

WELCOME TO CHURCHILL!

JCR FRESHERS' PACK 2023



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Introduction

Hello and welcome to Churchill! You should all be incredibly proud of yourselves for getting into Cambridge – and don't let anybody tell you otherwise. We are all so looking forward to meeting you and getting to know you over the coming year.

The JCR committee is an elected group of undergraduate students from Churchill whose role it is to represent the students and help make your experience at Churchill as best as possible. If you have any ideas, concerns or suggestions, no matter how big or small, we would love to hear from you. Our names and contact details can all be found on the next page.

We hope that you will enjoy Freshers' Week as much as we have enjoyed putting it together, and wish you all the best for your time at Churchill and beyond. This pack is full of important information from the dining hall opening times to how the washing machines work, but please feel free to get in touch with anyone on the Committee if there is anything else that you would like to know, clarify or share.

You can also follow our social media pages, linked below, to stay updated with everything related to Freshers' Week and life at Churchill more generally.

We hope you are excited to join us in Cambridge very soon.

Safe travels here,

Churchill JCR 2023-24



@churchillcoljcr



Freshers only: <https://m.facebook.com/groups/2358611454311879/?ref=share>

All years: <https://www.facebook.com/groups/190444754393121/>



<https://jcr.chu.cam.ac.uk>

The JCR Committee 2023-24

President – Scarlett Hughes

Vice President and Secretary – Mischa McRae

Treasurer – Abhay Goel

Men’s Welfare Officer – Reuben Carolan

Women’s Welfare Officer – Poppy Latimer

LGBTQ+ Welfare Officer – Lucy Haslam

International Officer – Anna Yiu

BAME Officer – Kiran Patel

Disabilities Officer – Lucy Underwood

Mental Health and Wellbeing Officer – Thea Redmill

Equal Opportunities Officers – Nihar Lohan and Duaa El Faki

Trans and Non-Binary Officer – Al Sergeev

Access and Education Officers – Sarannia Ragulan and Joshua Sebastine

Class Act Officer – Anesu O’Mard

Ents Officers – Elysia Aves, Sophia Harley and Nuala Bamforth

Green Officers – Pasha Taylor and David McIntosh

Facilities Officer – James Arnold

Computing Officer – Robert Woodland

You can take a look at our profiles and email addresses here:

<http://jcr.chu.cam.ac.uk/committee>.

Life at Churchill

Places around College

The Porters' Lodge:

The Porters' Lodge (or 'plodge' for short) is located at the front of College. This is where you will go when you first arrive in Cambridge, to register your arrival and pick up your room keys and 'camcard'. The plodge is staffed 24/7 and the porters are always on hand to help with any problems or just have a chat. They can also be contacted by phone on 01223 336000.

You will find your pigeonhole ('pidge') in the post room opposite, and the Amazon Room can be found to the right of that. Your address will be:

[Your name]
Churchill College
Storey's Way
Cambridge
CB3 0DS.

The dining hall:

Churchill is home to the largest dining hall in Cambridge and it is open 7 days a week. You can pay for food at the till using your camcard. The dining hall opening hours are:

- Breakfast: 7.30am-9.30am
- Lunch: 12pm-2pm
- Dinner: 5.45pm-7.10pm

If you have any questions about catering, for example regarding dietary requirements, you can contact catering@chu.cam.ac.uk.

You can view the weekly menus on the college website once you have access to your University computing account.

The buttery/ college bar:

The buttery is a popular meeting point for students, lecturers and fellows, and serves light snacks and drinks throughout the day. The buttery opening hours are:

- Monday- Friday: 8am-10pm
- Saturdays and Sundays: 2pm-10pm.

The buttery is also where college 'bops' (these are essentially discos and there will be one after the matriculation dinner) tend to take place.

The College library:

Churchill library actually consists of two libraries, with the Bevin Library upstairs and the Bracken Library on the ground floor. Both libraries are open 24 hours a day, and the librarians are there to help you during normal working hours. The libraries are accessed using your camcard, which is also needed to use the printers and photocopier.

The bike sheds and bike repairs:

The bike sheds can be found opposite the Staff Car Park, with extra space outside the front of College, behind North Court and outside of Cowan Court. Cambridge Bicycle Workshop is signposted and can be found just off Churchill Road. Their opening hours are Monday-Friday from 8.30am until 3pm.

The JCR games room:

The JCR games / common room is open to all members of the JCR and at any time of day. This is where you can go to chill, read a book, play a game, catch up with friends, watch a film or listen to music.

Visiting the College Nurse:

The College Nurse will be Karen MacGinley (nurse@chu.cam.ac.uk) and the surgery can be found in room 31C. Please email to make an appointment or check the Nurse rota on the noticeboard by the post room. You must also remember to register with a GP in Cambridge once you get here, and information regarding this can be found in your Virtual Freshers' Pack.

Sports facilities:

The gym has a range of equipment to use, free of charge. It is accessible using your camcard, however you must attend a gym induction beforehand.

The squash courts are located at the front of college by the bike sheds, and is also accessible using your camcard. You can ask the porters for the key to the equipment shelves.

The dance / exercise studios have a new sprung dance floor and audio system. The two studios are located in the squash court building by the front of college.

The outdoor tennis courts, sports pitches and outdoor gym are located by the fields.

All sports facilities can be booked online here, once you have access to your University 'Raven' login: <https://www.chu.cam.ac.uk/student-hub/the-college/college-facilities/sport-courts-and-dance-studio/?raven=true>.

The music centre:

The music centre has a range of facilities including rehearsal and recording studios. Music rooms can be booked online, once permission from the Music Sizar has been granted to you: <https://www.chu.cam.ac.uk/internal/music/booking/>.

