

St Anne's College

WELFARE HANDBOOK 2025/26



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Welfare Letter



Demi
(she/her)



Hannah
(she/her)



Sam
(he/him)

Hey everyone and **welcome to St Anne's!** We're your welfare reps for this year and our job is to support you with any worries or problems you have throughout the year, whether they're to do with emotional, physical or mental health, work and feeling overwhelmed, or you just want a friendly face to chat to. We will also be putting on some fun events for you to get involved with away from studying!

Oxford, like any university, can be overwhelming at times so it's really important to take breaks and get involved with the college community where you can. Every week, there will be a welfare tea on **Sunday at 2-3pm** - expect lots of snacks, different kinds of tea, themes based on national holidays, and a space to chill, destress and chat! We will also organise at least one other event per week, such as arts and crafts, café trips, dog walks, movie nights, yoga, and more!

Finally, you may or may not have heard of the idea of the Oxford 'fifth week blues' where people start to miss home and feel a bit exhausted with work - to help with this, we will host a 'welfare week' every term in week 5, where we put on one event every day to lift your mood! Our termcards and all of the information about these events can be found on our Instagram **@st_annes_welfare** - make sure to follow us and turn on notifications so you don't miss out! We will also send out emails at the start of every week and messages/reminders on the first years WhatsApp group.

St Anne's has a lot of staff dedicated to your welfare who you will meet over the next few pages! We also have out-of-hours assistant deans of welfare that can be contacted 7pm-8am on the Porter's Lodge phone number (**01865 274800**) for any welfare concerns during these times, as well as peer supporters - these are students who have done specialist training that can listen to and help with any concerns. More information, contact numbers, and the appointment booking page can be found on the following website: <https://www.st-annes.ox.ac.uk/current-students/student-welfare-support/meet-the-welfare-team/>

We've put together this welfare handbook to give you an insight into welfare at St Anne's, share our top tips, and reveal some of our amazing events in freshers' week and throughout the year!

Please reach out to us via WhatsApp, Instagram, or email (all found on the next page), if you're struggling, feeling a bit down or overwhelmed, or just want someone to talk to, or come and find us at our events or around college! You can also reach out to us with any worries and questions ahead of starting university! We've been first years and know how difficult uni can be at times, so we'll be here to listen, advise, and help wherever we can. We can also signpost you to others in college who are more able to help with your specific worries, such as staff and other JCR reps like our lovely disabilities, LGBTQ+, ethnic minorities, international students, class, equal opportunities, women's, men's, and environment reps, who you will also meet in this document!

We're looking forward to meeting you all, supporting you, and making this year the best it can be!

Welfare love,
Demi, Hannah and Sam

Meet The Team



demi.meakin@st-annes.ox.ac.uk

+44 7421 058050

Demi Meakin (she/her)

Hey, I'm Demi, a second year medic from Derbyshire, and I'm so excited to be one of your welfare reps for this year! Whilst putting on some *amazing* events, we will also be your primary contacts for any welfare issues - university and adjusting to a new environment can be difficult and overwhelming so we're here to support you with any problems or worries you may have. Hannah, Sam and I have been exactly where you are so please do reach out - no problem is too big or small to come to us with!

Hannah McLaughlin (she/her)

Hey, I'm Hannah from Newcastle (HOWAYYYYY) and I'm really excited to be one of your welfare reps this year! I'm a second year Spanish and Linguistics student - a typical day for me involves a language class, a tutorial, writing an essay and definitely a trip to STACS (St. Anne's Coffee Shop). Oxford can be a lot of fun but also involves quite a heavy workload; learning to balance these is the key to a great university experience! That's why we are here to help you through the year with loads of activities such as yoga, arts & crafts, movie & game nights, café trips, and even dog walks!



hannah.mclaughlin@st-annes.ox.ac.uk

+44 7468 534990

Samuel Oliver-Sherry (he/him)

Hi! I'm Sam, a third year music student from Merseyside, looking forward to being your men's welfare rep for the 2025-26 season. As men's rep, my role is especially tailored to men's mental and physical health, both in terms of being a listening ear to those that need it as well as being an activist and promoter of men's health. I'll always try to make myself available for a chat if anyone wants it, and I'm so looking forward to meeting you all at welfare events this coming year!



samuel.oliver-sherry@st-annes.ox.ac.uk

+44 7785 226450

Please contact us with any questions, suggestions, or worries!

