

The JCSU's Guide to Welfare Networks

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If you have any questions about any of the information here, or require further information, please contact Ben Simpson (jcsu-menswelfare@jesus.cam.ac.uk).

College Support Networks

The Tutorial Advisers

The Tutorial Advisers are available to listen and offer help with any problems or difficulties that are not of a purely academic or administrative kind. They are the most influential welfare network in college, and are trained and knowledgeable about a wide range of welfare issues.

Undergraduates and graduates are welcome to contact any of them. Tutorial Advisers have a weekly Tutorial Hour, times shown below.

Dr Rebecca Flemming
Tel: 761560 (College)
Email: ref33@cam.ac.uk
Room: M6
Tutorial Hour: Thurs 6–7pm



Dr Jana Howlett
Tel: 339492 (College)
Email: jrh11@cam.ac.uk
Room: 7CC6
Tutorial Hour: Wed 6–7pm



Mrs Annemarie Künzl-Snodgrass
Tel: 339694 (College)
Email: amk27@cam.ac.uk
Room: K9
Tutorial Hour: Tues 6–7pm



Dr Renaud Morieux
Tel: 339495 (College)
Email: rm656@cam.ac.uk
Room: B1
Tutorial Hour: Fri 6–7pm



Rev Nick Widdows
Tel: 39433 (College)
Email: njw53@cam.ac.uk
Room: D1
Tutorial Hour: Sat 5–6pm



Mr Mark Williams
(MT & ET Only)
Tel: 339474 (College)
Email: mtw24@cam.ac.uk
Room: N Archway
Tutorial Hour: Sun 2–3pm



The Senior Tutor

Dr Geoff Parks may be contacted *via* the Tutorial Office (339468) or senior-tutor@jesus.cam.ac.uk.

Please note these emails for undergraduate matters:

General tutorial (e.g. student certificate, transcript): tutorial@jesus.cam.ac.uk

Exams: exams@jesus.cam.ac.uk

Supervisions: supervisions@jesus.cam.ac.uk

Accommodation: ugrad-rooms@jesus.cam.ac.uk

The Financial Tutor

Dr Michael Edwards deals with students' financial matters, and is worth contacting in times of financial worry or difficulty. He may be contacted *via* the Tutorial Office (764923) or financial-tutor@jesus.cam.ac.uk.

Urgent Matters

Every day in term time there is a Tutorial Adviser on duty who can be contacted, ***whatever the hour***, in case of an emergency or urgent problem via the Porters' Lodge (339339). Out of term please contact either the Porters' Lodge or the Tutorial Office (N staircase) (339468).

College Nurse

Jacky Poskitt is the college nurse who is available in Library Court 2 during Full Term on:

Monday, Wednesday and Friday: 9:30am to 12:30pm

Tuesday and Thursday: 12:30pm to 3pm

You can drop-in, or email to arrange an appointment, potentially arranging one outside these times.
01233 339450

j.poskitt@jesus.cam.ac.uk

Student Support Networks

JCSU Welfare Officers

The Male and Female welfare officers are members of the JCSU who run the welfare provisions of the JCSU and help support the students of the college. This ranges from things such as providing sexual health supplies, to responding to students' welfare concerns.

They are always available to speak confidentially to students who have welfare concerns, or just want someone to talk to when things aren't working out. This can be during their private welfare drop-in hours, that happen once a week, or at any other time. They also run fortnightly tea and cake sessions in the Marshall room where you can come to relax and have a chat to other members of the college.

The Welfare Officers are also in charge of the college's sexual health supplies. You can request these supplies by email, which they can deliver to your pigeon-holes in a discrete envelope. All these supplies are FREE to students, and will be dealt with on a completely confidential basis. Supplies include: condoms, latex-free condoms, dental dams, pregnancy tests.

Email them at any time:

Ben Simpson: jcsu-menswelfare@jesus.cam.ac.uk

Daisy Eyre: jcsu-womenswelfare@jesus.cam.ac.uk

JCSU Disabilities and Mental Health Officer

Their role is to support students with disabilities or mental illness in college, and those who think they may have either or are concerned about somebody else. Whether you need more information about available services (including the Disability Resource Centre or the University Counselling Service), help accessing support from college or the university or just need a listening ear and a bit of advice.

