

A photograph of Exeter College's courtyard. The background features a large, historic stone building with Gothic architectural elements, including pointed arch windows and a series of large, circular rose windows in the upper gables. A tall, slender spire is visible on the left side of the building. The foreground is a lush green lawn where several groups of students are gathered. Some students are sitting on the grass in small groups, while others are standing and talking. A dark wooden bench is positioned on the left side of the lawn. The scene is bathed in bright sunlight, creating strong shadows and highlighting the textures of the stone and foliage.

A Guide to Welfare at Exeter College

EXETER WELFARE: Introduction

Congratulations and welcome to Exeter College!

Your welfare is important, and we want to enable you to flourish, enjoy, and make the most of your time in Oxford and at Exeter. This presentation gives you some information about the welfare support available to you. All the information here is also available on the [college website](#).





EXETER WELFARE: how it works

- There are many people in College who are here to help: your friends and house mates, JCR and MCR welfare reps, your tutors, and other members of the College staff.
- We have a welfare team, which acts as a hub of support, information, care, and help. The team coordinates between different parts of College, University, as well as health care providers. The best way to contact a member of the team is by email.



For Post Graduates:

- Your welfare provision is shared between the College and your Department / Faculty. The Department / Faculty has ultimate responsibility. The [Director of Graduate Studies](#) (DGS) oversees your time as a graduate, and you should be introduced to them in your departmental induction.
- Therefore, please, do use the College's welfare team, but also know that, if the issue is specifically academic, then the DGS will need to take the lead.



EXETER WELFARE: the team

- Andrew Allen is the welfare lead (andrew.allen@exeter.ox.ac.uk).
- Andrew has been at Exeter for 12 years. Andrew has overall responsibility for student welfare. Andrew is non-judgmental, open, and keen that you thrive whilst in College. His dog, Tallis, is in College occasionally, and loves walks.



EXETER WELFARE: the team

- Helen Thornton is the Welfare Officer
(helen.thornton@exeter.ox.ac.uk).
- Helen is also the College Nurse. Helen has a huge range of experience and draws on her 8 years' work at Exeter to help students. Helen is available by appointment to talk with you about any issue. She, too, has a dog, Jasper, who loves treats and cuddles!



EXETER WELFARE: Junior Deans

Oxford has its own lingua-franca.

- Junior Deans are post graduate students who are part of the welfare team and help with welfare issues.
- We have three Junior Deans: Anjali, Brittany, and Sandra.
- You can contact them via email, or if you need them urgently, via the Porters' Lodge at Turl Street, or the Front Desk at Cohen Quad.



EXETER WELFARE: Junior Dean Anjali

- Hi everyone. I'm Anjali Rawat, Junior Dean (JD) based out of Exeter House. I'm a 3rd year DPhil in Law, focusing on equality and family law. As part of my Junior Dean role, I help students with academic and welfare issues and guide them to appropriate support. Feel free to reach out for a chat or tea (especially *chai*)!
- You can set up a meeting by emailing me on juniordean.iffley@exeter.ox.ac.uk. In case of an emergency, you can reach the JD on call by calling the porter's lodge. (01865 279600)



EXETER WELFARE: Junior Dean Sandra

- Hi Everyone, I'm Sandra, one of the Exeter Junior Deans and I'm based at Cohen Quad. I am a 3rd year DPhil student in Clinical Medicine. As a Junior Dean, I am part of the college welfare team, and we play a role in supporting students during their time at Exeter with any welfare needs and providing guidance to questions students may have. Please do feel free to say hi when you see us around or let us know if you'd like to go grab some tea or a walk!
- I can be reached via email at juniordean.sandra@exeter.co.uk or if an emergency, the porters' lodge can reach us.



EXETER WELFARE: Junior Dean Brittany

- Hi everyone! I'm Brittany, the Turl Street Junior Dean. I'm a 3rd year DPhil student studying cancer biology, and I'm from Birmingham, Alabama. When I'm not working on research, I love reading in any of Oxford's beautiful libraries (or at The Missing Bean here on Turl Street) or trying to befriend Walter somewhere around college. I'm so excited for the upcoming year at Exeter. I am here to help both undergraduate and postgraduate students with any welfare concerns that might arise. Please don't hesitate to reach out if you need support, have a question, or if you'd just like to grab a cup of coffee and chat! You can reach me via email at juniordean.turl@exeter.ox.ac.uk.

