



CUTH'S WELFARE HANDBOOK 23/24

Campaigns

Marginalised Group Reps

Drop-Ins

College/Uni wide Support

External Support

Sexual Health Supplies

DU Associations

Signposting and Information

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HOW TO USE THIS HANDBOOK

This handbook is the hub for all things welfare that we offer here within Cuth's, along with signposting towards different outlets you are free to use as a student here at Durham University. These areas of signposting will be both internal systems the University provides to students to support them throughout their time studying here, as well as external services that the amazing welfare officers and marginalised group reps are trained to direct you towards if that's what you ask of us.

Although Welfare in Cuth's is here to be an approachable friendly face for the student body to come to if they need us, and I'm sure as you go through this handbook hopefully you'll spot or recognise a couple of our faces and feel comfortable enough to say 'hello'. But we understand some of the topics which we touch on can be triggering for students to read through for any reason personal to them. So throughout this handbook, as important I believe it is to understand what we do here at Cuth's welfare, I've included content warnings for topics which I think may be triggering to students. They will look like this:

CONTENT WARNING: the next section touches on the topics of x, y and z.

If you see one of these and feel as though it would be easier for you to not have to read on said topic, feel free to skip to the next section which will have another content warning (if appropriate to the section) and read from a point which won't make you uncomfortable. As I've said before one of the main priorities of the welfare team here at Cuth's is that of comfort, so hopefully this makes going through the handbook as comfortable as possible while still letting you know all the outlets you can access here at Cuth's.

If you have any questions throughout about the content of the handbook or any of the work we do here at Cuth's feel free to pop us a message in instagram @cuths_welfare or feel free to email me at senior-welfare@cuths.com

-Dan (he/him) Senior Welfare Officer

SAY 'HELLO' TO YOUR TEAM

Welcome to Cuth's welfare, before we go through what we do in our creatively named 'What do we do?' section I thought you might want to see the faces of the people providing the services we offer. There are two committees who play an important part in JCR support and inclusivity, Welfare and Communities.

So lets go through what they do and see their beautiful faces!



CUTHS WELFARE

All these beautiful people hold Method 1 positions, which means that they are elected via an online vote, over a 48 hour period. So if **YOU** want to be apart of the welfare family you can always follow in their footsteps and run for one of these positions. The campaigns team are selected via application which will be released after Freshers week so keep an eye out, the campaigns team is an amazing way to dip your toe into the JCR and gain the opportunity to run the events you want Cuth's to have!

ELLA-OFFICER

LOUISE-FEMALE

WILL-MALE

DAN-SENIOR



Our Welfare Team run **4 hours of drop-ins a week each**, which are a **non-advisory non-judgemental** signposting and listening service for all JCR members for anything they wish to talk about. They also organise the sexual health supplies, making sure orders are processed and delivered.



If you are passionate and want to be on our campaigns team keep an eye out via our social media for applications!

The Campaigns team is a team of 7 people, who run informative and educational campaigns that aim to tackle stigmas surrounding mental and sexual health. They run events like pub quizzes, karaoke and brunches and much more! The team is chosen through application and a very informal interview. The teams consists of:

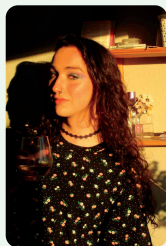
Welfare Publicity Campaigns Officer who has focus on publicity material for campaigns

Welfare Events Campaigns Officer who has a a focus on researching material

As well as **5 general members** of the team who contribute ideas towards campaigns as well as aid the rest of the welfare campaigns team

SAY 'HELLO' TO COMMUNITIES COMMITTEE

Our marginalised communities reps make up some of the members of the **Communities Committee**, and are elected via Method 1, and also sit on welfare committee as well as welfare campaigns. Aside from ensuring that welfare campaigns are inclusive to marginalised groups, they run their own campaigns specifically focussed on issues facing marginalised groups. These specific campaigns can be seen in each rep's respective Society which we have here in Cuth's. From a Trans awareness month formal to an International formal, these events are amazing. They act as a voice within Cuth's and the wider university to represent these marginalised groups. **They can also hold 2 hours a week of drop-ins**, and are trained just as the welfare officers are.



LGBTQ+



POC



WORKING CLASS



**STUDENTS WITH
DISABILITIES**



INTERNATIONAL



CHAIR

AND THERE'S MORE?

Yes there is, we also have our other amazing reps along with the assistant reps who are all elected via **Method 2**, which involves making a short speech at a JCR meeting, then members present will vote. You can run for these positions during term! Keep an eye out for JCR meetings, our current Welfare Officer Ella was last years assistant LGBTQ+ rep and along with the rest of the Committee got to do some amazing work. So if you're passionate these roles are an amazing way to get involved.

**LOCAL
STUDENTS
REP**



**TRANS
AND NON-
BINARY
REP**

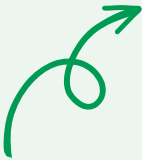
WHAT DO WE DO?

This section explains what we here on the welfare team offer you as a member of Cuth's JCR. To begin with we're going to do a brief explanation of the obligation of our main Welfare Officers;



CUTHS WELFARE

- Hold weekly drop-ins (two 2 hour slots per week) in the Welfare Room in Refounders, for anyone who may need a chat, to be listened to, or needs signposting to other services.
- Be contactable via email for any welfare related questions, or to signpost students.
- Supply free sexual health supplies and sanitary products to JCR members
- Help to support the Campaign Team members in running informative and educational campaigns on mental and sexual health.
- Run consent and sex education workshops during Freshers Week.
- To attend all relevant training (Nightline, Active Bystander, Mental Health First Aid).



The consent and sex education talk is something that here at Cuth's we take really seriously. We are dedicated to giving every incoming fresher cohesive consent, this is a really important part of your introduction into life here in Cuth's and is **compulsory**! We also want to give every member of the society an opportunity to have full sex education; if you haven't had the chance prior to arriving in Durham or if you think a recap would be useful that's what we're here to deliver. This might be the first chance you get to meet the amazing welfare team so **please feel free to come speak to us before or after these talks!**

To keep up to date with all we do at Cuth's welfare make sure you're following us on instagram or look out for us in the president's weekly email!



@cuths_welfare



WERE THE WELFARE OFFICERS

MEET DAN YOUR SENIOR WELFARE OFFICER



DANIEL MERCER
3RD YEAR MATHS AND PHILOSOPHY
(HE/HIM)

G'day everyone my name is Dan Mercer, I'm a Finalist Maths and Philosophy student as well as your Senior Welfare Officer for this year! So far at my time here in Cuth's I've been heavily involved within welfare. Being the Working Class Students Rep as well as Chair of Communities Committee in first year and Male Welfare Officer within my second year I've always been keen to work with or within welfare. Moving into my role as Senior Welfare Officer this year my main aims are to create a Welfare team which isn't scared to be 'proactive rather than reactive' (a phrase which you'll hear me say a million times). As well as make sure that welfare can be run as efficiently as possible to make sure that welfare operates for all members of the student body. Hopefully my perspective allows me to understand what welfare needs as well as what you as the students need from welfare! As with all of the welfare officers I'll be holding weekly drop-ins and hopefully you feel comfortable talking to me!

SENIOR-WELFARE@CUTHS.COM

MEET LOUISE YOUR FEMALE WELFARE OFFICER

Hi everyone! I'm Louise, a second-year English Lit student and your Female Welfare Officer this year. I'm generally told I'm quite empathetic and I really want to create a safe, comfortable, and open space for you to talk. No thought is ever silly; I'm always happy to see you in drop-ins or answer an email. I've been involved with welfare since the beginning of first year and hope you consider it too. I'm excited to meet you all and hope that I can be a friendly face in Cuth's!

WELFARE-FEMALE@CUTHS.COM



LOUISE NEWBERRY 2ND YEAR ENGLISH
LITERATURE (SHE/HER)

WERE THE WELFARE OFFICERS

MEET WILL YOUR MALE WELFARE OFFICER



WILL GANDE
2ND YEAR GEOGRAPHY
(HE/HIM)

Hi all, my name is Will and I'm the Male Welfare Officer for the 23/24 year. I'm really excited to be working alongside the three other brilliant welfare officers to make sure your first year is as enjoyable as it can be by running events, holding drop-ins and raising awareness of some key issues. This year, some of the issues I really want to focus on include body image issues for people who identify as male and stigma around men's mental health. I'll be running weekly drop-ins so feel free to come in and have a chat! This year will be brilliant and I'm looking forward to meeting you all soon.

