

As Welfare Officers and Peer Supporters, we're here to lend you our listening ears, so if ever you feel like you need to have a chat or blow off some steam, don't hesitate to contact us or any other members of the Welfare team (beware: there are many Welfare members lurking about! 😊).

- We have a **college counsellor**, Sebastian (on the website called 'Student Support Advisor'), who offers **free counselling sessions** in weeks 0-10. You can book a session with him at <https://it.brasenose.org/bookings/> (Found under Student Services -> Welfare -> Student Support Advisor)
- We also have a **University Counselling Service** which offers **free counselling sessions** and provides a range of great counsellors. They run through term time AND vacation time so have good provisions for graduate students. You can find out more about them here: <https://www.ox.ac.uk/students/welfare/counselling>
- Our lovely **college nurse**, Kinneret, can help with both physical and mental health problems, including exam / thesis stress, so don't hesitate to book an appointment with her here: <https://it.brasenose.org/bookings/> (Found under Student Services -> Welfare -> College nurse). She is here weeks 0-9.
- Arnaud the **sub-dean** and Rev David Sheen the **Chaplain** are both here to support students and are available at short notice (so good to keep in mind if the counsellor or nurse has a waiting time). They are happy to chat about any issues you might be facing, including exam stress. You can find their emails here: <https://www.bnc.ox.ac.uk/current-students/welfare-support/welfare>
- **Andy Talbot**, our head porter, also looks after student welfare and is happy to chat to students about any issues they might be dealing with (he is also an ex police officer which has its uses!). His e-mail address is andrew.talbot@bnc.ox.ac.uk
- **Dr Leaver & Partners** in Jericho is our college GP - you can go to them for both physical and mental health issues, and they also have a **physio** who you can book a session with for free. More information here: <https://www.leaverandpartnersjericho.nhs.uk/>
- **HCR peer supporters** - we have trained peer supporters who are happy to have an informal friendly chat - Dana Vuckovic (online only), Jack Whitehead (rainbow peer supporter), Nijia Zhou, Robyn Haggis, and Xinmiao Hu. You can contact them directly or through the welfare email.
- **Junior Deans** - our junior deans, Arthur, Sunny and Charlotte, provide pastoral support to students and are available for a chat. You can find out more about them here: <https://www.bnc.ox.ac.uk/current-students/welfare-support/welfare>
- **Funding** - Brasenose provides some **financial resources**, including a **Graduate Research Allowance**, which gives you between £225-£975 for your studies, depending on the length of the course. This can be used towards various expense types (e.g., language course, fieldtrips, conferences,

books, etc.), so definitely worth using! Information on them can be found here: https://www.bnc.ox.ac.uk/downloads/college_office/List_of_BNC_funding_sources_MT22.pdf

- **Exercise** is great to help cope with the stresses and struggles of student life - as members of Brasenose, you have **free** access to **Iffley gym** (sadly not the pool), as well as complimentary yoga classes every Monday.
- **Headspace**: we are giving free student subscriptions to **Headspace**. You just need to buy the student version (£7.99), fill in this form <https://forms.office.com/e/dbhDVXyt6Y> and return it to Rachel, our treasurer: hcr-treasurer@bnc.ox.ac.uk.
- **Oxford Nightline** provides an opportunity for students to talk to someone in confidence - it is run for and by students, open 8pm-8am Monday-Sunday, 0th week to 9th week. You can call them on 01865 270 270 (you do **not** need to be in Oxford to use the service). More information at: <https://oxford.nightline.ac.uk/>
- **Welfare Wednesdays** - Becci is running welfare Wednesdays each week at 6.30pm in the HCR, so do come along for a break from work, some nutritional and soul-fuelling snacks, and good company / moral support!

Our great Brasenose community means no one needs to struggle alone, so do reach out to any of our welfare people for a chat 😊

Welfare Love,

Becci, Dana & Robyn
HCR Welfare Officers