

# A LITTLE WELFARE GUIDE 2020

*From the Pembroke JPC!*

# Welcome

The JPC have created this booklet containing information about welfare and sources of support in Pembroke College, in Cambridge and nationally. We hope it will help you during your time at Cambridge— problems can arise at any time but there are many people available for support or help. No problem is too small or too large!

Love from your Welfare Officers X

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# Support and Services within Pembroke

## Welfare Officers:

Hi! We are the welfare officers within Pembroke's JPC who are here to have a chat about any concerns you have, free of judgement.

Our emails are listed here but we are also happy to be contacted via Facebook messenger! We also hold events, socials and drop-ins throughout the year (with an abundance of free food!)

Sexual health supplies, including condoms, lube, dental dams, pregnancy tests and personal alarms, can be found in the welfare pigeonhole. Please let Stephanie Jat, Victoria Moreland, Tilly Harrison, or Caleb Woodall know if you notice supplies running low.

Welfare love xo

Please note: elections are held throughout the year so these faces may change!



**Steph - Welfare Officer** [scj45@cam.ac.uk](mailto:scj45@cam.ac.uk)

Hi I'm Steph, your welfare officer! I'm here to signpost help for you, whatever your concern.

Being at Cambridge can feel a bit overwhelming at times, particularly as you make the adjustment between school and uni. I'm here to make sure that any issues are resolved as quickly as possible - feel free to message me about any concerns!

And keep an eye out for welfare events which run throughout term, including Zumba, film nights,

massages, alternative study spaces and picnics! These will be posted on Pembroke Welfare's Facebook page and occasionally emailed. Once again, feel free to message me about anything – nothing's too small!

**Caleb - Men's and Non- Binary Welfare Officer** jp-mens@pem.cam.ac.uk

Hi! I'm Caleb, Pembroke's Men's and Non-Binary Welfare Officer. It's my job to offer support for and represent the interests of any and all Pembroke students who identify as male or non-binary. In addition to helping you all settle in as a student at Pembroke, I'm

available as a port of call for any welfare-related issues you may have at any time of the year. If you're ever feeling down, need any direction towards welfare services or simply fancy a chat, you can speak to me in person, by email or Facebook, or leave a note in my pigeon hole (where you'll also find a smorgasbord of sexual health supplies and contraceptives!). I hope to encourage an environment of openness and discussion with regard to men's issues and will be running events throughout term that focus on this so watch this space!



**Maya - Ethnic Minorities (BME) Officer** jp-ethmin@pem.cam.ac.uk

Hello! My name is Maya and I am Pembroke's BME officer for undergraduate students. My role is to advocate for the welfare and needs of ethnic minority students in college, ensuring that they always experience an inclusive learning and living environment. As part of the welfare team, I look out for the mental health and wellbeing of BME students, providing a listening ear, as well as running events like movie nights to bring together the Pembroke



BME community. My role also includes the running of the annual BAME access day to encourage more ethnic minority students to apply. I also work with BME officers at other colleges to help foster connections between BME students across Cambridge. If you have any questions about navigating Cambridge as a traditionally white institution, or just want to chat, please do not hesitate to contact me on Facebook (Maya McFarlane) or via email.

**Vic - Women's and Non- Binary Welfare Officer** [vm388@cam.ac.uk](mailto:vm388@cam.ac.uk)



Hi, I'm Vic and I'm your Women's + NB Welfare officer! This means I advocate for the welfare of all women and non-binary members of college and represent your needs. My job is to listen to any worries or issues facing you, and to offer support if you need it. If you have any questions, concerns or just need a chat, please don't hesitate to drop me a message or a note in my pidge. I'm also part of the wider Welfare team, so regardless of what your concern is, I'll do my best to help. I also help to run the Jo Cox Feminist Society with Tilly, the

Women's Officer. I also run Safe Spaces every fortnight, usually on a Sunday. They're very chilled out events where women and non-binary students can get to know one another in a supportive environment. We usually do activities and crafts, and there's always free snacks! I'm looking forward to meeting you all!



