

LMH Alternative Guide for Graduates

2025-26



LMH website: <http://www.lmh.ox.ac.uk>

LMH intranet: <https://intranet.lmh.ox.ac.uk>

LMH WhatsApp: <https://chat.whatsapp.com/JnIAKwQDBst0Fp7N1v4bqN>

Facebook group: <https://www.facebook.com/groups/lmhmcrl/>

Instagram: [@lmh_mcr](https://www.instagram.com/lmh_mcr/)



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What is an Alternative Guide?

Welcome to Oxford! Welcome to LMH! Maybe even, welcome to the UK? We know that moving can be stressful and starting a new university has a mixture of excitement and nerves. This guide is written by graduate students of LMH, for graduate students of LMH.

To help in the stressful weeks leading up to and beyond your arrival here, this guide addresses a broad range of issues including questions from “where to live” and “what to eat”, to “where are we going dancing tonight” and “where can I get a drink in this town”? Oxford’s Alternative Guides, of which we are sure this is, without a doubt, the best, cater to the specifically unique needs of the university’s graduate populace!

What is a college?

Unlike most universities, where postgraduates are only affiliated with a department, all students and fellows at the University of Oxford are also affiliated with a college. Many Colleges organize their members into three “Common Rooms”: the Junior Common Room (JCR), usually for undergraduates, Middle Common Room (MCR), usually for postgraduates, and Senior Common Room (SCR), for academic staff. Colleges provide a broad swath of amenities, including libraries, dining halls, gyms, chapels, bars, classrooms, lecture theatres, and housing, and support on matters including welfare, social life, and financial issues. They are also a great place to make new friends!

The Middle Common Room (MCR)

The term MCR or Middle Common Room, is used to refer to both the Lady Margaret Hall graduate student body and to a common, physical space used by these students. The MCR, via its Executive Committee and representatives, is responsible for organising entertainment and events, supporting its members with information and advice, and representing the interests of graduate students to the College.

Most importantly, it is a place to relax and make friends. One of the best places to do so is the physical MCR space, located at the bottom of the Clore Graduate Centre and comprised of a lounge/dining area, kitchen, and TV room.

All graduate students admitted to LMH automatically become members of the MCR. We charge a membership FEE of £20 per year which helps us pay for events for members ranging from the Freshers’ Week events, to brunches, BOPs, dinners, parties and many other things. You can opt-out of this by getting in touch with the MCR Secretary (secretary-mcr@lmh.ox.ac.uk) within the first two weeks of Michaelmas term. If you opt out, you will not have access to the MCR or any of its events.

The Common Room

The Common Room features many facilities. Among other things, you can probably find:

1. A kitchen stocked with common cooking utensils, tea, and coffee.
2. A large, flat-screen television complete with Blu-ray player, DVD player, Sonos sound system, Freeview, Netflix and an extensive collective of movies and TV shows.
3. Game consoles (including, at last count, an XBOX 360, an XBOX One, a PS5 and a Nintendo Wii) and dozens of games.
4. An ever-growing collection of books.
5. A table-football and table tennis tables, board games, footballs, Frisbees, and other sports equipment.
6. MCR student lockers.

The TV room has comfy sofas, armchairs, and bean-bags. The main section of the MCR has a long dining table and seating area (with its own couch and chairs). We even have outdoor dining tables and chairs, which are a great way to make the most of the good weather and the LMH gardens.

The MCR Committee

All MCR members are invited to all MCR events that try to cover a wide range of interests, but always promise to be very welcoming and fun. We would love to see you at many of these events! The MCR Committee is made up of a number of executive and non-executive members, all of whom are students. Becoming an elected (executive) member or voluntary (i.e. non-executive) rep is a great way to give a little back to the graduate community, be actively involved in college life, and add a great looking line to your CV.

The Executive Committee at the time of writing comprises seven members: two presidents, one secretary, a treasurer, two social secretaries, and three welfare officers. If you are interested in running for any of these positions in MT or want to find out more, please contact any Committee member. No prior experience is required, and Freshers are most welcome to take up any of these roles. Non-executive positions can be filled at any time and require less time commitment. Specific responsibilities vary within the Committee, but their job is to represent graduate students' interests to College, provide social and welfare events, and generally ensure the MCR is a friendly, welcoming place for us all.

Representatives ("Reps" for short) are appointed by the Executive Committee. They require no election and their roles are normally more specific and less time intensive but are no less important to the smooth operation of the MCR. They're a fantastic way to be involved in the MCR and freshers are encouraged to volunteer! Get in touch with the Secretary if you are interested.

Non-Executive Committee Positions (Representatives/Reps)

- MCR Rep
- Sports Rep
- Academic Rep
- BAME Rep
- Equalities Rep
- Beer & Wine Rep
- Ball Rep
- Garden Rep
- Library Rep
- LGBTQIA+ Rep
- Chapel & Choir Rep
- IT Rep
- Women's Rep
- Bar Rep

The Committee is always happy to receive suggestions and criticisms. If you are not sure who is the best person to get in touch with, try them secretary who can point you in the right direction. Failing this, get in touch with the Presidents.

We are even happier when someone would like to join the team – let us know if you want to be involved! If there's a specific post you're interested in, do get in touch with the current holder, we'd love to chat. Executive Committee elections happen towards the end of Michaelmas, and again, Freshers are highly encouraged to run (many of us in the current Committee started in our first year). The official announcement with details of the self-nomination protocol will be made sometime mid-term.

Current Committee (2024-25) can be found [here](#)!

Arriving at LMH

Getting to the UK

Oxford is about 60 miles (ca. 95 kilometres) northwest of London and 80 miles (ca. 130 kilometres) south of Birmingham. The closest airports are London Heathrow and Birmingham, but Gatwick and Luton are also well connected to the city and take about the same amount of time to get to Oxford from. There are regular bus services from these airports to Oxford that you can check at <http://www.oxfordbus.co.uk/>, especially [The Airline](#). There is a direct train connection between Birmingham International and Oxford.

London Stansted is connected to Oxford via a National Express bus route, but this trip regularly takes between three and five hours (with a stopover and bus change in London). If you do have to travel from Stansted, consider sorting out travel via central London.

Eurostar trains (<http://www.eurostar.co.uk>) offer a fast and carbon-neutral way of traveling between the mainland (Paris, Amsterdam and Brussels) and London. Tickets start from £78 (round trip), if you book far enough in advance. Eurolines coaches (<https://www.eurolines.eu>) can offer a more economical, if longer trip (especially if you're travelling on short notice)!

Getting to Oxford

The British railway system, while unarguably comfortable, is not necessarily the cheapest way to travel, but some good deals can be found if booked far enough in advance. Your best bet for cheap tickets is the National Rail website (<http://www.nationalrail.co.uk>). You may, in due course, wish to buy a 16-25 Railway Card (£30), which offers a 1/3 discount on all railway travel in the UK. These cards, which despite their name are also available to full-time students over the age of 25, can be used for train travel across the UK and are perfect for weekend trips away. Similarly, the 'Oxford Tube' bus service (<http://www.oxfordtube.com>) runs every 15 minutes from London Victoria and travels to Oxford via Marble Arch. You can buy single (£11/12), return (£16/18) or 12 trips in one (£80/90) (prices are provided with/without student discount, which becomes available once you have collected your student ID card). It offers wireless Internet access on board their services free of charge. For other bus routes to Oxford, check the National Express website (<http://www.nationalexpress.co.uk>).