Email: jcr.welfare@st-annes.ox.ac.uk
Instagram: [@st_annes_welfare](https://www.instagram.com/st_annes_welfare) (give us a follow!)

Barefoot café brownies (also sold in STACS!)



Mug painting



Horses from a welfare walk to Port Meadow



Some of St Anne's favourite dogs, including Jack the therapy dog!

Meet The Team



dean.welfare@st-annes.ox.ac.uk

Dean of Welfare – Rachel Busby

For any welfare concern for yourself or another student:

- unsure where to access support
- friendship or social difficulties
- family issues and caring responsibilities
- family estrangement
- neurodiversity
- feeling overwhelmed, low or anxious



st-annesnurse@nhs.net

College Nurse – Julie Osborne

For medical, physical or mental health, and welfare concerns:

- illness, minor injury
- sleep or eating disturbance
- contraception and sexual health
- anxiety and panic attacks
- low mood, depression
- suicidal thoughts



shelia.smith@st-annes.ox.ac.uk

Disability Co-Ordinator – Shelia Smith

For matters relating to disability or ongoing health conditions:

- if you have declared a disability
- if you think you may have a disability
- to discuss reasonable adjustments
- to discuss alternative exam arrangements
- if you have incurred an injury that impacts exams

[CLICK HERE TO BOOK APPOINTMENTS](#)

If you need welfare support from 7pm–8am, please ring the Porter's Lodge on **01865 274800** and ask for the on-call assistant dean of welfare!

Meet The JCR Reps

We also have a variety of reps on the JCR committee that are happy to listen to and advise on more specific welfare concerns in their areas! Please feel free to contact them with any worries or problems at:



Academic Affairs Rep

Grace Holland (she/her)

+44 7444 668564

grace.holland@st-annes.ox.ac.uk



Disabilities Rep

Sienna Mathur (she/her)

+1 (857) 869-0203

sienna.mathur@st-annes.ox.ac.uk



Domestic Rep

Michelle Meitiner (she/her)

+44 7444 668564

michelle.meitiner@st-annes.ox.ac.uk



Equal Opportunities Rep

Isabella Cronin (she/her)

+44 7375 477670

isabella.cronin@st-annes.ox.ac.uk



Environment Rep

Antonia Golden (she/her)

+44 7555 722502

antonia.golden@st-annes.ox.ac.uk



Environment Rep

Lily Gage (she/her)

+44 7485 594257

lily.gage@st-annes.ox.ac.uk



Ethnic Minorities Rep

Laila Ahmed (they/them)

+44 7542 191655

laila.ahmed@st-annes.ox.ac.uk



International Students Rep

Vikram Unnikrishnan (he/him)

+44 7586 194026

vikram.unnikrishnan@st-annes.ox.ac.uk



LGBTQ+ Genders Rep*

Oli Hardy (he/him)

+44 7419 823064

oli.hardy@st-annes.ox.ac.uk



LGBTQ+ Sexualities Rep

Samuel Owen Duch (he/him)

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samuel.owenduch@st-annes.ox.ac.uk

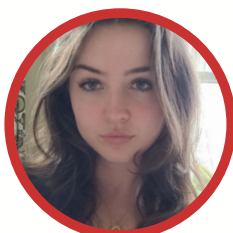


Men's Rep

Samuel Oliver-Sherry (he/him)

+44 7785 226450

samuel.oliver-sherry@st-annes.ox.ac.uk



Women's Rep

Maia Pendower (she/her)

+44 7734 281733

maia.pendower@st-annes.ox.ac.uk

*Every term the JCR has £250 to reimburse any purchase relating to your gender expression or social or medical transition. This might be binders, HRT, haircuts – anything that makes you feel better about yourself! Please reach out to Oli to find out more about this.