WELFARE-MALE@CUTHS.COM

MEET ELLA YOUR WELFARE OFFICER

Hi, my name is Ella, and I am really excited to be the Welfare Officer in Cuth's this year! I am a second year MLAC student, studying French and Arabic. I want to be able to support all the members of Cuth's, giving back to the community and providing everyone with the same warm welcome that I have had. It is also important to me to provide menstrual and sexual health supplies to anyone who needs them, and I will work to ensure that these are always available. As an outgoing, friendly person, I hope to be someone that Cuth's members can turn to whether that be during drop-ins, events, or in Freshers' week.

WELFARE-OFFICER@CUTHS.COM



ELLA COATES 2ND YEAR FRENCH AND
ARABIC (SHE/HER)

I'll be in the welfare room
at 6:30, feel free to come
down for a chat!

STOP HERE
REFOUNDE

message this story
if you're thinking of
coming down, as some
have booked a drop-in
and you will be able to
see you a rough time to
come down!

everyone's having a lovely
week, and if you
don't feel like the right
time to be back in the welfare
room on Wednesday

the lovely ella (stevo senior
welfare officer) is in the
welfare room until 7

stephenson.welfare

Cuths

You can find me in the
welfare room until
7pm if you need
anything - Ella

PRIVATE

Student Support
Office

@cuths_welfare

heya everyone it's dan
here Cuth's male
welfare officer, it's
wednesday so that
means WELFARE
SWAP!!

today i'm in the NEW
COLLINGWOOD welfare
room, so if anyone in
@collingwoodjr wants
to pop down and have
a non advisory non
judgemental
conversation that's
what i'm here for!!

one of cuth's welfare

officers

drop in

drop in

drop in

drop in

drop in

drop in

drop in

I'm in the Welfare Room again
today from 4:30pm til 6:30pm

If you need the code to get in or have any
questions at all, please do get in touch

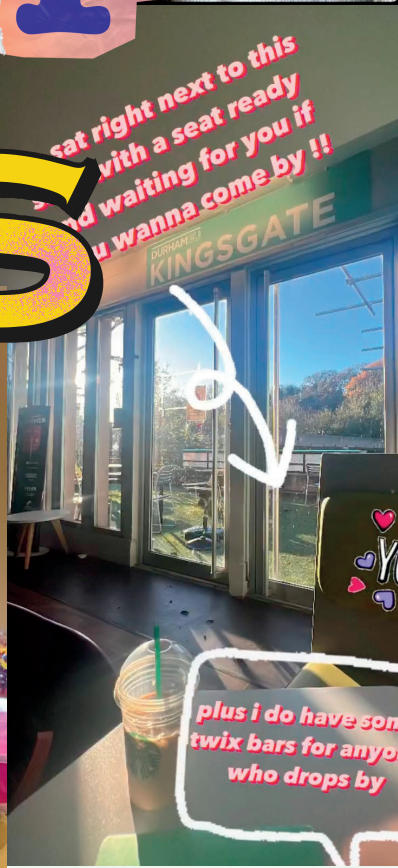
Drop-ins are a space for you to bring anything that
might be on your mind. We are here to listen

As always, my email is welfare-female@cuths.com if you'd
prefer to reach out that way rather than in person

Equally if you ever want to arrange a specific
time/place to meet, I'm always happy to



Martha (FWO)



sat right next to this
with a seat ready
and waiting for you if
you wanna come by !!

Currently vibing to my
drop-in playlist

be in Refounders until
come swing by and say
hi

drop in

drop in

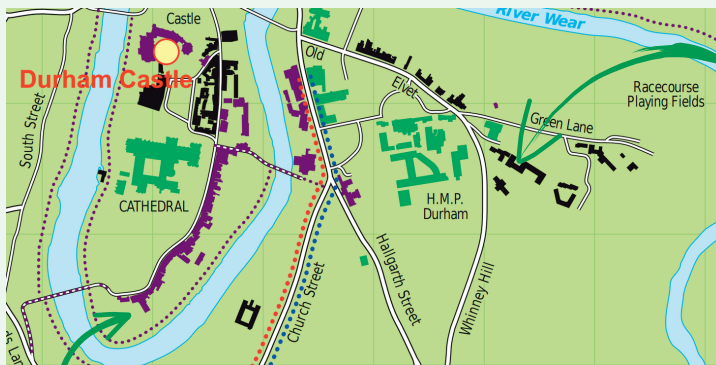
drop in

plus i do have some
twix bars for anyone
who drops by

WHERE CAN YOU FIND US?

REFOUNDERS WELFARE ROOM

The Welfare Room is located in **Refounders at Parsons Field**. Refounders is the first building on the Parson's field site, and you enter through the second door (When any of the welfare officers or marginalised group reps have drop-ins you can pop them a message asking for the door code if you don't know it). Once in the lobby, turn right and head down the hallway - the welfare room is on the left hand side. If the door is closed, then a drop-in is currently in session. Please feel free to drop by later or during the designated drop-in hours or email the Welfare Reps to organise a time to meet.



Heres the Refounders Welfare Room

If youre living on the Bailey (House 8, 12, 13, 26 and 27 along with Wendy House)
Here's where you are!

IS THIS THE ONLY PLACE DROP-INS HAPPEN?

As of last year Cuth's Welfare has been doing alot of work to branch out of the Refounders Welfare Room for students who may be either livers out (people who don't live in Cuth's Accommodation) or people who just don't want to go to Refounders! **This means that our Welfare officers and Marginalised group reps can often be found to be holding drop-ins around the University**, using places like the Student Union or Teaching and Learning Centre. Our reps would be happy to grab a coffee at the Student Union or TLC Cafe and have an informal non-advisory non-judgmental conversation if that make it easier. **Check the @cuths_welfare instagram to see where our reps have their drop-ins!**

WHAT ABOUT DROP-INS?

CONTENT WARNING: the next section touches on the topics of mental health, mental health disorders, eating disorders, sexual assault, rape, suicide, drugs and alcohol.



CUTHS WELFARE



DANIEL MERCER

SENIOR WELFARE OFFICER (HE/HIM)

"Our Welfare Officers have received dedicated training, including Nightline, Active Listening and Mental Health First Aid which enables us to hold 4 hours of drop-ins each week. Our training covers a wide range of issues including topics such as depression, anxiety, eating disorders, suicide, drugs and alcohol, sexual harassment and rape - no issue is too big or too small.

Drop-ins are a confidential, non-judgemental and non-advisory space, and act as a listening and signposting service. As said before our drop-ins are non-advisory, as we're not trained professionals yet we can signpost you towards other services if you ask. We are here to listen and support you no matter what so even if you just want a casual chat - that's what we're here for too! There is no list of things you come to a welfare officer with it can be anything at all, it is important that you all know we have got your back."

THE BIG 3 FOR DROP-INS

Signposting:

Our job as welfare officers is to support you in the form of listening and signposting. We aim to provide you with information of further support, should you need it, and give you complete freedom over which services you access.

Non-Advisory:

This means that we don't offer personal advice on anything discussed. Our aim is not to come up with solutions, but by listening, validating, identifying relevant services and signposting to them, we remain non-advisory.

Non-Judgemental:

It can be extremely difficult to open up about personal issues, and as welfare officers, we understand this. We are not here to judge you, or to 'get the gossip' but rather offer you a space where you can open up in your own time, and be listened to too.

WHEN CAN YOU COME TO DROP-INS?

Our drop-in hours will be posted on the **Cuth's Welfare Instagram** page, the **Freshers Group on Facebook** as well as **posters around Cuth's spaces**. Drop-in hours will remain fixed each term, and if there are any changes, these will be posted on **@cuths_welfare**.



This is an example post from last year!



If you cannot make any of the drop-in times, or if you don't feel comfortable in that environment, we are always contactable via our emails! **Alternative arrangements will be made at the officers discretion. It is important for us to maintain healthy boundaries as this role can be demanding, but please don't worry if we can't make a certain time - there are always other options!**

WHAT CAN YOU EXPECT TO HAPPEN DURING AND AFTER A DROP-IN?

This is such a common question with such a simple answer, whatever you like! Conversations during drop-ins are completely led by you. If you have a particular issue you wish to discuss that is great, but if you're unsure or not entirely comfortable then that is okay too. You can leave whenever you want and act however makes you comfortable – it is your time to use as you wish

After a drop-in, you can remain in contact with an officer via email, and you can continue to come to drop-in hours if it would be beneficial to you. Even if you choose to access further support we are still here for you. A welfare officer cannot reach out to you, as it can be considered advisory, and blurs the line with our boundaries, but if you reach out to us (within a welfare setting) were always happy to hear you out.

FOR CUTH'S WELFARE WHAT IS CONFIDENTIALITY?

Cuth's Welfare operates on the principle that anything discussed in a drop-in or via email is confidential. This means that we will not disclose personal information or the content of what was discussed to anyone.