**Daisy - LGBT+ Officer**

dc752@cam.ac.uk

Hi, I'm Daisy and I am the LGBT+ Officer at Pembroke. I identify as Queer and use they/them pronouns. I am here to support and advocate for the rights and welfare of all undergraduates at Pembroke who identify as

LGBT+/Queer/questioning. For a lot of students, university is the first opportunity people have to openly explore their queer identity. I can be a listening ear as well as point you in the direction of helpful

resources and supportive community groups. There will be events and mingles through term which I will be organising to provide safe spaces and socials – this will be in addition to various events hosted by the Cambridge SU LGBT+ Campaign and other groups such as FUSE (for queer POC only). I have collated some welfare resources on the JPC website:

[pemjp.soc.srcf.net/welfare/LGBT+](http://pemjp.soc.srcf.net/welfare/LGBT+). Please feel free to contact me about any issues, queries(!), or concerns you may have via email, Facebook (Daisy Corder), or by leaving a note in my pigeon hole.

**Sophie - Disabled Students Officer** sij22@cam.ac.uk

Hi, I'm Sophie and I am Pembroke's Disabled Students' Officer! I'm here to help anyone who identifies with having any form of disability which includes mental health issues, physical impairments, long-term health conditions, sensory impairments or any form of neurodivergence (such as ASD or ADHD). Even if you don't think of yourself as 'disabled', if you fall into one (or more!)

of these categories I am here to help and you are eligible for support. I can contact the Disability Resource Centre (DRC) or your tutor, help fill out referral forms with you (for things like counselling) and answer any questions about where to find further support. Feel free to contact me via email (sjj22), Facebook or by leaving a note in my pigeon hole!



**Tele - Internationals Officer jp-**  
international@pem.cam.ac.uk

Hi, I'm Tele, Pembroke's International Students Officer, and I'm a second-year student studying NatSci and I'm from Nigeria. My role involves helping international students with any issues or problems they may face. My goals as the International Students officer are to make the transition to Cambridge as



easy as possible for international students and to be a point of contact regarding problems that international students face. International students face a variety of unique issues ranging from practical (transportation, storage, fluctuating exchange rates) to personal (culture shock, homesickness). If you need help with these issues or anything else, feel free to contact me and I'll try my best to assist - whether that is helping out myself or signposting you to someone who can. Additionally, COVID has brought a new set of

problems and if you ever have any uncertainty about College's policy on anything, don't hesitate to get in touch with me.

## **College Staff:**

The JPC Welfare team works closely with College staff so that collectively you get the best support possible. Key staff members with a role in your welfare include the Tutors, Directors of Studies, the College Nurse, the Dean, the Porters and the College Counsellors. The College website is also a valuable place to work out what's available and how you can access it:

[pem.cam.ac.uk/current-students/welfare/](http://pem.cam.ac.uk/current-students/welfare/)

<http://www.pem.cam.ac.uk/current-students/student-documents/>

Here you'll find pointers for support on topics including finance, health (including disabilities, sexual and mental health) and personal matters, work worries, and harassment in all its forms. Whatever your problem we want you to feel able and encouraged to approach one of the JPC and College staff welfare team; we will listen and advise in a respectful, supportive and confidential manner. We may not have all the answers, but we can also advise and assist you in seeking more specific support from within the University or elsewhere.

**Tutors** – your tutor is responsible for your personal welfare. They should be your first port of call if you have any problems (e.g. illness, financial difficulties, workload or family problems).