The chapel:

The College chapel is located at the top of the fields and holds a weekly service, as well as hosting practices for the College choir. The chapel can also be booked as a music rehearsal space online at: <https://www.chu.cam.ac.uk/internal/music/booking/>.

Quiet hours:

Quiet hours are between 11pm and 8am every night, except on Saturday nights where the quiet hours are between 12.30am and 10am.

Formal dining

Regular formal halls are held throughout the year. Formals are a unique and exciting experience that you will first be introduced to at your matriculation dinner. Here is a summary of everything you need to know for them:

- The dress code is smart (jackets and ties, evening dresses and skirts).
- You don't need to wear a gown at Churchill, however some people choose to.
- The start time is 7.25pm (announced by a gong), but we recommend that you go to the buttery a little bit beforehand. The matriculation dinner during dinner has a reception beforehand, so be sure to get there in time for that.
- Dietary requirement cards are available from the serving staff on the doors.
- Stand behind your chair until grace is said, and stand again at the end of the meal when the gong is sounded.
- Your bread is on your left.
- Start on the outside of your cutlery and work inwards.
- You can check to see if alcohol will be provided beforehand, but for most regular formals, you have to bring your own if you wish to drink. There is wine available to buy in the buttery and the limit is one bottle between two diners.

You can book formals here: <https://www.chu.cam.ac.uk/student-hub/college-dining/formal-halls/>.

Please be respectful towards the waiting staff and to any fellows in attendance. Other than that, the most important thing is to enjoy yourselves!

Societies

We strongly recommend that you get involved in societies, both in and outside College. There really is something for everyone, and they are a great way to get involved in university life, learn something new and meet new people.

You will have the opportunity to find out about all of the College based societies at the Churchill Freshers' Fair between 6pm and 8pm on Wednesday 4th October. The Fair will be held in the club room, which will be well signposted and is just to the left of the buttery.

Also make sure to attend the university-wide Cambridge University Student Union (CUSU) Freshers' Fair between 12pm and 5pm on both Tuesday 3rd and Wednesday 4th October on Parker's Piece. You can find out more about the event here:
<https://www.cambridgesu.co.uk/freshers/>.

There will also be a uni-wide Sports Fair between 1pm and 5pm on Monday 2nd October. This will take place at the University Sports Centre, on the West Cambridge site. This is a great opportunity to learn about all the sports and physical activities on offer at Cambridge, and is open to people of all skill levels. Beginners are very much welcome and we strongly encourage anybody to go along and see what is available. More information about the fair and university sports in general can be found at: <https://www.sport.cam.ac.uk/student-sport/college-sport>.

Laundry

The washing machines and dryers are provided by Circuit Laundry. The laundry rooms are located at the bottom of staircases 5 (North Court), 42 (East Court) and 47 (South Court), as well as in the basement of Cowan Court. To use the machines, you can either get a physical card from the Porters' Lodge or use the mobile app on your phone. On the app, you can add credit and view which machines are in use. A wash costs £2 and a dry costs £1.20.

Maintenance

To make a maintenance request, click on the following link:
<https://www.chu.cam.ac.uk/student-hub/quick-links/>. We have a maintenance team on site who will do their best to fix your issue as quickly as possible. For any emergencies, please contact the Porter's Lodge.

Life at Cambridge

In addition to this welcome pack and the College Undergraduate Handbook, David (one of the JCR Green Officers for this year) has very kindly put together an informal guide for what to do in Cambridge. This guide is packed full of information and recommendations about all the amazing things that Cambridge has to offer, and we would strongly recommend that you read it and save a copy to look back through during your first few weeks in Cambridge:

https://www.canva.com/design/DAFpgLB8O1A/tTB0IDCWEgDXF3ym_w0yAQ/view?utm_content=DAFpgLB8O1A&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink#1.

Quickfire suggestions:

- Visit the University Botanic Gardens (entry is free for students if you show your camcard)
- Go for a walk or cycle along the river
- Get an ice cream from Jack's Gelato
- Get some food from the central market
- Borrow a book from the University Library (UL)
- Visit the Fitzwilliam Museum
- Get involved / go to watch a show at the student-led ADC Theatre
- Watch the sunset from Castle Mound
- Go punting
- Walk or cycle to Grantchester with friends

Voting

Even if you are living at home, you count as a resident in Cambridge and are therefore eligible to vote in elections for both.

- You can register to vote here: <https://www.gov.uk/register-to-vote>.
- Information about registering to vote: <https://www.cambridge.gov.uk/register-to-vote-or-update-your-details>.
- Information about voting by post or by proxy: <https://www.cambridge.gov.uk/vote-by-post-or-proxy>.
- Any other questions: elections@cambridge.gov.uk.

Importantly, this is not just for General Elections. Students can also participate in local elections, which means you can have a say in current local issues that will affect your time in Cambridge and help make Cambridge a better place for future generations of students.

Cambridge slang

There is a lot of Cambridge slang which you will likely hear at some point during your time here. You are always welcome to ask a member of the JCR, or your college parents if you are ever unsure about something.

Mental Health and Wellbeing

Maintaining a healthy balance

Our Mental Health and Wellbeing Officer, Thea Redmill (tr513@cam.ac.uk) is always up for a chat, whether that be to discuss personal worries or to suggest how the college could improve their approach to wellbeing and hosts regular wellbeing sessions for anyone to attend.

It's really important to not get trapped in a Cambridge 'bubble' and maintain a life outside of your studies. Luckily both Churchill and the University offer many sporting, social and wellbeing activities to help achieve this balance. Here are a few suggestions:

Yoga:

Weekly yoga is offered at College and is a great way to unwind and relax whilst also improving your strength and flexibility. You can go with a friend or on your own; there will always be people there and the instructor is lovely. More details are posted on the JCR Facebook page, and you can sign up to receive emails about when the sessions will be at the Churchill Freshers' Fair.