EXETER WELFARE: what we can do



- TALK THROUGH ANY ISSUE WITH YOU



- EXPLORE HOW THESE ISSUES CAN BE UNDERSTOOD AND WORKED ON



- SIGN POST YOU TO PROFESSIONALS AND FURTHER SOURCES OF SUPPORT



- EMPOWER YOU TO MOVE FORWARD

EXETER WELFARE: what we cannot do

- Emergency support

- Make the issue go away

- Sustained, long term therapy

- Replace NHS provision for wellbeing, medical help, and care

- Fund autism or ADHD diagnosis



EXETER WELFARE: confidentiality

- We respect your desire for privacy, and work within strict codes of conduct.
- Generally, confidentiality is held within the welfare team. This is necessary to help provide you with the most efficient support.
- We cannot offer complete confidentiality; the policy is laid out in the Green Book (The Green Book is the guide to College Life)



EXETER WELFARE: emergency medical

- The College does not provide emergency medical help.
- If the situation is life threatening, or at serious risk you should ring 999. If you call 999 and an ambulance attends, please inform the Porters' Lodge (01865 279600)
- Otherwise, ring 111 or 111.nhs.uk This will talk you through your situation and give you correct advice.
- If you have an emergency dental problem you can find help [here](#).

EXETER WELFARE: medical




The College Nurse is Helen Thornton
(Registered Nurse)

- To speak with her, please email helen.thornton@exeter.ox.ac.uk. Helen works with pre-booked appointments Monday – Friday, Weeks 0 – 9 between 10am and 4pm. It is not possible just to knock at her door to see her. Email is the best way to contact her.
- Helen deals with minor illness, minor injury, dressings, help navigating the NHS, when/how to see a GP or general health queries. She is registered with the Nursing and Midwifery Council (NMC) and has been working at Exeter College since 2016. Helen works in conjunction with Beaumont Elms Practice, the general practitioner (GP) for Exeter College.



WELFARE BEYOND EXETER: medical support

- College GP is Beaumont Elms [Beaumont Elms Practice](#)
- You must register with the Surgery as soon as you can.
- To register, please go to: <https://www.campusdoctor.co.uk/oxford/>, select Exeter College, and complete the form which appears after you click Exeter College.
- The best way to see a GP is to use their online consulting system. This enables to doctor on call to triage your concern and allocate the nearest appointment for you. [Consult Online from Home - Beaumont Elms Practice \(webgp.com\)](#)
- Download the NHS App as this gives you access to your medical records summary and test results. [NHS App and your NHS account - NHS \(www.nhs.uk\)](#)
- [Please click on this text to watch this important video from the college doctors](#)



WELFARE BEYOND EXETER: therapy

- The University Counselling Service is available as a starting place for therapy. They offer a range of workshops, podcasts, as well as group and individual therapy.
- <https://www.ox.ac.uk/students/welfare/counselling>
- If you have come to the UK, and have had regular therapy, funded by your insurance, please speak with Helen or Andrew and they can guide you as to how to find a UK based therapist.

WELFARE BEYOND EXETER: dentistry

- We do not have a College Dentist. Due to the shortage of dentists in the UK it is recommended that you remain with your home dentist.
- You can find an NHS dentist [here](#)
- NHS dental costs explained [What dental services are available on the NHS? - NHS \(www.nhs.uk\)](#)
- There are private dentists near College. Some of them will offer dental plan payments.



EXETER WELFARE:

Disability Advisory Service

- If you have received support from your school, or doctor, or health care time it is important that you tell the Disability Coordinator this as soon as possible, so we can make the relevant adaptations.

The Disability Coordinator is Josie Cobb

- Disability encompasses a wide range of situations of both physical and mental health. Responding to neurodiversity sits within the scope of the University's Disability Service.

The JCR Mental Health and Disability Rep is Phoebe Lambard





Oxfordshire Sexual Health Service

EXETER WELFARE: sexual health

•The [Sexual Health Department](#) is at the [Churchill Hospital, Headington](#). They can help with issues such as:

- Contraception
- Emergency Contraception
- PrEP
- PEPSE
- STI Testing
- Sexual Assault Service

You can read more about Oxford University's Sexual Violence Service [here](#)



EXETER WELFARE: tips: spectrum of emotions

These are completely normal emotions you might experience:

- Sadness
- Loneliness
- Anxiety
- Overwhelmed
- Exhausted
- Confused
- Homesick
- Perfectionism
- Procrastination
- Work/life balance

And here's some tips to help!

- Talking with friends and family
- Exercise
- Varied diet with plenty of fruit, vegetables and protein Food and mental health - Mind
- Consider taking a multivitamin, especially Vitamin d during the winter months
- Avoid too much caffeine
- Sleep (see next slide)
- Exploring faith and spirituality
- Drama, choir, clubs

