

**LGBTQ+**  
**OFFICERS**  
**GUIDE**

**Oxford SU**  
LGBTQ+ Campaign

## Hello and congratulations on becoming LGBTQ+ Officer for your JCR!

You are about to undertake one of the most difficult and rewarding roles in a Common Room. You have the opportunity to make a real impact on student experiences and you should try your best to do this throughout your role.

It is important that your role is recognised as a political one. You should seek to identify policies and institutional problems within your college which can be changed. It is your duty to bring student opinion to the table and show the college to how to be more compassionate, understanding and supportive towards LGBTQ+ people. However, it is likely that members of your Common Room will also perceive you to be a source of support and assistance. As a result, they will come to you expecting answers and help. It is critical in these instances that you do not overstep your limits and never seek to go beyond what you are authorized to do, directing them instead to the appropriate resources.

Lastly, we are only ever an email, or Facebook message away- do get in touch for whatever reason and we will do our very best to help!

Yours,

### **Ellie Macdonald**


Co-Chair of the LGBTQ+ Campaign  
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lgbtq-chair@oxfordsu.ox.ac.uk

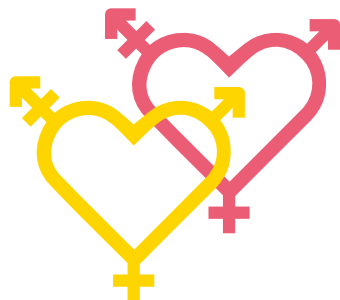
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# Getting Started

## 1. Ensure you've had an adequate handover:

- Handover on-going projects
- Handover welfare supplies
- Talk through how to organize events
- Talk about the college staff you'll work with
- Talk about your manifesto pledges and how you should go about fulfilling them

## 2. Introduce yourself to the college staff that you will be working with over the year. Arrange meetings or visit the relevant people as soon as you take office. These may include:

- The Dean
- The Junior Deans
- The College Nurse
- The Head Porter
- The Chaplain
- The Equality Officer
- The College Harassment Advisor

## 3. Establish LGBTQ+ Freshers Workshops in your Common Room

- This can be done by a JCR motion to embed it into the constitution. This will mean that the JCR has a responsibility each year to train facilitators for the next year.
- Email [lgbtq-chair@oxfordsu.ox.ac.uk](mailto:lgbtq-chair@oxfordsu.ox.ac.uk) to get the materials to train your own facilitators after you have gone to a training session.

## 4. Make sure you meet your colleges LGBTQ+ community semi regularly

- A mailing list can be a great way to stay in touch and disseminate events in the week
- Setting up a Facebook group can also be a good addition to this

- Try to organize group events to queer events – it can be scary to be an LGBTQ+ fresher/feel like you don't know anyone LGBTQ+!

**5. When meeting the staff who you will be working with in your role get off to a good start. Be polite and friendly. Ask:**

- What is their role is in supporting students?
- What can you do for them?
- What are the major challenges in welfare?
- What would they like to see changed?

**6. Make sure people know who you are and have a means of contacting you.**

- A Common Room committee contact list on a term card is a good idea.

**7. Check your constitution and standing orders:**

- identify what your roles and duties are. Read this with your manifesto to help you plan what you have to do over the year.

**8. Get to grips with the health and welfare services available to the members of your common room. It would be helpful to be familiar with:**

- The services available in the collegiate university
- The services available in the local area:
- NHS
- Charities
- Police
- Sexual Assault Referral Centre
- Oxford Sexual Assault and Rape Crisis Centre (OSARCC)
- Oxford SU: Student Advice

**9. Look at your calendar.** Figure out when you'll be busy with work or socializing, check when college management committees (like governing body) are and build up a plan for lobbying change-making.

# Political Lobbying

Your primary role is to endeavour to fix the policies, procedures and institutional problems preventing the LGBTQ+ members of your common room from achieving their full potential.

