating to a particular Tutor.

One of the great advantages of being a member of a relatively small community, such as Merton, is that individuals really count. What is more, the College is well-resourced to help. But we can only do that when we know that there is a problem. I hope that whatever you are worried about, you will feel able to share it with someone so that you can get the most out of your undergraduate days."



**Senior Tutor**  
Dr Catherine Paxton  
Fellows' 4:6  
Internal: (2)86505  
[catherine.paxton@merton.ox.ac.uk](mailto:catherine.paxton@merton.ox.ac.uk)

# College Nurse, Doctors & Dentists

The college Nurse, who also serves as the Women's Adviser, holds a general surgery and offers welfare support as well as medical help to all members of college. The general surgery is held on weekdays from 8:30-12:00am in Grove 1:2 and is open to all members of the student body.



Nurse/Women's Adviser  
Helen Brough  
Grove 1:2  
(Weekdays, 8:30-12:00am)  
Internal: (2)76320  
[helen.brough@merton.ox.ac.uk](mailto:helen.brough@merton.ox.ac.uk)

The university requires all students to have a GP in Oxford. The Merton College Doctors, where most students register, hold a surgery in College on **Mondays from 2-3pm, 1st-8th weeks**. This is by **appointment only** through the college nurse, or the Jericho Health Centre, Walton Street on 01865 311234, by 11am.

There are also two College dentists - David Le Tocq and Dr Roger Griffiths - who are able to provide services on an emergency basis including examination and cleaning services but not further work involving extensive treatment. To be treated, you will need to provide evidence of your affiliation with the College.

David Le Tocq  
31 Beaumont Street  
(01865) 557507

Dr. Roger Griffiths  
22 Beaumont Street  
(01865) 243702

# LGBT

Oxford is a tolerant, liberal community and whether you are lesbian, gay, bisexual or transgender there should be no fears or concerns. Merton has two LGBT Representatives who are there to offer support, advice, or anything else you might need. You can come and talk to the LGBT Rep or Welfare Reps (all of whom are Peer Support trained) about any issue that is on your mind.

The LGBT Reps also organise in college LGBT events that happen a few times a term – and act as a point of contact if you want someone to introduce you to Oxford's wider LGBT community. Oxford's LGBT Society (LBGTsoc) meets a couple of times a week for a variety of events from great nights out to great nights in – or just relaxing in the park or with an ice cream.

Please don't hesitate to get in touch with me in any of the following ways; I look forward to hearing from you.



Marc Jaffré  
Front 5:8  
Internal: 26337  
[marc.jaffre@merton.ox.ac.uk](mailto:marc.jaffre@merton.ox.ac.uk)

A female LGBT rep is also available, and if you would like to speak to her just let me know!

Please be sure to check out the LGBT noticeboard (outside the bar, under the arch into St Alban's quad) throughout the term for information on upcoming events and other information.

You may also like a copy of the *LGBT Handbook* produced by OUSU (The Student Union). You can acquire a copy at any in-college LGBT events or, if you so wish, I can pidge a copy to you in an opaque envelope. Just email and let me know!

Here are a few web links that you might find interesting, you can see a greater selection of relevant links on the LGBT Noticeboard.

### **Merton JCR LGBT Site**

In case you lose this guide you'll find all the information from here on the website, the full link is below, but otherwise just go navigate 'Welfare' then 'LGBT' from the JCR homepage.

[jcr.merton.ox.ac.uk/02-welfare/02-lgbt.php](http://jcr.merton.ox.ac.uk/02-welfare/02-lgbt.php)

### **LGBSoc**

Oxford University's LGBT Society. The University-wide Society holds a "Queer Parenting Scheme" each year that you can sign up to at any time until the end of 0<sup>th</sup> week. The scheme puts you in contact with someone else in LGBTSoc before the first event of term, which can be a good way to start.

You don't have to be a member to attend LGBTSoc events and can start going at any time!

[www.lqbsoc.com](http://www.lqbsoc.com)

### **OUSU Queer Rights Campaign**

The Queer Rights Campaign fights against all forms of discrimination on the basis of sexuality.