However there are circumstances where confidentiality does have to be broken. This DOES NOT mean the welfare officers will gossip under any circumstances, but

**If we feel that there is an immediate risk of harm to yourself or others
If we receive your consent to do so (in certain circumstances)**

Confidentiality is always assumed, however it cannot be guaranteed if there is a risk of harm to yourself or others, as **we are obliged to pass that information on to college**, to keep you safe. We have regular meetings with college to discuss any issues, but names will never be discussed without consent. It is important that we maintain a strong line of communication **between college and our officers**, so that students can be signposted to college support if necessary.

There is another situation in which we will not be able to provide our listening service to a student and that is if there is **police involvement**. We are all simply volunteers and it is not our place to involve ourselves within police investigations and as soon as we are alerted of police involvement that is the position that a drop-in would put ourselves in.

We are not trained counsellors, we cannot claim to solve any issues, but we want to help you work through them. We aim to be a **friendly face**, a contact of peer support, and the first step in seeking appropriate and/or professional support.

If you have any questions, or want to reach out to us, please get in contact via our emails:

senior-welfare@cuths.com

welfare-female@cuths.com

welfare-male@cuths.com

welfare-officer@cuths.com

ELLA-OFFICER



LOUISE-FEMALE



WILL-MALE



DAN-SENIOR



C-cards get you access to free condoms and contraceptives from pharmacies!
Really fab service to sign up to ✨



Supplies

...provide free STI tests. ... business card on the next stop to their website (which you can for free, and find out more info) 🌹



Durham University



St Cuthbert's Society



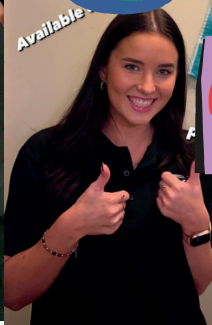
and



Free supplies at
Bailey Bar!!

Cuthberts Bar

Available



I also wanted to say that I stocked the toilets around college with **period products** on Tuesday ✨

Sorry for the delay - we got stock up and running on Monday so it was the soonest I could do 🙏 we'll get a system going so they stay topped up throughout term 🌹

Alternatively, if you ever need any period supplies (and/or sexual health supplies) we always have some in the welfare room 🌹

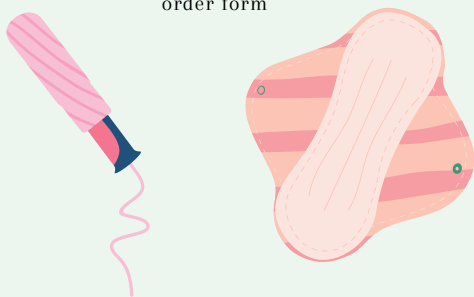


WHAT ARE WELFARE SUPPLIES?

CONTENT WARNING: the next section touches on the topics of spiking and Alcohol

Cuth's Welfare offers a range of free sexual health supplies and sanitary towels to all JCR members. This includes:

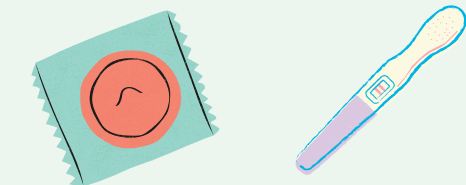
To order sexual health supplies, simply go to the JCR Website (more detail on the next page) and submit an anonymous order form. We also offer period care packages available via the order form



**YASEMIN-
BAR
STEWARD
(SHE/HER)**

**ORLAGH-
BAR
OFFICER
(SHE/HER)**

**LIV- BAR
STEWARD
(SHE/HER)**



Free sanitary towels are provided in the female toilets in **both bars (Bailey and Brooks) as well as Cuth's Cafe (Brooks) and the Library**. If you see any issues in regard to sanitary products feel free to contact either Louise or Ella (female-welfare@cuths.com and welfare-officer@cuths.com).

Cuth's Welfare is dedicated to fighting period poverty and if you see that we are running low or empty **please feel free to ask either Bar staff or Library volunteers to restock the supplies with the products we have provided them**. If they are also empty we will aim to get new stock as soon as we can! The bar staff here at Cuth's are hired with provision from the Senior Welfare Officer, plus the Bar stewards and Bar Officers work closely with us to make sure **Cuth's Bar and Cafe are as comfortable for all students as possible!**



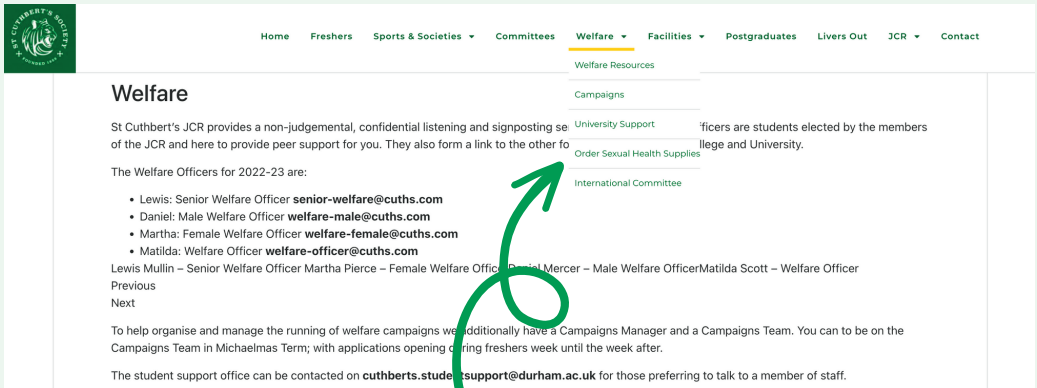
All staff at Cuth's bar have been trained in **Ask Angela/ Ask Andrew protocol** and therefore able to help any student out of an uncomfortable situation if necessary. Furthermore, the bar has provisions in place which are there to prevent spiking. **Bottle tops and cup covers are all available at the bar during service.** - Orlagh Carlin (Bar Officer)

We offer free supplies from external providers, and therefore we cannot guarantee 100% protection, or their quality.

CUTH'S WELFARE ORDER FORM

Ordering supplies is super quick and easy!

Simply go to the Cuth's JCR Website (www.cuths.com), under the 'Welfare' section on the home page, there is an option named '**Order Sexual Health Supplies**' which will take you to our order form!



Welfare

St Cuthbert's JCR provides a non-judgemental, confidential listening and signposting service for members of the JCR and here to provide peer support for you. They also form a link to the other faculties across the University of Durham.

The Welfare Officers for 2022-23 are:

- Lewis: Senior Welfare Officer senior-welfare@cuths.com
- Daniel: Male Welfare Officer welfare-male@cuths.com
- Martha: Female Welfare Officer welfare-female@cuths.com
- Matilda: Welfare Officer welfare-officer@cuths.com

Lewis Mullin – Senior Welfare Officer Martha Pierce – Female Welfare Officer Daniel Mercer – Male Welfare Officer Matilda Scott – Welfare Officer

Previous

Next

To help organise and manage the running of welfare campaigns we additionally have a Campaigns Manager and a Campaigns Team. You can be on the Campaigns Team in Michaelmas Term; with applications opening during freshers week until the week after.

The student support office can be contacted on cuthberts.student.support@durham.ac.uk for those preferring to talk to a member of staff.

Order Sexual Health Supplies

We are currently taking orders for term - If you order any sexual health supply, you have the chance of winning a golden supply worth a free ticket to Michaelmas Ball, Feast of St Cuthbert, and Summer Ball Ticket!

Name/Initials/Nickname (you don't need to put your real name) *

Notify me via email when my order has been delivered? *

☐ Yes

☐ No

Email

DUO Username Email (Ex. xxxxx99@durham.ac.uk)

What would you like to order?

☐ Condoms - Mates/Durex Super Safe

☐ Condoms - Durex Thin Feel

☐ Condoms - Durex Thin Feel Extra Lube

☐ Condoms - SKYN Original

☐ Condoms - Durex Latex Free

☐ Dental Dams (we have mint, vanilla, wildberry and strawberry - if you would like to specify a flavour please do in the 'additional requests section!)

☐ Pregnancy Test

☐ Lube

Where would you like to collect the supplies? *

☐ Bailey Reception

☐ Brooks Reception

Important Notes:

- You can use your initials or a fake name instead of your real name
- For extra anonymity use your Durham username in your email eg. (qwer12@durham.ac.uk)
- Please allow up to 3 working days for orders to be processed!

HOW DO SUPPLIES WORK BEHIND THE SCENES?

WHO CAN ACCESS THE ORDER FORM?