The strategies that you can use to address these problems can include the following:

- **Papers** – Presenting a paper to a college management committee allows you to get across your proposal in a formal and detailed manner.
- **Petitions** – They appear more confrontational but they allow you to demonstrate that you have a large base of support for your action and they're hard to ignore.
- **Open letters** – Somewhat similar to petitions but have the added bonus of being very attractive to media outlets and publicity equals pressure to respond or change.
- **Common Room motions** – These can give you the mandate and power you need to address an issue. Again these can get a lot of attention so think carefully about the wording.
- **Being charming** – Having quiet chats in offices with the key players in college can work better than any of the tactics above. Make it appear that you're solving a problem for them and they'll be eager to listen.

In attempting to alter the LGBTQ+ landscape of your college it is usually more effective to approach the situation in a cooperative manner. Your biggest advantage is that you represent the student view and you're best placed to recognize how certain problems will affect students and what the solutions are. Try to make the senior management of your college realize that.

## Supporting Students

A difficult part of your role will be supporting students who are upset or in need. Hopefully, you'll have some training as a Peer Supporter and we would strongly advise you to take up the opportunity to be trained as this will also allow you to become a Rainbow Peer.

**Here are some simple tips for supporting students who are having difficulties:**

- **Do listen.** Let people vent, ask open-ended and follow up questions to encourage.
- **Don't seek to advise.** Common room Welfare Officers are not trained to advise students and they should not attempt to do so.
- **Do signpost.** Signposting is one of the most important things you can do. Talk about what services may be of use to the student and how they can be contacted.
- **Don't make it your problem.** If you feel like the conversation is heading into territory you are not prepared for or are not comfortable with don't be afraid to stop the conversation and recommend an alternative service.
- **Do balance your role with work and play** and set boundaries: don't allow the role to take over your life.
- **Don't know what to do?** If you're struggling to find the right service for a student have a look at the directory in the back of the guide. If you're still unsure send the individual to the Oxford SU: Student Advice who will be able to assist, unless the problem is medical in which case a GP is usually the best placed person to assist (provided it is not a medical emergency).
- During this year, **make sure you look after yourself, and seek professional help if any aspect of your role threatens your physical or mental health. If you are a peer supporter, make sure you use your debrief sessions.**

Whenever you speak to students it is important that you are clear with them that you are not always able to keep what they tell you confidential.

Make it clear prior to any discussion that:

- if they are a risk to themselves or are a risk to another person, you will not be able to maintain confidentiality.
- if they choose not to speak to you that is fine, but try recommending the Oxford SU: Student Advice or University Counselling Service.

## Advice for supporting Transgender and Gender Non-Conforming Students

There are countless welfare providers across the university able to help trans students seeking advice or simply wishing to meet other trans students at the university. The process of coming out as trans, and taking steps towards transitioning in a college environment can be stressful, given that any steps towards coming out carry with them the risk that peers and tutors may not be receptive, or express discriminatory attitudes.

- LGBT Youth Scotland has compiled an amazing guide for trans youth going through the coming out process. It answers questions, gives advice and a step by step guide to coming out, amongst the many sections it contains. For a PDF version of the booklet, download it here or email the LGBTQ+ rep for a copy.  
[drive.google.com/file/d/0B3uJyrWALR-nSU5May03V0VCVUE/view](https://drive.google.com/file/d/0B3uJyrWALR-nSU5May03V0VCVUE/view)
- The NHS also has a guidance booklet for trans young people in the UK written by trans young people aged 15-22. It contains support, advice on coming out, sections on what it means to be trans, and sexual health. For a PDF version, download or email the LGBTQ+ rep for a copy.  
[www.safeschoolscoalition.org/guide4young-trans-inUK.pdf](http://www.safeschoolscoalition.org/guide4young-trans-inUK.pdf)
- If an individual chooses to make their gender identity public, there are often lots of things that can be changed at a university-level. It is not compulsory to make changes, and they may prefer to plan things in stages. Some of the things its possible to change at university-level include changing your name, changing your student record

and your email address. The University's LGBTQ Society gives the clearest guide to transitioning at Oxford currently available to students. It also provides tips for dealing with tutors upon coming out as trans. [www.oulgbtsoc.org.uk/trans/guidance/](http://www.oulgbtsoc.org.uk/trans/guidance/)

- For anyone who wants to show their support but needs a little guidance towards understanding trans issues, the following website has a great glossary of terms describing aspects of trans experience and offers tips on becoming a good 'ally'. <http://transwhat.org/>

### **ADVICE FOR SUPPORTING ASEXUAL STUDENTS**

Asexuality, much like other sexual orientations and gender identities, exists on a spectrum. This means that within the term 'asexuality', there are many variations in identities; for example, demisexuality. If you need any advice or information about the asexuality spectrum, the following resources provide comprehensive explanations, useful contacts and helpful tips for anyone who may be struggling with their identity, or is interested to know more about asexuality.

