

MCR Welfare Information 2024

(January 2024)

MCR Welfare Officers

Please drop us an email or call if we can help with anything.



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Julia Beker

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Support within Corpus

Personal Tutors

Your personal tutor and their email can be found on the Academic section of Camsis. To get in touch, email them directly, copying in tutorial@corpus.cam.ac.uk

Dr Marina Frasca-Spada - Senior Tutor

senior-tutor@corpus.cam.ac.uk or 07740 164930

Revd Dr Matt Bullimore - College Chaplain

chaplain@corpus.cam.ac.uk

Erica Spooner - College Nurse

Appointments can be booked on her Moodle site <https://www.vle.cam.ac.uk/course/view.php?id=170572>.

Terri - College Counsellor *see below*

Professor Emma Wilson – College Harassment Officer

efw1000@cam.ac.uk
efw1000@cam.ac.uk

Medical Services (in emergencies call 999)

Local GPs (both have a team of practice nurses) – you will need to *register* at one of these:

- **Newnham Walk Surgery** (closer to Leckhampton)
Wordsworth Grove, CB3 9HS. Call 01223 366811
- **Trumpington Street Medical Practice**
56 Trumpington Street, CB2 1RG. Call 01223 361611

NHS 24-hour free *non-emergency* helpline: call 111

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

Counselling and 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 Phone: 01223 332865
Email: counsellingreception@admin.cam.ac.uk

Cambridge Student Advice Service

<http://www.studentadvice.cam.ac.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: see www.rapecrisis.org.uk (NB: women only).
Call **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) for confidential help and advice

Mental Health Support

Sane: 0300 304 7000 (helpline open daily 4:30-10:30pm)

<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):

Call 0333 4141809 or visit <http://www.centre33.org.uk/>

Drop-in service operates at 33 Clarendon Street (Mon-Tues 10am-5pm, Weds 12-5pm, Fri-Sat, 10am-1:30pm)

Sexual Health and Relationships Support

National Helplines and Information Providers

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

Local services including check-ups/ contraception:

iCaSH Cambridgeshire: call 0300 300 3030 (Lime Tree Clinic is on Mill Road)

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

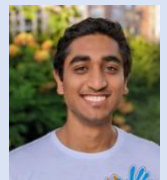
Free chlamydia test kits: <https://www.tht.org.uk/our-services/phone-and-post/free-chlamydia-postal-test-kits>

Racial Harassment

Contact our **MCR International Students' Officer:** Yashas Raj

mcr_international@corpus.cam.ac.uk;

yr267@cam.ac.uk



Cambridge city council Racial Harassment service

Phone: 01223 457967 or 07973 883 261

<https://www.cambridge.gov.uk/racial-harassment>

LGBTQ+ Support

Contact our **MCR LGBTQ+ Officer**

Alice Wilson mcr_lgbtq@corpus.cam.ac.uk



Switchboard LGBT+ Helpline

Call 0300 330 0630 (operates 10am-10pm daily) www.switchboard.lgbt

The Kite Trust (local Cambridgeshire organisation): email

info@kitetrust.org.uk or call 01223 369508

Eating Disorders Support

Beat (National helpline for eating disorders): call 0808 801

0677 (Mon-Fri 4pm-10pm) or email help@b-eat.co.uk

Listening Services

Samaritans (provide confidential emotional support):

call 116 123 (free 24-hr service)

Nightline (an active listening service run by Cambridge students): call 01223 744444 7pm-7am. Email/ IM/ Skype arrangements are available – email cambridge.nightline.ac.uk