

Welfare Guide!!

Hello, lovely people!! Sending you a massive welcome to the Brasenose family and a huge congratulations on getting your offers (especially after the year and a half we've all had!). We're so proud to welcome you into Brasenose life and we cannot wait to meet you all in October! We're Phoebe and Jonny, your college welfare reps and we're here to help support you through the rough times that Oxford (and life in general !!) may throw your way! Together with our welfare committee, we run college events to get the BNC family together. These can range from film nights to free yoga sessions and more often than not involve giving out free food – taking Tesco's approach to student welfare, every little helps!

We have an amazing welfare team of trained students and staff combined, here to offer a confidential chat to anyone who needs to offload any worries, no matter how big or small! If you're ever struggling or just need a chat and a cuppa, we're always about! We can also signpost you to professional help if you need. Our team are here to help make your transition into uni life as smooth as possible and help make your Oxford days the best they can be! See below for a bit more info about the different roles in our team, the events we run and our all-important contact details!



Welfare Provisions

Welfare Teas

These are weekly get-togethers with delicious snacks ranging from sweet treats to fresh fruit and bread! They're a great way to socialise and take some time out of a busy day (and to swipe some free snacks ofc). Depending on lockdown guidelines these may look a little different to how they might usually be, but we'll be adapting to the state of affairs week by week to keep everyone as safe and well snacked-up as possible! x

Peer Support Drop-ins

Peer Support Drop-ins are a safe space where you can talk through any problems or worries you're having, no matter how big or small. They are run by students who have had 24hours of training and regular meetings with our supervisor. All conversations are confidential and while we might not always have solutions, it's a great place to offload stuff and we find that often you figure stuff out

just by speaking through it with someone. We're also a great point of call to signpost other resources that might be really useful. We run drop-ins twice a week but you're always welcome to just drop a peer supporter a message and find a time that works for you both.

Yoga

Sessions in college run every Monday and Wednesday for free(!?) They'll most likely be virtual this term, but that shouldn't stop you crazy kids from stretching! It's suitable for all levels, so whether you're a seasoned yogini, or a fresher to yoga as well as uni, you'll have a great time.

The Cookie Fairy

This sweet and mystical creature lives in college and is ready to dish out cookies to the 'pidge' (aka your pigeon hole which is in the porter's lodge!) of a friend in need on request. When that special time of term comes around you'll be able to send a message to the cookie fairy (which also has been known as the freddo fairy, to keep everyone on their toes) and they'll get delivering (on the strike of midnight of course)!

The Flower Fairy

The especially astute among you may be noticing a trend here - similar to the Cookie Fairy but with flowers! This ritual also takes place once a term - anonymously send flowers to cheer up a friend or to subtly let them know their room smells (not recommended)! Always give responsibly.

Events

We've got events for days my loves!! We will have to get inventive what with this ol' virus going around, but trust that we will keep you well entertained and socialising in the most welfare-y ways this term.

Sexual Health Provision

Contraception and panic alarms can be requested from us, for free, at any time. Just fill in our welfare form, <https://goo.gl/forms/SWw9KLbpQtaB6y7H2> (to which there will always be a link on our email!) or send us an email/message including any specific requirements/preferences (eg: latex-free, flavoured(?) etc.) and we'll post them in your pidge (as confidentially as poss - a situation where our over-thinking might finally have a use) ASAP.

Our wonderful women's officer, Elena, is in charge of sanitary products and pregnancy tests, which can be ordered for free in a similar way.

All of this fun and funky stuff will be broken down as and when it happens in our Weekly Welfare Emails (sent out on Sundays of term time to one and all!) so keep your eyes peeled for those bad boys!

We can't wait to meet all you lovely freshers, and hope that we will be able to help Brasenose feel like home all the faster when you arrive!

Sending lots of BNC love,

PB&J

(Phoebe and Jonny)

Meet the Welfare Team !

Us, your welfare reps!

Jonathan Routley – jcr-welfare@bnc.ox.ac.uk - 07443569962

Phoebe Crockford - jcr-welfaremale@bnc.ox.ac.uk - 07577660667

College Welfare Leads:

Julia, our lovely Chaplain and designated peer support lead is here to chat to you confidentially about any issue troubling you (regardless of religious faith) - chaplain@bnc.ox.ac.uk

Ian Kiaer, The College Dean, who is here for more formal matters, discipline is not the only quiver to his bow!! - dean@bnc.ox.ac.uk

Junior Deans:

The junior deans are there for any out-of-hours *welfare* needs! They're fab for a chat or a trained voice of wisdom in a moment of crisis – true legends, these guys.

Contact the lodge if you need to get in touch with the junior dean on duty.

Porters Lodge: 01865277830

Night Porters Mobile: 07710916095

Junior Deans: (don't be shy they're super lovely and also live on site!!)

Natalie - natalie.barber@bnc.ox.ac.uk - 07534972665 - College-based

Mimi - mimi.lu@bnc.ox.ac.uk - 07833431218 - Frewin-based

College nurse - college.nurse@bnc.ox.ac.uk (why couldn't we get such easy email addresses as these??)

Your new GP!! - Dr Leaver & Partners x Jericho Health Centre - 01865 311234

D&E Rep – Kadiza Khanom – jcr-diversity@bnc.ox.ac.uk (legend)

Women's officer – Elena Petropoulou - jcr-womensofficer@bnc.ox.ac.uk (also a legend)

Peer Supporters:

Your lovely Peer Supporters: (catch them on messenger (or via email!!) any time, they're all here for you guys!!) As a team we run twice-weekly peer support drop-ins too!

Helen Scantlebury - helen.scantlebury@bnc.ox.ac.uk

Joe Cary – joseph.cary@bnc.ox.ac.uk

Robin Newby – robin.newby@bnc.ox.ac.uk

Laura Stirling-Barros – laura.stirling-barros@bnc.ox.ac.uk

Jackson Spry – Jackson.spry@bnc.ox.ac.uk

(all legendary)

Rainbow Peers are a university-wide group of peer supporters who identify as LGBTQ+. They provide the same confidential listening and support as other peer supporters, so you can contact them about any issue and especially if you want to talk about something LGBTQ+-related. If you want to talk to a Rainbow Peer then feel free to email rainbowpeers@admin.ox.ac.uk.

Peers of Colour are a university-wide group of peer supporters who identify as BAME. They provide the same confidential listening and support as other peer supporters, so you can contact them about any issue and especially if you want to talk about issues pertaining to being a person of colour. If you want to talk to a Peer of Colour then you can email peersofcolour@admin.ox.ac.uk.