- The Asexual Visibility and Education Network aims to combat misunderstandings about asexual identities and is one of the largest online asexuality networks. It provides advice, guidance and a community of people with whom you can discuss what it means to identify as asexual or a variation thereof. <http://www.asexuality.org/home/>
- There is an extended glossary of terminology on the website listed: [www.asexualityarchive.com/](http://www.asexualityarchive.com/)  
[www.asexualityarchive.com/glossary/](http://www.asexualityarchive.com/glossary/)

### **RELIGION**

For people struggling with their religion and sexuality or gender, there are online resources available offering advice and support. The tensions between religion and LGBTQ+ issues are obviously very prevalent in the media and society, which can cause difficulties for LGBTQ+ people who have faith. Rest assured that there are ways to reconcile faith, sexuality and gender, and there are many people you can talk to if you are worried about these issues!



PACE, the LGBTQ+ mental health charity, has a booklet explaining where to find help if you are LGBTQ+ and have faith. You can download it here [www.pacehealth.org.uk/files/2013/6551/5626/Religion\\_and\\_LGBT\\_issues.pdf](http://www.pacehealth.org.uk/files/2013/6551/5626/Religion_and_LGBT_issues.pdf)

The following resources may also be of help:

- Jewish Gay and Lesbian Group: [www.jglg.org.uk/](http://www.jglg.org.uk/)
- Imaan LGBTQI Muslim Support Group: <http://www.imaan.org.uk/>
- Support for LGBTQ Buddhists: <http://www.gaybuddhistsangha.org/>
- Gay Christian Network for LGBTQ+ Christians: [www.gaychristian.net/](http://www.gaychristian.net/)
- Social support group for LGBTQ Sikhs: [www.sarbat.net/](http://www.sarbat.net/)
- For religious LGBTQ+ individuals in Oxford, there are several actively positive and inclusive places for students to worship.
- St Columba's United Reformed Church, near to the Bear Pub and behind Blue Boar Quad in Christ Church, runs a website called First Sunday for LGBTQ+ Christian individuals. It has a varied social calendar listing LGBTQ+ friendly events, allowing people their identities and to explore Christianity. [www.saintcolumbas.org/church-life/first-sunday](http://www.saintcolumbas.org/church-life/first-sunday)

## **SOCIAL MEDIA**

Ensuring that people's social media accounts have the necessary privacy settings may be important for their mental health, wellbeing and safety as an LGBTQ+ individual. The following OU LGBTQ Society resources provide advice for checking your privacy settings on social media, as well as listing instructions on how to join their confidential mailing list.

[www.oulgbtsoc.org.uk/welfare/social-media-privacy/](http://www.oulgbtsoc.org.uk/welfare/social-media-privacy/)  
[www.oulgbtsoc.org.uk/mailling-list/](http://www.oulgbtsoc.org.uk/mailling-list/)

## **ADVICE FOR SUPPORTING INTERSEX STUDENTS**

There are several resources available for intersex individuals looking for advice and support from other members of the intersex community. Intersex UK is an organisation working towards protecting the bodily autonomy of intersex people through lobbying and educational outreach programmes. It is in the process of developing a website, and can be found at: [www.facebook.com/intersexuk/](https://www.facebook.com/intersexuk/) or [www.intersexuk.org/](http://www.intersexuk.org/)

- The UK Intersex Association campaigns, supports intersex people and educates on what it means to be intersex. They offer advice on medical treatment and share creative work and stories detailing experiences of intersex people. [www.ukia.co.uk/](http://www.ukia.co.uk/)

## **SIGN POSTING**

An important part of your role is to try and let students know what services are available to them. These can be services the college, the university or an outside body provides.

