

# MCR Welfare Information



## MCR Welfare Officers:



**Daisy Follett**  
def30@cam.ac.uk



**Alvin Djajadikerta**  
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### Support within Corpus

#### **College Tutors**

College Fellows responsible for welfare advice. Each student is allocated to one of the Graduate Tutors: **Dr Patrick Zutshi**, **Dr David Sneath**, **Dr John Carr**, and **Dr Sarah Bohndiek**. If you are unsure who your tutor is, please look at your personal page on CamSIS. To arrange to meet your Graduate Tutor, please contact **Tessa Milne**: [tm560@cam.ac.uk](mailto:tm560@cam.ac.uk), [graduate-tutor@corpus.cam.ac.uk](mailto:graduate-tutor@corpus.cam.ac.uk) or 01223 338038.

#### **Rev Andrew Bigg – College Chaplain**

Drop by D4 or email: [ab2495@cam.ac.uk](mailto:ab2495@cam.ac.uk)

### Medical Services (For Emergencies call 999)

Local GPs (both have a team of practice nurses):

#### **Newnham Walk Surgery** (closer to Leckhampton)

Wordsworth Grove, CB3 9HS: 01223 366811

#### **Trumpington Street Medical Practice**

56 Trumpington Street, CB2 1RG: 01223 361611

#### **NHS 111 service: 24 hr free non-emergency helpline**

Supported by healthcare professionals

**Out of hours GP:** call 03301 239131

### College Counsellor (Terry)

Phone: 07903794317

Email: [cambridgecounsellors@gmail.com](mailto:cambridgecounsellors@gmail.com)

### University Counselling Service

[www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

Phone: 01223 332865

Email: [reception@counselling.cam.ac.uk](mailto:reception@counselling.cam.ac.uk)

### Cambridge Student Advice Service

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

### Sexual Abuse, Harassment or Violence Services

[www.breakingthesilence.cam.ac.uk](http://www.breakingthesilence.cam.ac.uk): **University resource portal for dealing with sexual misconduct, anonymous and formalised reporting procedures, support and resources available.**

#### **Women's Aid:** Call 08082 000247 (24 hr free)

Support and advice about domestic and sexual violence

#### **Men's Advice Line:** 0808 801 0327 (M-F, 9am-5pm)

**Rape Crisis:** (Wed-Thu 7pm-9:30pm, Sat 3pm-5:30pm, Sun 10am -12:30pm) Call 0808 8029999 for confidential help and support. Go to [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) (Women only)

### Drug and Alcohol Addiction

#### **Alcoholics Anonymous:** Call 08009 177650

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

**Drinkaware:** [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for information

**Frank:** National Drugs Helpline: 0300 123 6600 (24 hr)

**Inclusion Cambridge:** 0300 555 0101 (option 1 or 2)

### Mental Health Support

**Sane:** Call 0300 3047000 (Open daily 6pm-11pm)

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

**Student Minds Support:** <https://www.findsupportcam.com>

**Mind:** Call 0300 123 3393 (Open Mon-Fri, 9am-6pm)

<http://www.mind.org.uk> (Emergency advice online)

**Centre 33 (< 25 only):** Local group supporting young people in Cambridge (Can also provide counselling)

Call 01223 316488 <http://www.centre33.org.uk/>

Drop-in service 33 Clarendon Street

(Mon-Wed, 10am-5pm and Fri-Sat, 10am-1:30pm)

### Sexual Health and Relationships Support

#### **National Helplines and Information Providers**

[www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx](http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpnow.aspx) - (Google "NHS I need help now sexual health")

#### **For Local Services Including Confidential Check Ups / Contraception:**

iCaSH Cambridgeshire: Call 0300 300 3030 (Lime Tree Clinic)

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

**DHIVERSE:** Provides support and information for people with HIV/AIDS: Call 01223 508805

**Free chlamydia test kits:** <https://www.dontpassiton.co.uk/>

**Sexual health supplies also available via CUSU, the welfare pigeon hole at Leckhampton House or contact a welfare officer.**

### Sexuality Support

#### **Switchboard LBGT+ Helpline**

Call 0300 330 0630 (Open 10am-10pm Daily)

[www.switchboard.lgbt](http://www.switchboard.lgbt)

**The Kite Trust:** A local Cambridgeshire organization

Email: [info@kitetrust.org.uk](mailto:info@kitetrust.org.uk) Call: 01223 369508

**CUSU's LBGT+ Website:** [www.lgbt.cusu.cam.ac.uk](http://www.lgbt.cusu.cam.ac.uk)

**Gender Trust:** [gendertrust.org.uk](http://gendertrust.org.uk)

**MCR LBGTQ+ Officer:** Rhys Hart, [rkh30@cam.ac.uk](mailto:rkh30@cam.ac.uk)

### Eating Disorders Support

**B-eat:** National Helpline for eating disorders

Helpline: 0808 801 0677 (Mon-Fri 4pm-10pm)

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

### Listening Services

**Samaritans:** Confidential Emotional Support

Call 116 123 (24 hr service)

**Nightline:** Active listening service run by Cambridge students: call 01223 744444 7pm-7am

Email/IM/Skype/ arrangements available: [cambridge.nightline.ac.uk](http://cambridge.nightline.ac.uk)