Dr Dan Tucker (Senior Tutor)  
[senior.tutor@pem.cam.ac.uk](mailto:senior.tutor@pem.cam.ac.uk)



Dr Maria Abreu  
[ma405@cam.ac.uk](mailto:ma405@cam.ac.uk)



Dr Andrew Cates  
[andrew.cates@pem.cam.ac.uk](mailto:andrew.cates@pem.cam.ac.uk)



Prof Loraine Gelsthorpe  
[lrg10@cam.ac.uk](mailto:lrg10@cam.ac.uk)



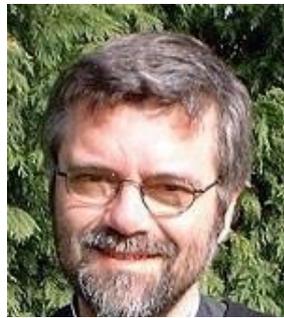
Mr Matthew Mellor  
[mrm27@cam.ac.uk](mailto:mrm27@cam.ac.uk)



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[hgmd2@cam.ac.uk](mailto:hgmd2@cam.ac.uk)



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Dr Daniela Passolt  
[dp382@cam.ac.uk](mailto:dp382@cam.ac.uk)



Dr Max Sternberg  
[mjg75@cam.ac.uk](mailto:mjg75@cam.ac.uk)



Dr Nick Jones  
[ngj22@cam.ac.uk](mailto:ngj22@cam.ac.uk)



Dr Tim Weil  
[tw419@cam.ac.uk](mailto:tw419@cam.ac.uk)



**Director of Studies (DoS)** - Your DoS is responsible for your academic progress and **welfare**. They can be contacted about any work-related issues.

**College nurse** - Jan is the college nurse. She is available for in-person and online appointments. She is also available for mental health and disability support. The welfare team strongly recommends going to chat to Jan as she is very approachable and great to talk to about any concerns or health problems you might have. [jan.brighting@pem.cam.ac.uk](mailto:jan.brighting@pem.cam.ac.uk)



**College Counselling** - Loraine Gelsthorpe is a UKCP registered and accredited trained counsellor/psychoanalytic psychotherapist. She can be contacted for longer-term support or short-notice counselling at [lrg10@cam.ac.uk](mailto:lrg10@cam.ac.uk) as a backup service to the UCS where waiting lists are long or



where specialist support is required. College is also able to provide access to a further range of counsellors. These can be accessed via Jan or Loraine and include: Anna Lees - CBT specialist, EMDR therapist, RMN, RGN Bella Stewart - UKCP registered and accredited psychoanalytical psychotherapist Ishtla Singh - UKCP registered and accredited psychoanalytical psychotherapist (particularly available for BAME students) Loraine is also able to refer to other therapists.

**Porters** - The porters can be contacted for help and signposting to other forms of support. It is important to contact them in an emergency at any time (e.g. if an ambulance is called or if you need them to contact an ambulance, or if the safety of you or others is threatened). Their contact number is 01223 338100. They are also first aid trained and hold the home numbers for tutors – who can also be contacted in an emergency.

**Dean** – Dr James Gardom is the Dean and Chaplain of Pembroke College  
jtdg@cam.ac.uk



## **Support and Services within the University**

### **The University Counselling Service (UCS):**

The UCS is a free university-run service for Cambridge students open during term time. You can access this service if you want/need to talk confidentially with a professionally trained listener. It is common for students to use the service, and you don't need to have a pre-diagnosed mental health issue to access it. The counsellors are all experienced in working with people from a variety of backgrounds and cultures, and with a wide range of personal and work-related issues. You can also request to see a BME counsellor. Individual counselling is available, as well as group sessions on a wide range of topics (you can specify your preference for participation). Self-help leaflets are also available.

Before you are allocated counselling, you will fill in a pre-counselling form and have a short preliminary consultation. If you need help filling in a pre-counselling form, a member of the Welfare Team in Pembroke can help you. You don't have to fill in pre-counselling form (other than contact details) but this will make it more difficult to allocate a suitable counsellor, and your case cannot be prioritized. You may have to join a waiting list, which varies in duration throughout the academic year, but this has improved in recent years.