Exploring Cambridge:

Cambridge is a beautiful city with many things to do and see, and almost everything is within either walking or cycling distance. See the unofficial JCR guide for more ideas and recommendations.

Exercise:

Make the most of Churchill's beautiful outdoor areas! Students can often be found walking around the perimeter path for a quick break and (in hotter weather) spending long summer evenings on the field. The Green officers also regularly hold outdoor events such as planting to help connect with the nature we have on our doorstep.

Churchill also offers multiple group sports, including rugby, netball, mixed lacrosse and ultimate frisbee. College sports are a really good way to meet people and everyone is always welcome, beginners included. They are the perfect way to try something different or new in a friendly, inclusive and relaxed atmosphere.

Cooking:

Despite the kitchens at Churchill being slightly limited, cooking together with friends can be a great phone-free way to catch up. A *Come Dine With Me* style competition is also a really fun way to get know the people in your staircase better.

Eating in halls can also be a good way to catch up with friends on busier evenings and help maintain (somewhat) of a balanced diet!

Attending Churchill's formals is another special way to spend time with friends – dressing up, eating special food and enjoying all the traditions of Churchill make it a very exciting occasion.

Music:

Listening (and dancing along to!) your favourite songs or playing an instrument can be a great way to let loose and switch off from everyday stresses.

Socialising:

One of the best things about Churchill is the people, and spending time with friends can be a really fun and relaxing way to switch off from uni work. If all your friends are busy, please remember that everyone on the JCR Committee is always up for a chat – we are only ever one message away.

Churchill Buttery is a great way to have a quick catch up with friends without having to go into town, the space is often used for evening pints or a relaxed study space in the day.

The college also has many student run societies such as FemSoc, Christian Union and its very own politics society.

Mindfulness:

The Headspace app is free to download and is a great way to relax and wind down after a busy day. The Cambridge University Mindfulness Society also offer free mindfulness courses and guided meditations, including live or recorded sessions to enjoy in your own time: <https://cumindfulness.co.uk/resources>.

Arts and crafts:

Get creative! The end result is not important – art is always a great way to unwind and express yourself regardless of the outcome. The College Art Society is great for this.

Reading and journaling:

Reading a fiction book that is not for your degree can be a great way to relax, away from the blue light of laptops and phones. Journaling and writing down one thing that you are grateful for each day can also help you to appreciate the little things in life.

Napping:

No explanation needed, but don't forget to set your alarm.

Homesickness and help

University brings many, many opportunities, but it can also be a challenging transition, particularly if it is your first time living away from home. It is very normal to feel homesick and miss your family and friends, but the most important thing to remember is that you are not alone. Try talking to a new friend you have made in Cambridge or to a member of the JCR committee if you have feelings of missing home – they may even be feeling the same way.

The main thing to remember is that your feelings are normal and that there is always someone you can reach out to. Remember to be kind and patient with yourself as you adjust to life at university, and try not to put too much pressure on yourself to figure everything out all at once.

It's very normal to feel like you are the only one who hasn't made any new friends during the first few weeks, but guaranteed there will be many others who are thinking the same thing. So, when you see someone sat on their own in a lecture, event or at a social, go and introduce yourself, ask them what course they study and where they are from, and let the conversation go from there.

If you are struggling...

In an ideal world, the transition to university would be plain sailing for everyone. However, the reality is that we live in a time where mental health problems are especially prevalent in teenagers and young adults, and sad and unpredictable events can happen to anyone at any time. If are feeling particularly upset, lonely or struggling in a way at all and your friends can't give you all the support you need, there are many people and places that you can turn to for some professional help:

Reach out to one of the **JCR Welfare Officers** (or anyone else on the Committee) to have a chat – this is what we are here for!

You can always speak to Louise Ranger the Wellbeing Coordinator, who is always happy to help with any problems you may be experiencing. Louise can meet you just for a chat, or will signpost you to the most relevant service, whether this be to arrange counselling with one of the College Counsellors or something like a referral to the University's Mental Health Advice service. Louise will also advise on best support mechanisms and how best to access them.

You can also self-refer to the **University Counselling Service** for a One at a Time Therapy session. For more information about how to request an appointment, go to: [Individual counselling | University Counselling Service \(cam.ac.uk\)](#) or alternatively call 01223 332865.

Contact the **Endsleigh 24/7 Mental Health Service**. This is paid for by the College and can be your first point of call in an emergency. There will always be someone to talk to.

You can also access free, online and 24/7 peer and professional support through **Togetherall**. Sign up under the 'Organisation' section, using your Cambridge email: <https://togetherall.com/en-gb/>. This is *not* a replacement for counselling but is a safe, confidential, anonymous online community offering a series of services that aim to help you self-manage your mental health and wellbeing more effectively through the following:

- **Peer Support Network**: a round-the-clock and clinically moderated online chat room where you can share your experiences, worries, feelings and advice with other people who may be feeling the same way.
- **Guided Support Courses**: self-guided online group courses on common mental health issues including depression, social anxiety and managing self-harm. They can help you to understand what you may be experiencing, common triggers and methods of management. Also available are more general *Healthy Lifestyle* and *Self-Development* courses.
- **Live Therapy**: one-to-one tailored therapy, advice and support is available 24/7 from trained professionals via audio, video or text.
- **Online Journal**: Private thoughts, feelings and goals can be written in a journal that can help to monitor progress and change.

If you are in need of an urgent helpline, **Samaritans** are free to call on 116 123 and are open 24 hours a day, 365 days a year.

Alternatively, **Cambridge Nightline** offers a confidential, anonymous and non-judgemental night-time support service by students for students. Cambridge Nightline is open from 7pm until 7am every day during Cambridge University full term on 01223 744444).

