Welcome all new members of St John’s College.

Many congratulations on your place at Oxford!

We are looking forward to meeting you when you come up for your first term. The Wellbeing Team here to help with any part of your College or University life and support you to live comfortably and thrive at St John’s College. We have all worked in student wellbeing and support at Oxford for many years and can (nearly!) always offer ideas on how to find the help you are looking for. If we don’t know, we will have a good idea of who will be able to offer you support and we will help you find it.

Starting University is a big moment for you and all your friends, families, carers and people in your support networks. Freshers often tell us that they have many mixed feelings ranging from excitement to nerves about starting University. We understand that and we are here to help. The Wellbeing team will meet you at Welcome Week and explain how you can access support. Life anywhere always has ups and downs. The Wellbeing team will be available for you throughout your whole time in College to offer help, advice and support in both the good and the harder times of life.

There are weekly wellbeing events in College which we would be delighted to see you at. There is a dedicated wellbeing space (The Graves Room) where we offer free stress busting mini massages or a chance to meet our lovely therapy dog Hubble.

You can also make an appointment to speak to the Wellbeing Team about anything which is worrying you or you would like some support with. Appointments are in confidence and we will work with you to find the solution that works for you. Please don’t be shy or afraid of coming forward, we are here to listen and support everyone. We are really looking forward to welcoming you and we wish you courage, happiness and joy for your time at St John’s.

"It takes courage to grow up and become who you really are." e.e. cummings

Hanne Clark

Head of Student Wellbeing