Oxford is on the London-Birmingham railway line. Trains from London depart from London Paddington Station, which serves all trains bound for the West (and Heathrow airport). If you are traveling from other parts of the country via London, or by Eurostar, be aware that you will need to change trains there. A train journey from London to Oxford lasts about 60 minutes; a last-minute single (i.e. one-way) train ticket (without Rail-Card discount) is about £30. There is also a service from Oxford to London Marylebone, which takes about an hour. Tickets can be as cheap as £5.40 when bought in advance.

Getting to Lady Margaret Hall

The walk to LMH from the bus or train station takes 20-30 minutes. However, if you've got more than one or two bags with you it is arguably worth just taking a taxi. Taxis in Oxford are cheap and readily available, and we recommend their use, especially for those arriving at night. There are taxi ranks outside the train station and close to the bus station (Gloucester Green). All taxi drivers should be able to find Lady Margaret Hall, but tell them Norham Gardens if their memory needs jogging. The ride should cost around £5-6 (more if travelling late at night).

If it turns out that you do not have sufficient funds to pay for your taxi, don't worry. The Porters will pay the fare for you (and you can pay them back later).

Good taxi companies include Royal Cars (01865778866) and 001 Taxis (01865 240000). Both services also have corresponding apps, which you can setup to pay by credit card. Uber has now monopolized the taxis, so you can use that too!

Living in Oxford

What are my options?

Graduate accommodation at LMH is extremely limited. If you have opted to live in College, you may have been allocated a room in one of the flats or halls on College grounds. There are also accommodation options offered by the University (please consult the website <https://gradaccommodation.admin.ox.ac.uk/> for more information).

If you are living out of College, popular neighbourhoods for private accommodation include Jericho (NorthWest Oxford), Summertown (in North Oxford), Cowley (South East from Magdalen Bridge), or Botley Road (past the train station) and (new) Marston.

Living in College

Your arrival

Once you get to LMH, report to the Porters' Lodge. The Lodge is open 24 hours a day. The Porters will give you all the information that you need and hand you the key to your room (if you are living in College). You can always rely on them for friendly and helpful assistance! Note that there is always at least one Porter on duty, although they may be out in College on patrol (especially during the night shift). On the off chance you arrive in College and there is no one in the Porters' Lodge, you can call them on 01865 274300 (which will be redirected to their mobile handset)!

In your room you will usually find:

1. Single Bed (but no duvet, pillow, or linen);
2. Desk;
3. Chair;
4. Armchair;
5. Bookshelves;
6. Wardrobe;
7. Chest of Drawers;
8. Lamps (though maybe not enough for your liking);
9. Internet and internal phone line (but no phone).

You will probably be sharing a bathroom and toilet with other students. If you do have some space in your suitcase, then these are things that several people have found useful to bring along:

1. Linen (this can be bought from the Lodge, but you may want to bring your own);
2. Towels;
3. Computer/Laptop (you will have access to the internet in your College room);
4. Books, writing material, etc.
5. Some cutlery, crockery, and cooking implements.

Having said that, the importance of some of these items is very subjective. If you live down the road in, let's say, Watford, then sure, bring along your favourite soup bowl, lamp and lucky blanket. If you're flying in from

the other side of the continent (or world), it is arguably much, much easier to source these things locally and the cost will almost definitely be less than value of the extra space in your luggage. Argos (<http://www.argos.co.uk/>) provides linen, crockery, and cutlery at reasonable prices and can deliver to LMH at the time of your choice!

Bear in mind, as a graduate student you can keep your belongings in your rooms even during the vacation periods (a luxury that is not afforded to undergraduates).

There is also an MCR study room in the Clore Graduate Centre and computer facilities in the College Library.

More information on College accommodation can be found here <https://www.lmh.ox.ac.uk/prospective-students/graduate/graduate-accommodation>.

Living Out

If you need to find private accommodation, here are a few good starting points:

<http://www.dailyinfo.co.uk>

<https://www.facebook.com/groups/159266190878238/?fref=ts>

<https://www.facebook.com/groups/160632823948859/> (This group is very useful, but their admin has long left. Therefore, to be admitted, find somebody who is part of the group and can add you. Finding somebody in the group should not be too hard, given its popularity.)

<https://www.gumtree.com/oxford>

<https://www.collegeandcounty.biz/>

<https://www.comhouse.org/>

<https://nooc.org.uk/>

<https://www.universityrooms.com/>

Communication

Regardless of whether they live in or out of College, all students have a pigeonhole (affectionately referred to as a “Pidge”) where post is delivered. Small and medium sized parcels can also be delivered to your pigeonhole in the Porters’ Lodge, while larger parcels will be held by the Porters. Large parcels and any packages that must be signed for will be accompanied by a delivery email to let you know your delivery is in the Lodge. Please remember to collect your parcels in a timely manner. There is only so much space in the Porters’ Lodge. Once they have no space to store more parcels they will not be able to accept any newly delivered ones! The Porters also manage internal University mail which can be used for correspondence or reasonably sized parcels to students, faculty or staff of other colleges, free of charge.

What is accommodation like at LMH?

While all College accommodation comes with the same fundamental amenities discussed above, not all rooms are exactly alike. Rooms come in a range of sizes, locations, facilities and layouts that can result in different room pricings. College grades these differences on a scale of bands, ranging from C to A+.

Clore Graduate Centre

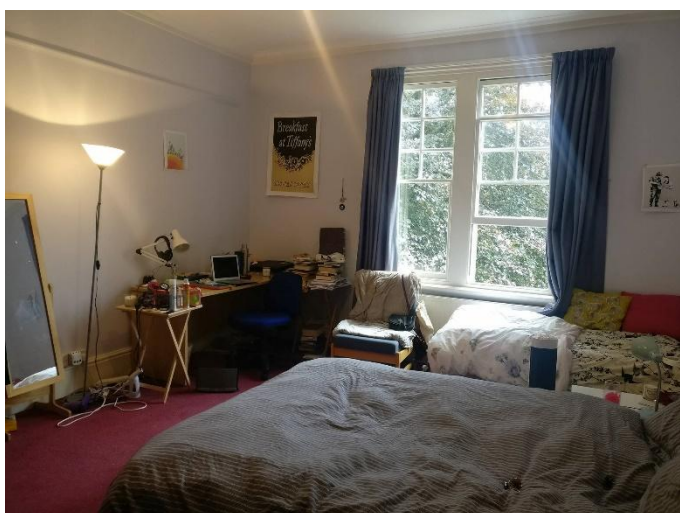
This is the newest addition to the LMH grounds, and is band A+ accommodation. These rooms all have private en-suite bathrooms and are set along long hallways with especially large kitchens and communal dining

areas, comfortably shared among 8-10 people. They are also situated on the floors above the MCR, making it even easier to run downstairs to grab a biscuit or coffee in your PJs.