The main thing to remember if you are struggling is that expressing your feelings, concerns and worries is not a burden to *anyone*. Your friends will want to know – they will want to be there for you and to help you through challenging times. It is the role of the JCR Welfare Team to make everyone feel as comfortable and happy as they can be, so please, please do not hesitate to contact us.

It is a counsellor's job to help people overcome more serious issues – this is what they are trained and paid to do. Sometimes it takes a village, and that is ok... **never feel like you have to go through anything alone.**

The most important thing to know is that Churchill has so many ways to socialise, relax and enjoy student life, even if it takes time to at the start. We are a friendly, welcoming and supportive community with something for everyone and the JCR are not only incredibly excited to see all the freshers find their feet in our wonderful community, but are always here for anyone struggling.

Key contacts and resources

JCR contacts

Men's Welfare Officer: Reuben Carolan
jcr-menswelfare@chu.cam.ac.uk

Women's Welfare Officer: Poppy Latimer
jcr-womenswelfare@chu.cam.ac.uk

Mental Health and Wellbeing Officer: Thea Redmill
jcr-mentalhealth@chu.cam.ac.uk

LGBTQ+ Welfare Officer: Lucy Haslam
jcr-lgbt@chu.cam.ac.uk

Trans and Non-Binary Officer: Al Sergeev
jcr-transnonbinary@chu.cam.ac.uk

International Officer: Anna Yiu
jcr-international@chu.cam.ac.uk

Disabilities Officer: Lucy Underwood
jcr-disabilities@chu.cam.ac.uk

BAME Officer: Kiran Patel
jcr-bme@chu.cam.ac.uk

College contacts

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

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

College Wellbeing Coordinator: Louise Ranger
wellbeing@chu.cam.ac.uk

Senior Tutor: Dr Rita Monson
senior.tutor@chu.cam.ac.uk

Your Tutor and Director of Studies (DoS)

Other contacts

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

University Student Advice Service: 01223 746999
advice@studentadvice.cam.ac.uk

Student Minds' Support Directory:
<https://studentmindscambridge.wordpress.com/find-urgent-support/>

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)

SANeline: 0300 304 7000 (4pm-10pm every day of the year)

<https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

Provide specialist emotional support, guidance and information to anyone affected by mental illness.

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

Whether or not you choose to have sex while at university, it is worth being aware of the basic information and risks to help you make informed decisions.

Consent

All sex must be consensual, meaning all those participating are doing so actively and willingly. Consent to one activity does not mean consent to all activities, nor several times meaning all the time.

If, for whatever reason, you find yourself in a situation that you are uncomfortable with, you may wish to consider talking to friends or a Welfare Officer. If you have been sexually assaulted or think that you may have been, there is lots of help available and you must reach out for help. There is more information below, under the Sexual Assault and Harassment section.

Contraception

Using contraception is the best way to protect yourself from both STIs and unwanted pregnancies.

The JCR provides free condoms, femidoms, dental dams, lube sachets and single-strip pregnancy tests. Feel free to contact any of the Welfare Officers (Poppy Latimer, Reuben Carolan or Lucy Haslam), or send an anonymous message using the form on the homepage of the JCR website.

We can leave this in your pigeon hole (or our own if you want to be completely anonymous) for you to pick up.

Emergency contraception should be used as soon as possible after unprotected sex to prevent pregnancy. You can get emergency contraception (the morning after pill) from your local GP, the Cambridge iCASH Lime Tree Clinic, Addenbrooke's A&E Department (out of hours only), or certain pharmacies. The following pharmacies provide emergency contraception for free (as long as you are registered with a GP in Cambridge):

- **Boots** (both the Grafton Centre and Petty Cury Boots)
- **Lloyds** (both Arbury Court and Trumpington Street)
- **Superdrug** (both Fitzroy Street and Sidney Street)

STIs

Getting an STI isn't shameful or uncommon, but it is still best avoided. Certain STIs (notably chlamydia) may not show symptoms, so it is always worth getting tested

frequently if you are having sex with new partners. All STIs are treatable and can be managed, but the earlier treatment starts, the better.

Most people get tested for STIs at Sexual Health Clinics (also known as GUM clinics), where services are free for both domestic and international students, confidential and non-judgemental. GUM clinics in Cambridge include:

- **The Lime Tree Clinic:** Cambridge's iCASH clinic where you can access chlamydia and HIV testing, obtain (most forms of) contraception and more advice and support.
- **Dhiverse:** a Sexual Health Clinic focussed on HIV testing, awareness and support for gay and bisexual men. Dhiverse also test for other STIs (open to everyone!) at events outside the clinic.
- **Centre 33:** a Young People's Centre that offers contraception pregnancy testing and testing for both chlamydia and gonorrhoea.
- **The Terrence Higgins Trust:** offers chlamydia screening for young people free of charge, which you can order online in case you don't want to go to an in-person clinic.

Key contacts and resources

Terrence Higgins Trust (sexual health clinic): 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>

Dhiverse (sexual health clinic): 01223 508805
<https://dhiverse.org.uk>

Centre 33: 0333 4141809
<https://centre33.org.uk>

There are some other providers (including iCASH) that offer free STI tests/ contraception but almost anything you need will be provided by one or more of the above.

Finally, the Welfare Officers and the rest of the JCR want to reaffirm our support for all incoming first years and are always available for confidential chats about any of the above issues. We are all committed to cultivating an inclusive and open environment at Churchill and are more than happy to help freshers access services not mentioned in this booklet!

Sexual Assault and Harassment

Churchill College and the University of Cambridge are committed to the equal treatment of all of their members, and the cultivation of an inclusive, tolerant, and safe community. There is a strict zero-tolerance policy on sexual harassment and assault, and allegations will be taken very seriously, so if cases like this were to arise, it is important to know where and how you can access support.

