

# WELFARE RESOURCES

## The JCR Welfare Officers and Team

As your Welfare Officers, we are here to listen without judgement and in complete confidentiality. It doesn't matter if you don't know us as friends or aren't in our year – we're here for all Christ's students and we are always happy to help, so don't hesitate to get in touch! We can point you to the correct professional help or other specific resources around the college, university and city that will be helpful. Drop us a message, email us, or drop a note in one of our pigeonholes (Mira Tiwari or Callum Jessop). We can reply via message/email/note, or meet you in the Student Welfare Room. We also encourage you to come to us if you are concerned about a friend – we can give you assistance and guidance even if we don't know who the person is – although the best is for your friend to contact us themselves.

We also have a dedicated sub-committee and team of JCR officers who cater to specific needs and questions, such as regulations, advice or societies for International students, resources and guidance for students with disabilities, BME students, sexual health advice and supplies, etc. and they are happy to help out, signpost the best resources, or pass any of your queries on to the Welfare Officers.

**BME officer:** Daniel Adeyemi

**Women's reps:** Arianna Rabin and Sarah Benham

**LGBT+ officer:** Greg Harker

**Disabled students' officer:**  
Honor Pollard

**Men's rep:** Arthur Robijns

**First-year reps:** Ethan Dodds and Roslynn Ampomah

**Inter-faith rep:** Arqum Anwar

**Sexual health rep:** Barnaby Fogg

**4th year rep:** Abby Hayes

**Mental health reps:** Tilly Benjamin and Joe Duluc

**Internationals' officer:** Pao Maneepairoj

**Campaigns rep:** Jemima Higgins

Welfare Officers' emails: [welfare-f@thejcr.co.uk](mailto:welfare-f@thejcr.co.uk) (Mira) or [welfare-m@thejcr.co.uk](mailto:welfare-m@thejcr.co.uk) (Callum)

## Your Personal Tutor

Your personal tutor is not just for your exeat and redeat forms – most of them have been at Christ's or in tutorial positions for a long time, and are well positioned to get you access to the help you need. They can liaise with the nurse for physical and mental health services, with the university and college for academic provisions, changes and assistance, and communicate with your supervisors and DoS as well. It is important to remember that you can go to *any* personal tutor in college; you are not obliged to go to your own tutor and you will not face any negative repercussions as a result. Above all the college wants you to be able to approach someone with whom you feel comfortable so that they can provide you with the help and resources you need.

See the screens between first and second court for the list of tutors' visiting times and emails.

There is also a tutor available 24 hours a day, every day, by telephone for students to contact. If you need to contact the Duty Tutor, call the Porters and they will have the tutor contact you within 15 minutes.

Porters' telephone: 01223 334900

### **The College Nurse**

Whether it is a physical or a mental concern, Julie is one of the best people to see. She can provide basic medical supplies like cough drops and tissues, as well as prescriptions for other medications. Julie can also get you a doctor's appointment in a fraction of the time it would normally take (sometimes that very day). In terms of mental health, Julie can get you access to a counsellor, for 6 sessions paid for by the college, who can help you work through your feelings or problems and can take different approaches depending on what you need and what suits you. In consultation with the nurse and your tutor you can also obtain more advanced help if necessary. Finally, Julie can liaise with your tutor, DoS, and supervisors so that you can rearrange supervisions, change deadlines, adjust your workload, etc. so that your physical and mental health do not suffer as a result of your work.

Open: Mondays and Wednesdays: 10:30 am - 3:30 pm

Tuesdays, Thursdays, and Fridays: 10:30 am - 1:30 pm

Location: Q staircase

### **The Chaplain**

No matter what your faith, if any, Mark the Chaplain is a wonderful person to meet. Be it about work, personal life, health, or anything else, he can offer advice, a listening ear, guidance or assistance, and always in complete confidence. Even if you don't have any concerns/problems, a conversation with Mark either alone or after a service is an ideal way to unwind, de-stress, and have a laugh. The chapel services are also a lovely opportunity to take a real break, collect your thoughts, meet some friends or someone new, and enjoy a chat afterwards. In Easter term Mark organised weekly welfare tea afternoons, which were undoubtedly one of the most enjoyable and popular features of the year – be sure to get out into the sunshine, enjoy good company, and take valuable breaks.

