

# CHURCHILL COLLEGE WELFARE SUPPORT INFORMATION 2023/24

If you would like any help at all, please do not hesitate to reach out to any of the following contacts. We are all here for you no matter what the situation.

## JCR CONTACTS

**Men's Welfare Officer:** Reuben Carolan  
[jcr-menswelfare@chu.cam.ac.uk](mailto:jcr-menswelfare@chu.cam.ac.uk)

**Women's Welfare Officer:** Poppy Latimer  
[jcr-womenswelfare@chu.cam.ac.uk](mailto:jcr-womenswelfare@chu.cam.ac.uk)

**Mental Health and Wellbeing Officer:** Thea Redmill  
[jcr-mentalhealth@chu.cam.ac.uk](mailto:jcr-mentalhealth@chu.cam.ac.uk)

**LGBTQ+ Welfare Officer:** Cee Haslam  
[jcr-lgbt@chu.cam.ac.uk](mailto:jcr-lgbt@chu.cam.ac.uk)

**Trans and Non-Binary Officer:** Al Sergeevo  
[jcr-transnonbinary@chu.cam.ac.uk](mailto:jcr-transnonbinary@chu.cam.ac.uk)

**International Officer:** Anna Yiu  
[jcr-international@chu.cam.ac.uk](mailto:jcr-international@chu.cam.ac.uk)

**Disabilities Officer:** Lucy Underwood  
[jcr-disabilities@chu.cam.ac.uk](mailto:jcr-disabilities@chu.cam.ac.uk)

**BAME Officer:** Kiran Patel  
[jcr-bme@chu.cam.ac.uk](mailto:jcr-bme@chu.cam.ac.uk)

## COLLEGE CONTACTS

**Churchill Porters' Lodge:** 01223 336000 (24 hours)  
[porters@chu.cam.ac.uk](mailto:porters@chu.cam.ac.uk)

**College Nurse:** Karen MacGinley (room 31C)  
[nurse@chu.cam.ac.uk](mailto:nurse@chu.cam.ac.uk)

**College Wellbeing Coordinator:** Louise Ranger  
[wellbeing@chu.cam.ac.uk](mailto:wellbeing@chu.cam.ac.uk)

**Senior Tutor:** Rita Monson  
[senior.tutor@chu.cam.ac.uk](mailto:senior.tutor@chu.cam.ac.uk)

## OTHER CONTACTS

**University Counselling Service:** 01223 332865  
<https://www.counselling.cam.ac.uk>

**NHS Direct:** 111 (24-hour service for health issues less urgent than 999)

**Alcoholics Anonymous:** 0800 9177 650 (24-hour service)  
<https://www.alcoholics-anonymous.org.uk/>

**Samaritans:** 116 123 (24-hour service)  
<https://www.samaritans.org>

Provide confidential emotional support for anybody experiencing feelings of distress, despair or suicidal thoughts.

**Talk to Frank:** 0300 123 6600 (24-hour service)  
<https://www.talktofrank.com>

Provide friendly and confidential advice and information on drugs, their effects and the law.

**Stonewall:** 0800 0502020 (9.30am-4.30pm Monday to Friday)

<https://www.stonewall.org.uk>

Provide support and information for LGBTQ+ communities.

**Cambridge Nightline:** 01223 744444

<https://cambridge.nightline.ac.uk>

Provide a confidential support service by students for students during termtime (7pm-7am)

## DOMESTIC ABUSE HELPLINES:

**Women – Refuge:** 0808 2000 247 (24-hour service)  
<https://refuge.org.uk>

**Men – Men's Advice Line:** 0800 8010 327 (10am-5pm Monday to Friday)

**LGBTQ+ – Galop:** 0800 999 5428 (10am-8.30pm Monday to Thursday, 10am-4.30pm Friday)

## SEXUAL HEALTH:

**Terrence Higgins Trust:** 01223 723474

<https://www.tht.org.uk/centres-and-services/cambridgeshire>

**Cambridge iCASH Lime Tree Clinic:**

0300 300 3030

<https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>

## SEXUAL ASSAULT AND HARRASMENT:

**Cambridge Rape Crisis Centre:** 01223 245888 (7-9:30pm Wednesdays and Sundays 10am-12.30pm)

<https://cambridgerapecrisis.org.uk>

**University Harassment and Violence Support Service**

<https://www.studentsupport.cam.ac.uk/harassment-and-violence-support>