Unfortunately, cases of sexual harassment and assault can happen to anyone, regardless of sexual orientation or gender, so it is important that everyone has access to the right information. Sexual harassment and assault are against the law, and anyone who is a perpetrator of sexual harassment or assault is responsible for their own actions.

Sexual harassment and assault can take many different forms, but one thing remains the same: it is never the victim's fault.

The information below is in case you or someone you know is a victim of a crime of this nature; we are providing it just in case, but please don't let this worry you.

Sexual harassment: This is defined as unwelcome behaviour of a sexual nature, and includes sexual coercion and unwanted sexual attention. Some examples include unwanted sexual remarks; offensive sexual jokes; emailing, texting or messaging sexual content, touching someone against their will.

Sexual assault: Sexual or indecent assault is an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent. Some examples include rape, unwanted sexual touching, and forcing a victim to perform sexual acts.

Key contacts and resources

The University Harassment and Violence Support Advisor:

HVSS@studentsupport.cam.ac.uk

[Harassment and violence support | Student Support \(cam.ac.uk\)](#)

Cambridge Rape Crisis Centre:

01223 245888 (7-9:30pm Wednesdays and Sundays 10am-12.30pm)

<https://cambridgerapecrisis.org.uk>

Survivors UK: 0845 1221 201

<https://www.survivors.org>

Cambridge University Report + Support community: <https://reportandsupport.cam.ac.uk>
Churchill College's step by step guide of how to report sexual assault and harassment

1. Seek assistance from any of the following members of the College, according to the student's preference: Senior Tutor, Wellbeing Coordinator, Personal Tutor (either your own or another tutor), the Dean, the College Nurse, one of the College Counsellors, the Porters, or the Welfare Officers of the JCR/ MCR
 - a. This may be informal contact e.g. by email or a meeting
 - b. Complaints will be treated with confidentiality and on a need-to-know basis. Disciplinary teams may need to know if there is an active threat to a person.
2. Cases of sexual harassment, misconduct or assault will normally be dealt with under the College's or University's sexual harassment or misconduct procedures.
3. Possible outcomes include: resolution by agreement with the Senior Tutor or by mediation or disciplinary action via the Dean or Board of Disciplines.
 - a. It is extremely rare for a case to be dismissed on the basis of no case to answer.
4. Where a police investigation ought to be undertaken, the police will be contacted rather than a College investigation being initiated.
 - a. This is only done with the agreement of the person making the complaint.
5. A police investigation does not necessarily prevent discipline by the College.
6. In cases where an investigation or disciplinary hearing cannot proceed, but where the Senior Tutor also judges that the person making the claim and/or the person accused should be separated from one another, this will be enforced.

Sustainability

If you have any questions throughout the year, please do not hesitate to get in contact with your JCR Green Officers, Pasha Taylor (pt453@cam.ac.uk) and David McIntosh (dm967@cam.ac.uk), or email jcr-green@chu.cam.ac.uk.

Hey, we're Pasha and David, the JCR Green Officers! We'll keep this short.

First off, bedrooms and kitchens have a recycling bin (paper, metal, glass, hard plastics) and a general waste bin. Once you or your friends have filled a bin, tie them up and put them in the big trolleys at the bottom of the stairwells (the rubbish bags, not your friends). Clear bags are for recycling and black bags are for waste. Housekeeping will then open these up and put them into our compactors, so it is helpful to separate your rubbish. Make sure to wash off any food from packaging before you recycle and leave the lids on bottles.

We're sorting out green bins soon so stay tuned for that! Oh, and don't put any loose rubbish in the trolleys or the housekeepers will cry, and it will be all your fault, and you'll feel terrible.

As for all the other stuff..

- There's a box in the post room for recycling batteries and printer cartridges.
- You can recycle electricals at big Sainsburys. Anything which is usable or new can be given to a charity shop.
- Soft plastics can be recycled at co-ops and some other supermarkets.

As you all know, the climate crisis is very real and very bad, so try and lessen your impact where possible! Cambridge has a lot of climate societies to join, and the Cambridge Carbon Literacy Project (CCLP) runs free climate education courses for all students. There are also opportunities to volunteer as a trainer having completed the course.

You could also try going vegetarian or even vegan (which is easier in Cambridge), buying clothes and utensils from Depop/Vinted/Gumtree/Ebay or charity shops (there's a whole street of them by the Grafton), or not flying on holiday. Turn your lights off and only heat your room as much as you need.

The College grounds and gardens

There is an excellent Grounds and Gardens guide that you can purchase from the Porters' Lodge for £3. It has details about the history of the College, the statues and the very large variety of interesting trees and plants dotted around. There is also a video to guide you around the perimeter path by our Head of Grounds and Gardens John Moore:

<https://youtu.be/tgrRXG81R20>.

The College policy is that students and staff are more than welcome to any of the produce on trees around the grounds, especially in the Orchard in September/ October! There are mainly apples, pears, figs and mulberries to be found, when in season.

Further events and ways to get involved

If you are interested, there is plenty more to get involved with. Keep an eye on emails, the JCR Facebook page and Churchill Greens Instagram (@churchillgreens):

- **The Green Impact Team:** we are always looking for volunteers to help the College in trying to progress through the Green Impact sustainability awards.
- **Wildflower planting:** the College is currently working on a rewilding project which involves planting trees and wildflower meadows around the grounds. In Autumn and Spring there are large student and staff wildflower planting weeks, where any help is welcome. Keep a look out for dates and details.
- **Hedgehog society:** members of staff and students have been collaborating to make the College campus more hedgehog friendly. This involves a range of different tasks at different levels of commitment so you can decide just how much you want to get involved. If interested, contact nicola.meidlinger@chu.cam.ac.uk.

That's all from us for now. We'll send you some more stuff when you get here, and hopefully we'll see you all around College soon!

