



Information from College Welfare and Wellbeing Coordinator

Dear Student

My role is to coordinate and offer welfare support within the college. I can direct you towards support both within the university e.g. Disability Advisory Service and Counselling, and externally e.g. NHS, Adult Mental Health Team, Social Services and the Voluntary Sector.

Disability Advisory Service and mental health conditions

The Equality Act (2010) defines a Disability as,

“a physical or mental impairment which has a substantial and long-term (i.e. has lasted or is likely to last for at least twelve months) adverse effect on a person’s ability to carry out normal day-to-day activities.”

If you have a long-term disability, learning difficulty, mental health condition or medical condition please contact the [Disability Advisory Service](#) who can discuss reasonable adjustments with you.

Your disclosure will be treated in confidence and will not disadvantage you in any way.

If you have a mental health problem such as, depression, anxiety, bipolar, borderline personality disorder (BPD), we can have a confidential conversation in college and think about the support you may need.

Medical conditions such as, allergies, epilepsy and diabetes

If you have a condition such as, Epilepsy where you may sometimes need emergency medical intervention, we can make a safety plan with you.

Also please let me and the [College Nurse](#) know if you have any food allergies which we need to be aware of.

Before you start at Hertford College

Please drop me an email if you would like to make a time to meet or talk on the phone before you arrive in Oxford. This is confidential and we can think through any support you may need when you start. It’s always good to start planning early as it can take some time to arrange your support.

During term time I have both appointments arranged by emailing me and drop-in sessions. Further information can be found on the [website](#).

With best wishes

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Welfare & Wellbeing Coordinator
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