# CORPUS CHRISTI COLLEGE MCR WELFARE INFORMATION 2023



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#### SUPPORT WITHIN CORPUS

Personal Tutors: Your personal tutor and their email can be found on the Academic section of Camsis.

Senior Tutor – Dr Marina Frasca-Spada: senior-tutor@corpus.cam.ac.uk or 07740 164930

College Chaplain – Revd Dr Matt Bullimore: mjb56@corpus.cam.ac.uk.

College Nurse – Erica Spooner: Appointments can be booked on her Moodle site: https://www.vle.cam.ac.uk/course/view.php?id=170572

> College Counsellor – Terry Forbes Mitchell: See 'Counselling & Advice'

College Harassment Officer – Prof. Emma Wilson: efw1000@cam.ac.uk

#### LGBTQIA+ SUPPORT

Contact our LGBTQIA+ Officer: Robbie Waddle | raw84@cam.ac.uk | 07790768425

> Switchboard LGBTQIA+ Helpline www.switchboard.lgbt or 0300 330 0630

The Kite Trust (local Cambridgeshire organisation): info@kitetrust.org.uk or 01223 369508

MEDICAL SERVICES

(in emergencies call 999)

Newnham Walk Surgery: Wordsworth Grove, CB3 9HS. 01223 366811

Trumpington Street Medical Practice: 56 Trumpington Street, CB2 1RG. 01223 361611

NHS 24-hour free non-emergency helpline: 111

Out of hours GP (6pm-8:30am everyday): 03301 239131

## COUNSELLING & ADVICE

Our College Counsellor, Terri, provides free counselling to Corpus students. Appointments can be made through the college nurse or your tutor.

University Counselling Service:

www.counselling.cam.ac.uk 01223 332865 counsellingreception@admin.cam.ac.uk

## EATING DISORDERS SUPPORT

**Beat** (national helpline for eating disorders): 0808 801 0677 (Mon-Fri 4pm-10pm) or help@b-eat.co.uk

#### SEXUAL ABUSE, HARASSMENT OR VIOLENCE SERVICES

www.breakingthesilence.cam.ac.uk: University resource portal for advice on dealing with harassment/sexual misconduct & reporting an incident

Sexual Assault and Harassment Advisor at UCS: sexual.assault.advisor@admin.cam.ac.uk

> Women's Aid: 0808 2000 247 (24-hr free helpline)

Men's Advice Line: 0808 801 0327 (Mon-Friday, 9am-5pm)

#### Rape Crisis (NB: women only):

Visit www.rapecrisis.org.uk or 0808 8029999 (National helpline open daily 12:00-14:30 and 19:00-21:30) or 01223 245888 (Cambridge Rape Crisis Centre helpline open Weds-Thurs 7-9:30pm and Sun 10-12:30pm).

#### RACIAL HARASSMENT

Contact our Ethnic Diversity Officer: Enoch Alex | eaa59@cam.ac.uk | 07466415444

Cambridge City Council Racial Harassment Service: https://www.cambridge.gov.uk/racial-harassment, 01223 457967 or 07973 883 261

## SEXUAL HEALTH & RELATIONSHIPS SUPPORT

National Helplines and Information Providers: www.nhs.uk/Livewell/Talkingaboutsex/Pages/Ineedhelpno w.aspx (or Google "NHS I need help now sexual health")

iCaSH Cambridgeshire (Lime Tree Clinic is on Mill Road): http://www.icash.nhs.uk/where-to-go/lime-tree-cliniccambridge or 0300 300 3030

Free chlamydia test kits: https://www.tht.org.uk/ourservices/phone-and-post/free-chlamydia-postal-test-kits

## MENTAL HEALTH SUPPORT

Sane: http://www.sane.org.uk/ | 0300 304 7000

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

Mind: http://www.mind.org.uk | 0300 123 3393

## LISTENING SERVICES

Samaritans (provides confidential emotional support): 116 123 (free 24-hr service)