



August 2023

**Welcome from the Wellbeing Team at Lady Margaret Hall**

A very warm welcome to Lady Margaret Hall from the Wellbeing Team!

We look forward to getting to know you at this exciting moment of transition in your life. We hope that your time at LMH will be very positive. However, life naturally has ups and downs and the Wellbeing Team are here to provide you with support and guidance if and when you should need it. As a rule of thumb: if you are stuck and don't know where to start, then Wellbeing is a good place to go. We have great links around college and with resources across the wider University, NHS and elsewhere. You can find out more about Wellbeing at LMH at [www.lmh.ox.ac.uk/wellbeing](http://www.lmh.ox.ac.uk/wellbeing).

Our Wellbeing Team consists of:



**Nicole Jones**  
Head of Wellbeing



**Lizzie Shine**  
Head of Wellbeing



**Anne Harpin**  
College Nurse



**Dr Tom Hutchinson**  
College GP



**Vania Pinto**  
Junior Welfare Dean



**Graham Reid**  
Junior Welfare Dean



**Caitlin Barton-Sargeant**  
Junior Welfare Dean



**Alex Demby**  
Junior Welfare Dean



**Ed Sutcliffe**  
Study Skills Lecturer



**TBC**  
Study Skills Lecturer



**Peer Supporters**

We are situated in Deneke; the wellbeing office and study skills office are opposite the nurse's office – past the Dining Hall on your left and Committee Room on your right and turn left at the end of the corridor.

Nicole and Lizzie both work part time as Heads of Wellbeing as a job-share; together they make sure that a Head of Wellbeing is available Monday to Friday during typical working hours. You can book an appointment to see them at [Head of Wellbeing \(office365.com\)](mailto:office365.com) or just send an email to [wellbeing@lmh.ox.ac.uk](mailto:wellbeing@lmh.ox.ac.uk).

**If there is anything you'd like to discuss before you start at LMH or if you have any difficulties or concerns you would like to raise before you arrive, Nicole and Lizzie are available throughout the summer vacation, so please do not hesitate to get in touch via the above email.**

Alongside Nicole and Lizzie, we have on-site health provision through the College Nurse and both on and off-site GP services. Anne Harpin, our college nurse, is available throughout the week Monday - Friday 0th -9th weeks term time only, email [pml.ladymargarethallnurse@nhs.net](mailto:pml.ladymargarethallnurse@nhs.net).

You are also strongly advised to register with the college linked GP practice, Banbury Road Medical Centre prior to your arrival; College information can be found [here](#). Registration forms are to be completed online at [www.campusdoctor.co.uk/oxford](http://www.campusdoctor.co.uk/oxford) as per the instructions.

We also have the benefit of two Study Skills Lecturers, who provide guidance and support with a wide range of academic skills, including time management, note-taking, motivation, critical thinking, essay/project writing, revision strategies, and exam technique.

When you arrive in college you will be introduced to many of the student peer supporters available to you – these include JCR Welfare Reps and trained peer supporters.

Outside of office hours (17.30-08.30 and at weekends during term-time), LMH are fortunate to have the support of our Junior Welfare Deans, who are trained post-graduate students who work on a rota. If you need support during these hours contact the College Lodge 01865 274300 and they connect you to the duty Junior Welfare Dean.

We recognise that asking for help can be easier said than done sometimes. There are many things that can get in the way reaching out, including embarrassment, uncertainty about who to ask, feeling that we might waste someone's time or that no one can help. Please be reassured that, between us, we have supported many hundreds (if not thousands!) of people and it is likely we have helped someone to deal with a similar question or issue before. No problem is too big or small for the Wellbeing Team.

We work confidentially, which means that unless we feel that you or another student is at risk of harm, we will not share any information without your permission. Further information about confidentiality and how the Wellbeing Team store and use student data can be found in the [LMH Confidentiality Statement](#) and in the [Wellbeing Team Privacy Policy](#) on our website.

**Our job is to point you to the right services and resources to allow you to make the most of your time in college – and to listen to anything, academic or otherwise, that is troubling you and help you find solutions.**

You will meet us during Freshers' Week so that you can put some faces to names and hopefully feel comfortable approaching us in the future – look out for our Wellbeing Weeks and other Wellbeing events throughout the year. In the meantime, we wish you all the best for a good summer and are looking forward to welcoming you warmly to Lady Margaret Hall.

With very best wishes from the Wellbeing team