[www.ousu.org/main/campaigns/queerrights/](http://www.ousu.org/main/campaigns/queerrights/)

### **Terence Higgins Trust**

The Terence Higgins Trust is the largest HIV and AIDS charity in Europe and has a drop in centre in Oxford.

Oxford Branch: 01865 243 389

National Helpline: 0845 122 1200

[www.tht.org.uk](http://www.tht.org.uk)

### **Stonewall**

An organisation dedicated to fighting for the equality of LGBT people within work and education. Might be worth a look!

[www.stonewall.org.uk](http://www.stonewall.org.uk)

# Merton JCR Peer Supporters

If you feel like you can't talk to the Welfare Reps (although we really hope this isn't the case) then there are other people in College who can help. They all peer support trained and can be contacted instead of the current Welfare Reps.



Dani Quinn (current JCR President)  
Front 3:1  
Internal: 26326  
[danielle.quinn@merton.ox.ac.uk](mailto:danielle.quinn@merton.ox.ac.uk)



Stephanie Meader (current JCR Vice President)  
Rose Lane 2:1  
Internal: 26398  
[stephanie.meader@merton.ox.ac.uk](mailto:stephanie.meader@merton.ox.ac.uk)



David Pritchard (ex Male Welfare Rep)  
Grove House  
Internal: 26212  
[david.pritchard@merton.ox.ac.uk](mailto:david.pritchard@merton.ox.ac.uk)

Sophie Payne (ex Female Welfare Rep)  
Grove 2:10  
Internal: 26353  
[sophie.payne@merton.ox.ac.uk](mailto:sophie.payne@merton.ox.ac.uk)



Rory Holmes (ex Male Welfare Rep)  
Hollywell 19:8  
Internal: 21794  
[rory.holmes@merton.ox.ac.uk](mailto:rory.holmes@merton.ox.ac.uk)

The Academic Affairs Rep, Equal Opportunities Rep and LGBT Reps are also all peer support trained and can be contacted about anything, not just their specific responsibilities.

# Hardship Provision

If you find yourself in financial difficulty, please contact the Chaplain ([simon.jones@merton.ox.ac.uk](mailto:simon.jones@merton.ox.ac.uk)) about the loans and grants for which you might be eligible. The College Hardship Committee awards **hardship grants and loans** from College funds to undergraduate and graduate students, and should also be approached to support applications to the University Hardship Committee. Home students are also eligible for assistance from the Government's "Access to Learning Fund", which is administered by the University.

Application forms are available from Julie Gerhardi in the Tutorial Office, and further information is contained in the 'Financial Guide for Undergraduates', posted on the College website.

In addition, all students are eligible for College book grants, and may also apply for travel grants and research grants. Full details can be found in Section 7 of the College Handbook (pgs. 12-14), a link to which is available on the Welfare pages of the Merton JCR website (<http://jcr.merton.ox.ac.uk/>).

## Nightline

Nightline is a confidential listening, information and support service run by students, for students. They don't claim to be able to solve problems but they will listen sympathetically without judging. Each night from the beginning of 0th week until the end of 9th week there will be a male and a female volunteer available from 8pm to 8am. All calls are in **complete confidence**; you won't even be asked to give your name. Although not professionals, all the volunteers have successfully completed a course of training.

**Nightline:** (2)70270 any time from 8pm to 8am

# Equal Opportunities

Rafaelle Nicholson

Discrimination of any kind is not tolerated at Merton; both the College and the JCR take this issue very seriously. The Bursar and the Senior Tutor have responsibility for enforcing the College's Equality Policy with regards to domestic and academic issues respectively. The JCR also has an elected Equal Opportunities Rep who should be the first point of call if any member of the JCR feels discriminated against.

Dr Kate Blackmore and Dr Steven Gunn have been designated by the College to act as advisers who may be consulted if you believe you are a victim of harassment or simply would like some advice. It is strongly recommended that you do so before you lodge a formal complaint with the Principle of the Postmasters. You may contact them directly or indirectly through Raf, or any other member of the Welfare team.