Our Events

From café crawls and self-defence classes, to trips around Oxford, we will be putting on a wide variety of events throughout the year to boost your welfare, as well as an event every day during week 5 to combat the dreaded 5th week blues (where people start to get homesick and overwhelmed with work)! Some of our regular events include:



Welfare Tea

Every **Sunday 2–3pm**, come for hot drinks, themed snacks and a good chat – don't forget to bring your own mug!

Yoga

Biweekly yoga, either with an instructor or a follow-along YouTube video, to help you de-stress and get that well-needed break mid-week!



Arts & Crafts

Fun arts and crafts evenings **throughout term** to clear your mind, have fun, and express yourself creatively!

Movie Nights

Biweekly movie nights with films voted on by you – a space to chill and take a break from studying!



Bingo and Pub Quiz

An opportunity to get together with friends and win prizes in the College Bar **twice a term**!

But we also want you to have a say in your own welfare, so get your snack, activity and movie suggestions in here, or have a look and upvote what others have suggested!

<https://stanneswelfare.lovable.app/>

Sexual Health



As welfare reps, we run a scheme where you can order sexual health resources **anonymously** and **free of charge** using the form below! All items will be left in the pidge room in a white bag with your 7-digit SITS number (found on the left of your Bod card) written on. Here are the items we provide:



condoms



pregnancy tests



lube sachets

<https://forms.gle/HKYeqJu1xNNroDAgZ>



drinks covers



safety alarms

P.S. There will also be a box of condoms and a supply of pads and tampons in the pidge room that you are free to take from!

We can also reimburse the **morning after pill** (which can prevent pregnancy up to 3-5 days after intercourse depending on which pill you get, but the earlier the better) if you ever need it! Just send your receipt and bank details (unfortunately this includes your full name so can't be anonymous) to **jcr.welfare@st-annes.ox.ac.uk** and we will refund you! Please note that this is completely confidential and only seen by the welfare reps.



Freshers' Week

We know that fresher's week can be both fun and overwhelming at times, with moving to a new city/environment, meeting new people, living independently, and the many compulsory events from college, so we will be putting on these fun and relaxing events to help ease you into this new chapter and get to know your fellow Stanners! Please check our Instagram [**@st_annes_welfare**](#) for more info, times and locations!

FRIDAY 3RD



Mixer

SATURDAY 4TH



Oxford Tour!



Mixer

SUNDAY 5TH



Icebreakers and Games Night!

MONDAY 6TH



Oxford Tour!



Q&A with Freshers' Helpers!



Mafia and Mocktails

TUESDAY 7TH



Jericho Café Crawl!



Murder Mystery Night!

WEDNESDAY 8TH



Quiz and Bingo Night!

THURSDAY 9TH



Floor Wars with Entz!

FRIDAY 10TH



Doughnut Drop-In!



Movie Night!

SATURDAY 11TH



Therapy Dog Welfare Walk!



Chill Crafts Night!

SUNDAY 12TH



Get Well Soon Welfare Tea (Fresher's Flu Edition)

Quieter Events

The wonderful Entz team will be also putting on some fun icebreakers and bops (big organised parties) in the college bar; we know that this may not be for everyone and that it can feel overwhelming, so for every evening Entz event, there will also be a quieter event (for you to relax and get to know us and the other freshers) that you're welcome to join and leave whenever! These are very no-pressure - snacks and drinks will be available but you don't have to have them if you don't want!

Sober Angels

There will also be a few club nights during Freshers' Week on Monday, Tuesday, and Friday. If you choose to attend these, please know that we will have our lovely 'Sober Angels' there to help you - these are freshers' helpers who can support you with any problems during the night and will walk you to and from the club at a range of set times. If you have any problems at all in the club, no matter how big or small, please go find them - they will be easy to spot with a bright flashing halo on!



