

WADHAM VALUES

Wadham has a proud tradition of being at the forefront of advancing equality of opportunity, and celebrates vigorous debate, independent thought, and academic excellence. We seek to create a welcoming, accessible, and secure environment in which to work, study, live, and visit. Our community embraces people of all ages, backgrounds, races/ethnicities, nationalities, beliefs (including religious beliefs), genders, sexualities, dis/abilities, and appearances. This diversity, underpinned by mutual respect and consideration, enriches us all.

WADHAM CONTACTS (2023-24)

The value set out above inform our principles of living in community, and our mutual concern for each other's welfare. The contact details which follow are for emergency and support services available to all, and for those people who have particular responsibilities in supporting the welfare of College members. For all current welfare information, plus useful resources, check here **first**: <https://www.wadham.ox.ac.uk/current-students/student-welfare>

IN AN EMERGENCY

Ring the **LODGE**, which is open 24/7, on the **emergency number: 01865 277 999** and/or

THE EMERGENCY SERVICES (police, fire, ambulance) on **999***

**Please also ring the Lodge on their emergency number so they can arrange site access*

SAFE HAVEN: A safe space offering mental health crisis support **11.30am-9.30pm, 7 days a week**; ring ahead on **01865 90 30 37**

SHOUT: text support in a crisis 24/7 – **85258**

The SAMARITANS: **116 123** free to call from any phone or email jo@samaritans.org 24/7

Emergency contraception: College Nurse, GP or Oxfordshire Sexual Health Service: **01865 231 231**

Non-Emergency Advice and Support

24/7, NHS non-emergency advice. Call, **111**, or online, for physical or mental health concerns.

Rape Crisis England and Wales 24/7 0808 500 2222

Beat Eating Disorder helplines:
0808 801 0677

www.beateatingdisorders.org.uk

Togetherall

online support community: togetherall.com

Turning Point (drug and alcohol services in Oxfordshire):
www.turning-point.co.uk/oxfordshire-roads-to-recovery

Oxfordshire Sexual Health Service

(information, advice, testing, emergency contraception):

<https://www.sexualhealthoxfordshire.nhs.uk/>
01865 231 231

The **WELFARE ADVISORS** offer confidential support for any student experiencing personal, emotional, social or academic difficulties, and can provide further information about the full range of welfare services available in College and beyond. E-mail welfare.advisor@wadham.ox.ac.uk or chaplain@wadham.ox.ac.uk to arrange an appointment. You can also speak to the WELFARE LEAD sarah.obrien@wadham.ox.ac.uk

The **COLLEGE NURSE** can help with medical concerns in term time – **01865 277955** pml.wadhamnurse@nhs.net

The **JUNIOR DEANS** are a team of trained graduate students at Wadham College offering welfare support out of office hours (evenings/nights and weekends). Ring the Lodge (**01865 277 900**) and the on-duty Junior Dean will contact you. For non-urgent matters the Junior Deans can be contacted at junior-deans@wadham.ox.ac.uk.

The **COLLEGE PEER SUPPORTERS** are students trained to offer confidential listening support and signposting to welfare resources (peersupport@wadham.ox.ac.uk). For general concerns or suggestions, contact the **SU or MCR Welfare Officers** (su.welfare@wadham.ox.ac.uk; mcr.welfare@wadham.ox.ac.uk).

The **OXFORD UNIVERSITY COUNSELLING SERVICE** (**01865 270300**/counselling@admin.ox.ac.uk) sees students to help with personal, emotional and psychological problems.

The **COLLEGE GP SURGERY** (**01865 240501**/www.19beaumontstreet.com) provides medical and mental health help and advice.

NIGHTLINE (**01865 270270**) is a confidential listening service, run by students for students during Weeks 0-9.

SEXUAL VIOLENCE AND SUPPORT SERVICE <https://www.ox.ac.uk/students/welfare/supportservice> Free advice and safe space

The **OXFORD SU STUDENT ADVICE SERVICE** provides advice and information: www.oxfordsu.org/wellbeing/student-advice

Please refer to the [Wadham Handbook](#) for more sources of support, information and help, including those (Tutor for Women, Tutor for Race, Tutor for Equality and Diversity/harassment advisors/Welfare Lead/ Welfare Dean/Senior Tutor) who may not be available in an emergency but can help in other circumstances. For more details, go to <https://www.wadham.ox.ac.uk/current-students/student-handbook>