EXETER WELFARE: tips: sleeping well

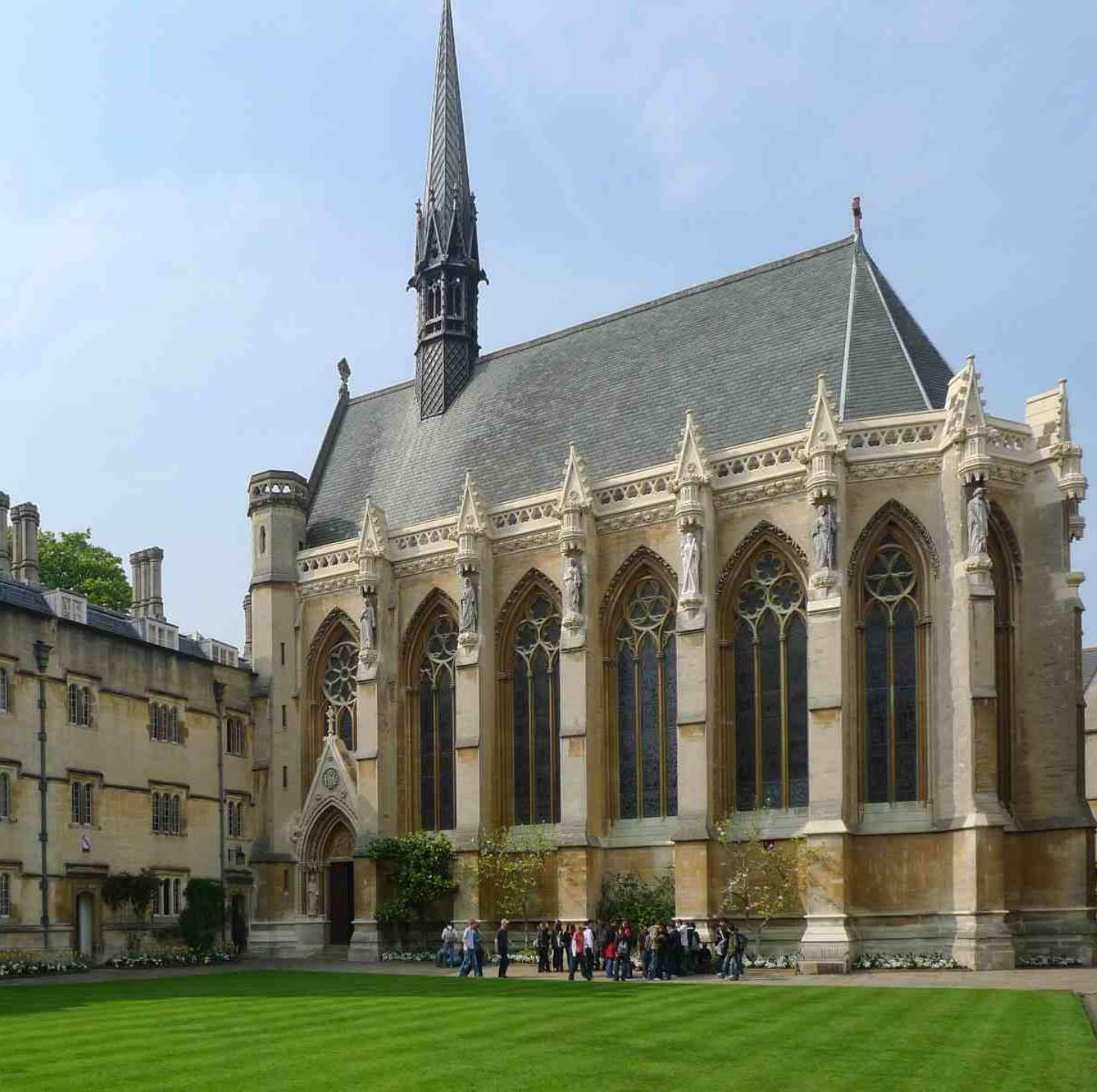
- Everyone's experienced the fatigue, short temper and lack of focus that often follow a poor night's sleep. An occasional night without sleep makes you feel tired and irritable the next day, but it won't harm your health.
- After several sleepless nights, the mental effects become more serious and you may need to speak to a healthcare professional [Sleep problems - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthcare-professionals/sleep-problems-every-mind-matters)
- Check out [Sleepio](https://www.sleepio.org/) which is a free online sleep programme.
- [The Sleep Charity](https://www.sleepcharity.org/) has lots of information about how to address sleep issues.
- This site contains useful information about exams and sleep <https://www.sleepfoundation.org/school-and-sleep/final-exams-and-sleep>





Useful link page

- [Welfare and Wellbeing | University of Oxford](#)
- [Exeter College, Oxford: over 700 years of excellence](#)
- [Harassment and Conflict | University of Oxford](#)
- [Samaritans](#)
- [Oxfordshire Mind | Your Local Mental Health Charity](#)
- [The NHS website - NHS \(www.nhs.uk\)](#)
- [Keystone - Mental Health & Wellbeing hubs](#)[Keystone \(oxfordhealth.nhs.uk\)](#)



Useful numbers to add to your phone

- 01865 279600 Turl Street Porters' Lodge
- 01865 610530 Cohen Quad Front Desk
- 01865 245472 Exeter House Office
- 01865 240501 Beaumont Elms: the College Doctors
- 111 Non emergency NHS help line
- 999 Emergency services
- Do you have an emergency contact listed on your phone?