Support for Students with Disabilities

Lucy Underwood is our Disabilities Officer for the year and will be representing the needs and wants of all disabled students at Churchill. Her role includes trying to make College more accessible for disabled students as well as eliminating any discrimination/stigma surrounding disabilities. Please feel free to contact her about any concerns or ideas that you may have.



The Access and Disability Resource Centre (ADRC) in Cambridge will assign you a ADRC Officer to help with anything you need, for example any exam adjustments that you may require. The ADRC is located in the Student Services Centre on Benet Street (CB2 3PT), but is also contactable via email at disability@admin.cam.ac.uk.

Your tutor and DOS will also be available more generally for help with anything from academic work to College life.

There is lots of support available for disabled students. You can apply for a study skills tutor, attend exam preparation sessions, or use the ADRC library at your convenience. You can also access help with getting a DSA (Disabled Student Allowance) and the SSD (Student Support Document).

Key contacts and resources

The University Access and Disability Resource Centre:

<https://www.disability.admin.cam.ac.uk/about-us>

A guide to accessibility at Churchill:

<https://www.disability.admin.cam.ac.uk/access-around-university/access-colleges/churchill-college>

For further advice and support:

<https://www.disability.admin.cam.ac.uk/students/advice-support-for-students>

Access and Education

Hi, we're Sarannia and Josh (2nd year medics) and we are the JCR Access and Education Officers for this year. This means that we work on outreach: helping organise open days, giving tours of the College to prospective students, and collaborating with other Access Officers to provide updated information on life at Cambridge to prospective students. In addition to this, we encourage students at Churchill to get involved in access, which essentially means getting students to volunteer for open days. We'll be posting information about this on our social media (mainly the WhatsApp chats) throughout the year, so do get involved – we can say from first-hand experience that it's a lot of fun, and very rewarding!

Another equally important part of our role is the 'Education' part, which involves working with various committees within College- such as the Library Committee and Board of Education- to improve the academic resources available to you at College. So, if there are any issues you have regarding your studies, resources at libraries or anything else about your studies (like how supervisions, practicals, lectures, exams or pretty much anything else works), please get in touch with us and we'd be more than happy to help.

You can contact us via email (sr2015@cam.ac.uk / js2751@cam.ac.uk) or on Facebook (Sarannia Ragulan / Joshua Sebastine).

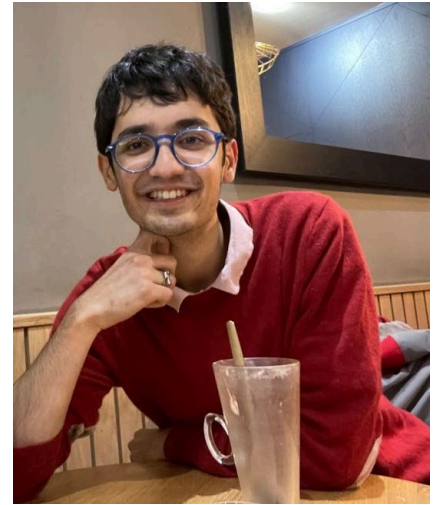


Equal Opportunities

Hi everyone!

We're Duaa (she/her) and Nihar (he/him), second year Engineering students, and joint Equal Opportunities Officers on the JCR. Our role is to foster an environment where inclusivity, diversity and equality are at the centre of decisions made by the JCR and the college, to ensure that everyone can have a great experience at Churchill and feel like they belong in this lovely community. We also sit on the college's Equality, Diversity, and Inclusion (EDI) Committee, which is a chance to raise and amplify concerns or questions from any of you.

Please don't hesitate to get in touch with any feedback or queries. We're always around (especially late at the buttery doing last-minute work), and more than happy to have a chat too :)



Contact

Email: jcr-equalopportunities@chu.cam.ac.uk

Anonymous: https://docs.google.com/forms/d/e/1FAIpQLSeGGrqP64Zjfk73Ba9H2n8AtvAzPNA4tUYEF373squ4ccKcLA/viewform?usp=sf_link (you'll need to log in via Raven, but the form is totally anonymous...please indicate in the submission if you'd like it to be directed to us!)

College and University Support for LGBTQ+ Students

Hi everyone, I'm Cee (she/her), a third year Chemistry student and your LGBTQ+ Officer for this year. Apart from doing my degree, I enjoy a good bop, buying all the peanut butter kitkats from the buttery, dying (or wrecking) my hair, watching Drag Race, and counting how many holes I've accumulated in my lab coat. Along with Al, I'll be organising LGBTQ+ socials, keeping up the tradition of LGBTea (though you'll never ever see me drink any...) and generally celebrating the queer joy around College! However stressed I may look, I am always down for a chat so please come and say hi.

I'm Al the Pal, a fourth year mathmo! I hope to be as approachable as possible in my role as Trans and Non-Binary Officer, so please feel free to talk to me about any issues that might be bothering you, or to simply have a chat. You can currently find me in my room, or alternatively stop me at the buttery where I frequently go to buy ungodly amounts of snacks



College support:

Both Al and I are here to talk through any issues you may be experiencing and are able to advocate for you while also pointing you to other support systems available if it is needed. Please do not hesitate to contact either of us – our contact details can be found on the JCR website as well as in the important contacts section below.

The Gender Expression Fund (GEF):

This fund is overseen by Al and all trans, non-binary, or gender non-conforming students are eligible to apply. Each student can apply for up to £40 to help pay for anything relating to navigating your gender identity. More information about Churchill's GEF can be found here: <https://docs.google.com/document/d/1Ys-gJ1jXTmyey0APYRU-w2Hn3hQOKec4sEYnKD69EBo/edit>.

LGBTQ+ family scheme:

We run a college wide scheme to pair queer freshers with queer students in the higher years to add another layer of support for you all. An application form will be sent out before the start to term so you can apply for parents!