If you are experiencing moderate to severe mental health difficulties, the counselling service has Mental Health Advisors (MHAs) who provide a range of support to students. Students are referred to the MHAs by staff of the College and University – you can talk to the nurse or your tutor or the College Counsellor about this. <http://www.counselling.cam.ac.uk/studentcouns/mha>

UCS has also recently employed Amy O’Leary, a specialist Sexual Assault and Harassment advisor. The SAHA can support you whether this happened at University or not, and can help you to access other available support services. The SAHA can support you to explore your options for reporting what has happened and can support you through this process if you do choose to go ahead. You do not have to report your experience to access support from the SAHA.

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

## **Disability Resource Centre (DRC):**

The DRC provides a confidential and accessible service for disabled students. Current disabled students can access the DRC for advice and guidance to enable them to access a wide range of services. The DRC supports individuals with specific learning difficulties, physical/mobility impairments and injuries, sensory impairments, mental health difficulties, Asperger syndrome and autism, and long-standing illnesses/health conditions (including diabetes, epilepsy, HIV, chronic fatigue syndrome). You do not need to be defined as “disabled” to access support from the DRC.

12% of Cambridge students are registered with the DRC Registering with the DRC means you can get a Student Support Document, which is a summary of recommendations in supporting and teaching an individual, which allows

Reasonable Adjustments to be made to meet your needs under the 2010 Equality Act.

Opening Hours: Monday to Thursday 9am - 5pm, Friday 9am - 4pm (Alternative times can be arranged if necessary). During coronavirus, the DRC are holding phone and Skype appointments only.

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

**Email:** [disability@admin.cam.ac.uk](mailto:disability@admin.cam.ac.uk)

### **Student's Union Advice Service (SUAS):**

The advice service offers free, confidential, and independent support to all Cambridge University students. They will be happy to talk to you about any issue or concern you may have as a student, big or small. They can discuss concerns, explore options, represent you at college or University level if necessary and can signpost you to a more suited support service if they can't help. <http://www.studentadvice.cam.ac.uk/>

Opening hours: Monday to Friday, 9.00 am - 5.00 pm. During coronavirus, appointments are only available over the phone, Skype, or Zoom.

To book an appointment: 01223 746999 / [advice@studentadvice.cam.ac.uk](mailto:advice@studentadvice.cam.ac.uk)

### **Cambridge for Consent:**

“University wide campaign aimed at celebrating and promoting sexual consent.” There is lots of information, support, and contacts for those affected by sexual assault and those looking to help friends.

**Website:** <http://www.cambridgeforconsent.com/>

## **Breaking the Silence:**

Breaking the Silence is a university-wide campaign against sexual misconduct and harassment. It provides and encourages training programmes such as the Good Lad initiative and the Consent Workshops that feature in Fresher's Week.

On the campaign's website you can find a wealth of resources and information including reporting procedures for if you experience sexual misconduct and harassment during your time at university (including anonymous reporting).

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

## **Cambridge Students' Union Liberation Campaigns:**

The Cambridge Students' Union (CSU) run a number of campaigns to aid the welfare of Cambridge students, particularly those from marginalised backgrounds – more information is available at <https://www.cambridgesu.co.uk>.

“The **CSU BME Students' Campaign** exists to voice the concerns, address the issues, cater to the needs of, and improve the educational and social environment for Ethnic Minority Students in Cambridge” (CUSU website). The Campaign represents and empowers minority students by seeking to ensure racial equality for all students. Black, Asian and other Minority Ethnic students are typically underrepresented across the university, so the BME Campaign works with students and student officers to provide support and facilitate networking.

**Website:** <https://www.cambridgesu.co.uk/organisation/6035/>

**Facebook:** <https://www.facebook.com/CambridgeBME>

This is a non-exhaustive **list of Facebook groups and pages** you can join/like to keep up to date with the events and forums they are offering!