The only people who have access to orders are the **Senior, Female, Male and Welfare Officers** this is simply so that during our designated drop in sessions, while we are not holding drop in sessions (If we're in the Refounders Welfare Room) we can pack the orders you request and drop them off in their designated place. **All orders are confidential and will not be discussed between officers or anyone else. This comes under our pledge of confidentiality (as mentioned earlier)**

HOW DO I COLLECT MY ORDER?

Once you have submitted an order, one of the officers will process it, pack your order and deliver it. **Orders will be delivered to either the Bailey or Brooks Receptions** (whichever one is specified), under the name specified on the form. Orders will be packed and labelled **discreetly!** Once it has been delivered, **an officer will email you to say it is ready for you to pick up.** If you are passing by the Refounders welfare room and one of the officers are in a designated drop in, **you can feel free to come by and collect your order.** This is on the condition that the door is open – the welfare room operates an open door policy to ensure people know we're in there. **If the door is closed this does mean that we are dealing with another student,** so unfortunately you will have to wait for your package to be dropped off or come back later on when a welfare officer is in the room.

DO I HAVE TO PLACE AN ORDER?

Although In order to guarantee your order, we do prefer students utilise the welfare order form. **However, you can feel free to drop by if one of us is in the welfare room to collect and you can quickly grab whatever you want or need.**

Whilst we take every effort to make sure orders are delivered safely and anonymously, we cannot guarantee that orders will not be tampered with once they have been dropped in the pigeon holes. It is not a common occurrence, but if this happens, either email the officer who processed your order, or send another form.



WHAT IS COMMUNITIES COMMITTEE?

Whilst our Welfare Officers may not self-identify with particular marginalised groups in Durham, we are still here to support all Cuth's students within a welfare capacity, whether they come from a marginalised community, have intersectional identities or identify with none. We are always happy to listen to anything you may be struggling with, and find further support if necessary. However if you wish to have more specific support you can always email our Minority Reps, or get in touch with the wider DSU associations.



DANIEL MERCER

SENIOR WELFARE OFFICER (HE/HIM)

Within my first year here at Cuth's I was lucky enough to hold the roles of Working Class Students Rep as well as Communities Committee Chair. Communities Committee is an amazing committee that we have here in Cuth's, where each of the Reps (past and present) have worked to further access for students who come from marginalised backgrounds, as well as build communities for those to benefit. The committee itself gives marginalised groups in Durham a platform to have their voices heard and with the introduction of Steph (an amazing person you're about to meet in the next section) we now have a consistent voice permanently on the Executive committee here in Cuth's. Communities Committee works very closely with Welfare, and our marginalised communities reps sit in on campaigns meetings to make sure that they are inclusive, as well as running their own campaigns. Examples of these can be seen in our Trans Inclusionary Movember Campaigns, making sure our campaigns and welfare materials come with plain text versions as well as Black history month 'Music, Pizza & a Movie' in collaboration with Hatfield POC. Our marginalised communities reps also ensure that marginalised voices are heard within Cuth's, and also within the wider university.

MARGINALISED GROUP REPS

Our marginalised group Reps are invaluable to making sure that Cuth's remains an inclusive community. Within Durham (as a University Community) people are often satisfied with access work being a tick box activity; however, here at Cuth's, **our Marginalised group Reps aim to keep a consistent conversation running throughout our terms.** In addition to campaigning they are here for support, if you would like specific support from someone who also identifies as a member of a particular group. As with every other role that intersects with Welfare this is also not a counselling position, however (at their own discretion) our **Marginalised Group Reps can hold up to 2 hours of drop-ins a week.** Our reps wishing to hold drop-ins are trained in signposting and active listening, to work alongside the trained welfare officers.

WERE YOUR MARGINALISED GROUP REPS

MEET STEPH YOUR COMMUNITIES COMMITTEE CHAIR



STEPHANIE LAU
3RD YEAR COMBINED HONOURS IN
SOCIAL SCIENCES (SHE/HER)

hi everyone! My role mainly involves holding Communities Committee meetings with marginalised group reps and making sure that the concerns that you bring up to them are eloquently expressed and genuinely considered. My goal is to ensure that the right people are being consulted and asked about anything JCR/college related that affect the group that they represent. I'm extremely passionate about welfare and aim to better the welfare of members of marginalised groups and the reps by making sure that they are a priority when anything is being planned or changed. Uni is a hard time and being in a marginalised group doesn't make it easier, which means that I'll be checking up on your reps to make sure that they are not overwhelmed with their undoubtedly tough roles and that their concerns are genuinely considered when making JCR or college decisions.

COMMUNITIES-CHAIR@CUTHS.COM

MEET RU YOUR POC REP

Hi I'm Ru, I'm a second year studying anthropology and sociology. I'm your POC rep this year!! I'm here to support students of colour within college through drop ins and hopefully fun socials to help us get to know each other. I'm also here to make college a more welcoming place for POCs so if you have any questions, comments, concerns around that I'm your girl!!!! If you just wanna chat to someone I'm also around for that through drop ins or DMs/emails. I'm so excited for what this year has in store and can wait to get started with the role

POC-REP@CUTHS.COM



RU SANENA 2ND YEAR ANTHROPOLOGY
AND SOCIOLOGY (SHE/HER)

WERE YOUR MARGINALISED GROUP REPS

MEET JAMES YOUR WORKING CLASS STUDENTS REP



JAMES BAMFORD
2ND YEAR HISTORY
(HE/HIM)

Hi! I'm James, and I'm the Working Class Student's Rep (WCSR) for the 2023/24 year. I'm a second year studying history and I'm here for all of your concerns, whether that financial, emotional or just for a friendly chat. I'm very excited to meet the new freshers and aid in a smooth transition to life here at Durham. Within my role, I represent working class students in committees and meetings as well as provide welfare sessions to anyone who needs them. I'm looking forward to working alongside everyone and am always here to help!

WCS-REP@CUTHS.COM

MEET MATILDA YOUR STUDENTS WITH DISABILITIES REP

Heya I'm Matilda Bates and I'm the students with disabilities representative within college this year! I'll be doing drop-ins this year so if you ever wanna chat about anything (disability or otherwise) then send me a dm or email! if you need help, please get in touch and I will signpost you to the relevant people
 <33

SWD-REP@CUTHS.COM



MATILDA BATES 2ND YEAR
CLASSICS (SHE/HER)

WERE YOUR MARGINALISED GROUP REPS

MEET HARRY YOUR INTERNATIONAL STUDENTS REP



Hi I'm Harry, a second year Business and Management student from Hong Kong and your International Rep. I'm responsible for hosting events for international students in Cuth's and hosting drop-ins to support their well-being. Starting uni can be a fun experience but it can also be a daunting one, especially for international students like me. That's why I'm here to let them know they've got a friend in me and make sure their voices can be heard. I also aim to improve the diversity and inclusivity of Cuth's and the JCR. Remember, no problem is too big or small to talk about. I look forward to seeing you soon!

HARRY TANG

**2ND YEAR BUSINESS AND MANAGEMENT
(HE/HIM)**

INTERNATIONAL@CUTHS.COM

MEET LUKIE YOUR LGBTQ+ REP

Hi I'm Lukie, a 3rd year Physics Student, and the LGBTQ+ Rep for 2023/24. I have experience running the LGBTQ+ society from last year and will continue to run fun socials and bar crawls, taking ideas and input from the community. I will be running the Trans Awareness Month Formal and the LGBTQ+ Pride formal, as well as working with college to secure trans awareness training for staff. I also will ensure from freshers and throughout the year that Cuth's is a safe space for queer students. P.s. I know the best drink from the bar xo



LGBT-REP@CUTHS.COM

**LUKIE JEW 3RD YEAR
PHYSICS (SHE/THEY)**



there's



more?

MEET THE POSTGRADUATE AND MATURE STUDENTS PRESIDENT

MEET SARAH YOUR POSTGRADUATE AND MATURE STUDENTS PRESIDENT



SARAH MCALLISTER
PHD STUDENT (SHE/HER)

Hi, I'm Sarah and I'm the Postgraduate and Mature Student's President for this year. I'm currently going into the second year of my PhD. I also did my UG and MA here so apparently I can't escape, but it does mean that I know a lot about Cuth's and life at Durham as a Postgrad. I'm very happy to answer any of your questions and if I don't know or can't help, I'll be happy to direct you to someone who can.