LGBTea:

Al and I run a weekly queer meetup, this is a calm event and a relaxed time for conversation over a cup of tea of your choice, everyone is welcome so please do come along for a chat!

University support:

The Cambridge SU LGBTQ+ Campaign are very helpful and more information about them can be found on their website: <https://www.lgbt.cusu.cam.ac.uk>. More general support can be found at: <https://www.stonewall.org.uk/help-and-advice>.

Finally, a more detailed document on support for LGBTQ+ students can be found here: https://docs.google.com/document/d/11eK1wDS0HKmMW_K8_sCoaiDXhl2ZqqHimOfGuA_tI3A/edit#heading=h.xw2874vt3acp.

Key contacts and resources

LGBTQ+ Welfare Officer: Lucy (Cee) Haslam
jcr-lgbt@chu.cam.ac.uk

Trans and Non-Binary Officer: Al Sergeev
jcr-transnonbinary@chu.cam.ac.uk

CUSU LGBTQ+ Welfare Officer and support:
lgbt-welfare@cusu.cam.ac.uk
<http://www.lgbt.cusu.cam.ac.uk/contact-us>

Note: More SU contacts can be found on the Committee page of the SU LGBTQ+ Campaign website.

CUSU LGBTQ+ Peer Support Group: <https://www.facebook.com/groups/198003051527231/>

CUSU LGBTQ+ Page for Trans and Non-Binary students:
<https://www.facebook.com/TransAndNonBinaryCambridgeUniversity/>

Support for BAME Students

Hey, I'm Kiran and I study Natural Sciences (Physics) at Churchill. I'm the JCR BAME (Black, Asian and Minority Ethnic) Officer this year, so am the first port of call for any related issues, ideas or concerns. My role includes organising events for the College's BAME community, representing our community at BAME Forums run by the Students' Union, and ensuring that Churchill is warm and welcoming for all its BAME students.



I'm here to help, so feel free to message me with anything BAME-related, whether it's a suggestion for a BAME event or something serious.

Contact

You can contact me, for any inquiries, concerns, or feedback at: jcr-bme@chu.cam.ac.uk. Or if you want to reach out anonymously, you can click the link below, which is also on the Churchill JCR homepage under 'Anonymous Form': https://docs.google.com/forms/d/e/1FAIpQLSeGGrqP64Zjfk73Ba9H2n8AtvAzPNA4tUYEF373squ4ccKcLA/viewform?usp=sf_link.

You will need to use your Raven login, but this information is not shared, so the form is completely anonymous. If you would like your submission to be handled specifically by me, you can state this in your submission.

Resources

Here are some important resources:

The BME Campaign: <https://www.cambridgesu.co.uk/organisation/6035/>. The SU BME Campaign is an autonomous platform that exists to voice the concerns of ethnic minority students at Cambridge. You can go to them for support if you have any issues relating to race in the wider university or in College.

The BME Mental Health Toolkit (bottom of the page): <https://www.cambridgesu.co.uk/resources/6035/BME-Mental-Health-Toolkit/>. This is a useful SU resource that includes information on pretty much everything you should know as a BAME student at Cambridge, providing all the necessary tools for accessing support or reporting experiences of racism. As your BAME Officer, I am always available to help you through any of these processes, if they prove necessary.

Cambridge University Report + Support: <https://reportandsupport.cam.ac.uk/>. This resource allows you to report any discriminatory behaviour and can be used anonymously.

Class Act



Hello everyone!

My name is Anesu and I'm your Churchill JCR Class Act Officer 2023-2024.

The Cambridge Student Union Class Act Campaign is a liberation campaign for all the students who have faced any kind of social, economic, educational or cultural disadvantage.



This includes many different things, for example identifying as low-income, state comprehensive educated, first generation, care leavers, estranged students and those with unstable accommodation or experience of homelessness (this isn't an exhaustive list). If you feel you identify with any of these you will find a home in the Class Act community.

Please feel free to contact me if you have any questions, issues (Class Act Related or not), suggestions to support the Churchill Class Act community at:

Email = jcr-classact@chu.cam.ac.uk

Facebook = (Anesu Alexia)

If you want to reach out anonymously, you can by using the anonymous form on the JCR Homepage at <https://jcr.chu.cam.ac.uk/> (Please include my name or my role if your message is targeted at me)

I hope to meet lots of you at the Class Act Social in Freshers' Week so please look out for that!

For more information of the Cambridge Class Act Campaign refer to the following resources:

Class Act Campaign Website = <https://www.cambridgesu.co.uk/organisation/6054/>

Class Act Campaign LinkTree = <https://linktr.ee/cambridgeclassact>

Class Act Campaign Facebook Group = <https://www.facebook.com/groups/1967139023534591>

(There are also official Class Act handbooks within the College that can point your way to more detailed info.)

Support for International Students

Hi everyone! I'm Anna from Hong Kong and Korea. As international students, moving to a foreign country to study can be quite intimidating and overwhelming! My role as the International Officer is to help all international students to adjust to living and studying here in Cambridge — if you have any questions, please reach out and I will always try my best to help! You can find me at ntay2@cam.ac.uk, or @_annayiu on Instagram. I look forward to meeting everyone in September :D.

Visas and immigration

Check the University guide for Visa application, immigration, Tier-4 Visa and healthcare information and requirements for international students:

- <https://www.internationalstudents.cam.ac.uk/immigration>
- <https://www.internationalstudents.cam.ac.uk/tier-4-entry-clearance>
- <https://www.internationalstudents.cam.ac.uk/arriving/healthcare-uk>

Travelling to Churchill College

By taxi:

You can book a taxi from any of the London airports to Churchill online, either from Panther Taxis (<https://www.panthertaxi.co.uk>) or CamCab (<https://camcab.co.uk>).