Fyfield Road

LMH has a number of accommodation options in the houses at 1-5 Fyfield Road (with 6 Fyfield Road being the Principal's residence and 7 Fyfield Road onwards housing Fellows of the College and offices). Many of these buildings also incorporate lecturers' offices. Most of these rooms have medium sized kitchens including eating areas.



Old Old Hall

One of the most historic buildings within the main College site. Rooms range from price bands A to C, according to their size. All are non en-suite with access to shared bathrooms. Small kitchens with basic equipment are typically shared between 5-8 students.



General LMH Information

Hall

The Dining Hall is located in Deneke, near the back of LMH. It offers breakfast, lunch and dinner during term time and arranges special times during the breaks for graduate students who are around during the vacation periods.

Remember to bring your Bod card to Hall! The payment system in LMH is done via UPay. Money topped up to your UPay account is put on your Bod card to use in Hall. You will need sufficient money on your card to be able to pay.

Online top-up: Go to <https://intranet.lmh.ox.ac.uk/>, clicking on “Meals and Menus” and in the lower part of the webpage you will find a link to your UPay account.

Meals in Hall are heavily subsidized by College with prices varying from £2.50 to £5, with an average meal costing £4.50 for a main meat dish and two sides of vegetables. The equivalent vegetarian option should cost about £4.15 and desserts are generally in the region of £1.50 each. Breakfasts tend to come in around £3.50 for 5 items. To check the menu for each week, you can visit the Intranet and check the “Meals and Menus” section.

An average weekly food menu would look something like this:

Breakfast 8am-10am Lunch 12pm-2pm Dinner 5.30pm-7.30pm						Brunch 10am-2pm Lunch 12pm-2pm	
Lunch & Dinner Menu						Lunch Menu	
	MONDAY	TUESDAY EARLY HALL 5pm-6.15pm	WEDNESDAY VEGETARIAN DAY EARLY HALL 5pm-6.15pm	THURSDAY	FRIDAY EARLY HALL 5pm-6.15pm	SATURDAY BRUNCH AVAILABLE FROM 10am	SUNDAY BRUNCH AVAILABLE FROM 10am
	Soup of the day						
LUNCH & DINNER Main Courses	PB-Nachos with bean & vegetable chilli Chicken satay skewer	V-Vegetable 'Kiev', Lemon Asian style fish of the day on vegetable stir-fry Baked potato: PB-Vegetable chick pea curry -Tuna mayo	PB-Baked peppers with rice & BBQ Oomph! PB-Moroccan spiced veggie burger, date hoummous, tomato & rocket	PB-Sausages on creamed mustard & leeks sauce Lamb meatball tagine with dates & chick pea	V-Swiss 'Aelpler' macaroni, crisp onions, apple sauce Fish of the day, tartare sauce, lemon PB-Samosa pots, mango chutney	PB-Chick pea, paneer & cauliflower tikka masala, poppadum Turkey schnitzel bap, tomatoes, rocket, garlic mayo	PB-Pasta all'arrabiata, wild garlic pesto Pasta Bolognese, Parmesan
PLANT-BASED	as above	as above	as above	as above	as above but PB sauce & cheese	as above	as above
DAILY SALADS	Selection of vegetable & protein salads						
PASTA of the DAY	PB-Roast chestnut mushroom sauce	V-Pasta, cauliflower pesto & parmesan	PB-Linguine with tomato, coriander, lime & avocado	V-Four cheese ravioli, garlic herb sauce	Chefs choice	Chefs choice	Chefs choice
SWEETS PB Sweet available	Apple tart, Greek yogurt	PB-Carrot cake, vanilla cream, seeds	PB-Chocolate fudge cake	Eton Mess with strawberries	Chefs choice	Chefs choice	Chefs choice

V- Vegetarian; PB- Plant Based; Special diets, coeliac & lactose intolerance alternatives are always available – please ask a member of the catering team

Formal

Oxford also has a tradition known as 'Formal Hall', colloquially referred to as 'Formal', where the Hall is made extra special by offering a three-course dinner. These dinners are a great way to close off a stressful week of work by enjoying a great dinner with friends before usually heading to the bar. As this is a special occasion, the dress-code is smart.



As with all College events, they try to provide a varied menu to cater to dietary requirements. The standard option is a vegetarian meal. If you prefer meat/fish or have any dietary requirements, you are requested to give notice of this upon booking. If uncertain about anything, you can email the catering manager at catering.manager@lmh.ox.ac.uk.

Intranet (intranet.lmh.ox.ac.uk)

The LMH Intranet can be accessed from the bottom of the LMH website or using the link above. This is a great place to go for information regarding College life. You can also access extra bits of LMH information such as meal menus, punt bookings, formal bookings and Battels.

Battels

A uniquely Oxonian way to talk about accounts, your Battels are a blanket term used to refer to all costs incurred throughout the term. Things like rent, library fines and MCR subscription are all placed there. You are given a special code (located at the top of the Intranet's Accounts/Battels web page) for making relevant payments, online or otherwise, so that the College will be able to quickly recognise if a student payment has gone through.

Library

Most Colleges in Oxford have their own library and LMH is no exception. It is located in the middle of the College. As a graduate student you will arguably be more likely to borrow books from one of the more specialised libraries in town. However, as an LMH graduate student you are able to take books out for the entire term from the College Library. Barring exceptional circumstances, you will also have access to the College Library 24 hours a day, every single day of the year. The Librarian can also purchase books that prove difficult to locate or secure in Oxford, on your behalf. The Library has a budget allocated every year for this exact purpose!

One highlight of the LMH library is the Emma Watson Feminist Book Shelf. The Associate Fellow even turns up occasionally to donate the odd piece of feminist literature.

Cleaning and Laundry Facilities

LMH has a number of washing machines and dryers in College (although not on Fyfield Road). They can be found:

- Near the MCR at the base of the Clore Graduate Centre
- Next to the entrance of Kathleen Lea building
- Down the steps beside Talbot Hall, next to the bar
- On the ground floor between Old Old Hall and New Old Hall

It is tap to pay.

Fixing Things

If anything in your room (or in shared spaces like the MCR) needs replacing or repairing, use the Intranet fault reporting system under "ICT and Maintenance" to report the issue. Replacement light bulbs can be obtained free of charge via the Porters' Lodge.

We cannot stress enough how important it is that you let College know what needs fixing! By using the Intranet reporting system – rather than other channels – your request will be tracked, escalated and fulfilled as soon as possible.

Punt House

One of the perks of being at LMH is that College is surrounded on no less than three sides by an idyllic part of the River Cherwell. This also means that we have access to water sports. There are a few kayaks, canoes and stand-up paddle boards kept inside the punt house. To use these, join the Riversports Club. As well as these LMH also have four punts. Punting is a quintessentially Oxford thing to do during the spring/summer in Trinity term. Punts can either be booked online or at the Porters' Lodge. It costs £5 an hour and a normal

outing usually lasts between one and two hours. Our punts can comfortably hold five people, with six being the maximum number of people allowed.