Map of St Anne's

During fresher's week, you're still getting to know college and figure your way around so here's a map of college to help! We will also be posting videos of how to get to our events, which will be in STACS, The Danson Room, MOLT, and Seminar Room 3! There will be a few events where we will meet at the Porters' Lodge or the back gate too.

Please also note the welfare team's offices. Sheila (the Disability Co-Ordinator)'s office is in the Academic Office on the first floor of Hartland House. Rachel (the Dean of Welfare)'s office is adjacent to 50 Woodstock. Julie (the College Nurse)'s office is in 27 Banbury building, next to the Principal's house!



Your Freshers' Helpers

Top Welfare Advice



Samuel Owen Duch

he/him | Geography

Your course will take up as much time as you let it. But your best memories will always be the times you had fun, more than when you had to work. So try and have as much fun as possible (it's what first year is for!)



Lauren Lisk

she/her | English & French

Solitude can be good for you! I feel like there's so much pressure to constantly be with other people at university, but sometimes it's okay and even good to have some time for yourself - whether this is going for a walk, painting your nails, listening to music. Do whatever works for you!



Neve Millard

she/her | Egyptology with Ancient Near Eastern Studies

Prioritise yourself. Do not work yourself to exhaustion or deprive yourself of doing things you enjoy. Your degree is at least three years long, first year is about trial and error, and finding a work-life balance.



Ben Jopling

he/him | Materials Science

Don't feel the pressure to always go out and be social! Having a quiet evening with no work every once in a while really helped me get through term without burning out.



Clarissa Cardwell

she/her | Maths and Computer Science

Uni is likely very different to anything you've experienced before so don't worry if it takes you some trial and error to find your balance!



Evelena Parmar

she/her | Biochemistry

Asking for help is ok! It might not be something you're used to doing and might feel uncomfortable but first year is hard and asking for help will make your life much easier.



Michelle Meitiner

she/her | English

It's always important to balance work and rest: the Oxford workload can be quite intense, and it can be easy to get drawn in. This break can even be something like cooking, as you have to factor in the shopping trip and cooking time. Learn how to cook some new nutritional meals this summer! Especially as the dining hall is closed on weekends...



Paolo Mazza Martin

he/him | PPE

A lot of welfare for me comes from managing non-welfare elements! For me, making sure I set manageable goals I can achieve reliably helps me use my work time efficiently and have a better work-life balance overall!!



Lola Chainey

she/her | Medicine

Join a society that is completely unrelated to your degree (maybe something you've never done before) - it's good to remove yourself from your academic environment semi-regularly so you can destress.



Tully Ellis

she/her | PPE

Sleep! If you are feeling frustrated at work, life, or friends, you are probably exhausted. Get your 8 hours and tomorrow will be a better day.

How Your Freshers' Helpers Maintain Their Own Welfare



Samuel Owen Duch
he/him | Geography

I take a walk in uni parks every day with a friend, and get at least one sweet thing each day. I also make sure to hang out with friends as much as possible during the day.



Evelena Parmar
she/her | Biochemistry

I make sure to have one thing I enjoy every day. That could be a fun event, going for a walk or even just a sweet treat (G&Ds is my personal fave).



Lauren Lisk
she/her | English & French

I sing in an Acapella group as well as a gospel choir, which gives me clear times in my schedule to do something besides my degree.



Michelle Meitiner
she/her | English

I like to do teavenings with my friends! If I'm ever bored or going through a rough time, we pull out the kettle and tea collection and have a chat session like we're grandmas. I love feeling retired.



Neve Millard
she/her | Egyptology with Ancient Near Eastern Studies

I love to attend art societies and events, both in college and uni wide.



Paolo Mazza Martin
he/him | PPE

I go on runs around the less busy parts of town (Jericho & North Oxford!!).



Ben Jopling
he/him | Materials Science

For me exercise (especially playing sports) is one of the biggest ways to improve my welfare. For instance I started rowing for St Anne's this year which I recommend to everyone!