The directory at the bottom of this guide, and on the Oxford SU website, is also a good resource to aid in signposting.

A good strategy to prevent a communication overload would be to focus on the most commonly required things.

These could include:

- Sexual Health Services
  - Sexual Health Supplies
  - The C-Card
  - STI Testing Events
  - Sexual Health Clinics
  - SARC
  - London LGBTQ+ Clinics
- Rainbow Peers
- JCR Peer Supporters and Welfare Officers
- General Practices
- Disability Advisory Service
- University Counselling Service
- Oxford SU: Student Advice
- Harassment Advisors
- The Taxi Scheme
- Mental Health

Try and have these advertised at welfare events in your college and maybe have a poster up about them.

# SEXUAL HEALTH

## THE C-CARD

The C-Card is a scheme ran by the local health authority, which entitles subscribers to free condoms, dental dams, and lubricant. The supplies can be picked up from almost any pharmacy in Oxford. The NHS is eager for more students to use this as in every pack of supplies handed out they provide instructions and different sized condoms. This promotes correct use of contraception. The C-Cards can be obtained from any sexual health clinic in Oxford.

## STI TESTING

Students can get condoms and the morning after pill for free from the following places:

- GUM Clinic, Churchill Hospital
- GUM Clinic, Rectory Road
- Your GP or college doctor

**Testing for sexually transmitted diseases can take place at the:**

**Churchill Hospital, Sexual Health Clinic.**

**Sexual Health Clinic** on Rectory Road.

The latter is a smaller clinic that is in walking distance for most students (just off Cowley Road). It is often open till 7pm so it's convenient for students who are in labs until 5pm. However, it offers a more limited range of services, and does not offer treatment. For more information and opening times check:

[www.sexualhealthoxfordshire.nhs.uk/](http://www.sexualhealthoxfordshire.nhs.uk/)

## SEXUAL ASSAULT REFERRAL CENTRE

The nearest SARC is the Solace Centre in Slough. A SARC centre allows individuals to receive the appropriate medical care and have forensic evidence collected without having to make a police complaint. This service is available twenty-four hours a day, seven days a week, though

outside of office hours it's best to call ahead. This service is available regardless of gender. Your common room may already have a scheme by which students can get free transport to a Sexual Assault Referral Centre in the event of rape or sexual assault. If you do not have this in operation please email [vpwomen@oxfordsu.ox.ac.uk](mailto:vpwomen@oxfordsu.ox.ac.uk) and the Vice President women will help you set one up.

### **LGBTQ+ SPECIFIC LONDON CLINICS**

Although sexual health services in Oxford are offered to all, there are specific health services in London which are LGBTQ+ friendly and run important trans sexual health services. The appointment-only 56 Dean Street Clinic, Soho, London (020 3315 6699) and West London Centre for Sexual Health (020 3315 6699) are two such LGBTQ+ friendly service providers. Both centres operate clinics focused on men who have sex with men, women who have sex with women, and the ClinicQ service for trans communities. It also runs the clinic SWISH (020 3315 6699) for LGBTQ+ individuals who partake in sex work.

[www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/56-deanstreet/56-dean-street](http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/56-deanstreet/56-dean-street)

<http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/west-londoncentre-for-sexual-health>

- ➔ The Working Men Project of St Mary's Hospital, Paddington, provides daily STI testing for men working in the sex industry. [www.imperial.nhs.uk/working-men-project](http://www.imperial.nhs.uk/working-men-project)
- ➔ The Praed Street Project of St Mary's Hospital, Paddington, provides sexual health services and support for women working in the sex industry. [www.imperial.nhs.uk/thejefferiswing/sexualhealth/ourclinics/praedstreetproject/index.htm](http://www.imperial.nhs.uk/thejefferiswing/sexualhealth/ourclinics/praedstreetproject/index.htm)
- ➔ The Terrence Higgins Trust (0800 802 1221) is a charity which works to reduce transmission of HIV and other STIs amongst different communities, and also supports those living with HIV, through the raising of public awareness in order to reduce stigma. Services provided by the THT include Face2Face,

supporting people with HIV, THT Direct which acts as a national helpline for over-the-phone advice, counselling and peer support groups. [www.tht.org.uk/](http://www.tht.org.uk/)

### **OXFORDSHIRE SEXUAL ABUSE AND RAPE CRISIS CENTRE**

OSARCC is different from a SARC, but can offer emotional listening and face-to-face support. They can be contacted on [support@osarcc.org.uk](mailto:support@osarcc.org.uk) or found at [osarcc.org.uk](http://osarcc.org.uk).