Email: [mss53@cam.ac.uk](mailto:mss53@cam.ac.uk)

Location: A1 (Second Court)

### **The Porters**

The Porters are at the heart of college, and beyond giving you the spare key when you are locked out of your room, they take care of your safety and wellbeing in Christ's. They are always available for you to call if you feel threatened, worried, or simply have a college-related question, and they will know the answer or whom to contact. They can help to arrange transport in emergencies, check on your safety if they are concerned, watch out for problems, and the Porter's Lodge is always a safe place to go, both for you and your friends. At any time of day or night they offer a friendly smile and a chat, and are always ready to make you laugh, whether you're stressed after a supervision or energetic after a night out.

## Students' Unions' Advice Service (SUAS)

The SUAS is open from 9 am to 5 pm on weekdays, year-round. They are a coalition between the undergraduate and graduate students' unions and operate independently from the university. This means that not only can they offer professional listening and advice services, they can also help to liaise with any college or the university as a whole, should you want/need them to do so. They listen to and represent you as an individual, and as always they respect your confidentiality and only disclose information if and when you ask or permit them to do so.

Website: [www.studentadvice.cam.ac.uk](http://www.studentadvice.cam.ac.uk)

Telephone: 01223 746999

Email: [advice@studentadvice.ca.ac.uk](mailto:advice@studentadvice.ca.ac.uk)

Open: 9 am - 5 pm, weekdays, year-round

Location: CUSU/GU, 17 Mill Lane, CB2 1RX

## Nightline

Although we are here to help as much as possible, as Welfare Officers we cannot be available at all times, and nor can everyone's friends or family. Nightline is a great student-run service available from 7 pm to 7 am, whom you can contact via email, message, Skype or phone. They provide impartial and confidential listening to anyone about absolutely anything, and can help you to work through your problems or feelings, if you like.

Telephone: 01223 744444

Email: [email@cambridge.nightline.ac.uk](mailto:email@cambridge.nightline.ac.uk)

Open: 7 pm - 7 am, every night during term time

Skype: Cambridge.Nightline

Instant Message: [cambridge.nightline.ac.uk](https://www.cambridge.nightline.ac.uk)

## The University Counselling Service

The UCS provides counsellors, whom you can get access to via the nurse and/or your tutor. They also provide a great range of group counselling workshops/sessions, including ones on self-esteem, anxiety, intermission, food, bereavement, perfectionism, assertiveness, and self-compassion, just to name a few. Visit the Christ's Welfare Facebook page to see a list of the workshops and how to sign up, or visit the UCS website.

Website: [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

Telephone: 01223 332865

Email: [recepton@counselling.cam.ac.uk](mailto:recepton@counselling.cam.ac.uk)

Location: 2-3 Benet Place, Lensfield Road

Online pre-counselling form: [forms/counselling.cam.ac.uk/form](https://forms/counselling.cam.ac.uk/form)

## Mind

Mind is a national mental health information and advice organisation. Their website provides a vast range of pages written by both professionals and individuals who have experienced different mental health problems, giving you reliable information, advice, and things to relate to. Their pages also include advice on how to deal with friends or family members with mental health issues, and all the information is presented in a concise and accessible manner. They are also available by telephone and at their office to provide further assistance.

Website: [www.mind.ork.uk](http://www.mind.ork.uk)

Telephone (Cambridge): 01223 311320

Location: Barrere House, 100 Chesterton Road, Cambridge, CB4 1ER

## B-Eat and Men Get Eating Disorders Too

Unfortunately many students find themselves experiencing some sort of eating disorder, or struggling to nourish themselves properly. BEAT is the UK's eating disorder organisation and provides an immense range of guidance, personal support, advice pages, volunteer work, and information to help students be as healthy as they can be.

Men Get Eating Disorders Too is another great resource across the UK.

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk) ; [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

Telephone: 0345 634 1414

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Open: Monday - Friday 10:30 am - 8:30 pm; Saturday 1:00 - 4:00 pm

Online support groups: [www.b-eat.co.uk/support-services/online-support-groups](http://www.b-eat.co.uk/support-services/online-support-groups)

**See the document attached for a more detailed list of specific resources for different needs, and don't hesitate to contact the Welfare Officers!**