Shopping Near LMH

Nine to Nine

The Nine to Nine is the closest corner shop. It is on North Parade Avenue, and a five-minute walk from the college. Its proximity to college makes it the ideal place to pick up milk or the odd onion in a pinch. They also keep drinks. The Nine to Nine is, as the name suggests, open until 9 p.m. It is very convenient but also small and more expensive than the supermarkets.

Tesco

The closest large Tesco is located on Magdalen Street. It is relatively reasonably priced, and has a wide selection. The Magdalen Street Tesco can get very busy between 5-6 p.m. during term time, so plan your shop wisely! It's open from 7 a.m. until midnight most days of the week. There is also a large Tesco on Cowley Road, a smaller one on St. Aldates, and one in Summertown.

Large out-of-town stores are located in Kidlington, beyond the northern part of the Oxford ring road, and Iffley, beyond the eastern part of the ring road.

Sainsbury's

Sainsbury's is another reasonably priced supermarket. The closest one is on Magdalen Street, right next to the Tesco. This is a small branch, and won't have as wide a selection of items as some. There is a big Sainsbury's at the Westgate shopping centre, and medium sized ones near the Magdalen Bridge, and on Cowley Road.

Pro-Tip: Get your groceries delivered!

For orders of £40 and above, both Tesco and Sainsbury's will deliver. You can book your delivery online, and select a delivery slot (for a small fee). You probably won't be doing £40 shops too often, so we suggest teaming up with other people if you want to save yourself a walk.

Co-op (Jericho, Summertown, Iffley)

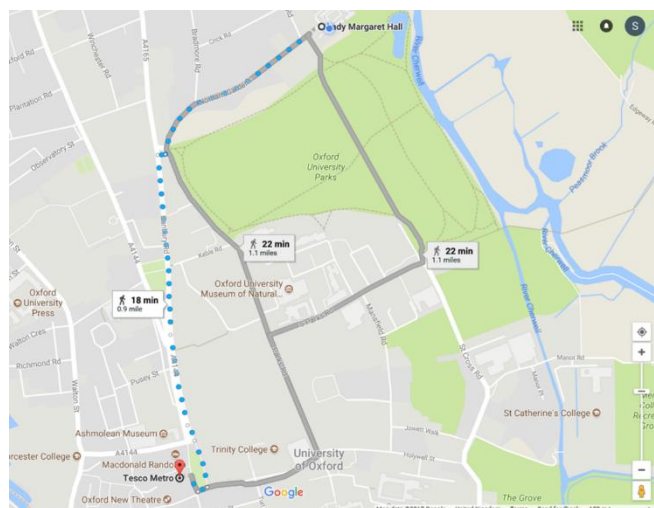
There are two Co-ops on Walton Street, one on Banbury Rd and one on Iffley Rd near Donnington Bridge. They are not as extensively stocked as the other supermarkets, but often stock nice organic and fair-trade products.

Marks and Spencer

If you're not from the UK or have never spent any amount of time here before, this one could sound a bit strange. Don't be confused, though! M&S does, in fact, have a number of food-halls, which actually function as rather high-class supermarkets! As such, this option is more expensive, but if you feel like treating yourself there are Marks and Spencer's food stores on Queens Street in town, and in Summertown. Both are about a 20-minute walk away from college.

Gloucester Green market

On Wednesdays, Thursdays and Saturdays, you can get fruit, veggies, fish, condiments, locally made nibbles and so on at the Gloucester Green market. Past deals have involved an obscene number of avocados for the princely sum of £1 and a profusion of pineapples in the MCR. From 9 am to 4 pm on Wednesdays and Thursdays, and 10 am to 5 pm on Saturdays, there are food stalls representing a variety of cuisines. It is definitely an MCR favourite!



Lung Wah Chong Chinese Supermarket

Located at 41-42 Hythe Bridge Street near the train station. This store stocks East Asian ingredients hard to find elsewhere. Other Asian

supermarkets can be found along Cowley Road, The closest to LMH is the Gloucester Green Oriental Snack Shack.

Restaurants and Cafes near LMH

Most Oxford Restaurants deliver to Lady Margaret Hall via Deliveroo (<https://deliveroo.co.uk/>) and/or Uber Eats (<https://www.ubereats.com/gb>). Some alal options (there are MANY in Cowley, as well as halal grocery stores) can be found [here](#).

Lunch Places

Viny's

Viny's is a chain of sandwich shops in Oxford. The closest one to LMH is to be found on North Parade Avenue. They're great for giant wraps and sandwiches.

The Alternative Tuck Shop (ATS)

Open on weekdays only, ATS is located at the corner of Holywell St and Mansfield Rd. They offer a wide range of great-value sandwiches and sweet treats. Even though the queues can get long at lunchtime, their service is always very speedy. Note: below 5 GBP, which applies to most of their sandwiches, they take cash only.

Alpha Bar

Alpha Bar, located in the Covered Market, is an organic salad bar. You can create your own salad choosing from their daily varying options of filling bases, sides, toppings and dressings and they also have at least one hot dish per day. For regulars they have a stamp card that will give you the ninth dish free for every 8 you have bought.

Kebab Vans

A favourite of the drunken hoards, the kebab vans are scattered throughout the city. *Hassan's* on Broad Street and *Soloman's* on St. Giles (right in front of St. Cross) are the most popular, and more or less on your way to college from town.

Vegetarian

Gardener's Arms on Plantation Road (don't mix this up with the one on North Parade) has the best veggie burgers in town, and also caters to vegan food requirements. The veggie burgers are so

good that confirmed carnivores also have a deep, abiding affection for the pub! Try asking for the tofu bacon! *The Handlebar* on St. Michael's street and the *George Street Social* do the best veggie brunches in town.

Pizza

The White Rabbit makes arguably the best pizzas in town, though it is difficult to find space there at peak times. *Il Principe* on Cowley Road, *Bongiorno* and *Buonosera* in Gloucester Green, *Franco Manca* on George Street, *Mamma Mia* in Jericho and Summertown, and *The Ricketty Press* pub in Jericho all make great pizza too. All of these are available on Deliveroo, while *Il Principe* also has its own delivery service. National chain places such as *Dominos* are also available.

Italian

Branca, *Carluccio's* (both in Jericho) and *Zizzi* on George Street are probably the nicest non-pizza Italian food.

Tapas

Al Andalus on Little Clarendon, and *Kazbar* in Cowley are both quite good. *Arbequina* in Cowley is probably the best tapas in town, though you will need to make a reservation.

South Asian Food

The Standard in Jericho and *Dosa Park* by the business school are both decent options and also available on Deliveroo. *The Tribe* on Cowley Road has recently received lots of praise.

MENA

Al-Shami in Jericho has its own fan following. The *Opera Café* and *Elham's Deli* on Little Clarendon are great, but close earlier than most other places.

