

WELFARE AT BRASENOSE

A quick guide to all things welfare at Brasenose!!

Hello from the Welfare Team!

Together with our Peer Supporters, we run college events to get the BNC family together. This can vary from Bob Ross evenings to a therapy dog visit to bringing in alpacas for an afternoon, and more often than not it involves giving out free food. The welfare team is made up of trained students and staff, and we are always available for a coffee or a chat. If you have any worries at all— big or small— please reach out! We can signpost you to any professional help or just provide a listening ear.

Welcome to the Brasenose family, and congratulations on receiving your offers! Always remember that the tutors chose you for a reason (and they're very good at doing so), so you're absolutely meant to be here.

We're Anna, Marianna, and Matthew – your college welfare reps – and we're here to help support you through your time at Oxford! If you are having any issues, please do reach out!



MARIANNA SHULLANI
SHE/HER



ANNA GJETNES
SHE/HER



MATTHEW COULTER
HE/HIM

Below in the rest of the guide is some more information about the structure of college welfare and the events we put on.

JCR Welfare Provisions (what we run):

Welfare Teas

Twice a week there is a Welfare Tea! These are get-togethers in social spaces (often outside in the summer) where we provide a whole variety of snacks. They're a great chance to socialise and take a break from a busy day.

Yoga Sessions

We run free weekly Yoga sessions (currently every Monday). They are suitable for every level, and are a great activity to do with friends in the early evening.



A Pancake Day welfare tea on Shrove Tuesday!

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. Maybe you're feeling quite lonely trying to navigate university, or feel particularly stressed about your workload. Or maybe you just want to have a biscuit and a chat to break up your study sesh!

They take place twice a week (currently Monday and Thursday), and their time and location will be posted on the JCR Facebook page, as well as the BNC Welfare Instagram (@bnc_welfare).

Peer Supporters are students who have had 24 hours of formal training and regular meetings with a supervisor, who is a trained mental health professional, to build up their active listening skills (that includes us!). All conversations with them are confidential, and whilst they may not be able to provide solutions, the sessions are a great place to offload. We often find that you can figure things out just by saying them out loud with someone. Peer supporters are also up to date on the welfare resources the university and college can provide and can signpost you toward the appropriate people.



Some students meeting Sirius, the therapy dog.

Coffee Walks

You can also message a Peer Supporter and organise a time that works to go on a Coffee Walk.

You can both go to grab a (free!) coffee with a peer supporter and talk through whatever might be troubling you. You can get in touch via Facebook or email, or drop in to a Peer Support session to arrange a time. There is a list of the Peer Supporters on the Welfare Instagram, and on the Intranet.



Welfare Week (a.k.a. the best week of term!)

This occurs in 5th week, and is basically a week full of fun activities. Last time events included a therapy dog, a pub quiz, alpacas (animal species subject to change). It's a week filled with fun social activities to relieve the pressure of academic work and other stresses of term!



Alpacas visiting Frewin, our second-year annexe, for welfare week!

Sexual Health Provisions

Contraception and pregnancy tests can be requested from us, for free, at any time. Just fill in our Welfare form (sent out via email, and on our Instagram page), or send us an email/message. We'll post them in your pidge confidentially/leave them anonymously in a safe place in College. Our wonderful Women*s officer, Ruby, is in charge of sanitary products and pregnancy tests, which can be ordered for free in a similar way.



A welfare tea in progress



College Welfare Provisions

There is a wide net of professional help on offer.

In College, both the Chaplain, David, and the Sub-Dean, Arnaud, are in charge of Welfare, and they're both lovely, and always up for a chat! They're always there to listen to students, just pop them an email to arrange a time to meet.

We also have our college Nurse, Kinneret, who is there to help with any medical problems, including stuff like stress and sleep issues, and our in-house College counsellor, Sebastian. Booking appointments are very easy, all you need to do is fill out a form on the Intranet.

If you have any immediate security or safety concerns, the Porters' Lodge (widely known as Plodge) is the place to go, led by Andy Talbot.

You'll get to meet everyone mentioned here in person during your welfare and medical inductions, and there's more information on the services the College offers on the Intranet ([Welfare Home](#)), which you'll be able to access once you get your SSO logins!

The University's Welfare Provisions

You can also access central university support directly: see [Welfare and Wellbeing](#) / [University of Oxford](#) for the wide range of services the University offers.

The Counselling Service is a highly useful service for all students (they see 12 -13% of the Uni population every year). You can make an appointment with a counsellor in person (the centre is about a 10 minute walk from Brasenose), via email or by phone. Details on how to make an appointment can be found here: [Making an appointment](#) / [University of Oxford](#).

The University also run a lot of group workshops, offering a broad spectrum of help, from sleep issues to managing trauma or panic. Many of these take self-referrals, see here: [Workshops and Groups](#) / [University of Oxford](#).

So overall, there's loads of welfare activities to look forward to next term, we are so excited to welcome you into the Brasenose family in October! If you have any questions before then, please feel free to drop us an email or drop us a message on our Instagram!

Sending humongous waves of welfare love,
Anna, Marianna, and Matthew 🧡💛.



jcr-welfare@bnc.ox.ac.uk



@bnc_welfare

Contact details

You can email Anna Gjetnes, Marianna Shullani, and Matthew Coulter through the shared welfare email:

jcr-welfare@bnc.ox.ac.uk

You can also contact us individually through Facebook messenger, or our personal emails (anna.gjetnes@bnc.ox.ac.uk ; marianna.shullani@bnc.ox.ac.uk ; matthew.coulter@bnc.ox.ac.uk)

We have a welfare Instagram account that you can follow to keep you in the loop about the welfare events we're running and general welfare info! You can follow it at [@bnc_welfare](https://www.instagram.com/bnc_welfare)

Other key points of contact

Porters lodge: 01865 277 830

Night Porter's Mobile: 07710916095

College Nurse: college.nurse@bnc.ox.ac.uk

The GP- Dr Leaver and Partners x Jericho Health Centre- 01865 311234

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 feel free to email

peersofcolour@admin.ox.ac.uk