## Current Equal Opportunities Rep: Rafaelle Nicholson

Hi, I'm Raf, a second year History and Politics student and your Equal Opportunities Rep for this year. Discrimination is thankfully very rare at Merton, but if you do have concerns at any point I am always available to discuss them and I'm sure we will be able to deal with the issue. I'm also the person to come to if you feel you may be entitled to any extra time or other special arrangements in exams whilst at Merton. As a member of the Welfare team I will also be working closely with the Welfare Reps, so don't hesitate to get in touch, even if you just feel like a chat.

Equal Opportunities Rep  
Rafaelle Nicholson  
Holywell 4/5:6  
Internal: 21741  
[raf.nicholson@merton.ox.ac.uk](mailto:raf.nicholson@merton.ox.ac.uk)



# JCR Academic Affairs Rep

Peter Eccles

Amongst all of the fun at university it sometimes comes as a shock that we have to work as well! We can all find it hard to cope with mounting piles of essays, problem sheets and exams. If at any point in your studies you do have any work related problems then I am here to help. Whether you have a complaint or issue arising from your tutorials or lectures, need help in deciphering the exam regulations or want to ask about new books for the library then come and see me. I can also help you to explore the options if you want to change your course, module or tutor. Throughout the year the university will be offering essay writing workshops and study skills sessions which I can put you in touch with. So don't let stress about work build up and get to you, whatever the problem we can find a way to deal with it.



JCR Academic Affairs Rep  
Peter Eccles  
[peter.eccles@merton.ox.ac.uk](mailto:peter.eccles@merton.ox.ac.uk)

## International Students

As an international student, coming to university must be even more daunting than usual, especially if you are experiencing British culture for the first time. However, Merton is a very friendly place and there will be plenty of JCR exec members around to lend a hand in any way they can!

We would like to invite you to a special event for new international students during freshers' week. We will be holding an international tea where you can mingle and meet one another as well as the international 2<sup>nd</sup> and 3<sup>rd</sup> years (not to mention help yourselves to lots of free food!). We hope that you will be able to take part in all the fun events of Freshers' week, and get to know all of your fellow Freshers!

# University Counselling Service

The Counselling Service is independent from the University, although it is funded by the University and by colleges. It offers a professional, confidential, general counselling service that deals with a wide range of emotional and psychological issues. The Counselling Service provides group therapy as well as one-to-one sessions. If appropriate, the counsellors will refer people to other organisations.

There is usually a waiting list, but the Counselling Service can almost always manage to see people for an initial session within a week and there are also places for absolute emergencies. There are both male and female counsellors available. An initial appointment will be made which lasts for approximately an hour, after which the student and counsellor decide together whether further counselling would be helpful, and, if so, what form it should take.

The Counselling Service is open in term time and the vacations, on weekdays, 9.15am to 5.15pm.

More information can be found at:

University of Oxford Student Health and Welfare Page

<http://www.admin.ox.ac.uk/shw/counserv.shtml>

OUSU Welfare Resources Web page

<http://www.ousu.org/main/advice/welfare>

<p>University Counselling Service 11 Wellington Square 01865 270300 <a href="mailto:reception@counserv.ox.ac.uk">reception@counserv.ox.ac.uk</a></p>
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# Personal Safety

Oxford is a relatively safe city, but unfortunately attacks do occur. In the last few years two Merton students have been attacked. If possible don't walk alone through Oxford at night. Walk in groups, cycle, make use of the relatively cheap taxis. If you find yourself really stuck you can always ring the JCR Welfare Reps and we will be more than willing to come and rescue you!

Free personal attack alarms are available to all members of the JCR, and can be obtained from the JCR Welfare Reps. Carry it and your mobile phone everywhere.

The following personal safety advice is taken from the Home Office website: ([http://www.homeoffice.gov.uk/docs2/hs\\_safesecure6.html](http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html))

Some General Points:

- You will be safest in bright, well-lit and busy areas. Try and avoid dark alleyways like Magpie Lane, use large, well lit streets like Oriel Square
- Try to look and act confident – look like you know where you are going and walk tall.
- You might like to spread your valuables around your body. For example, keep your phone in your bag, your keys in your trouser pocket and your money in your jacket.
- If someone tries to take something from you, it may be better to let them take it rather than to get into a confrontation and risk injury.