Asian

Zheng in Jericho is a crowd-pleaser with Malaysian/Singaporean food. *Edamame* on Holywell Street and *Koto* on North Parade are the local Japanese restaurants. There is also a Japanese food van which can usually be found on Woodstock Road near the Maths Institute on weekdays. *Bamboo* near the train station offers good Korean fare. The *Chiang Mai Kitchen* on high street, *Giggling Squid* in Jericho and *Thaikhun* on George Street are good for Thai food. Popular chains included *Banana Tree* and *Wagamama*. There is a *Pho* restaurant at the Westgate Shopping Centre.

Caribbean

Spiced Roots in Cowley, and *Turtle Bay* on Friar's Walk are both great choices. The latter also has a

rather lethal happy hour policy until 7 p.m. and after 10 p.m.

Fancy Food

Pierre Victoire on Little Clarendon is a great French bistro. The *Quod* on High Street, *Gee's* and the *Old Parsonage* on Banbury Road are all great places for when you have fancy friends and family visiting (and to foot the bill!). *The Oxford Wine Café* on Little Clarendon is great for a posher hangout. *Jee Saheb* on North Parade Avenue serves finest Bangladeshi and Indian food. All their meat is Halal.

Cafes

Common Ground is popular for studying. *The Horse Box Coffee Co* is set up with open air seating in the green outside the natural history museum. *Knoops* is specialised on chocolate drinks of all kinds. *Art Café* offers locally sourced organic food amidst local artwork.

Oxford Nightlife

Oxford is full of great pubs and clubs! Listed below are the pubs that tend to have a huge LMH following. Pubs aren't there just for the drinks – British pub food (think fish and chips, bangers and mash, steak and kidney pie) is a quintessential part of British cuisine, so it's worth popping by a few especially if you're new to the UK! Some of the options below are well-known for their food in addition to their atmosphere.

Pubs

Rose and Crown

14 North Parade Avenue, 01865 510 551 / 01865 559 820

Fondly called LMH's local pub, with traditional home cooked pub food, a private room for groups to meet and eat, this pub is North Parade Avenue's crown-ing jewel.

The Wheatsheaf

129 High St, 01865 721 156

Grassroots gig venue that has over the years some hosted some very well-known names, e.g. the Glass Animals, before they were playing to huge audiences.

Turf Tavern

4 Bath Place, 01865 243235

With TV cred, cosy indoor and outdoor seating and a scrumptious menu, Turf Tavern is a favourite watering hole for many a weary Oxford student, and does great food at a reasonable prices. One of the most popular pubs in the centre of Oxford.

The Gardener's Arms

39 Plantation Rd

With some of the best vegetarian food available in Oxford, a must-go for greenthumbs and greenhorns.

Lamb & Flag

12 St. Giles, 01865 515787

Located in St Giles, Graham Greene and Thomas Hardy flocked to this popular pub. Far from the maddening crowd, Lamb and Flag always delivers. It is currently closed, but projected to reopen on 1st September.

The Bear

Alfred Street (off High Street), 01865 721783

Putatively, one of the oldest pubs in Oxford, with cosy décor and many a confounding Tuesday pub quiz.

The Old Bookbinders Ale House

17-18 Victor St

With French-inspired cuisine and many a pub quiz, this pub leaves us 'ale and hearty.

The Chequers

131 High St, 01865 727 463

Traditional pub with medieval vibes.

King's Arms

40 Holywell Street, 01865 242369

Popular student pub, ideal location near the Bodleian and Weston libraries.

Duke of Cambridge

5-6 Little Clarendon St, 01865 558173

Around a little younger than the current Duke of Cambridge, a smart cocktail bar with abundant seating and a quaint location, and generous happy hours.

The Rickety Press

67 Cranham Street

Clubs

Freud

119 Walton Street, 01865 311171

Recently refurbished, formerly a church, FREVD now houses more than one holy spirit. It does it all: great cocktails/bar atmosphere with a dance floor. It also routinely hosts comedians, poets and jazz and blues singers in its walls.

With excellent food, great lunch discounts on Fridays, quirky décor and lots of room, there's nothing rickety about this im-press-ive pub. A must visit for brunch too!

The Jericho Tavern

56 Walton Street

In true spirit(s) of all things Oxford, The Jericho combines big windows and a good old bar with a lending library, making it a favourite haunt for many, including Radiohead, who debuted here.

Jude the Obscure

54 Walton Street

With great food, an abundance of telly sports opportunities and cosy décor, the pub also has great open mic nights.

The Victoria

90 Walton Street, 01865 554047

Traditional tavern, heated gardens, and a great curation of real ales, craft lagers and live music.

Freud

119 Walton Street, 01865 311171

Recently refurbished, formerly a church, FREVD now houses more than one holyspirit, and routinely hosts comedians, poets and jazz and blues singers in its walls. Currently requiring customers to book in advance online.

The Magdalen Arms

243 Iffley Rd, 01865 243159

Albeit rather further abroad from LMH than most of the listed options, this gastropub serves arguably the best lamb in town.

Plush

Frewin Court

The finest collection of pop and camp music, famously cheap drinks on Fridays and Saturdays, and a celebrated LGBTQ+ club for Oxford locals.

Hanks

37 Queen St.

Cocktail nightclub that specializes in Reggaeton, Rap, and Latin music. Popular among graduate students.

Sandy's Piano & Wine Bar

4 King Edward St

(corner of Cowley Rd & Princes St.)

Besides all sorts of musical acts, wines, beers and cocktails, they offer frequent and popular open mic nights until 12.30 am. Perfect venue when the pub has just announced its last order, but you do not quite feel like calling it a night.

The Bridge

6-9 Hythe Bridge Street

The original bridge of highs, this is a busy nightclub, best visited on Thursdays, with two floors featuring different kinds of music.

Thirst Bar

7-8 Park End Street

A DJ, A dance floor, shisha and a covered heated terrace (the most genius thing to happen to Oxford).

The Varsity Club

9 High St.

A two in one deal: this cocktail lounge transforms into a two-story club at night. Especially great for a drink with a 360-view of Oxford at their rooftop bar—whether at night or for an afternoon.