ABACUS - <https://www.facebook.com/groups/253359128033814/> CU African-Caribbean Society—<https://www.facebook.com/groups/101021409944681/> CU Arab Society—<https://www.facebook.com/CUArabSociety/> CU Buddhist Society—<https://www.facebook.com/CambridgeBuddhist> CU Ghanaian Society—<https://www.facebook.com/groups/7579322460/> CU Kurdish Society— <https://www.facebook.com/CUKurdSoc> CU India Society—<https://www.facebook.com/groups/2203091656/> CU Islamic Society—<https://www.facebook.com/groups/2202289995/> CU Jewish Society—<https://www.facebook.com/groups/159259014163275/> CU Malaysian and Singapore Association—<https://www.facebook.com/groups/CambridgeMSA/> CU Nigeria Society—<https://www.facebook.com/groups/284626101571067/> CU Pakistan Society—<https://www.facebook.com/groups/cupaksoc/> CU Sikh Society—<https://www.facebook.com/cusikhsoc>

“iCUSU is the umbrella body for all international societies and students in Cambridge University” (CUSU website). The core purposes are looking out for the well-being of international students, providing a platform for students to connect, and provides access for under-privileged groups abroad. The Campaign works very closely with colleges to improve benefits provided for international students.

**Website:** <http://www.international.cusu.cam.ac.uk/about/>

**Facebook:** <https://www.facebook.com/iCUSU?fref=ts>

“The **Women’s Campaign** supports and represents all women and non-binary students at Cambridge. We work to eliminate all forms of oppression and

discrimination faced by women and non-binary people in the University at an institutional, social, and cultural level.”

**Website:** <https://www.womens.cusu.cam.ac.uk/>

**Facebook:** <https://www.facebook.com/CUSUWomen/>

“The **Disabled Students Campaign** is the organised voice of disabled students in Cambridge University” (CUSU website). The word ‘disability’ is incredibly loaded but in reality disabilities come in a variety of forms. The Campaign is for all students who consider themselves disabled and wish to take part. Some disabilities include:

Specific learning difficulties (including dyslexia, dyspraxia, ADHD)

Physical/mobility impairments and injuries (including wheelchair users, Upper Limb Disorder - also known as RSI)

Sensory impairments (including hearing loss, visual impairment)

Mental health difficulties (including depression, schizophrenia, anxiety disorder)

Long-standing illnesses/health conditions (including cancer, chronic fatigue syndrome, HIV, diabetes, epilepsy)

Asperger syndrome and autism

**Website:** <http://www.disabled.cusu.cam.ac.uk/>

**Facebook:** <https://www.facebook.com/CambridgeDSC>

“CUSU **LGBT+** is the Cambridge University Students’ Union Campaign for LGBT+ students at Cambridge. We seek to represent and support all students who self-identify as LGBT+ (or other, similar identities). We run regular social

events ranging from a club nights to coffee meet-ups. We also arrange talks and speaker events.”

**Website:** <http://www.lgbt.cusu.cam.ac.uk/>

**Facebook:** <https://www.facebook.com/lgbtcusu/>

Facebook Group: <https://www.facebook.com/groups/2202197406>

Private Facebook Group: <https://www.facebook.com/groups/SecretCUSULGBT>

## **National Support and Services**

HOPELine UK - 0800 068 41 41

A confidential helpline for young people under the age of 35 and their friends and family. The helpline is staffed by trained professionals who give non-judgemental support, practical advice and information.

Mon-Fri, 10am - 10pm, & weekends, 2pm - 10pm

Samaritans - 08457 90 90 90

A Confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

Any time, day or night

Sane - 0300 304 7000

Mental health helpline offering specialist emotional support and information to anyone affected by mental health difficulties, including family and friends.