- You can use reasonable force in self-defence. You are allowed to protect yourself with something you are carrying anyway (for example, keys or a can of deodorant), but you may not carry a weapon.
- If you decide to defend yourself, be aware that your attacker might be stronger than you, or may take what you are using in self-defence and use it against you. It is often better just to shout loudly and run away.
- Shout 'fire' rather than 'help' – it can get more results.
- Try not to be conspicuous about the valuables you are carrying. Talking on your mobile phone, carrying a laptop, or showing your friend your new gold ring all show thieves that you are worth robbing.
- When out walking or jogging, you should not listen to a personal stereo through headphones, so you can stay more alert to your surroundings.

More information about personal safety can be found at:

#### Home Office Website

[http://www.homeoffice.gov.uk/docs2/hs\\_safesecure6.html](http://www.homeoffice.gov.uk/docs2/hs_safesecure6.html)

#### Crime Reduction Website

<http://www.crimereduction.gov.uk/personalsafety.htm>

#### The Suzy Lamplugh Trust Website

<http://www.suzylamplugh.org/home/index.shtml>

# Cycling Safely

Cycling is an environmentally friendly, rapid and fun method of transport; being almost entirely flat, Oxford is the cyclist's dream city. With a flux of 20000 cyclists moving into and out of the city centre each day, the swarms of cyclists that hit the streets at rush-hour will soon become a familiar sight to you. However, cycling is not without risk; regretfully, two Oxford students have been killed since 2004 and many more have been injured. It is critically important, therefore, that you take the appropriate measures to protect yourself as you take to the road.

- Wear a **helmet** that meets current safety standards (look out for 'BS EN 1078 SNELL CERTIFIED'). Ensure that:
  - it does not obstruct your vision or hearing.
  - it is fitted snugly, securely and squarely on your head, sitting just above your eyebrows and not tilted backwards or forwards.
  - you secure the straps without twisting, leaving only enough room to fit two fingers between the chin and the strap.
- At night your cycle must have front and rear lights lit. It must also be fitted with a red rear reflector and amber pedal reflectors. White front reflectors and spoke reflectors will also help you to be seen (Highway Code Law RVLRL regs 18 & 24).
- You must not cycle on a pavement. Do not leave your cycle where it would endanger or obstruct road users or pedestrians, for example, lying on the pavement. Use cycle parking facilities where provided (Highway Code Laws HA 1835 sect 72 & R(S)A sect 129).
- Tempting as it may be if you are late for lectures, you must not cross the stop line when the traffic lights are red. Value your life above

your speed. On-the-spot-fines are becoming commonplace; earlier this year, police gave 80 £30 fines in just two hours (BBC News 24). If you jump a red light and cause an accident, you will also be legally responsible and are liable for all damages.

- Never ride more than two abreast and on narrow or busy roads (most of Oxford!), ride **single file**.
- Do **not** listen to your iPod or use your mobile phone whilst cycling; if you're cycling with friends, concentrate on the road – leave your tute dissection for later!
- Bicycle **theft** is common in Oxford. Mark the frame with your **postcode** and write down its **serial number**. Consider joining the University Cycle Registration Scheme; for 60p, you'll be given a UV pen to mark down a unique registration number on your bike and two hologram stickers. Call (2)72945 or visit [University Security Services](#). The Observatory, South Parks Road to obtain a pack. Always **lock** your bicycle to something solid and not to itself. In the event of theft, registered or not, inform St. Aldates Police Cycle Unit on (01865) 26628.
- **Check your bike often** and ensure that it is well maintained. See the 'Ten Second Bike Check' at the Cyclesense website for pointers.

The above list is non-exhaustive and you are strongly recommended to consult additional sources for further guidance. The above information was compiled from the following websites:

CycleSense – THINK! Cycle Safety

<http://www.cyclesense.net/>

The Highway Code

<http://www.highwaycode.gov.uk/03.htm>

# Useful Numbers

The following are phone numbers that you might find handy. If you're ringing from a University extension (like your room phone), then remember to omit the (2) and precede 0800 numbers with a 9 to ensure you don't get charged!