PG-REP@CUTHS.COM

If you have any welfare concerns, please contact the Welfare Officers, if you have more specific questions, please get in contact with Sarah!
pg-rep@cuths.com

POSTGRADUATE AND MATURE STUDENTS WELFARE

We have a Postgraduate and Mature Students Rep who sits on both PGM committee and Welfare Campaigns to ensure that the wellbeing of postgraduates and mature students is well represented! This could be you! This role is a really important part of the Welfare Team at Cuth's. We are dedicated to delivering welfare to every student that embodies Cuth's, including our postgrads and mature students. **There are specific issues that affect this part of our community so having this voice on our committee is key!** So please feel free to contact me (Dan) at senior-welfare@cuths.com or Sarah at pg-rep@cuths.com if you're interested



PG WELFARE REP

WERE YOUR PRESIDENT AND VICE PRESIDENT

MEET BEN YOUR PRESIDENT OF THE SOCIETY



BEN THOMAS
HISTORY GRADUATE
(HE/HIM)

Hi! I'm Ben, the President of the Society at Cuth's. I am the elected sabbatical employee of the JCR, a registered charity that exists to improve your time at Cuth's! I'll be living in House 8 next year, and I'm really looking forward to meeting you all. I work full-time to represent you to College and the wider university, and am also in charge of overseeing everything that happens in the JCR - including all of our welfare-related activities! I'm always on-hand to advise and help - so if you're ever unsure of who's the best person to get in contact with, get in touch with me and I can point you in the right direction.

PRESIDENT@CUTHS.COM

MEET MK YOUR VICE PRESIDENT

Heya I'm MK a 3rd year musician and this years Vice President of the Society. I will bring insight from the wider JCR to the discussions held at Welfare Committee. I will also minute the Welfare meetings on occasion, to make sure the wider members of Cuth's can see what discussions are taking place on Welfare and Welfare Campaigns Committees.'

VICE-PRESIDENT@CUTHS.COM



MK AAROXY 3RD YEAR
MUSIC (THEY/THEM)

Hi! I'm Matty, and I'm the year abroad and placement rep this year! I study combined honours in social sciences (and don't study a language) and this year I'm studying in Toulouse, France. Since I won't be in Durham, any drop ins I do will be online - but I am absolutely available for anyone to chat to about anything year out related - whether you're thinking of one, are on one, or have come back from one! I'll also be in working with the year abroad committee to organise socials and such for returners.

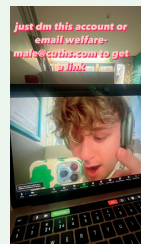


MATTY SCOTT
COMBINED HONOURS - POLITICS,
GEOGRAPHY AND SOCIOLOGY

YEARABROADANDPLACEMENT@CUTHS.COM

HOW DOES WELFARE WORK WHEN YOU'RE NOT IN DURHAM?

Cuth's Welfare is dedicated to providing support **for all of the student body which makes up Cuth's. This commitments doesn't change when you're not in Durham, whether you're on a Year Abroad, Placement year or you're simply not in Durham, we are still here for you.** If it is a case of you are on a Year out Matty (as said above) will be able to provide **drop-ins at their discretion.** Within these drop-ins they are able to hear out any issues you have in relation to your Year Abroad or Placement and signpost to any services if that's what you want. As with the drop-ins that Matty will provide if you're not in Durham and therefore cannot come to an in person drop in, **our officers are more than happy to hold online zoom drop ins again at their discretion.** The role of Year Abroad and Placement Rep sits alongside the rest of the Welfare Campaigns team, to make sure that **our campaigns are accessible for those of you who are not in Durham.** From last year our amazing Year Abroad and Placement Rep, Keely (now Development Officer, meet her next!), created a budget planner which is intended for students not in Durham!

[illegible]

Zoom links for drop-ins will be given out through the respective Rep's Instagram. For Year Abroad and Placement make sure to follow **@cuthsgoesabroad.** This is an example post from last year showing how online drop-ins will be advertised

WHAT ABOUT COLLEGE FAMILIES?

MEET KEELY YOUR DEVELOPMENT OFFICER

Hi I'm Keely, a fourth year studying Modern Languages and this year's Development Officer. Part of this role involves being responsible for college families - one of the great traditions we have here at Cuth's. As a fresher, you can sign up to join a college family, and are allocated parents (students in the year above who study your subject) as well as other siblings. It's a great way to make new friends, reach out for support and advice on university life, and I cannot recommend it enough - even if I am slightly biased! Alongside this, as Dev officer I will be organising events and resources to help you with all things careers and personal development, which as a first generation student was something I really benefited from and hope to continue to make as valuable and accessible as possible.

DEVELOPMENT@CUTHS.COM



**KEELY BROWN 3RD YEAR
MODERN LANGUAGES (SHE/HER)**

A key role of the Development Officer is that of organising 'College families' and although **they are not strictly linked to the work we do here in Welfare** they do offer an opportunity to have a mentor from an older year here in Cuth's. They're here to answer questions about; life here in Durham, your degree and if you want to have a night out with them (with alcohol or not). The Development Officer matches freshers with parents who are interested in doing the same things, **so there shouldn't be any uncomfortable clashes** in terms of drinking and non-drinking families as an example!

MEET THE VINCENT-MERCER-WATERSON FAMILY, MY COLLEGE FAMILY



I would say that having a college family is one of the best parts of first year at Durham! Having 'parents' helps you feel so much more integrated into college life and allows you to meet so many more people, making the whole fresher experience way less daunting. It's also really helpful to have people that you can go to for advice who may know your college and your course a bit better than you do. My own college parents Dan and Irisha are so friendly and chill - I can't wait to get my own children and add to the VMW family! - Fleur

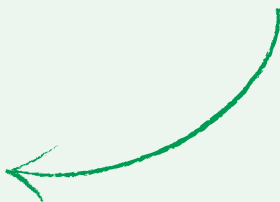
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WHAT ARE WELFARE SWAPS?

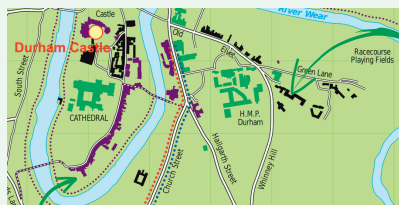
Welfare swaps are a key part of the job that we as welfare officers do throughout the year. The term 'welfare swaps' are when welfare teams across different colleges swap welfare officers to provide drop-in sessions. Welfare swaps are an amazing tool for many reasons but most importantly they offer an opportunity for people to access drop ins for students who may feel uncomfortable going to drop ins with the welfare officers we have here at Cuth's. **At Cuth's the welfare team aim to be as approachable as possible but we acknowledge for various reasons it may be uncomfortable talking to a student in the same college as yours!** So every other week we aim to provide an opportunity to speak to a welfare officer at another college who is trained in the same way that we are!



This is an example post from last year!



Last year we worked closely with both Collingwood Welfare (@wood_welfare) as well as Stephenson College welfare (@stephenson.welfare). But this is not an exclusive list of colleges that we work with – we aim to cooperate with as many colleges as we can in order to offer different officers for our Cuth's students.



Here's the Refounders Welfare Room

If you're living on the Bailey (House 8, 12, 13, 26 and 27 along with Wendy House)
Here's where you are!

Often these drop ins tend to stick in the Refounders Welfare room but as with all of our drop ins **this is subject to change so its key to follow the @cuths_welfare instagram** to find where and when these take place

WELFARE AT CUTHS EVENTS

MEET IZZY YOUR SOCIAL CHAIR

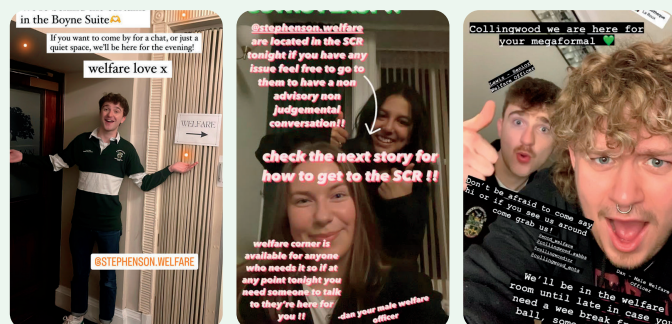
Hey my name is Izzy and I'm the Social Chair for 2023/4. As social chair, it is my job to organise all of the big events in Cuth's, including 2 balls, Feast, and Cuth's day!! I want everyone who attends my events to have as much fun as possible, and one thing that will ensure this is having welfare teams present and well signposted throughout each event. Throughout the year I will be working closely with the Cuth's welfare team to make sure that every event has support for anyone who needs it, something that will make our events comfortable and fun for all!



**IZZY MOORMAN 3RD YEAR
HISTORY (SHE/HER)**

EVENTS@CUTHS.COM

We understand that college events can get overwhelming for a lot of people whether that be because of drinking or simply the environment. Our welfare officers are students too, so we put no welfare responsibility on them at these big events. In a similar way to welfare swaps, we utilise welfare officers from other colleges so we can enjoy the events while also having a welfare presence for those who need it. During these events, Welfare Officers from other colleges will be located in a dedicated place where you can stop by and have a chat. This place will be signposted on the **@cuths_welfare** instagram as well as the **@cuthsevents** page (which is the hub for finding out everything about our college events).