### **RAINBOW PEERS**

Rainbow Peers is a branch of the Peer Support programme run by Oxford University Counselling Service designed to support LGBTQ+ students in Oxford.

They can be contacted at: [rainbowpeers@admin.ox.ac.uk](mailto:rainbowpeers@admin.ox.ac.uk)

### **GENERAL PRACTICES**

Check on your colleges' website to find who the college doctor is. Registration forms for common room members should be provided prior to your arrival.

### **DISABILITY ADVISORY SERVICES**

The University offers a range of support to help those with a disability to maintain their track record of academic success as they pursue their studies. The Disability Advisory Service provides information and advice for students with disabilities including sensory or mobility impairments, health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties, and can assist with organising disability-related study support. For more information check: [www.ox.ac.uk/students/welfare/disability](http://www.ox.ac.uk/students/welfare/disability)

### **UNIVERSITY COUNSELLING SERVICE**

For mental health concerns the University Counselling Service is well placed to assist students. They offer: individual counselling, workshops, group counselling, online supportive resources (such as podcasts), advice for parents, and advice for students supporting students. Familiarize yourself

with the website and the services they offer. When signposting to this service ensure you do it sensitively, the website also has information on how to support others which is a must read.

[www.ox.ac.uk/students/welfare/counselling](http://www.ox.ac.uk/students/welfare/counselling)

### **OXFORD SU: STUDENT ADVICE**

Oxford SU: Student Advice is the only independent advice, information and advocacy service exclusively available to University of Oxford students. A full time manager and two part-time advisors staff the service. Satisfaction and the quality of the service is extremely high, with 94% of surveyed users ranking their experience as 'Very Good'. Examples of areas which they are able to advise on include: harassment, visa problems, housing issues, sexual violence, relationship abuse, academic concerns, mental health, suspension and intermission issues etc.

#### **At your library** (term time)

11-1 / Mon / Radcliffe Science Library

11-1 / Tues / Social Sciences Library

11-1 / Thurs / Law Library

#### **Visit us** (term time)

2-4 /Weds / 4 Worcester St

**Book an appointment:** [oxfordsu.org/advice](http://oxfordsu.org/advice)

2-4 / Mon, Tues & Thurs      9-11 / Weds

[advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)

[oxfordsu.org/advice/](http://oxfordsu.org/advice/)

### **HARASSMENT ADVISORS**

Every college, department and library in the University of Oxford is covered by a harassment policy. The policy and associated support are available to all students who feel that another student or staff member is harassing them. [www.admin.ox.ac.uk/eop/harassmentadvice/policyandprocedure/](http://www.admin.ox.ac.uk/eop/harassmentadvice/policyandprocedure/)

Students who are being harassed can get support from:

- Their department/faculty – the university has two harassment advisors in each department/faculty who are available to help you assess your options and deal with the harassment.
- Their college – each college will have their own harassment advisors who are also able to help you assess your options and deal with the harassment.
- The Harassment Line – this will allow you to access an advisor entirely unconnected with your department, faculty or college.
- Telephone: 01865 270760 or Email: [harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk)
- Oxford SU: Student Advice – can provide information and support concerning harassment within the university.
- Black and Minority Ethnic Advisors and/or Lesbian, Gay and Bisexual Advisors – contact details for these advisors can be found here: [www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/](http://www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/)
- Specially Trained Harassment Advisors – the university has harassment advisors who are trained by Oxford Sexual Assault and Rape Centre to support those who have experienced sexual assault and rape.