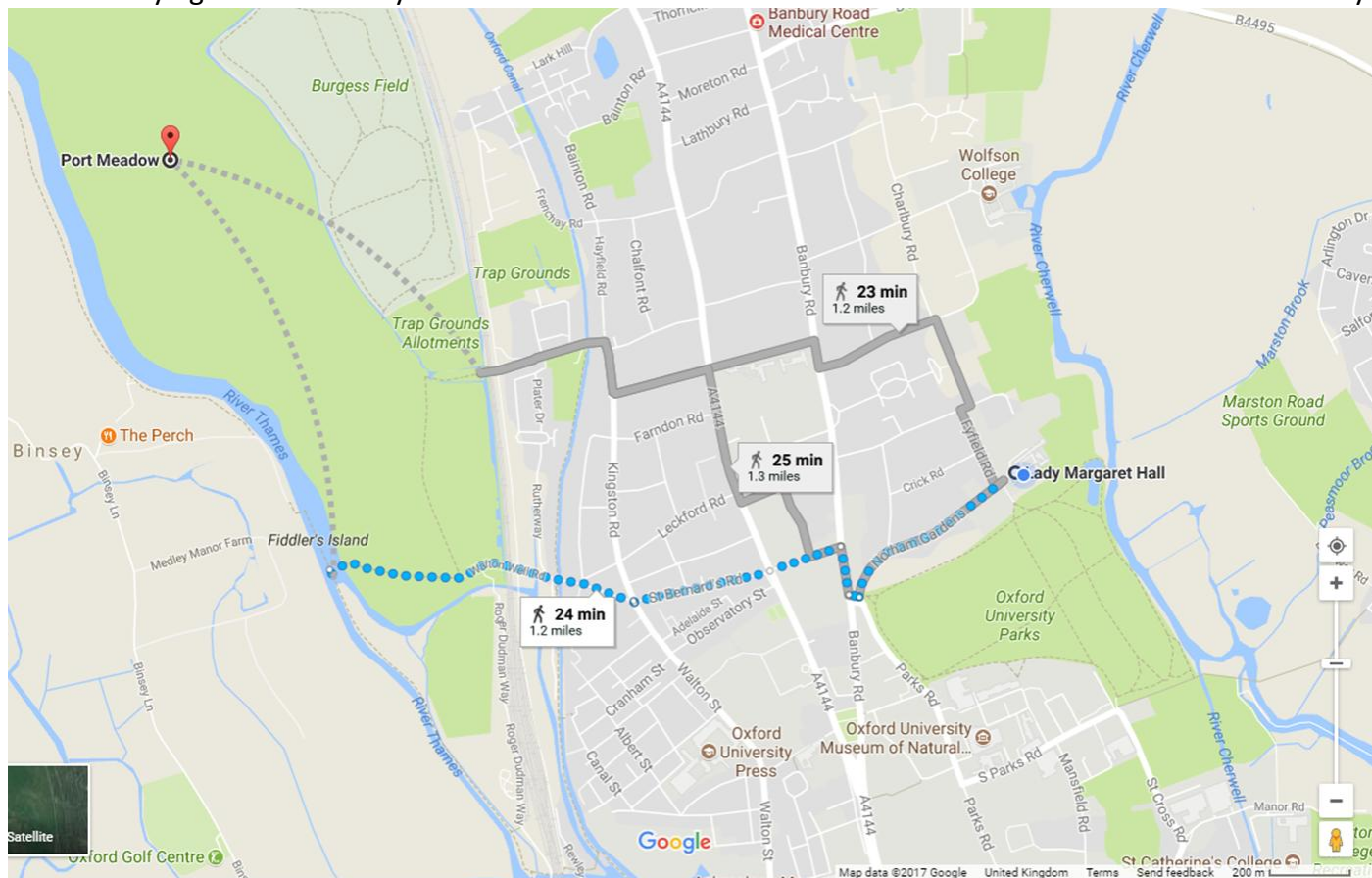
Walks Around LMH

Oxford University Parks is conveniently located directly adjacent to LMH and offers lovely walks filled with green spaces, flowers, and trees, and is often a faster and more preferable way of getting to the City Centre. The 1.4 mile circumference provides a great loop for jogs of any duration and, with an added footbridge that leads to Marston, one can often see cows and horses on a quick jaunt from College. Slightly farther but even

larger is Port Meadow, a large expanse that runs along the River Thames. It is teeming with wildlife and can be found past Jericho, about a 20-minute walk east of College.

Activities and Sport

Whilst studying at Oxford many students involve themselves in clubs and societies. As well as the University-



wide groups, there are a number of LMH-organised teams and activities including;

The Beaufort Creative Writing Society	Hockey	Croquet
Emma Watson Feminist Book Club	Pool	Football
Gardening Club	Badminton	Tennis
Chapel Choir	Boat Club (Rowing & Coxing)	Law Society
Lifting for Women, Trans and non-binary people	Yoga	Christian Union
Riversports Club	History Society	Netball
Oxford Wildlife Photography & Filmmaking Soc	Music Society	Barry's Boot Camp*

These groups are open to everyone from complete beginners to those at more advanced levels. More information can be found in the Intranet under "Clubs & Societies". There are plenty of opportunities to compete against other colleges in the sport arena either in large scale competitions or by representing the College in Cuppers.

* Barry's Boot Camp runs in the LMH tennis courts every Wednesday throughout term at 8 am and is free to all college members.

Balls

Balls are a quintessentially Oxford tradition that takes place throughout the year. They are usually organised by one of the University's many colleges but some societies and scholarship funds also do so. Although there are balls all year long, the biggest take place in 9th week of Trinity Term. These are the so-called "Commemoration Balls" and will usually involve strict dress codes and high prices.

LMH's Ball is normally held triennially. Additionally, many other colleges will have balls as well, so keep an eye out if you're interested. For a comprehensive list of what is to come keep your eyes peeled on OxfordBalls: <http://oxfordballs.co.uk/>

Consensus is that these events are best attended as a group – so plan early as tickets sales can be competitive!

Oxford Student Union

Oxford Student Union (OSU) represents the 22,000 students at the University of Oxford. Their goal is to provide opportunities, help to create change and offer support.

OSU is a registered charity (number 1140687) which exists to provide a number of student services. These range from enhancement of your experience here to protection of your ability to study should you encounter financial, academic or health-related difficulties. Some of the headline services they provide to all Oxford students are:

OSU Freshers' Fair – the best introduction to Oxford student life with hundreds of student clubs, societies and commercial stalls.

Common Room Support – OSU supports your Common Room officers to deliver wins within your College through backing and training on important issues.

Campaigning and Representation – OSU deals with University-wide issues like fee waiver and bursary negotiations, and representation on national debates surrounding higher education and funding.

OSU Council – is like a student parliament where representatives from your College come to vote, on your behalf, on issues that can be put forward by any student.

Student Advice Service – OSU's own free, confidential and impartial advice service which can help with any problem you experience as a student living in Oxford.

OSU Teaching Awards – the only set of student-led teaching awards in the University, allowing you to recognise excellent teaching and drive improvement to suit your interests.

The Oxford Student and Oxide student radio – Oxford's largest student newspaper, published and supported every week by OSU, and Oxford's only student radio station.

Academia

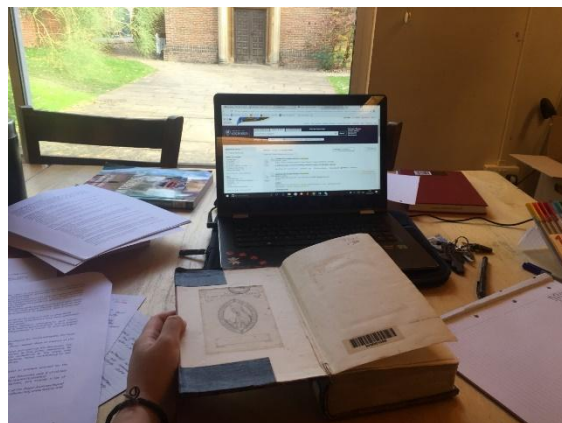
The College is normally not directly involved with your studies. You will, however, have a College Advisor whom you may approach for advice and extra guidance. You can – and should – also address any concerns you might have about your academic progress to the Tutor of Graduates (Dr. Fiona Spensley) tutor.graduates@lmh.ox.ac.uk.