Here are some examples of posts from the last year

As I've said above for the big events here in Cuth's such as Feast, Summer ball and Fashion Show we use other College's welfare officers. In return if you follow the **@cuths_welfare** instagram you might see us 'returning the favour' and helping out at other colleges events! This is a big thing in terms of the boundaries for the welfare officers, so **please make sure not to disclose to officers when they are not on duty.** This is simply because **we are not in an environment to give you the listening service you deserve,** that what the out of college support is there for.

CUTH'S WELFARE AND THE COST OF LIVING CRISIS

CONTENT WARNING: the next section touches on the topic of the Cost of Living Crisis as well as general finance related struggles

We are very much aware of the Cost of Living Crisis at Cuth's and is something we keep in mind when we do or place anything for our student body.



DANIEL MERCER
SENIOR WELFARE OFFICER (HE/HIM)

In the past year, I've been lucky enough to work alongside Jack Simmonds (one of the amazing Trustees for this year) as Co-Chair of the Cuth's Cost of Living Crisis working group. Through this work, we aimed to not only hear the issues affecting the Cuth's student body, but also understanding that, unfortunately, the Cost of Living Crisis is going nowhere. Thus here at welfare throughout the year we aim to make our work as accessible, and be there to listen to any issues you have as a consequence of the crisis

In the past year as mentioned before to combat the Cost of Living Crisis at Cuth's Welfare we made a dedication to end period poverty within Cuth's by offering free customisable monthly menstrual products.

This coming year we hope to expand access further to as many students as require it, throughout our campaigns such as the Housing Campaign coming in Michaelmas as well as our Financial Awareness Campaign. Plus we hope to work with any issues that evolve throughout the year to combat the hardship that comes with crisis as it develops, this is a situation where welfare need to be reactive and we aim to be as helpful as can be in these unpredictable situations. Our Welfare Officers are trained to listen through and signpost (if that's what you want) to any issues coming about as a result of the Crisis, so please feel free to talk to any member of the team if that would be helpful.

If there are any questions you have in relation to Cuth's or Welfare's approach to the Cost of Living Crisis please feel free to email Dan the Senior Welfare Officer at:

SENIOR-WELFARE@CUTHS.COM

WHAT DOES COLLEGE OFFER?

Cuth's Welfare is run by JCR members as a form of peer-to-peer support. College Student Support is managed by College Officers - college staff who are your point of contact if you need day-to-day support for the issues you are facing. College Student Support is especially important if you feel that your issues are having a negative impact on your studies.

Lydia is responsible for providing day-to-day support to all students at St Cuthberts Society.

You can make an appointment to see her by phoning or emailing the student support office.

You should contact Student Support about problems of any kind affecting your academic progress including wellbeing concerns, health issues, financial issues, academic issues and sexual misconduct.



DR LYDIA HARRIS (SHE/HER)
ASSISTANT PRINCIPAL



ALEX HAIGH (SHE/HER)
ASSISTANT STUDENT SUPPORT OFFICER

Alex Haigh is the new College Student Support Officer for St Cuthbert's Society, having joined our Team in April 2023. She worked in Student Support at Stephenson College for over a decade and is thrilled to be working at Cuth's. Alex is passionate about mental wellbeing - she has a degree in Sociology and Psychology from Nottingham Trent University, is a mental health first-aider, and is always interested in learning new resources of support for our students.

WHAT DOES COLLEGE OFFER?

Whilst Lydia and Alex your main point of contact for Student Support, Jon, our Vice-Principal, also assists in supporting students. Jon's role is aimed at furthering the college and wider university strategies, especially in relation to the personal development of students and the future development of the Cuth's community. Jon is also a point of call for student support and a friendly face around Cuth's

CUTHBERTS.VP@DURHAM.AC.UK



DR JON WARREN
VICE PRINCIPAL

MISSED ACADEMIC COMMITMENTS

If you become ill during term-time and will miss any formal academic commitments as a result, you must complete a **Self-Certification of Absence form** - which can be found online. **You should return the form to the Student Support Office or email the form to cuthberts.studentsupport@durham.ac.uk**. The form will then be forwarded to your department.

This form covers **7 days of absence** and you can use this form on 2 occasions during a term. However, if you're going to be prevented from attending classes for more than 7 days, **then you need a sick note from your GP**, which should be submitted to both college and your department. If you are in this position, please seek advice from Lydia our assistant principal.

IMPORTANT

Make sure that you register with a **GP** in **Durham ASAP**, as extension requests are far less likely to be granted without a **medical note**!

HOW ABOUT MENTORS?

Personal development is a huge thing at Cuth's and College mentors play their part in **ensuring that all students can grow and flourish**. All first year students at Cuth's are allocated a College Mentor, and **Postgraduate students may opt in to the system if they wish to**, and you will meet your mentor in Freshers Week.

Mentors are people with connections to Cuth's (alumni or otherwise), who give up their time voluntarily to help and encourage students to get the best out of their time at Durham. Mentors will try and answer any queries you have and listen to any concerns you may be experiencing, and they put you in touch with the people and services who can help you.

You're usually expected to meet your mentor **at least once a term for a catch up**, and they will contact you usually by email (or phone if agreed upon).

HOW ABOUT FINANCIAL HARDSHIP?

CONTENT WARNING: the next section touches on the topic of the Cost of Living Crisis as well as general finance related struggles

If you are struggling financially, **alongside the Welfare team who are trained to signpost you towards services which aid with financial hardship (as well as provide materials our officers have made like budget planners) you can seek advice from College.** The University offers a University Support Fund, where you can apply for a loan or a grant if you are experiencing financial hardship at any point during term or vacation. To access this, **you can access information about the financial support available to students in the University Cost of Living Hub under financial support.** For advice on how to access this support, as well as the evidence that is required please contact Lydia, our Assistant Principal.

Back to the Cost of Living Crisis, the University is making an attempt to combat the effect of the Crisis of students here in Durham. As can be found on the University Cost of Living Hub, College Officers (Lydia-cuthberts.studentsupport@durham.ac.uk) can provide **£25 Tesco voucher and/or up to £50 cash and/or campus meal vouchers alongside a referral to the University Student Money Advisor to students in need.** This like everything we provide in welfare is a completely **non judgemental service, but if there is any intimidation felt on your behalf you are more than welcome to talk through your options with either Lydia or one of the members of the Welfare Team.**

WHAT DOES THE UNIVERSITY OFFER?

CONTENT WARNING: the next section touches on the topic of mental health and emergency services

The Counselling Service is a **team of trained and experienced practitioners** to help you manage any difficulties that are impacting your successful engagement with your studies and with University life. They are located on the **bottom floor of the Palatine Centre** and are **available via self-referral or you can be referred through College Student Support**.

Their service offers a range of support and advice including **workshops, groups, 1:1 sessions and self-help materials**. In addition, local NHS and other organisations offer help locally to students experiencing mental health difficulties during their studies. As well as offering a **Crisis Support section on their website**, which offers signposting to emergency services **for students whether or not you're located in Durham at that time**.

HOW CAN I ACCESS THIS SERVICE?

Once you have self-referred, you'll be asked to complete an online Self Referral Questionnaire to help the Counselling Service better understand the issues you're facing and what support will best help you. Fill this in as fully as you can, because then **they can provide the most appropriate level of support!** You will then be **contacted with an invitation via your Durham email** address to book an appointment or to attend a drop-in session (so make sure to check your emails daily!). **You can choose an appointment time that fits with your academic and other commitments.**

For more information about the service the university offers you can visit:
<https://durhamuniversity.sharepoint.com/teams/TheCounsellingandMentalHealthService>
and log in with your Durham University account.

WHAT SUPPORT IS ON OFFER?

The Counselling service offers multiple support service catered to different needs:

- Psychological Wellbeing Service
- Counselling
- Mental Health Advice
- Specialist External Providers

For more information visit:
www.dur.ac.uk/counselling.service
 There is also an extensive list of self-help links which you can look through at:
www.dur.ac.uk/counselling.service/selfhelp/

IMPORTANT

This service does NOT provide crisis support, their service (in times of crisis) is simply there to signpost. Please visit your GP, ring 111 for out-of-hours NHS Support, 999 in an emergency, or samaritans on 116 123 for a 24/7 listening service.

CONTENT WARNING: the next section touches on the topic of mental health, diagnosed mental health conditions, emergency services, sexual assault, rape, bullying, bereavement, identity, relationships, finance related mental health struggles and eating disorders

PSYCHOLOGICAL WELL-BEING SERVICE

This service offers advice, guidance and self-help resources for you to develop the skills to help you to manage you own wellbeing. This can allow students to have rapid access to resources to feel better in the short-term. Counselling sessions may be appropriate when you are ready to commit time to develop insight into longer-term difficulties or recognised patterns of thoughts and feelings that you would like to change.

