



Welcome from the Wellbeing Team at Lady Margaret Hall

A very warm welcome to LMH 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.

Who's Who in the Wellbeing Team:



Lizzie Shine

Head of Wellbeing



Dr Erin Ferguson

Head of Wellbeing



Anne Harpin

College Nurse



Dr. Tom Hutchinson

College GP



Caitlin Barton-Sargeant

Junior Welfare Dean



Andrei Enoae

Junior Welfare Dean



Leago Sebesho

Junior Welfare Dean



Dr. Ed Sutcliffe

Study Skills Lecturer



Dr. Emma Lalande

Study Skills Lecturer

Location

All the Wellbeing services are co-located in the Wellbeing Hub (1 Fyfield Road). It is the first house to the left of the Lodge as you look from outside the gates. If in doubt, just ask the Lodge or pop us an email. Erin and Lizzie both work part time as Heads of Wellbeing as a job-share; together they make sure that Wellbeing is available Monday to Friday during typical working hours. You can book an appointment to see them at Head of Wellbeing (office365.com) or just send an email to wellbeing@lmh.ox.ac.uk.

Physical Health

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 Monday – Friday, 9th – 5th weeks (term time only), email 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 [GP Registration Online](#) as per the instructions.

Support with your Academic Life

We also have the benefit of two Study Skills Lecturers, Ed and Emma, 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. You can book an appointment with them [here](#); [LMH Study Skills](#) or email study.skills@lmh.ox.ac.uk.

Out of hours support/Junior Deans

Outside of office hours (17.30-08.30 and throughout weekends during term-time), the Junior Welfare Deans are available to offer support to students. Junior Deans are post-graduate students with relevant training and experience in student support. If you need support during these hours contact the College Lodge in person or on +441865 274300 and they will connect you to the duty Junior Welfare Dean.

Reaching out



We recognise that asking for help is 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. We are here to listen to anything, academic or otherwise, that is troubling you and help you find solutions. Please don't hesitate to reach out.

Warm regards

Lizzie and Erin