Email them at any time:

Harrison Packer: jcsu-dis@jesus.cam.ac.uk

JCSU International Students' Officer

Their main goal is to create a strong international community within College and the University. This includes helping international and exchange students integrate smoothly into life here, answering any questions (about life as an international here, setting up phones and bank accounts or questions about what things you need to bring, etc) and organising various social events.

They are friendly and always open for a chat – whether it's about any problems/worries you have or not. They are here to help you!

Email them at any time:

Marina Mayer: jcsu-int@jesus.cam.ac.uk

JCSU LGBT+ Students' Officer

Their role has both a social and welfare dimension. In terms of welfare, they are here to provide advice and support on any issues, whether or not they are LGBT+ related, that may arise during your time here as well as representing the LGBT+ community in Jesus. They can also provide the contact details of the CUSU LGBT+ committee if you would like to speak to someone about a specific issue, the Trans* rep or Asexual rep for example. It is worth stating that any student may approach the LGBT+ Officer and they will be more than happy to help.

Email them at any time:

Anthony Wheeler: jcsu-lgbt@jesus.cam.ac.uk

JCSU Women's Officer

Her role is to represent self-identifying women as a minority group and to promote gender equality throughout the College, liaising with fellows, staff and CUSU. Any issue of gender equality, no matter how large or small, can be discussed within this role.

Email her at any time:

Eleanor Kashouris: jcsu-womensofficer@jesus.cam.ac.uk

JCSU Racial Equalities Officer

Their role is to promote racial equality and awareness in the college community and liaise with the relevant senior members of the college, primarily the Senior Tutor, in the event of racial discrimination or abuse which has been brought to their attention. They are also available to members of the college that wish to discuss racial issues more generally.

Email them at any time:

Nadine Batchelor-Hunt: jcsu-raciaequalities@jesus.cam.ac.uk

Peer2Peer Supporters

If you just want another student to talk to, this is a good welfare-support network.

Peer2Peer is a university-wide student programme that trains students in supporting their peers, who then become points of contact within their colleges. They have been fully trained and receive ongoing, regular supervision to ensure the continual development of their skills. Supporters are available to chat with you about anything weighing on your mind—no problem is too big or small!

The Peer2Peer supporters in college are therefore a group of Jesus students who offer impartial, non-judgemental and confidential support for anyone in college. Whether it's small or big, they are here to talk through any issues you want to discuss. They can also advise on referrals, and are knowledgeable about the welfare support networks within and outside college.

Website: <http://ptp.soc.srcf.net/>

Current P2P Jesus supporters are:

Ben Simpson (btcs2)

Ruby Stewart-Liberty (rgs43)

Toby McMaster (tfbm2)

Evie Howard (eh428)

Jonathan Millican (jrm209)
Katie Menzies (km580)
Megan Griffin-Pickering (mkg27)
Danny McGrath (dm602)
Sophie Nairac (sn437)
Jack Meier (jtm34)

Christina Ye (wy228)
Michael Grace (mg653)
Aryeh Dworkin (alrd3)
Anthony Witkowski (aw622)
Sharmilla Walters (sw632)
Martin Lytje (ml560)

Feel free to contact them at any time, either by email or just asking them in person! They will be happy to arrange a good time to meet.

Linkline

Linkline is a listening support and information service for Cambridge and Anglia Ruskin Universities, run by students for students, every night of Cambridge University full term between 7pm-7am. They are entirely confidential and anonymous. They won't judge you, tell you what to do, or give you advice, but are there to get through whatever is on your mind.

Website: <http://linkline.org.uk/>

The nightline number is: 01223 744444

They also have an anonymous email service: email@linkline.org.uk and promise to get back to you within 48 hours.

Sexual Health Networks

Sexual Health Supplies

There are 4 FREE condom machines around college: the bar men's toilets, the bar disabled toilet, the Forum disabled toilet, and the library cloakroom.

The JCSU Welfare Officers can also supply FREE sexual health supplies on request. You can ask for these supplies by email, which they can deliver to your pigeon-holes in a discrete envelope. This is on a completely confidential basis. Supplies include: durex condoms (of varying sizes), latex-free condoms, dental dams, pregnancy tests.

Email them at any time:

Ben Simpson: jcsu-menswelfare@jesus.cam.ac.uk

Daisy Eyre: jcsu-womenswelfare@jesus.cam.ac.uk

The Laurels

This is the closest Sexual Health Clinic.

