The JCSU’s Guide to Welfare Networks 2019

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If you have any questions about any of the information here, or require further information, please contact Priya Bryant (jcsu-womenswelfare@jesus.cam.ac.uk) or Jacob Dabb (jcsu-menswelfare@jesus.cam.ac.uk).
College Support Networks

Tutorial Advisers

- The Tutorial Advisers are available to listen and offer help with any problems that are not of a purely academic or administrative kind.
- They are a good first point of contact on any issue, and are trained and knowledgeable about a wide range of welfare issues.
- Undergraduates and graduates are welcome to contact any of them.
- They also have a weekly tutorial hour during term time, when any student can drop in to see them at the times shown below.
- Tutorial advisers can fast-track University Counselling Service appointments.

Dr Jana Howlett
Room 7CC6, Tel 339492 (College)
E-mail: jrh11@cam.ac.uk
Tutorial Hour: Friday 6-7pm

Mrs Annemarie Künzl-Snodgrass
Room K9, Tel 339694 (College)
E-mail: amk27@cam.ac.uk
Tutorial Hour: Tuesday 6-7pm

Dr Rebecca Flemming
Room M6, Tel 761560 (College)
E-mail: ref33@cam.ac.uk
Tutorial Hour: Thursday 6-7pm
Michaelmas and Easter Terms only

Rev’d Dr Paul Dominiak
Room D1, Tel 339433 (College)
E-mail: p.dominiak@jesus.cam.ac.uk
Tutorial Hour: Saturday 5-6pm

Dr Jim Bellingham
Room O2b, Tel 339432 (College)
E-mail: jrb13@cam.ac.uk
Tutorial Hour: Monday 6-7pm

Dr David Nally
Room J5, Tel 764880 (College)
E-mail: dpn24@cam.ac.uk
Tutorial Hour: Wednesday 6-7pm
College Counsellor

- The College Counsellor (Anna Churcher) is in college on Mondays 9.30am – 2.30pm, and Wednesdays 10am – 7pm.
- Her weekly drop-in session (no appointment needed) is Wednesdays 2-4pm.
- Her office is Library Court I, Room 4.
- She is also available for pre-booked sessions on Mondays outside of full term.
- You can book an appointment by emailing counsellor@jesus.cam.ac.uk and no referral is required.
- Counselling sessions are for 50 minutes in length and each eligible student is entitled to up to 6 sessions in one academic year.
- The College Counsellor offers time-limited counselling and can sign-post to more specialist or long-term support if needed for severe mental health issues or crisis interventions.

College Nurse

- Jacky Poskitt is available in I Library Court 2 (339450) at the following times:
  Mon, Wed and Fri: 9:30am–12:30pm. Tue, Thu: 12:30pm–3:00pm.
- You can contact her at j.poskitt@jesus.cam.ac.uk if you want to make an appointment.
- Please inform the Porters if you are unwell. The Porters' Lodge is open 24/7 and all porters are trained First Aiders.
- NHS 111 is also available 24/7 for advice on any non-urgent health issues.
- A&E at Addenbrooke's Hospital deals with emergencies such as loss of consciousness, severe chest pain, serious accidents including broken bones, serious blood loss, and other life-threatening circumstances.

The physiotherapist, Luke Bowman, is available in I Library Court (Room 4) on Tuesdays and Thursday afternoons during full term.
- Initial appointments must be made via the College Nurse.
- Appointments are also available outside of full term.
- Repeat patients may contact Luke directly on physio@jesus.cam.ac.uk

The Senior Tutor

- The Senior Tutor (Dr Geoff Parks) has overall responsibility for all students of the College. Any member of the College is welcome to discuss general or individual problems of any kind with him.
- Appointments can be made by dropping in at the Tutorial Department (N1 in Second Court) or by emailing him.
- He will normally be consulted about such matters as changes of subject, special arrangements for examinations, and arranging for students to take time out for medical or other reasons.

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

These are specific 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

- The Financial Tutor (Professor Duncan Kelly) deals with any student problems that are primarily of a financial nature.
- He can make special arrangements for payment of College Bills (including permission to defer payment) and can advise on your eligibility for assistance from various hardship funds by means of either grants or loans.

Email: 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).
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, via the anonymous messaging service or at any other time.
- They also run fortnightly welfare cake sessions in the JCR where you can come to relax and have a chat to other members of the college, as well as many other welfare events through the term!
- 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 FREE to students, and will be dealt with on a completely confidential basis. Supplies include: condoms, latex-free condoms, dental dams, pregnancy tests.

Jacob Dabb: jcsu-menswelfare@jesus.cam.ac.uk
Priya Bryant: jcsu-womenswelfare@jesus.cam.ac.uk

JCSU Mental Health and Disabilities 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, you are welcome to get in touch.

Astrid Godfrey: jcsu-mhdis@jesus.cam.ac.uk

JCSU LGBT+ Students’ Officer

- This 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, e.g. the Trans* or Asexual reps.
- Any student may approach the LGBT+ Officer and they will be more than happy to help.

Jen Atherton: jcsu-lgbt@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!

Ivan Ivanov: jcsu-int@jesus.cam.ac.uk

JCSU Ethnic and Religious Minorities (ERM) 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.

Nabil Haque: jcsu-ermofficer@jesus.cam.ac.uk

JCSU Access Officer

- The role of the Access Officer is to promote wider participation and access to Jesus College, both during the application process and for current students of the college.
- Feel free to email with any concerns you have about access or widening participation at college!

Jamie Brannigan: jcsu-access@jesus.cam.ac.uk

JCSU Freshers' Officer

- The Freshers' Officer is on the JCSU to represent Freshers’ concerns, and also to provide support to Freshers as they settle in during their first year.
- Feel free to email with any problems or questions you may have if you’re a fresher.

Sejal Karmarkar: jcsu-freshersofficer@jesus.cam.ac.uk

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 go through whatever is on your mind.

Website: http://linkline.org.uk/
The nightlife 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

The JCSU Welfare Officers can 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.

The Lime Tree Clinic

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.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge
Address: Lime Tree Clinic, Brookfields Hospital, 351 Mill Road, Cambridge, CB1 3DF
Phone: 0300 300 3030

Emergency Contraception

The emergency contraception pill is effective for up-to 72 hours after sex. You can get it 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.

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.

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 them - 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 Christine Pungong: 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