Every day, 6pm - 11pm

Beat - Beat Youthline (under 25s): 0345 634 7650 Adult helpline: 0345 634 1414 [www.b-eat.co.uk](http://www.b-eat.co.uk) An eating disorder charity, which gives confidential

advice and support for both people who have and are concerned about others with eating issues.

Mon-Wed, 1pm-4pm Thurs-Fri, 10am-1pm

Get Connected - 0808 808 4994

Confidential helpline for young people under 25 who need help, but don't know where to turn.

Every day, 11am - 11pm

Mind Infoline - 0300 123 3393

Provides information on a range of topics including: understanding different mental health difficulties, where to get help, medication and alternative treatments, and advocacy.

Mon-Fri, 9am - 6pm, (except for bank holidays)

CALM Helpline - 0800 58 58 58

For confidential, anonymous support, information and signposting for men anywhere in the UK.

Every day, 5pm - midnight,

Nightline (previously known as Linkline) - 01223 744444

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

An independent listening, support and information service run by and for students.

CU full term, 7pm-7am

Talk to Frank - SMS: 82111 Phone: 0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

Friendly, confidential advice and information relating to drugs, legal and illegal.

Any time, day or night

Cruse Bereavement Care - Somewhere to turn to when someone dies

[www.cruse.org.uk](http://www.cruse.org.uk)

## **Sexual Health**

All sexually transmitted infections (STIs) are treatable, if not preventable. It is important to diagnose and treat them as soon as possible. Not all STIs have symptoms, e.g. chlamydia. It is important to get tested regularly, especially if sleeping with new partners and having unprotected sex (incl. unprotected oral sex). Only condoms and dental dams protect against sexually transmitted infections/diseases (STIs / STDs). Also don't hesitate to contact the college nurse, Jan Brighting, to arrange a confidential appointment for advice on this topic.

### **Provisions in College**

Condoms, dental dams, lube, personal alarms and pregnancy tests are always accessible in the Welfare pigeon holes.

### **Sexual Health Services**

#### **Lime Tree Clinic**

The clinic provides a free and confidential sexual health services; sexual health testing STIs and HIV, chlamydia testing, free contraception, emergency contraception and support and advice. The clinic is both for routine check-ups and when you have concerns or symptoms.

It's best to book an appointment by calling 0300 300 3030 (between 9am-7.20pm Monday to Thursday, Friday 9am-3.30pm, Saturday 11am-1.20pm)

Address: 351 Mill Road, Brookfields Hospital, CB1 3DF Website:  
<http://www.icash.nhs.uk/where-to-go/lime-tree-clinic-cambridge>

### **DHIVerse**

HIV test results in 60 seconds as well as information, advice, and support.

There is a range of counselling and support services for anyone concerned about their sexual health or sexuality. DHIVerse specialises in supporting LGBT+ and ethnic minorities.

Address: Office B, Dales Brewery, Gwydir Street, CB1 2LJ

Website: <http://www.dhiverse.org.uk/>

Phone Number: 01223 508805

Email: [info@dhiverse.org.uk](mailto:info@dhiverse.org.uk)

Opening hours: 10am to 5.30pm Monday to Friday - but it is recommend to call and make an appointment.

### **‘Morning after’ Pill**

In emergency cases, where contraception has not been used (or a condom breaks), you can get a ‘morning after’ pill, which works up to 72 after the activity - though decreases in effectiveness. This is available for free from Boots if you see a pharmacist, or from the Lime Tree sexual health clinic on Mill Rd; you can also buy them online. ‘Pulling out’ is not an effective contraceptive method.

You can purchase **STI tests online** from [myhealthbeauty.co.uk](http://myhealthbeauty.co.uk) Free chlamydia tests are available at [www.dontpassiton.co.uk](http://www.dontpassiton.co.uk)

## Sex Guides

All of these guides are really helpful for everybody having sex – they are not LGBT+ exclusive, though some info is LGBT+ specific.