There are also harassment advisors that are trained to aid with relationship and domestic abuse. Their contact information can be found here: [www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/](http://www.admin.ox.ac.uk/eop/harassmentadvice/advisornetwork/)

**In the event that:**

- A student is accused of harassment;
- A student feels that the harassment they're facing requires use of the formal harassment procedure;
- A student may have been the victim of a criminal offence. It is not clear how to deal with a harassment concern;
- Or the harassment does not cease

The Director of Welfare and Support Service is available to offer advice and support. Confidential email: [director.swss@admin.ox.ac.uk](mailto:director.swss@admin.ox.ac.uk),  
01865 280444

## Mental health

- The University provides counselling and self-help resources, whilst nationwide there are many charities and services dedicated to helping the mental wellbeing of LGBTQ+ young people.
- Stonewall Healthy Lives is a branch of the charity Stonewall, which aims to care for the mental health of young LGB people.  
[www.healthyives.stonewall.org.uk/for-patients/your-health/mentalhealth.aspx](http://www.healthyives.stonewall.org.uk/for-patients/your-health/mentalhealth.aspx)
- The Switchboard LGBTQ+ helpline is a confidential service which cares specifically for LGBTQ+ young people in need of advice regarding mental health issues. The volunteers who run the helplines all self-define as LGBTQ+. <https://switchboard.lgbt/>
- PACE is an LGBTQ+ mental health charity, based in London and operating nationally for the wellbeing of young people. It runs a live help desk, helpline, counselling and various training programmes, and works towards prevention of Hate Crimes towards LGBTQ+ people. [www.pacehealth.org.uk/](http://www.pacehealth.org.uk/)
- Mind UK is a national charity seeking to destigmatise mental health problems whilst offering support to those suffering from them. It recognises that LGBTQ+ individuals are at a greater risk of developing mental health problems such as depression and anxiety and provides a coherent list of useful contacts.  
[www.mind.org.uk/information-support/guides-to-support-and-services/sexuality-and-mental-health/](http://www.mind.org.uk/information-support/guides-to-support-and-services/sexuality-and-mental-health/)
- Locally in Oxford, the Mind Your Head Campaign is an organisation which seeks to reduce stigma around mental health problems, especially amongst students. To become involved with the campaign, or read up on its work, check out its website: [mindyourheadoxford.org/](http://mindyourheadoxford.org/)
- The 'It Gets Brighter' Campaign is a project which invites individuals to share their stories about mental health problems in order to end the silence and stigma surrounding them.  
[www.facebook.com/ItGetsBrighter/timeline](http://www.facebook.com/ItGetsBrighter/timeline)



## Accessibility

All of your events and work should be as inclusive as possible. We recommend that when organizing an event you consider how accessible it is and whether all students can attend.

See Oxford SU's accessibility policy: [www.oxfordsu.org](http://www.oxfordsu.org)

## Inclusive BOPs and events

When organising a BOP, officers should be mindful of the different accessibility requirements and backgrounds of the people they represent.

This is a summary of Oxford SU Policy. The full text is available online in the Oxford SU Policy Booklet.

This guidance aims to help common room officers ensure their BOPs are as inclusive as possible. If you have any questions concerning this advice please feel free to get in touch using [vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

**Please note:** This advice does not seek to repress student self-expression through the clothing they choose to wear.

## Student welfare and support

### SECRET GROUPS

**Bisexual/Pansexual** [ellie.macdonald@st-hildas.ox.ac.uk](mailto:ellie.macdonald@st-hildas.ox.ac.uk)

**Trans Group** [jennifer.sheppard@chch.ox.ac.uk](mailto:jennifer.sheppard@chch.ox.ac.uk) / [daniel.orr@chch.ox.ac.uk](mailto:daniel.orr@chch.ox.ac.uk)

**Asexual/Aromantic** [leo.kershaw@lmh.ox.ac.uk](mailto:leo.kershaw@lmh.ox.ac.uk)

**Queer Women Oxford** [molly.moore@chch.ox.ac.uk](mailto:molly.moore@chch.ox.ac.uk) /  
[kathryn.walton@chch.ox.ac.uk](mailto:kathryn.walton@chch.ox.ac.uk)