They offer contraception, sexual health check-ups and advice on treatments and contacting previous sexual partners if necessary. The service is free and completely confidential – your records are not disclosed to your GP or any other NHS service. You can arrange an appointment or simply go to a drop-in session. All the information is on their website.

Website: https://www.sexualhealthcambs.nhs.uk/info_laurels.php

Address: 20 Newmarket Road, Cambridge

Phone: 08456 505152

Emergency Contraception

The *emergency contraception pill* is effective for up-to 72 hours after sex. You can get them free from:

- most GPs
- family planning clinics
- most sexual health clinics
- most genitourinary medicine (GUM) clinics
- most NHS walk-in centres (in England only)
- some hospital accident and emergency departments
- over the counter from most chemists (Boots or Superdrug in town) for around £25 . Boots now offer the Emergency contraception pill for free

If you need the emergency contraception pill over the weekend, as well as Boots still being an option, you can also get it prescribed from Addenbrooke's.

The *Emergency IUD* (Intrauterine Device) can be fitted by a doctor or nurse for about 5 days after sex. It can then be retained as a form of regular contraception.

Outside-College Support Networks

The University Counselling Service

This is an organisation that provides students access to trained and accredited counsellors and therapists. As well as providing one-to-one counselling, there are also group-workshops for students. They also have a huge amount of useful information and advice on their website.

The UCS is a large organisation with a huge variety of services; so it is useful to check out their website. They have also provided a useful document here:

<https://jnet.jesus.cam.ac.uk/departments/tutorial/welfare/counsellingservice.pdf>

Website: <http://www.counselling.cam.ac.uk/studentcouns/students>

Email: counsellingreception@admin.cam.ac.uk

Phone: 01223 332865

Student Advice Service

The Student Advice Service offers free, confidential and independent support to all Cambridge University students. If you feel you have been discriminated against, treated unfairly, or would like to discuss something that is bothering you, you are welcome to contact us - whether it's the first time you have a question or as a last resort.

You can email or phone them directly, or attend an advice drop-in session on Tuesdays and Thursdays 12pm-2pm at the Graduate Union (17 Mill Lane)

Website: <http://www.studentadvice.cam.ac.uk/>

Email: advice@studentadvice.cam.ac.uk

Phone: 01223 746999

CUSU

The Welfare and Rights Officer provides individual student support on any welfare matter and leads CUSU's welfare and student rights campaigns. They can also provide information about finance, accommodation and any other concerns that affect students.

Website: <https://www.cusu.cam.ac.uk/contacts/welfare/>

Email Jack Wright: welfare@cusu.cam.ac.uk

Disability Resource Centre

The DRC provide confidential, professional and accessible service for disabled students and staff supporting them. They provide advice and guidance to both prospective and current disabled students. They have a huge range of services that are available, and have various support programmes for disabled students to ensure equality opportunity, access, and attainment. This is the main resource for any disabled student: prospective or current.

Website: <http://www.disability.admin.cam.ac.uk/>

Email: disability@admin.cam.ac.uk

Phone: 01223 332301

York Street Medical Practice

This is Jesus' local GP surgery which most students register with.

Address: 146-148 York Street

Website: <http://www.yorkstreetmedicalpractice.nhs.uk/>

Phone: 01223 364116

Other contacts:

Urgent Care Cambridgeshire	Chesterton Medical Centre, Union Lane	0330 123 9131
Cambridge Student Health	(website with useful links)	
Cambridge University Students' Union	Free School Lane	333313
University Library	West Road	333000
University Accommodation Syndicate	Kellet Lodge, Tennis Court Road	338099
University Careers Service	Stuart House, 6 Mill Lane	338283
Motor Proctor	1 St Mary's Passage	333310
York Street Medical Practice	126-128 York Street	364116
Addenbrookes Hospital	Hills Road	245151
University Dental Service	3 Trumpington Street	332860
University Counselling Service	2-3 Bene't Place, Lensfield Road	332865
Linkline	(08457 909090 7am-7pm - Samaritans)	744444
Boots Opticians	28 Petty Cury	366104
Department for Work and Pensions	Jobcentre Plus, 73 Chesterton Road	371700
Bridge Street Medical Practice	2 All Saints' Passage (off Bridge St)	652671