**#sexwithoutshame** guides on anal, oral and vaginal sex.

<https://lgbt.foundation/sexguides>

**CSU LGBT+ Campaign guide on safe sex and protection:**

<https://www.lgbt.cusu.cam.ac.uk/resources/sexual-health/>

**Good sex is...** a series of guides about sex and relationships for women who have sex with women, trans people and men who have sex with men. They include lots of great info on sex, pleasure, and consent.

<https://www.lgbtyouth.org.uk/resources/?topic=sex>

## Alcohol Awareness

Not everyone drinks. According to a recent alcohol survey, around a third of Cambridge students don't drink, or rarely drink. If you do drink, it's not advisable to drink more than 14 units of alcohol in a week. One unit of alcohol = 1/3 of pint of beer, 1/2 a glass of wine. A whole bottle of wine contains 10 units of alcohol, which is a lot! For more information on units, see [Drinkaware.co.uk](http://Drinkaware.co.uk). Many people try alcohol for the first time whilst at university. If this is the case, don't feel the need to 'catch up'. Take it easy and slowly work out your limits.

To reduce the effects of alcohol dehydration (a hangover), hydrate yourselves: water, coconut water, rehydration salts – not coffee. Remember, alcohol is a poison that your liver must remove: drinking a lot often damages your liver. You need to give it time to recover, else you could cause long-term damage.

It's important to watch out for your friends if they are getting drunk, by encouraging them to drink water etc. Also, don't pressure people into drinking (e.g. via drinking game rules) if they don't want to drink: it's their choice, respect that. Drink spiking is also as likely to happen in Cambridge as anywhere else so keep an eye on your drinks and those of your friends.

Finally, note that alcohol is a depressant; while it can relax you in the short-term, it can increase anxiety and stress in the long-term, and it damages your sleep quality. If you are using it to self-medicate, you should consider talking to your GP, UCS or SUAS; see [Drinkaware.co.uk](http://Drinkaware.co.uk) for further support.

### **Alcoholics Anonymous**

Alcoholics Anonymous is an organisation which allows members to share common experiences to help others recover from alcoholism. It is free to join and attend.

**Helpline:** 0800 9177 650 **Email:** [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk) **Website:** <http://www.alcoholics-anonymous.org.uk> for more information and your nearest meeting.

### **Getting Home Safe**

Cambridge is generally safe but unfortunately incidents have occurred in the recent past that make it even more important that you are aware of yourself and your surroundings. Make plans with others about how you are going to get home at night and where possible arrange to walk home in groups. The college organises a taxi voucher scheme for students concerned about walking back to hostels late at night. The porters will be happy to advise you about this and more information can be found on the Pembroke website.

# Helpful Links

## **International Students:**

International Students Campaign Facebook Page— 'the umbrella body for all international societies and students in Cambridge'

<https://www.facebook.com/internationalstudentcampaign/>

International Students Office— a uni office that can give advice on funding and visas amongst other things

<https://www.iso.admin.cam.ac.uk>

## **Ethnic Minorities/BME:**

If you're a current student at Pembroke, make sure you join the Pembroke BME Network— <https://www.facebook.com/groups/213632555858609/>

Fly Cambridge—<https://www.facebook.com/groups/359049374186552/> 'Fly' is a forum specifically for women and non-binary students of colour at the University of Cambridge.

Career Services—<https://www.rarerecruitment.co.uk/> and <http://www.seo-london.org/>

Places of worship in Cambridge—

<https://web.anglia.ac.uk/chaplaincy/cambridge/places-of-worship.phtml>

## **Women and Non-Binary:**

Self-Care Tips Group - This is a private Facebook group for women and non-binary people in Cambridge to share and seek self-care tips in any situation

Survivors Support Group - This is another private Facebook group specifically for women and non-binary people who “have experienced violence, trauma or abuse, whether sexual, physical, emotional or any other kind. Whatever your

experience, you are welcome!”. You can contact Vic Moreland (in confidence) to be added.

