



St John's College Oxford

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Welcome to all new members of St John's College.

Many congratulations on your place at Oxford!

There is round the clock student welfare and wellbeing support at St John's College both in term time and in vacations. You will have lots of opportunities to [Meet the Team](#) in Welcome Week and hear how to access support.

We are here help with any part of your College or University life and support you to thrive at St John's College. We have all worked in student welfare and 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 about starting University. We understand that and we are here to help. Life anywhere always has ups and downs. The Welfare and Wellbeing team will be available for you throughout your time in College to offer help, advice and support in both the good and the harder times of life.

There are wellbeing events in College which we would be delighted to see you at. There is a dedicated wellbeing space where we offer free stress busting mini massages, yoga sessions, a chance to meet our lovely therapy dogs and many other weekly events.

You can also make one to one appointment to speak to the Welfare and 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

Kind regards

Hanne Clark
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