

HCR Welfare Provision 2025

Beyond this document, you can find comprehensive information on the Welfare Team and other resources and services available to you as a Brasenose student on the welfare section of the Brasenose intranet

(<https://unioxfordnexus.sharepoint.com/sites/BRAS-Welfare/SitePages/Meet-the-Welfare-Team.aspx>).

College

- Our **college counsellor, Sebastian Petzolt**, offers free counselling sessions in weeks 0-10. He is a qualified psychotherapist and treats all concerns with confidence.

You can book a session with him at <http://www.bnc.ox.ac.uk/collegecounsellor> or reach him via email at counsellor@bnc.ox.ac.uk. Office: Staircase IX, room 5b.

- Our lovely **college nurse, Kinneret**, can help with both physical and mental health concerns, including exam/thesis stress. She can also make medical referrals to the GP, and is available to discuss any problem, big or small. She is available for appointments in weeks 0-9. You can reach her by email: college.nurse@bnc.ox.ac.uk or by phone: 01865 277883.

You can book a face-to-face or MS Teams appointment with Kinneret via this booking link(<https://www.bnc.ox.ac.uk/collegenurse>) or drop in during her surgery hours. Office: Staircase XII.

- **Arnaud the Sub Dean** (Email: subdean@bnc.ox.ac.uk ; Office: Staircase XVIII room 1) and **Revd David Sheen the College Chaplain** (Email: chaplain@bnc.ox.ac.uk; Phone: 01865277830; Office: Heberden 1) 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 to you in confidence about any issues you might be facing and can signpost to wider health and wellbeing resources in Oxford. Both can be approached about harassment, and Arnaud can formally receive and investigate complaints of misconduct (including harassment). It is worth noting that you don't need to have any religious faith or faith-related concerns to contact David, he is here to provide pastoral and welfare support to everyone!

- **Andy Talbot**, our head porter, also looks after student welfare and safety 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 the Jericho Health Centre is our **college GP** - you can go to them for both physical and mental health issues. They provide both in-person and online consultations, and they also have a physiotherapist who you can book a session with for free. You can find more information here:

<https://www.leaverandpartnersjericho.nhs.uk/>

- Our **Junior Deans** (Faojia Sultana, Dana Vuckovic, and James Smith) provide out-of-hours support for welfare and pastoral issues. You can find out more about them here: <https://www.bnc.ox.ac.uk/current-students/welfare-support/welfare> . For non-urgent queries you can contact them via email at junior.dean@bnc.ox.ac.uk, for any time-sensitive issues you should contact them via the lodge.

- Our **Diversity & Equality Harassment Officer, Dr. Anne Edwards**, (anne.edwards@bnc.ox.ac.uk) also offers confidential pastoral support for any issue, and can advise on diversity and equality-related concerns. She is also a college harassment officer and can be contacted about any form of inappropriate behaviour.

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

HCR

- Your **HCR Welfare Officers** are here to help you with any welfare or other concerns you might have. We're always up for a chat and we can signpost you to helpful services and resources. Beyond this, we organize different schemes, initiatives, and events to maintain your wellbeing and make sure everyone in the HCR feels welcomed and supported. You can find details for the confirmed ongoing schemes for the 25/26 academic year below. We're always looking for feedback and new ideas too so don't hesitate to approach us about this!

- **Josephine Douglas** (She/her) josephine.douglas@ndorms.ox.ac.uk
- **Kexin Xu** (She/her) kexin.xu@bnc.ox.ac.uk

- **Student Headspace subscription:** HCR members can get reimbursed for the annual student subscription to Headspace, currently costing **£7.99 per year**. You need to email your receipt to the welfare inbox and Cc the treasurer (hcr-treasurer@bnc.ox.ac.uk).

- **Period & sexual health products:** We maintain a stock of period products (tampons, pads), pregnancy tests, and condoms in the HCR bathrooms so you can always rest assured if you find yourself stuck without.
- **Reusable period products allowance:** HCR members can claim **up to £10 per term** for the purchase of reusable period products (eg. menstrual cups, period underwear etc.) You need to email your receipt to the welfare inbox and Cc the treasurer (hcr-treasurer@bnc.ox.ac.uk).
- **Free peer support coffee:** Students meeting up with an HCR peer supporter can enjoy a coffee/snack etc. **up to £5** paid for by the HCR.
- Your **HCR Peer Supporters** are a group of HCR students with first-hand experience of the unique joys and challenges of postgraduate life, and who have received specialist training to be able to better listen to and support you. You can reach out to them to chat about anything, whether you think your issue might be big, small, or there isn't one at all. They are happy to meet you in a space of your own choosing, and chats are fully confidential and non-judgmental.
 - **Josephine Douglas** (She/her) josephine.douglas@ndorms.ox.ac.uk , 2nd year DPhil Molecular and Cellular Medicine
 - **Kexin Xu** (She/her) kexin.xu@bnc.ox.ac.uk, 3rd year DPhil Computational Biology
 - **Anna Hu** (Pronoun indifferent) xinmiao.hu@physics.ox.ac.uk, Final year DPhil Physics
 - **Sam Bealing** (He/him) samuel.bealing@bnc.ox.ac.uk, 5th year Medicine
 - **Alicia Wo** (She/her) ye.wo@psych.ox.ac.uk, 3rd year DPhil Psychiatry
 - **Jack Whitehead** (He/him) jack.whitehead@bnc.ox.ac.uk,), DPhil Structural Virology, rainbow peer

University-wide & Beyond

- The **University Counselling Service** offers free individual counselling sessions, as well as groups and workshops oriented around specific topics and themes. They are available for support year-long (including vacs), so have good provisions for graduate students. You can find out more about them and the range of services and resources they provide here: <https://www.ox.ac.uk/students/welfare/counselling>, or contact them by email at counselling@admin.ox.ac.uk.

- The University **Sexual Harassment and Violence Support Service** offers free support and advice to any current student who has been impacted by sexual harassment or violence. Find out more at <https://www.ox.ac.uk/students/welfare/supportservice>.
- **Exercise** is a great tool to help destress - as members of Brasenose, you have free access to the **Iffley Road Sports Centre gym** (<https://www.sport.ox.ac.uk/iffley-road-sports-centre>, sadly this doesn't include the pool), as well as complimentary yoga classes in college. There are also various top ups for you to purchase, such as for fitness classes & racket sports.
- **Oxford Nightline** provides an out-of-hours non-judgmental and confidential listening service, run by and for students. They are open 8pm-8am Monday-Sunday, 0th week to 9th week.

You can phone them on 01865 270 270 (you do not need to be in Oxford to use the service), or they also provide support via instant messaging online at <https://oxfordnightline.org> (where you can also find more information about them).

- **Togetherall** (<https://www.ox.ac.uk/students/welfare/counselling/togetherall>) is a free and anonymous peer-to-peer online platform monitored by mental health professionals, where you can access courses, resources, and chat to others.