**QTIPOC Group** [samuel-jacob.kaner@stcatz.ox.ac.uk](mailto:samuel-jacob.kaner@stcatz.ox.ac.uk)

### LGBTQ+ Society

[bethan.hughes@merton.ox.ac.uk](mailto:bethan.hughes@merton.ox.ac.uk)

[www.facebook.com/OULGBTQ/](http://www.facebook.com/OULGBTQ/)

Welfare Reps: [edmund.little@ccc.ox.ac.uk](mailto:edmund.little@ccc.ox.ac.uk)

### LGBTQ+ Campaign

[lgbtq-chair@oxfordsu.ox.ac.uk](mailto:lgbtq-chair@oxfordsu.ox.ac.uk)

[www.facebook.com/lgbtqoxford/](http://www.facebook.com/lgbtqoxford/)

## Events and societies you should make LGBTQ+ students aware of

- **LGBTQ+ Society** for socials specific to your own community (e.g. bi/pan pizza or trans welfare socials) and Tuesday drinks before Plush (Oxford's LGBTQ+ club).
- **Oxford SU LGBTQ+ Campaign** LGBTQ+ activism, raising awareness and pushing for more support for LGBTQ+ individuals.
- **Queer Week** hosted at Wadham this is a week of talks, performances and other events.
- **Queerfest** Oxford's biggest student celebration of LGBTQ+ culture after Queer Week.
- **Glitterball** annual LGBTQ+ ball held by the LGBTQ Society.

# Suggested projects and initiatives

## For emails you could include:

- Concept of the Qweek- answering a question about LGBTQ+ things or discussing a concept each week to encourage discussion and understanding (you could include a google doc for anonymous questions)
- Tuesday drinks, all the welfare events (or you could advise to just attach the pdf version of the society email)
- Make a post or hold an event about an appropriate LGBTQ+ day that week, such as Intersex Awareness Day.
- At the start and end of each term you could add extra welfare info, making sure it was college specific e.g. the names of rainbow peers etc.
- If making your emails rainbow coloured, always provide a black and white copy as an attachment. Bullet-pointed lists/paragraphs are also a plus for people with dyslexia or other reading difficulties.
- Make an LGBTQ+ college guide! Here is one that Christ Church made earlier: <http://christchurchjcr.org/welfare/lgbtq.php>

## For events, you could run:

- a crewdate
- a queer Oxmas party
- a uni swap with a Eurovision party
- lead a group to various Soc events

## For College wide change:

- Set up a Binder Fund
- Set up a Transitioning Fund

# Directory

## COLLEGE

Please also see the Welfare Guide Director for more information.

**Academic Matters:** Senior Tutor/Academic Administrator

**Health Concerns:** College GP/Nurse

**Mental Health/Emotional Issues:** Chaplain, Welfare Dean

**Safety Issues:** Porters

## Harassment/Discrimination:

Harassment Advisor, College's Equal Opportunities Officer

## OXFORD SU

### Kathryn Cole

President

[president@oxfordsu.ox.ac.uk](mailto:president@oxfordsu.ox.ac.uk)

### Catherine Canning,

VP Access and Academic Affairs

[vpaccaff@oxfordsu.ox.ac.uk](mailto:vpaccaff@oxfordsu.ox.ac.uk)

### Tom Barringer

VP Charities and Community

[vp candc@oxfordsu.ox.ac.uk](mailto:vp candc@oxfordsu.ox.ac.uk)

## Oxford SU: Student Advice

[advice@oxfordsu.ox.ac.uk](mailto:advice@oxfordsu.ox.ac.uk)

## Campaigns

[oxfordsu.org/get-involved/campaigns/](http://oxfordsu.org/get-involved/campaigns/)

### Marianne Melsen

VP Graduates

[vpgraduates@oxfordsu.ox.ac.uk](mailto:vpgraduates@oxfordsu.ox.ac.uk)

### Farheen Ahmed

VP Welfare and Equal Opportunities

[vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

### Katy Haigh

VP Women

[vpwomen@oxfordsu.ox.ac.uk](mailto:vpwomen@oxfordsu.ox.ac.uk)

**UNIVERSITY**

**Counselling Service**

01865 270300

[counselling@admin.ox.ac.uk](mailto:counselling@admin.ox.ac.uk)

