

# STUDENT HEALTH AND WELFARE

# BULLETIN



CHRISTMAS 2017

EDITION 14

## Welcome to Edition 14

Welcome to the Christmas edition of the Bulletin. Thank you to those colleagues who attended our 'New to Welfare' induction event in November, we look forward to working with you in your new roles. Thanks also to Bruce Kinsey of Balliol for sharing his valuable insights into running welfare services in a college.



This edition of the Bulletin includes opening times for Student Welfare and Support Services over the vacation, and other seasonal information. The Christmas vac can be a lonely time, especially for overseas students, or graduates in mixed colleges. Welfare Teams may want to consider organising a Christmas celebration of some kind for those who remain in residence.

Gillian Hamnett, Director of Student Welfare & Support Services

## News and updates

### Welfare Forum

The Welfare Forum continues to meet to share good practice and experience in relation to student welfare, and met in 4<sup>th</sup> week with a focus on student mental health. The Conference of Colleges [Weblearn](#) site has a dedicated area for shared resources.

### DAS student numbers

At the end of Week 3 of Michaelmas term the number of students registered with the Disability Advisory Service (DAS) stood at 3,545. The number of students registering continues to increase annually and currently accounts for 15% of the student population.

### Counselling Service

Demand for counselling services at the start of the academic year has been high, and with considerable increase on previous years. The Counselling Service implemented an action plan to respond to this increased demand to ensure that all students receive an initial appointment in an expedient fashion.

### Cycle Safety

With the dark evenings now upon us, please do remember that lights (white at front and red at rear) on bicycles are compulsory. Police in Oxfordshire have been raising awareness and can stop and fine cyclists without lights. University Security Services sell discounted lights, which are available on their [website](#).

The University has officially endorsed the Claudia Charter, named in memory of DPhil student Claudia Comberti. Details of this charter, for safer cycling in Oxford, can be found on the [website](#) along with a poster.

### Money mules campaign

Financial Fraud Action UK and Cifas (a not-for-profit fraud prevention organisation) have launched a campaign that aims to deter students from becoming money mules. Criminals may approach students with what looks like a genuine job offer, asking them to receive money into their bank account and transfer it

onto someone else, keeping some of the cash for themselves. Young people and students are particularly vulnerable because fraudsters know they are often short of money. Colleagues might be interested in the available [posters](#) or [leaflet](#).

### Flu vaccination

As we head into the winter season anyone with a long-term health condition such as asthma, diabetes, heart, liver, kidney or neurological disease are more at risk of becoming seriously ill from the flu virus than the general population. Flu can be very serious for people with long-term health conditions and patients are encouraged to get their free flu jab from their GP surgery or participating pharmacy. Even if your condition is well-managed, catching flu can make the effects of an existing condition worse. It also makes complications like pneumonia more likely. It's important those with long term health conditions get vaccinated every year to protect themselves against the current strains of the virus.

Please encourage students who might be at increased risk should speak to their GP about the flu jab, and further information is available at [NHS Choices](#).

### International students in Oxford over the Christmas vacation

Many international students will remain in Oxford over the Christmas vacation and this can be a lonely period, especially as many normal services and facilities are closed or on reduced hours. Included at the end of the bulletin is information opening times for key health and welfare provision, which we would encourage you to make available to students staying in Oxford.

Student Welfare & Support Services will be closed from 12noon on Thursday 21 December and reopening at 8am on Wednesday 3 January 2018.

### Student Wellbeing Subcommittee papers

Student Wellbeing Subcommittee (SWSC) maintains oversight of the activities of Student Welfare & Support Services. Open papers of the Subcommittee are available to university members with SSO credentials, and these can be accessed [here](#).

## Who's Who in Welfare

### Associate Director of Pre-clinical Studies (ADPS) for Health & Welfare

#### Dr Laurence Leaver

I am the newly appointed Associate Director of Pre-clinical Studies (ADPS) for Health & Welfare, and my role is to support the Director in coordinating pastoral support, health and welfare for preclinical students at the University.

My background includes over 20 years as a College Doctor and GP, as well as teaching medical students, which I continue to do.

I am available to help students whom the preclinical school, college tutors or others have identified as potentially in need of help or advice, as well as those who refer themselves. I am here to help preclinical students and make best use of the various support available, providing a safe space for individuals to reflect on issues and consider how they can make progress either independently or with appropriate professionals.