## Medical emergencies:

Most circumstances	999
Merton Lodge (also connect to anyone at Merton)	(2)76310
John Radcliffe Hospital	(01865) 741166 (01865) 220208
Oxford Eye Hospital	(01865) 234163
Ear, Nose and Throat emergencies	(01865) 224756

## Legal and Financial:

Student Finance Direct	08456 077 577
Citizens Advice Bureau	(01865) 247578
OUSU Student Advice	(2)88461
Oxford Student Legal Advice Service (OSLAS)	(2)70770
Tax and Benefits Confidential Helpline	0845 6086000
Oxford Benefits Office	(01865) 443333
Housing Rights Centre	(01865) 247853
Consumer Credit Counselling Service	0800 138 1111

## Transport:

National Rail Enquires	08457 48 49 50
Oxford Tube	(01865) 772250
City Taxis	(01865)794000

**Health:**

College Doctors (Jericho Health Centre)	(01865) 311 234
NHS Direct	0845 4647
Health Information Service	0800 665544
Mind Information Line (Mental Health)	08457 660 163
Diabetes UK Careline	020 7424 1030
Meningitis Trust Helpline	0800 028 18 28
National AIDS Helpline	0800 567123
Terence Higgins Trust (HIV/AIDS line)	(01865) 243389
Harrison Dept, RI (walk-in HIV testing)	(01865) 231 231
Alec Turnbull Family Planning Clinic	(01865) 456666
Pregnancy Advisory Service	08457 304030
Care Confidential (pregnancy & post abortion helpline)	0800 028 2228
Alcohol Helpline (Drinkline)	0800 9178282
FRANK: National Drugs Helpline	0800 776600
Release (drugs legal line)	0845 4500215
Libra (drugs/alcohol issues)	(01865) 723500
Clinton Clinic (24hr drugs/alcohol advisory service)	(01865) 226243
Alcoholics Anonymous	(01865) 242373 0845 769 7555
Quit line (support for those giving up smoking)	0800 00 2200
NHS Smoking Helpline	0800 169 0 169

**Miscellaneous:**

Careers Service (56 Banbury Rd) (2)74646

We hope you never need it, but just in case the number for St. Aldate's Police Station is (01865) 266000.

## Helplines & Counselling Services:

Nightline (8pm-8am listening service)	(2)70270
University Counselling Service	(2)70300
Samaritans ( <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> )	08457 90 90 90 (01865) 722122
MI ND (Mental Health) Information Line	0845 766 0163
MI ND (Mental Health) Crisis Line (7pm-1am)	(01865) 251152
Oxford Depression Support Group	(01865) 552640
SANeline (Mental Health Support & Info.)	0845 767 8000
Dyslexia Association Helpline	0118 966 8271
No Panic (helpline for those suffering from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders, including tranquilliser withdrawal)	0808 808 0545
Relate (Relationship Counselling)	(01865) 242960
CRUSE Bereavement Care	(01865) 245398
Oxford Rape Crisis	(01865) 726295 0207 837 1600
Survivor's UK (Male Sexual Abuse and Rape) Victim Support	0845 122 1201 (01865) 711186
Women's Aid (Domestic Violence Aid)	0808 2000 247
Brook (Pregnancy and Sexual Health Advice)	020 7284 6040
Miscarriage Association	01924 200799
beat (Eating Disorders) Helpline	0845 634 1414
Oxford Friend (LGB Helpline)	(01865) 726893
Bisexual Helpline	020 8569 7500
Lesbian and Gay Switchboard	020 78377324
Oxford Homophobia Awareness Liaison Team	(01865) 243389
University Harassment Advisers	(2)70760
Proctors' Office	(2)70090
OUSU Student Advice	(2)88450
OUSU Academic Welfare	(2)88464
OUSU Welfare and Equal Opportunities	(2)88461

## Important Numbers

Harraj Panesar	26420
JCR Female Welfare Rep	0791 712 3360
Harry Williams	26419
JCR Male Welfare Rep	0775 474 9094
Corin Throsby	(2)76324
Welfare Dean	0776 290 6913
Dr Simon Jones	(2)76365
Chaplain	0796 837 5664
Helen Brough	(2)76320
College Nurse	
College Doctors	(01865) 311234
Jericho Health Centre	
Merton Lodge	(2)76310
Nightline	(2)70270
Emergency Services	999/112