The service will provide you with a Psychological Wellbeing Practitioner (PWP) who will help you identify the resources most appropriate to your need, and will keep in touch to monitor your progress and wellbeing.

COUNSELLING

University counsellors can offer free time-limited individual sessions to help you develop insight into your thoughts and feelings, and help build the skills to manage your wellbeing and make changes in your life. One or two sessions may be sufficient for you but we can offer up to 4 individual sessions which can be supplemented with the use of other resources and follow-up appointments. Their Counselling Team is accredited by the British Association of Counselling and Psychotherapy (BACP) and all counsellors work in accordance with the BACP Ethical Framework for Counselling Professions

If you feel that long-term counselling would be appropriate for your needs, the service can help advice you on how to secure an accredited private counsellor or therapist, or advice on how to access NHS services.

MENTAL HEALTH ADVICE

The Counselling Service also has trained Mental Health Advisors – registered mental health nurses, who can offer advice and support for students with longer-standing or diagnosed mental illness. They can provide medication information and assist with your referral into or discharge from local specialist services. As mentioned before Mental Health Advisors can also assist you in the preparation for any off-site or year abroad activities.

The counselling service website (which can be found on the page prior) provides signposting broken down into topics students may be struggling with. The following topics have sections on their website: Academic, Anger, Anxiety/Worry/Panic, Bereavement, Bipolar Disorder, Bullying, Depression/Low mood, Eating Disorders, Estrangement, Finance, Identity, OCD, Racism, Relationships, Confidence, Self Harm, Sexual Assault/ Abuse, Sleep, Stress, Substance misuse, Suicide, Trauma and specific Postgraduate support.

WHAT ARE THE SPECIFIC EXTERNAL SERVICES THE UNIVERSITY PROVIDES?

CONTENT WARNING: the next section touches on the topic of mental health, diagnosed mental health conditions, sexual assault, rape, and eating disorders

The counselling service has links with many services who are available locally. Providers include: **Talking Changes** - the local NHS psychological therapy service, **NHS Eating Disorder Service** - and other specialist service, **The Rape and Sexual Abuse Counselling Centre** - for issues relating to sexual violence. **County Durham Drug and Alcohol Recovery Services**.

You may be referred to an external service if the Counselling Service feels you will be more appropriately supported elsewhere.

NHS EATING DISORDER SERVICE

As Cuth's welfare does, the University Wellbeing service understand how broad eating disorders are, their service has a wide range of resources with specific resources on restrictive and non restrictive eating disorders. Using **MARSIPAN** pathways which are used by **Durham's local NHS specialist Eating Disorders Service** (which is a part of their working relationship with the NHS eating Disorder Service)

Policy has been written by the University to help aid those students struggling with eating disorders while being a member of the University. The **Universities Duty of Care Statement** highlights the understanding the psychological, physical and social impact of eating disorders, and therefore works with charities like **Eating Distress North East** to provide external counselling and work to **accommodate the academic needs of students**. While much of the University policy focuses on restrictive eating disorders and their effects on health as understood by the NHS, they do provide signposting to services such as the **OAGB for non restrictive ED help**.

RAPE AND SEXUAL ABUSE COUNSELLING CENTRE

The **Rape and Sexual Abuse Counselling Centre** is a charity that offers counselling and **support to survivors who have experienced sexual violence in County Durham and Darlington**. It is the local affiliated member of the national Rape Crisis network. It offers a **helpline service and ongoing face-to-face and telephone-based counselling and support**. Please check their website for current helpline opening times. <https://www.rsacc-thecentre.org.uk/>

One of their specialist advisors is also available at the Durham University Counselling Service, where they will see all students and staff from Durham.

COUNTY DURHAM DRUG AND ALCOHOL RECOVERY SERVICES

The County Durham Drug and Alcohol recovery service is a **confidential service** which offers support and **guidance for issues around your or someone else's use of drugs and or alcohol**. Their aim is to "offer ways for local people with drug and alcohol problems to become free from their dependence. We also want to reduce the problems that substance misuse causes to families, friendships, workplaces and communities in County Durham." There are many ways to access their service, whether it be a **self referral or a referral** from the University Counselling service. You can get in **contact via their email address- CDDARS.UNI@humankindcharity.org.uk**, from one of their roadshows or **they provide drop ins every Thursday 12-1:30pm in the Teaching and Learning Centre**.

STUDENT SUPPORT

COUNTY DURHAM DRUG AND ALCOHOL RECOVERY SERVICE IS A CONFIDENTIAL SERVICE THAT IS HERE TO SUPPORT AND HELP

DO YOU NEED TO TALK TO SOMEONE ABOUT YOUR DRUG OR ALCOHOL USE?

ARE YOU WORRIED ABOUT A PERSON'S DRUG OR ALCOHOL USE?

Contribution drug and alcohol recovery services

THERE ARE DROP-INS THURSDAYS 12.00-13.30 IN PC063B IN THE PALATINE CENTRE

SUPPORT IS AVAILABLE FACE TO FACE OR VIA ZOOM.

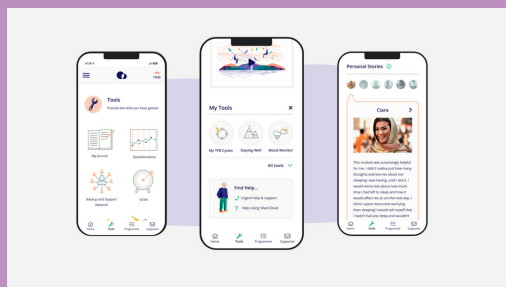
YOU CAN BOOK AN APPOINTMENT AT THE SAME TIME OR ASK QUESTIONS VIA EMAIL CDDARS.UNI@HUMANKINDCHARITY.ORG.UK

YOU CAN ALSO VISIT THE CENTRE FOR CHANGE FOR MORE INFORMATION SEE OUR WEBSITE: WWW.CDDURHAMDRUGALCOHOLRECOVERY.CO.UK

humankind

SILVERCLOUD

The University support service works with SilverCloud. SilverCloud is an **online programme** based on **Cognitive Behavioural Therapy (CBT)**, which is an evidence-based treatment for depression, anxiety, and other long term health issues. The programme introduces you to CBT, to help you better understand your difficulties and **teach you different coping strategies and techniques that you can use to manage these**. In relation to how this program works alongside support at the University **a member of the Psychological Wellbeing Advisor (PWA) team will act as your SilverCloud supporter and will set review dates every 2-3 weeks**. This is to make sure that **the support the program and the university is offering you works for your needs**. This system is separate to the University Counselling Service and you will only be able to access the unsupported version of SilverCloud at the same time as University Counselling. This unsupported version of SilverCloud is also accessible without University Counselling but under the University Duty of Care policy **"Unsupported SilverCloud is classed as self-help, so you can engage with it at any time and on your own terms"**. SilverCloud is an amazing tool the university offers which allows for you to have your preferred level of independence around it however they **"do not recommend SilverCloud for those who are experiencing mental health risk to themselves or others"** as the programme is completed independently online. If you are experiencing non-urgent mental health risk, **please contact the University Counselling and Mental Health Service via cmh.service@durham.ac.uk to discuss appropriate support."**



SilverCloud
by Arneel

Our Solutions | Our Platform | The Research | Content Library | About | Contact | UK

Evidence-based digital mental health and wellbeing programmes, that work.

Empowering people to manage their mental health and wellbeing. The SilverCloud® by Arneel® interactive programmes are trusted by the NHS, UK's corporate employers and higher education institutions to deliver effective support at scale.

How it works

HOW DOES DISABILITY SUPPORT WORK?

For people with disabilities declared on their UCAS form, **Disabilities Support will automatically contact you before freshers week to discuss booking a support meeting with you**, but it's your duty to respond to this email (or any reminder ones).

If you didn't declare your disability, don't worry! You can email them at: **disability.support@durham.ac.uk** to ask for a support meeting.

The Disability Support Service here in Durham **works closely with many university services such as Department, Colleges, Mental Health Teams, The Counselling Service and the Library**. As well as providing services **Disability Support Plans (DSPs), DU Specialist Study Skills Tuition Service, Early Arrival Programme for Autistic Students, Supervised Study Groups and Screenings & Subsidised Assessment for SpLD (specific learning difficulties)**.

The service is located **on the bottom floor of the Palatine Centre, 9am-5pm**. This is also where your support meeting will take place. Meetings tend to last from **30 minutes to an hour**, depending on the type and amount of support you wish to access. **You may be required to submit proof of your disability in advance of this meeting**. More information can be found by asking your disability adviser directly or visiting their website.