Scholarships

For UK students, the central University manages government hardship funds. Access to all LMH managed funds is through the LMH Student Finance Officer Justa Gabrowska at student.finance@lmh.ox.ac.uk. The LMH Grants Committee meets termly to award grants for conferences, research expenses, and cases of unforeseen financial hardship. Students are emailed termly with the link to the form to apply to Grants Committee – although it is open all the time.

If you experience any serious money emergencies, don't panic: In the first instance discuss them with the Tutor for Graduates, Dr Ben Higgins.

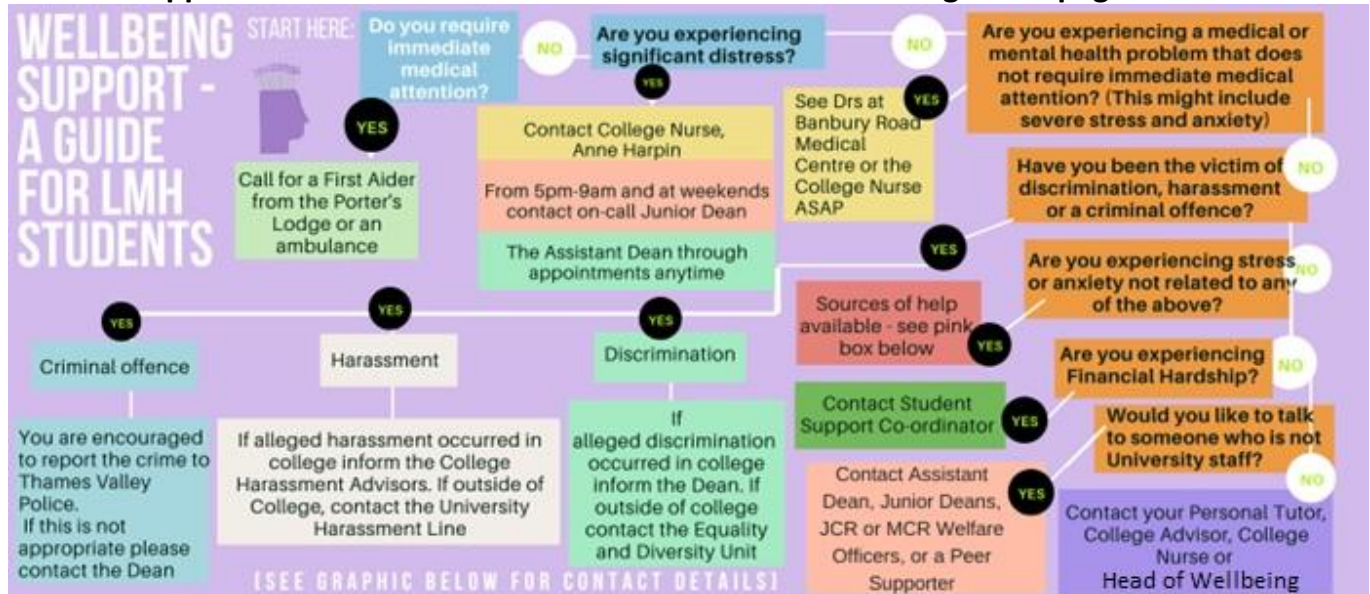
News of any scholarships will be on the web-page and will be emailed to all students. Any scholarships for those already on course will be advertised here (for both International and Home students): <https://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-funding-and-scholarship-search>, but most scholarships are awarded on admission.



Welfare Contact Information

There are a wide variety of health and welfare services available to students here at Oxford: such a variety in fact that it can be hard to keep track of them all. As such, we provide below a handy cheat-sheet to the College, University and external services to which graduates can turn to for help. This seeks to be an evolving list, so, if there are services in Oxford you know that are not on here, please let us know by emailing welfare-mcr@ox.ac.uk.

Welfare Support – A Flowchart Guide for Students from the College web-page



The College provides a useful overview about important welfare related contacts here <https://www.lmh.ox.ac.uk/wellbeing/wellbeing-and-equality-lmh>

Medical Help

Anne Harpin, our College Nurse, can be seen in her office during term time on Mondays, Wednesdays, Thursdays and Fridays between 08:30 – 15:00 and Tuesdays 13:00 – 19:00. To find her office, enter Deneke, keep walking past the Dining Hall towards Deneke East on the ground floor, and you'll find it at the end of the corridor, on your left.

Email: pml.ladymargarethallnurse@nhs.net

Phone: 07595003239

The College Doctors are Dr Linda Jones (working Tuesdays and Thursdays) and Dr Cathy Aylward (working Wednesdays and Fridays). They can be contacted via Reception at Banbury Rd Medical Centre (see below) or the via the College Nurse (see above).

If you require help outside of these times, the closest place to LMH is Banbury Road Medical Centre (172 Banbury Road, OX2 7BT).

Email: reception.brmc@nhs.net

Phone: 01865 515731

Sexual Health

The College provides the following sexual health items for free:

- Condoms
- Dental dams
- Lube
- Panic alarms
- Re-imbursement for morning after pill and other tests can be requested from welfare-mcr@ox.ac.uk (all requests are strictly confidential)

A stock of condoms, dental dams and lube should be available in the MCR Welfare Cupboard at all times. If you find that certain items have not been stocked, please contact the Welfare Execs, via welfare-mcr@lmh.ox.ac.uk.

Pregnancy tests and panic alarms are obtained by emailing the Welfare Execs, as above.

You can obtain the morning after pill from the College Nurse or from a local GP or pharmacist. If you obtain the pill from outside College, the College Nurse will reimburse you if provided with a valid receipt.

Need to Talk?

Oxford can easily be an overwhelming experience, even for adult and real-world experienced graduates. Talking about your difficulties is the first, best step to solving them and the following services all offer the opportunity to do so, with the guarantee of total confidence. Expressing feelings to people whose job it is to hear them, accept them, and talk them through is often the best path to regaining some emotional stability. Help is available and willingly offered. Please use it.

In College, your first call may be to the MCR Welfare Execs. We are often in College and may be contacted at the personal emails above.

Also available are the LMH Peer Supporters, fellow students specially trained in effective listening and confidentiality. You can contact the MCR Peer Supporters at the emails below:

mcr-peersupport@lmh.ox.ac.uk

For more professional assistance, students should contact the University Counselling Service. A full description of the counsellors, their skills and the services they offer may be found [here](#). To make an appointment with a Counsellor please contact the Service using the means below. Their reception is open from 9:00-17:00, Monday to Friday. Their offices are at 3 Worcester Street, Oxford, OX1 2BX.

Email: counselling@admin.ox.ac.uk

Phone: 01865 270300

Outside of daylight hours, students can contact Oxford Nightline <http://oxfordnightline.org/talk>. This phone helpline service runs from 20:00 to 8:00 every night, 0th week through 9th week, and is totally confidential. Like peer supporters, Nightline coordinators receive training in effective listening and confidentiality. They can be contacted at the addresses below, or by dropping into their offices between 20:00-8:00, at 16 Wellington Square, Oxford, OX1 2JD.