Lola Chainey
she/her | Medicine

Rowing, the lom!!!! I also occasionally go on a walk, spend the day working (maybe something not directly related to my degree) in a café, bake, cook a fun new recipe - all to help me reset myself.



Clarissa Cardwell
she/her | Maths and Computer Science

I make sure to leave college and try and explore Oxford when taking breaks - there's so much to see and do!



Tully Ellis
she/her | PPE

St Anne's is lucky to be right next to uni parks which is great for a break from work!

Getting Settled In Oxford

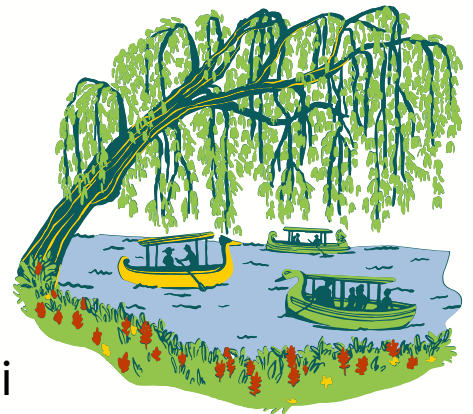


Shops

- Sainsbury's Local, Jericho – 0.2mi
- Tesco Express, Magdalen St. – 0.6mi
- Sainsbury's, Magdalen St. – 0.6mi
- Sainsbury's, Westgate – 0.9mi

Green Spaces

- University Parks – 0.2mi
- Port Meadow – 0.5mi
- The Oxford Canal – 0.5mi
- South Park – 1.6mi
- Christ Church Meadow – 1.7mi



Health & Emergency

- College Nurse (27 Banbury Rd.) – 0.0mi
- Woodstock Road Chemist – 40yd
- Jericho Health Centre – 0.2mi
- John Radcliffe Hospital – 2.2mi

Having Fun In Oxford



Places of Interest *(All free to enter!)*

- Ashmolean – 0.5mi
- Natural History / Pitt Rivers Museum – 0.5mi
- History of Science Museum – 0.7mi
- Sheldonian, Bodleian & RadCam – 0.8mi

Sweet Treats

- STACS – 0.0mi
- Crêpes-O-Mania – 0.2mi
- George & Davis – 0.3mi
- Ben's Cookies – 0.8mi
- YiFang Fruit Tea – 0.8mi
- Coba Bubble Tea – 0.8mi



Fun Places to Visit

- Gloucester Green – 0.6mi
- The Covered Market – 0.8mi
- Cherwell Boathouse – 0.8mi
- Westgate Centre – 1.0mi
- Botanic Gardens – 1.2mi
- East Oxford Farmer's Market – 1.8mi

Easy Recipes To Survive The Weekend

At St Anne's, we have the option to be catered for or self-catered (some colleges don't have kitchens!). On weekdays, college provides 3 meals a day at 8-9:30am, 12:15-1:45pm, and 6:15-7:30pm, and on weekends, they provide brunch 11am-1pm. STACS (St. Anne's Coffee Shop) also sells food and drinks on weekdays 10am-5pm! Here are some easy recipes for you to try over the weekend or during the week!



Pasta

- Boil pasta of your choice (10-15mins)
- Add sauce of your choice and stir
- Optional: add veggies, chicken, meatballs, etc.

Chicken (or veggie) nuggets & chips

- Cook nuggets (or another meat or veggie option) in the oven for ~ 20 mins
- Cook chips for ~ 15mins
- Optional: add a veg to complete your dish, such as green beans or broccoli



Tacos

- Fry chicken, mince or black beans until cooked
- Fry some peppers/onion/tomatoes until soft
- Add taco seasonings of your choice and stir
- Serve in a tortilla with any sauces you like

Stir fry (most shops offer a £3 meal deal)

- Add some oil to a frying pan
- Add your veggies and fry for a few minutes
- Add your noodles and fry for a further minute
- Add sauce and stir
- Optional: add a source of protein



5 Steps To Wellbeing

Evidence suggests these 5 steps can improve your mental health and wellbeing. Trying these things could help you to feel more positive and to get the most out of life!