These groups are private which means that they cannot be found by searching on Facebook and no-one other than fellow members can see who is a member.

Jo Cox Feminist Society (Pembroke) - <https://www.facebook.com/JoCoxFeministSociety/> All events that we organise are advertised on this page, including discussion groups, safe-spaces and wider WomCam protests / marches to get involved in!

### **LGBT+:**

FUSE— [https://www.facebook.com/fusecambridge/?ref=br\\_rs](https://www.facebook.com/fusecambridge/?ref=br_rs)

Facebook group (private): <https://www.facebook.com/groups/fusecambridge/>

Pembroke LGBT - There is a closed Facebook group for LGBT+ students at Pembroke here: <https://www.facebook.com/groups/1068540476520325/>

Harry Harris library, a library containing books about topics relevant to the LGBT+, Women’s and Disabled Campaigns. The library can be found in the CUSU lounge, which is a 5 minute walk from Pembroke. Website: <https://www.lgbt.cusu.cam.ac.uk/library/>

Get Real. (LGBT+ zine) - <https://www.getrealcambridge.com/>

Report instances of LGBT+ phobia—<https://www.lgbt.cusu.cam.ac.uk/contact-us/lgbtphobia-contact-form/>

CUSU LGBT+ trans resources— <https://www.lgbt.cusu.cam.ac.uk/resources/trans/>

Make No Assumptions—<https://www.makenoassumptions.org.uk/resources>

General trans health fact-sheet—

<https://nationallgbtpartnership.org/publications/trans-health-factsheets/>

## **Men and Non-Binary:**

CALM - <https://www.thecalmzone.net>—Charity campaigning to raise awareness of male suicide

Men United—Prostate Cancer UK—<https://menunited.prostatecanceruk.org> - important charity which raises awareness of prostate cancer - an illness that many men don't think about or look out for. This is a good website to read lots of info about the illness

Mankind—<http://www.mankind.org.uk> - charity raising awareness and combatting male domestic abuse

The Bristlecone Project—<https://1in6.org/get-information/bristlecone/> - raises awareness and offers support to Male victims of sexual assault and abuse. With online support groups and plenty of information.

## **Disabilities & Mental Health:**

Government website—<https://www.gov.uk/disabled-students-allowances-dsas>  
Information about being a student with learning difficulty, disability or health condition and would like to apply for a Disabled Student's Allowance.

Information about accessibility in Cambridge—

<https://www.disabled.cusu.cam.ac.uk/cambridge-accessibility-dsc-guide/>

<https://www.disability.admin.cam.ac.uk/building-access-guide>

Blueprint Zine—<https://www.facebook.com/blueprintzine/> A Cambridge-based mental health magazine, founded by a woman of colour at Cambridge, aiming to promote discussions of mental health, particularly its intersects with identity.

Student Minds Cambridge—<https://www.facebook.com/StudentMindsBridge/>  
Student Minds Cambridge is a mental health group campaigning for better provisions and a more open discussion of issues in the University

The Mighty—<https://themighty.com/> A collection of articles and information written by people with health issues for people with health issues or those who would like to understand them better. The website covers a multitude of things from mental health to autism and chronic illnesses.

The Mix—<https://www.themix.org.uk/> Provides support for under 25s for mental health issues or any other problem that you're facing.

Cambridge University Disabled Student's Campaign Community—[https://www.facebook.com/groups/286817838816877/?ref=br\\_rs](https://www.facebook.com/groups/286817838816877/?ref=br_rs) This is a general group for anyone who self-defines as having a disability, long-term condition or mental illness. It's a place to seek support and share resources and experiences.

**PLEASE NOTE:** There are a number of closed Facebook groups for people with specific issues (neurodivergence, BME students with mental health problems, chronic pain/chronic fatigue, hearing impairments and a general one for mental health too). These can be found by searching on Facebook.