Dr Leaver can be contacted via: [seniorwelfare@medsci.ox.ac.uk](mailto:seniorwelfare@medsci.ox.ac.uk)

### CHRISTMAS IN OXFORD 2017

During the Christmas period you will find there are lots of special events and services taking place, but also that many places are closed. This listing provides information on the opening hours of health services across the city, as well as some suggestions for other activities.

#### University opening hours

##### Central University

- The University Offices, Examination Schools and most other central offices are closed from 17:00, Wednesday 21 December until 09:00, Tuesday 3 January 2017.
- The submissions desk at the Examination Schools will also be closed during this period. If you are intending to submit work during this period by post or deposit in the Examination Schools post box you will not obtain proof of submission.
- Student Information will be closed during this period. Enquiries will be dealt with in early January 2018.

We would encourage colleagues to make students aware of departmental and college opening times over the vacation, particularly any closed periods, and of local arrangements if students have any welfare concerns or emergencies.

#### Health services

Health services will be available over the Christmas period, but with more limited service. Please make students aware of the following information:

##### NHS out-of-hours medical and dental service

- In an emergency call 999.
- For non-emergency services call 111 or 01865 515731, open throughout the Christmas period. Your call will be answered by a call centre who will triage your enquiry, and you will be contacted by an on-call GP. More information on [out-of-hours services in Oxfordshire](#).
- [Guide to local NHS Services](#)
- [NHS Choices website](#)

##### *Pharmacies*

Pharmacies will work on a rota during the holiday period, and the following central pharmacies will be open at variable times over the holiday period. Call 111 for information about opening times.

- Cowley Pharmacy, 258 Cowley Road
- Woodstock Road Chemist, 59 Woodstock Road

##### *Sexual health and contraception*

- Emergency contraception is available at pharmacies.
- [Oxfordshire Sexual Health Service](#) will operate a limited service over the vacation. Please refer to their website or call 111 for opening hours.

#### Advice and support

##### Oxford University Counselling Service

Closed from 13:00, 21 December until 08:00, 3 January 2018.

##### Nightline (01865 270270)

Closed Monday 11 December to Monday 8 January.

## Samaritans

Open 24 hours throughout Christmas and New Year. Call: 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org).

If English is not your first language, the Samaritans also provide support for non-English speakers.



Further details of emergency and help service contacts visit the Help page of the [Oxford Students website](#).

## Places of worship

Attending a traditional Christmas church service or carols can be an interesting way to experience British traditions but there are also many other religious places to worship in Oxford.

A selection of places of worship in Oxford:

- [Woodstock Road Baptist Church](#), Baptist
- [St Ebbe's Church](#), Church of England
- [St Aldate's Church](#), Church of England
- [Wesley Memorial Church](#), Methodist
- [Holy Trinity Oxford](#), Greek Orthodox
- [The Oxford Oratory](#), Roman Catholic
- [Blackfriars](#), Roman Catholic
- [Oxford University Catholic Chaplaincy](#), Roman Catholic
- [Oxford Buddha Vihara](#), Buddhist
- [Oxford Hindu Temple](#), Hindu
- [Central Oxford Mosque](#), Muslim
- [Oxford Jewish Congregation](#), Jewish

## Other activities in and around Oxford

### Sport

[Oxford University Sport](#) (gym and swimming pool), Iffley Road:

Closed from 23 December 2017 - 06:00, 2 January 2018

### Theatres and cinema

Most theatres and cinemas are open over the Christmas period, however they are closed on Christmas day itself.

### Shops, supermarkets, restaurants and pubs

Most shops and supermarkets will have reduced hours and nearly all shops will be closed on Christmas Day. For supermarkets open around Christmas please check individual store websites.

Some restaurants and pubs are open on Christmas day, but many require advance booking, or are only open for drinks.

The Student Health and Welfare Bulletin is produced by Student Welfare and Support Services which is part of Academic Administration Division and includes the Student Counselling Service and Disability Advisory Service. Contact us at: [swss@admin.ox.ac.uk](mailto:swss@admin.ox.ac.uk). To subscribe or unsubscribe, visit: [www.admin.ox.ac.uk/aad/swss/](http://www.admin.ox.ac.uk/aad/swss/).