1. Connect with people

Why? Good relationships help build a sense of belonging, self-worth; and opportunities to share positive experiences and emotional support.

How? Share a meal with friends, walk and talk, switch off devices at times to talk or play a game in person, use technology to connect with those far away.

2. Be active, get outside

Why? Time in green spaces promotes chemical changes in the brain, positively changing mood, lowering stress hormone levels, blood pressure and heart rate, and enhancing the immune system.

How? Simply notice the sights, sounds, smells and textures of nature, walk and talk with a friend, walk instead of using transport, join a club, sport or activity.

3. Learn new skills, create

Why? Boosts self-confidence and self-esteem, helping us build a sense of purpose, and connection with others.

How? Choose something that brings you joy, a new role or responsibility, hone a particular skill, try new hobbies like writing a blog, sport, cook a new dish, or something artistic and creative.

4. Give to others, show gratitude

Why? Acts of giving and kindness create positive feelings and are rewarding, promoting purpose and self-worth and helping us to connect with others.

How? Thank someone for something they have done for you, ask someone how they are and really listen to the answer, spend time with friends or relatives who need support or company, offer help to someone you know, or volunteer in the community.

5. Be present and breathe

Why? Paying more attention to the present moment, thoughts, feelings, bodily sensations and environment, can improve mental wellbeing. We call this "mindfulness". Mindfulness helps us enjoy life more, understand ourselves better, and improve our approach to challenges.

How? Bringing attention to our breath is the first step to practicing mindfulness and being present. Breathing is also key to relaxation.

Wider Support

Oxford University Counselling Service

The Service offers free and confidential short-term individual and group support for students experiencing mental health difficulties. You may make an appointment by email: counselling@admin.ox.ac.uk. Podcasts and self-help resources are also available on the website.

NHS Oxfordshire Talking Therapies

Offering a range of free talking therapies through the NHS to people registered with an Oxfordshire GP. <https://www.oxfordhealth.nhs.uk/oxon-talking-therapies/>

Nightline

Telephone peer support available 8pm-8am, weeks 0-9 for phone, instant message, skype or drop-in. (T) 01865 270 270, 16 Wellington Square, Oxford. <https://oxfordnightline.org/>

Oxford Samaritans

If something's troubling you, get in touch by telephone, email or visit to speak to someone face to face, even if you are worried about someone else. Call: 116 123 (this number is free to call 24/7) Email: jo@samaritans.org. Visit the Oxford branch: Samaritans Oxford, 60 Magdalen Road, Oxford, Oxfordshire, OX4 1RB. Open 7 days a week 8:00am - 10:00pm and wheelchair accessible. <https://www.samaritans.org/branches/oxford/>

Oxford Safe Haven

If you experience mental health crisis, you can get support with Oxford Safe Haven by calling 01865 903 037. A non-clinical space offering crisis support, signposting, safety planning and listening support. They offer one to one support on the phone or face to face and online. Open 7 days a week from 6pm until 10pm. The referral line is open from 5pm on the day of the service and the last entry is at 9pm. You must call first to book an appointment for the same day. <https://www.oxfordshiremind.org.uk/support-for-you/safe-haven/>

MIND

Offering help and advice for any mental health problem call 01865 24 77 88 or visit their webpages: <https://www.oxfordshiremind.org.uk/>.

Togetherall

Offers opportunity to connect with other students experiencing similar issues through online forums. You can also access advice and self-learning courses. Register with your university email account. <https://togetherall.com/en-gb/>

Students Against Depression

A website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves. <https://www.studentsagainstdepression.org/>

St Anne's is...



atmospheric
multidisciplinary collaborative
community friendly rigorous
comfortable open vibrant
diverse supportive
challenging welcoming
inclusive relaxed
inspiring

**We hope you found this
handbook useful and please
remember to reach out with any
questions or worries, no matter
how big or small! We're looking
forward to meeting you all.**

Demi, Hannah and Sam

