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*Christ Church*

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Welfare Support at Christ Church

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Congratulations on gaining a place at Christ Church. We are writing to you as Welfare Coordinator (Clare) and Junior Censor (Kevin). Clare lives on site with her family and so you will see her around regularly. Kevin is the Senior Member with overall responsibility for welfare (and discipline, but we don't need to worry about that now!).

Christ Church is a wonderful place to live and study, and we hope you are getting excited about the move. At the beginning of term you will receive a Welfare Handbook and we are also preparing several videos which will have all of the information you need regarding who to contact if you need support or advice. You can also access all of this information from the [welfare pages of the Christ Church website](#).

At Christ Church we believe that it is vital that you have the support that you need to enable you to thrive here, in your studies of course, but also personally and socially. We are hoping that things will be able to return to 'normal' having had a year with a great deal of Covid restrictions, but whatever the regulations we will do all we can to make sure that your time here is happy and healthy, and that you are supported if you need to quarantine or isolate at any time.

If you have a pre-existing support need such as a physical or learning disability, a mental health issue or a particular personal or family issue, then it's really helpful to let us know before you arrive so we can make sure we have support in place for you. We work closely with the Disability Advisory Service and University Counselling Service and so can ensure support is in place from the moment you arrive if necessary. This information is confidential and won't be passed on to tutors unless you give us permission to do so.

Last year we trialled having a short 1:1 conversation via Zoom/phone between all undergraduate freshers and a member of the welfare team. These were very well received and so we are going to offer them again and we hope it will give you an opportunity to ask anything about life in Christ Church before you arrive and to speak about any concerns you might have. These will take place during the week beginning 20<sup>th</sup> September and we will be in touch about it in due course.

Here is some information in advance about the support available from the College and University.

## College Support

We understand that there may be times when things get tough and most people need some support at some stage in their time here, even if that's just a chat with the chaplain, a walk round the meadows with a peer supporter, or some advice from the nurse. There are quite a number of us in the welfare team and you can find out more on the [Welfare Support](#) pages on our website, which includes the JCR and GCR Welfare Handbook.

## University Support

### 1. [Disability Advisory Service](#)

The DAS provides information, support and resources for those with sensory or mobility impairments, long-term health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties. It is vital you get in touch with the DAS before you arrive if you have a support need. Christ Church has a link advisor at the DAS: Pauline Graham ([pauline.graham@admin.ox.ac.uk](mailto:pauline.graham@admin.ox.ac.uk)). You can make contact with her directly, or via Helen Ety, our Academic Registrar and College Disability Coordinator ([academic.registrar@chch.ox.ac.uk](mailto:academic.registrar@chch.ox.ac.uk)). For more information on the DAS see the website linked above.

### 2. [University Counselling Service](#)

The University has an excellent counselling service which is freely available to all undergraduates and graduate students. If you need to have counselling in place before you arrive here then email them via the link on their website. We also have an on-site counsellor one day per week: more details under College Support.

### 3. [Podcasts and Resources](#)

The Counselling Service have put together a range of resources including some very helpful podcasts and the ones titled 'Advice for Freshers' and 'International Students' are well worth listening to before you arrive. You can access them via the link above.

Finally, one of the most important members of the Welfare Team is Layla the Cockapoo!



Layla lives on campus and enjoys being walked every day by students! There is even a 'dog-walking rota' that gets sent out every week in term time and so if you like dogs, you're coming to the right place!

Layla drawn by Ophelia Yannaghas

We really look forward to meeting you and we wish you every success and happiness during your time at Christ Church.

Best regards,  
Clare and Kevin