By train:

You can buy train tickets in advance from <https://www.nationalrail.co.uk> but be aware of possible delays from flights or border control. You can also consider buying a 16-25 train card for 1/3 discount off train tickets, especially if you are planning to travel by train frequently in the future.

From Heathrow: take the Piccadilly line from Heathrow terminals to King's Cross station. Train journey from King's Cross to Cambridge is roughly 1-1.5 hours.

From Gatwick: take a train (not tube) from Gatwick to London Victoria, then take the Piccadilly line to London King's Cross.

From London Stansted: direct train to Cambridge. Train ride is approximately 30 minutes.

By coach: National Express Coaches are available from all London Airports to Cambridge City Centre. You can purchase a coach ticket in advance on <https://www.nationalexpress.com/en>. Note that the journey time is roughly 3 hours.

Once you arrive at Cambridge Train Station or Cambridge City Centre, you can take a taxi or the bus to Churchill College. Taking a taxi (e.g. Panther Taxi, CamCab, Uber, Bolt) is the easiest option especially if you have lots of luggage.

Practicalities

Setting up a UK bank account:

1. Fill in an application for an international student account **online** at your chosen bank (please note other banks are available).
 - Barclays: <https://www.barclays.co.uk/current-accounts/student-account/#applynow>
 - Lloyds: <https://www.lloydsbank.com/current-accounts/all-accounts/student-account.html?collapse2-1499456163436#collapse2-1499456163436>.
 - HSBC: <https://www.hsbc.co.uk/current-accounts/products/international-student/>.
2. Pick a date and branch location for your appointment to set up your account.
3. On the day of the appointment, bring your passport, UCAS acceptance letter, proof of residence (you can get this from the Tutorial Office) and your student ID. To learn about the more detailed procedure, you could check the following webpages:
 - <https://www.finance.admin.cam.ac.uk/finance-staff/bank-accounts/bank-accounts-staff-and-visiting-scholars-overseas>.
 - https://www.internationalstudents.cam.ac.uk/files/opening_a_bank_account_sept20.pdf.

Mobile phones:

The UK's country code is +44, and if you arrive in the UK without a UK mobile number, you will need to preface the number you are dialing with +44. Here is a list of potential operators:

- VOXI (<https://www.voxi.co.uk>)
- O2 (<https://www.o2.co.uk>)
- EE (<https://ee.co.uk>)
- Three (<http://www.three.co.uk>)
- Giffgaff (<https://www.giffgaff.com>)
- Lebara (<https://mobile.lebara.com/gb/en/>)
- Lycamobile (<https://www.lycamobile.co.uk>)

You can buy a SIM card in person at the Grand Arcade from Three mobile or Vodafone after arriving in Cambridge. Make sure you get a number as soon as possible as it is needed for registering with other services (e.g. banks and GP).

International Freshers' Week

International Freshers' Week is organised by the International Students Campaign (ISC) and will run the week before Michaelmas Term begins. Keep a close eye on the ISC website for updates: <https://www.cambridgesu.co.uk/international-students-campaign/>.

Also check out ISC's Facebook and Instagram for further details:

Facebook:

<https://www.facebook.com/internationalstudentcampaign%20HYPERLINK%20%22https://www.facebook.com/internationalstudentcampaign%22>

Instagram: @isc_cambridge

Churchill College will also run events for international freshers in late September and also during Freshers' Week.

Pre-arrival checklist

Health:

- If you receive on-going medical treatment and / or medication, obtain a letter from the doctor in your home country (in English) with the details as it may be useful for your new doctor. Check whether you can take your medication on your flight and through customs. Make sure to register with a GP upon arrival in the UK.

Finances:

- Consider how much money to bring to the UK (and whether your home country restricts the amount of cash that can be taken out of the country) and / or whether to use Travelers Cheques. You should request money in £5, £10 and £20 notes as £50 may not be accepted for smaller payments.
- Ensure you have sufficient money in cash / credit card to cover your expenses until you have opened a bank account.
- Establish whether your current bank card, if applicable, can be used in the UK and whether your bank can provide any advice about transferring money to the UK.
- Online currency exchange services such as Wise may provide better exchange rates than your local bank.

Transport:

- Plan your onward journey to Cambridge.
- Consider baggage restrictions on your flight.
- Check any restrictions on goods that can be brought into the UK: www.gov.uk/duty-free-goods/banned-and-restricted-goods
- Consider using travel insurance.
- Check current requirements for entering the UK: <https://www.gov.uk/uk-border-control>.

Academics:

- Review course handbooks on department websites.
- Review College information packs: <https://www.chu.cam.ac.uk/student-hub/resources/handbooks-documentation/>.
- Participate in the study skill sessions provided by Churchill study tutors if you have any academic enquiry.
- Look at the online orientation and induction information: www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information.

Living in the UK:

- Consider whether you need an adaptor for any electrical equipment you intend on bringing to the UK.
- Consider the UK Climate: <https://www.metoffice.gov.uk/research/climate/maps-and-data>.
- Bring passport photos – you’ll need them for various things in the first weeks.
- Cambridge students usually commute by bike on campus. Consider learn and practice riding bikes before you come. You can buy second-hand bikes from bike shops, alumni, Facebook marketplace and Fresher’s Fair.

Immigration:

- Check the details of your entry vignette and decision letter.
- Ensure you enter the UK within the validity of your entry vignette.
- Make photocopies of and reserve digital scanned versions of your passport, visa, and other important documents.
- Carry a print out of your CAS email in your hand-luggage as well as any other documents you used for your visa application.
- Collect your BRP promptly on arrival in the UK.

For more information on being an international student at Cambridge and general resources, check the University’s and College’s page for international students:

<https://www.internationalstudents.cam.ac.uk>.