

## COLLEGE NURSE

Our college nurse is Kate Tempest. Kate can assist with health concerns and issues such as ill health, contraceptive and sexual health advice. Kate links closely with the College Doctors' practice.

[kate.tempest@spc.ox.ac.uk](mailto:kate.tempest@spc.ox.ac.uk)  
Tel +44 (0)1865 278887  
Staircase IV/3 (Surgery)



## COLLEGE DOCTORS

Jericho Health Centre  
New Radcliffe House  
Walton Street  
Oxford  
OX2 6NW  
Tel. +44(0)1865 311234  
[www.leaverandpartnersjericho.nhs.uk](http://www.leaverandpartnersjericho.nhs.uk)

## DENTIST

Brookes University Campus,  
3rd Floor Colonnade Building,  
Oxford OX3 0BP  
Tel. +44(0)1865 689997  
[www.studental.co.uk](http://www.studental.co.uk)  
Hours: Mon-Fri 8am–6pm



## WALKS, TREATS AND DOGS

Watch out for information about well-being walks, free snacks, and visits from our lovely canine support team.

## USEFUL CONTACTS

### **IN AN EMERGENCY DIAL 999**

For non emergency health issues ring NHS direct on **111**

**Oxford University Counselling Service**  
3 Worcester Street, Oxford OX1 2BX  
Tel: +44(0)1865 270300  
[counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)

**Oxford University Disability Advisory Service**  
3 Worcester Street, Oxford OX1 2BX  
Tel. +44(0)1865 280459  
[disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)

**Sexual Harassment & Violence Support Service**  
[supportservice@admin.ox.ac.uk](mailto:supportservice@admin.ox.ac.uk)

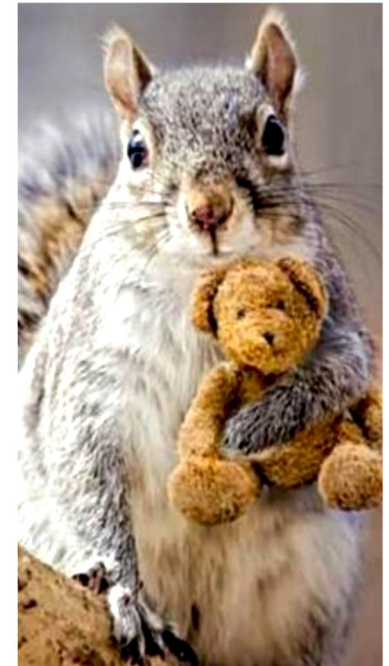
**The Samaritans** (24/7 helpline)  
Tel.116123 [jo@samaritans.org](mailto:jo@samaritans.org)

**Mind** help with mental health+44(0) 300 123  
3393 (9am-6pm weekdays)  
[info@mind.org.uk](mailto:info@mind.org.uk) Text: 86463

**Nightline** all night student support line Tel.  
+44(0)1865 270270 or IM via  
[oxfordnightline.org/talk](https://oxfordnightline.org/talk) Hours 8pm–8am.

**Togetherall** 24/7 confidential online support service <https://togetherall.com> follow the link to register using your university email address

## ST PETER'S COLLEGE HEALTH, WELL-BEING & WELFARE INFORMATION 2021-2022



## Dean for Welfare

St Peter's is committed to ensuring students access both occasional and ongoing support whenever this is required.

St Peter's health, well-being and welfare team is led by the Dean for Welfare, Eleanor Tingle. Eleanor is a music psychotherapist with many years of experience supporting people undergoing a variety of difficulties.

Eleanor is the college Gender, Sexuality and Orientation lead, and the College Disability Lead. You may contact Eleanor directly with any concerns you have, however large or small. A chat is usually possible within 24 hours.



[eleanor.tingle@spc.ox.ac.uk](mailto:eleanor.tingle@spc.ox.ac.uk)  
Tel: +44 (0)1865 278865  
or 07732 682165  
Staircase IV /16  
*she/her*

### Confidentiality

Members of the welfare team follow the same guidelines regarding confidentiality as counsellors and therapists. Without your permission will not share with anyone either the issues you discuss with us or the fact that you have sought support, unless there is an urgent reason to do so. However we can help with communicating your concerns to tutors, supervisors & departments and students often ask us to do this.

## WELFARE OFFICERS

Our two Welfare Officers, Emmanuelle Dankwa and Babar Suleman are DPhil students who live onsite. Both have undertaken extensive training to become Welfare Officers and were appointed to St Peter's through a rigorous selection procedure. They are available to provide support on any matter.

**During term time a Welfare Officer is on call at night for emergencies.  
Contact via the Porters' Lodge  
Tel. +44(0)1865 278900**

[emmanuelle.dankwa@spc.ox.ac.uk](mailto:emmanuelle.dankwa@spc.ox.ac.uk)  
Tel. 07969 508490  
Staircase III /14  
*she/her*



[muhammad.suleman@spc.ox.ac.uk](mailto:muhammad.suleman@spc.ox.ac.uk)  
Tel. 07969 508472  
Staircase IV/17  
*he/him*

## PEER SUPPORTERS

Peer Supporters are students who have undertaken training in listening and supporting their peers. They meet regularly with other members of the St Peter's welfare team.

For information about Peer Supporters, see the JCR / MCR Facebook pages, or [www.spc.ox.ac.uk/welfare](http://www.spc.ox.ac.uk/welfare)

## CHAPLAIN

Our Chaplain is Elizabeth Pitkethly. Elizabeth is available to provide pastoral and spiritual support to everyone in the college community. She provides links to different faith communities and leads the Chapel services. During full term she is normally in College on Thursdays, Fridays and Sundays. Any student is welcome to drop by her room to chat on Thursday afternoons.

[elizabeth.pitkethly@spc.ox.ac.uk](mailto:elizabeth.pitkethly@spc.ox.ac.uk)

Tel: +44 (0)1865 278905  
Besse 5  
*she/her*



## STUDENT FINANCE OFFICER

Katie Pullen-Rowland is available to support students seeking financial assistance and those who are looking for help in sorting out their finances.

[katie.pullen-rowland@spc.ox.ac.uk](mailto:katie.pullen-rowland@spc.ox.ac.uk)

Tel: +44 (0)1865 278936  
Finance Office, Staircase III  
*she/her*