Phone: 01865 270 270

Instant Message: <http://oxfordnightline.org/open-im>

Skype: oxfordnightline

Outside of term time, graduates may contact the Oxford Samaritans. They may be contacted year-round via phone (24 hours a day, 365 days a year), text, letter, email (they keep no record of email address) and in person between 8:00-22:00 at their offices (located at 60 Magdalen Road, Oxford, OX4 1RB). Phone: 116 123

Email: jo@samaritans.org

Write to: *Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA*

Wellbeing

LMH has a Head of Wellbeing, which is a role to support students and promote their wellbeing. It is a job shared between Dr Nicole Jones (Mon-Wed) and Lizzie Shine (Wed to Fri). If you would like to get in touch by email, it is: wellbeing@lmh.ox.ac.uk.

There are also many wellbeing resources on the college webpages: <https://www.lmh.ox.ac.uk/wellbeing>

Bullying & Harassment

Defined as any action that either a) violates a person's dignity or b) creates an intimidating, hostile, degrading, humiliating or offensive environment for another person, Oxford University has a zero-tolerance policy against harassment. If you experience harassment, and require advice on what to do next, the University has a network of confidential Harassment Advisors who will listen to you, clarify your options and aid you in finding resolution.

The LMH Harassment Advisors are Prof Philip Biggin and Prof Shona Murphy:

shona.murphy@path.ox.ac.uk

philip.biggin@bioch.ox.ac.uk

If you wish to contact Advisors based outside of College, you may do so here:

Phone: 01865 270760

Email: harassment.line@admin.ox.ac.uk

Rape, Assault & Sexual Harassment

Oxford offers many services to those who have survived sexual violence. They are provided by the University, College and outside charities, and encapsulate medical assistance, police attention and mental support. Indeed, there are so many that it may be difficult to know where to go first.

If you have survived sexual violence, one immediate option you have is to go to the Sexual Assault Referral Centre in Bicester, OX26 2NT (see <http://www.solacesarc.org.uk/>). These are specialist-staffed centres, offering both advice and forensic services. Their help may be accessed without having to involve the police, and they will also aid you in planning what to do next. If you wish to go to the SARC, you should go to the Porters Lodge, ask to use the Solace Fund and LMH will pay for a taxi to take you there, no questions asked.

For those students who identify as women, the Oxfordshire Sexual Abuse & Rape Crisis Centre offers helplines, support groups and advocacy - including legal advice and support in dealing with the police and other agencies. Their contact information may be found at the link below.

Other Sources

This list, while hopefully helpful, is by design a general document, offering a circumscribed list of services. There are several other services across Oxford that may be able to offer aid, advice or resources useful to Oxford students. A short list of these is provided below.

Emergency Services

Phone: 999

Non-Emergency Services

Phone: 111

Thames Valley Police

Phone: 101

OUSU Student Advice Service: <https://childcare.admin.ox.ac.uk/home>

Oxford Childcare Services: <http://www.admin.ox.ac.uk/childcare/>

B-eat (Eating Disorders charity and helpline)

<https://www.b-eat.co.uk/>

Phone: 0345 634 1414 (16:00-22:00, 365 days a year)

Email: help@b-eat.co.uk

Disability Advisory Service

<https://www.ox.ac.uk/students/welfare/disability>

Phone: 01865 280459

Email: disability@admin.ox.ac.uk

Oxfordshire Mind

<https://www.oxfordshiremind.org.uk/>

Phone: 01865 247788

Email: info@oxfordshiremind.org.uk

Student Minds: <http://www.studentminds.org.uk/>

Students Against Depression: <http://studentsagainstdepression.org/>

Oxford Slang

When you get to Oxford, you may find some of the expressions used here surprising or confusing. Here is a short guide to some of the expressions you might hear.

- Ball** An extravagant night of unlimited food and drink, performers, dodgems, Ferris wheels, and whatever else is imagined by that particular committee! Most colleges hold balls.
- Battels** Your financial account with the College. The word is also used as a verb: “Should we *battel* you for that?” i.e. “Should we *charge you on your College account* for that”
- Blue** You become a blue by competing for Oxford in a sporting match against Cambridge. Some sports gain full blues, others only half blues.
- Bod** The Bodleian Library, Oxford’s main library.
- Bod Card** Your University card. A combination of identity, library, and stored value card. It is the key to getting into many places in Oxford and to food in hall.
- Bop** A party, usually involving loud music and dubious dress code.
- Carnation** The flower worn on your sub fusc on the day of an exam. White signifies your first exam; pink is for intermediate exams, and red for the final exam.

College Parents These are volunteers who have offered to help new students become more accustomed to life at Oxford and can be the first point of call for a new student.

- Crew Date** An outing where sports teams from one college will go on a mass ‘date’ with another. This is a weekly occurrence with some sports teams at LMH.
- Cuppers** Inter-collegiate competitions in just about anything; football, drama, water polo, etc.
- Formal Hall** A three-course meal in a College dining hall. It takes place once a week at LMH, but every College has its own schedule. Table service is provided and attendees are encouraged to dress smartly (a suit or evening dress), and academic gowns are usually compulsory (although not at LMH).
- Matriculation** The process of being formally accepted into the University. It is done early on in your first Term. It must not be missed because you cannot graduate without having matriculated. It takes place in the Sheldonian Theatre; you will wear sub fusc (see below) and listen to some speeches (some in Latin). You will get further information after you arrive about the date and time of your matriculation ceremony. Tradition warrants that students, after matriculation, have a meal at a pub (although this is up to you!).
- Michaelmas/
Hilary/
Trinity** These are the names of the Oxford University terms. They correspond roughly to the Autumn, Winter, and Summer terms. They last 3 months, 8 taught weeks and four not, but often seem much shorter.
- Pigeonholes/
Pidge** Mailboxes located in the Porters’ Lodge of every College. Every student gets a pigeonhole to receive mail. You should check it frequently, as important mail from the University will be sent there. The verb “to pidge” means “to send via post” or “to put in someone’s pigeonhole”.
- Punt** A small, flat-bottomed boat, propelled by a pole. Popular in the summer months; LMH has a few of its own, which appear on the river about this time.

Scout Scouts are people who clean college rooms. As an LMH graduate student, you will have a scout if you live in college.

Sub fusc The official university dress, worn for all official University events including matriculation, graduation, and exams (including Vivas). For men, sub fusc consists of a graduate gown, a mortarboard, black trousers, a black jacket, a white shirt, and a white bow tie or full length black tie. For women, sub fusc consists of a graduate gown, a mortarboard or soft cap, a white blouse, a black skirt or trousers, and a black ribbon. (.) You can buy the gown, headwear, and bowtie at various shops in Oxford.

Trashing The practice of students of the University of Oxford throwing items such as confetti, champagne, shaving foam and silly string at their contemporaries when they complete their exams. This is a relatively recent tradition, originating sometime in the '90s. However, it is not in line with the University's Student Code of Conduct and therefore will result in disciplinary action and fines.