**Disability Advisory Service**

01865 289850

[disability@admin.ox.ac.uk](mailto:disability@admin.ox.ac.uk)

**Equality and Diversity Unit**

01865 289825

[Caroline.kennedy@admin.ox.ac.uk](mailto:Caroline.kennedy@admin.ox.ac.uk)

**Nightline** 01865 270270

**Harassment Line/Advisor Network**

01865 270760

[harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk)

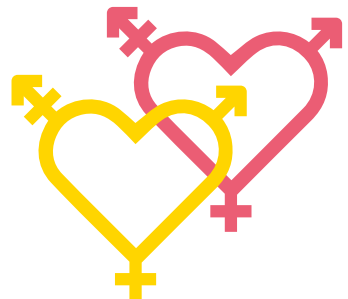
**Student Information  
and Advisory Service**

01865 286223

**Proctors Office**

01865 270090

[proctors.office@proctors.ox.ac.uk](mailto:proctors.office@proctors.ox.ac.uk)



## EXTERNAL

The Metro Centre UK is a national charity which provides healthcare, community and youth services, mental health and sexual health advice to young LGBTQ+ people across the country. Its website contains further information on its work. [www.metrocentreonline.org](http://www.metrocentreonline.org)

Stonewall is another UK based organisation which works towards creating a better environment and society for LGBTQ+ people. It runs training sessions, enabling young LGBTQ+ to do leadership programmes, offers mental health advice and combats adversity through Pride and other events. [www.stonewall.org.uk/](http://www.stonewall.org.uk/)

### **National Union of Students**

0845 5210 262

[www.nus.org.uk](http://www.nus.org.uk)

### **NHS Direct**

111

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Emergency Services:** 999

**Thames Valley Police:** 101

**Oxford City Council:** 01865 249811

**First Aid- Red Cross**

[www.redcross.org.uk/firstaid](http://www.redcross.org.uk/firstaid)

### **GUM Clinic**

01865 231231

### **Shelter Housing Advice Line**

0808 800 4444

8am-8pm Mon-Fri /

8am-5pm Sat-Sun

### **LGBT Foundation**

0845 330 30 30

10am-10pm every day

### **London Lesbian & Gay**

#### **Switchboard**

0300 330 0630

(calls at local rate)

**Churchill Hospital, OX3 7LE**

#### **Samaritans:**

01865 722122

[jo@samaritans.org](mailto:jo@samaritans.org)

#### **GALOP - National LGBT Domestic Abuse Helpline**

0800 999 5428

[help@galop.org.uk](mailto:help@galop.org.uk)

#### **Albert Kennedy Trust – LGBTQ youth homelessness charity**

<http://www.akt.org.uk/>

#### **Oxford Friend**

local LGBTQ+ counselling service

01865726893

[confidential@oxfordfriend.co.uk](mailto:confidential@oxfordfriend.co.uk)

 Oxfordfriend

**Citizens Advice Bureau**

08444 111444

[www.caox.org.uk](http://www.caox.org.uk)

**Oxford Sexual Abuse  
and Rape Crisis Centre**

0800 783 6294

[support@osarcc.org.uk](mailto:support@osarcc.org.uk)

**Terrence Higgins Trust**

01865 243 389

[www.tht.org.uk](http://www.tht.org.uk)

**Student minds**

[www.studentminds.org.uk](http://www.studentminds.org.uk)

**Students Against Depression**

[www.studentsagainstdepression.org.uk](http://www.studentsagainstdepression.org.uk)

**Oxfordshire Mind**

01865 263730

[www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)

**Alcoholics Anonymous**

0845 769 7555

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**FRANK- Drugs Advice**

0800 776600

[www.talktofrank.com](http://www.talktofrank.com)

**Oxford SU**


4 Worcester Street

Oxford OX1 2BX

01865 288452

[vpweo@oxfordsu.ox.ac.uk](mailto:vpweo@oxfordsu.ox.ac.uk)

[oxfordsu.org](http://oxfordsu.org)



**LGBTQ+**  
**OFFICERS**  
**GUIDE**

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**Oxford SU**  
LGBTQ+ Campaign

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