HOW DOES A SUPPORT MEETING WORK?

You will meet a Disability Adviser, who will chat and have a discussion with you about your disability, how it impacts you, and what support the university can put in place. **The disability advisers will take notes, but that's just so that the right support can be identified!**

Everything discussed in your meeting is done so in confidence - but sometimes information will need to be sent to **external parties in order to put the right support in place**.

WHAT HAPPENS AFTER A MEETING?

A Disability Support Plan (DPS) will be created, based on what is discussed during your meeting. Your DSN will then be sent to be approved, and a copy will be sent to yourself, college, your Departmental Disability Representative (DDR), and/or your department Student Support Officer (SSO). **Once the notification is sent out, college and your DDR will reach out, to see if there is any additional support they can offer!**

If academic commitments are missed due to a pre-existing condition, a **DSN can suffice as evidence!**
BUT If you require exam concessions, you must make an appointment to see Disability Support **before the deadline!**

HOW DOES FAITH SUPPORT WORK?

Faith and Chaplaincy Support is hugely important in Durham and there is a wide range of support across multiple faiths which you can access. This page will outline some of the support, but full details can be found at:

<https://www.dur.ac.uk/faithsupport/>

Chaplains provide a fundamental service in supporting students at Durham. Chaplains are either based in colleges (not all colleges) or across the university. The university currently has chaplains from the following faiths: Christianity, Islam and Judaism.

There is also a Humanist Chaplain available to contact. For their contact details do visit the website above! If your faith is not represented, the website offers many other centres where you can get support across numerous other faiths including Buddhism, Sikhism and Hinduism. All the university chaplains are happy to offer support to anyone regardless of their denomination or faith community.

The University has a lead chaplain, Gavin Wort, who chairs the University's Chaplaincy Network which comprises chaplains/faith advisors from several faith or belief traditions: Buddhist, Christian, Hindu, Humanist, Jewish and Muslim. This includes a number of Christian denominations/organisations: Anglican/Church of England, Friends International, Eastern Orthodox, Roman Catholic and Quaker. You can Gavin contact via email (gavin.wort@durham.ac.uk) if you have any questions or need help finding appropriate support.

MEET OUR CHAPLAIN



REVEREND JULIA CANDY
(SHE/HER)

We ALL need someone just to listen, without judgement, to us. My role is provide a safe space where anything can be said, the things that give you joy, make you angry or feel worried. I am here to provide pastoral, religious and spiritual support to all members of Cuth's. I love to hear what makes life meaningful to others. I seek to ensure that all Cuth's students are always able to connect with that which supports their wellbeing especially at times of difficulty. I am passionate about challenging stigma and prejudice based upon an individual's social class, disability, race, sexuality, gender, religion or philosophical outlook. But we warned I will try and evangelise to you the songs of the Pet Shop Boys

JULIA.CANDY@DURHAM.AC.UK

HOW ABOUT SEXUAL HEALTH?

The local Sexual Health Services are provided by County Durham and Darlington NHS. They provide “innovative services, delivered by a committed, highly skilled workforce to achieve standards of excellence in sexual health.” Their team includes health advisors, doctors, sexual health nurses and support staff who are friendly, **non-judgmental and will be happy to advise on any matters related to sexual health.**

Their services are free, confidential and open to people of all ages (including under 16s). They no longer provide walk-in services and **all patients requiring advice will undergo a full clinical triage by phone with a qualified staff member** in a timescale appropriate to their need.

Their services include:

- GUM and CaSH Clinics
- Emergency Contraception
- HIV Testing and PEPSE (Post-exposure prophylaxis after sexual exposure)
- C-Card

GUM AND CASH CLINICS

These clinics are run by specially trained sexual health nurses, offering **free contraception as well as confidential advice and treatment for STI's**. You can also visit the **GUM clinic to get tested for any STI's too. The local GUM Clinic can be found at the University Hospital of North Durham.** For more information go to: www.cddft.nhs.uk/our-services/division-of-women,-children-and-sexualhealth/sexual-health-services.aspx

EMERGENCY CONTRACEPTION

Those requiring emergency contraception should in the **first instance contact the central booking line 0191 372 8700** or seek advice via Community pharmacies. **The closest ones to Cuth's and Durham City centre are the ones I've put below;**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boots the Chemist 2-5 Market Place, Durham, DH1 3NB ☎ 0191 384 2213	8.30am- 5.30pm	8.30am- 5.30pm	8.30am- 5.30pm	8.30am- 5.30pm	8.30am- 5.30pm	8.30am- 5.30pm	11am-5pm
Well Pharmacy 25 Gillesgate, Durham, DH1 1QW ☎ 0191 386 5762	8.30am-6pm	8.30am-6pm	8.30am-6pm	8.30am-6pm	8.30am-6pm		

C-CARDS

The C-Card is a card that provides **young people ages 13-24 with free condoms**. It also gives young people access to sexual health information, advice and support. You just have to **visit one of the of 200 registered outlets throughout County Durham and Darlington, and show your C-Card at the counter**. Cuth's Welfare will be holding C-Card registrations throughout the year.



Last year we had a C-Card registration during SHAG week (Sexual Health and Guidance Week) where you could simply come into Cuth's dining hall and sign up for your C-Card there. **Keep up to date with the events that we run throughout the year via our instagram @cuths_welfare to make sure you don't miss when we hold the Sexual Health Road Shows!**

You can use your C-Card in Boots in Market Square!

EVERYTHING ELSE ABOUT THEIR SERVICE

The website for the County Durham and Darlington sexual health service is a **great place to get information on all things Sexual Health**. Apart from their services, their **website has a hub for signposting to other services around the County Durham area** if the subject you're wanting info on is not covered by their service.

www.cddft.nhs.uk/our-services/division-of-women,-children-and-sexualhealth/sexual-health-services

When you go to the website above the first thing you will see is the hub pictured to the right, and there you can find all the other information they provide!

🔗 Clinic Timetables	🔗 Sexually Transmitted Infections (STIs)
🔗 Contraception advice and Emergency Contraception	🔗 I think I may have been sexually assaulted, what should I do?
🔗 Free Online Testing	🔗 Lesbian, Gay, Bisexual & Trans+ (LGBTQ+)
🔗 PrEP & HIV Services	🔗 Free Condoms & C Card
🔗 Confidentiality Statement	🔗 Cervical Screening (smear tests)
🔗 Compliments, Comments, Concerns & Complaints	🔗 Monkeypox

SEXUAL MISCONDUCT AND VIOLENCE

CONTENT WARNING: the next section touches on the topic of sexual assault, sexual harassment, domestic violence, stalking and rape

Sexual Misconduct and Violence is the university's overarching term for incidents including but not limited to rape, sexual violence and sexual harassments, domestic violence and stalking. The university has specific policy for dealing with these incidents. If you are a victim of sexual violence and misconduct, this page will detail how to report the incident, and how to seek to support if these are the steps you wish to take.

ANOTHER WORD FROM THE SENIOR WELFARE OFFICER ...



DANIEL MERCER
SENIOR WELFARE OFFICER (HE/HIM)

"Before we get started with the next section of the handbook I just want to recognise the sensitivity of the next section of the handbook in particular. As I have already in this section and the sections of the handbook prior I will provide content warnings where I touch on particularly triggering content. I just want to put out a little statement regarding SMV (Sexual Misconduct and Violence) before we get into how the system the university offers actually works. Here at Cuth's Welfare and Cuth's as a community really wish to push the fact that confidentiality of victim survivors is such a priority. It is not the place of the JCR, College, the University or any member of the University to make decisions on who or what they inform people of in regard to an instance of SMV. It is the security, confidentiality and wellbeing of the victim survivor which needs to remain the priority. That is what we wish to not only promise here at Cuth's Welfare but integrate into the culture of our College and wider university. As a society and as a community the safeguarding of these people is what we need to respect and care for. Respect is what it comes down to respect from our community towards the wishes of the victim survivors. And with that create a community which is as comfortable and safe as possible."

REPORTING AN INCIDENT

Following an incident of sexual violence and misconduct, there are a range of options you can take regarding reporting the incident:

- Report to the Police
- Report to the University
- Take time to Consider Other Options
- Choose to Not Report

REPORTING TO THE POLICE

This option begins a formal investigation into the incident which may lead to a criminal charge. The police have specially trained officers who are very experienced in helping victim-survivors of all forms of gender-based violence including rape, sexual assault, domestic abuse, stalking and image-based sexual abuse and importantly in healing survivors of sexual violence. To report an incident this way, call 101 or 999.

In the case that the victim survivor reports the incident of SMV to the police, the interest of not causing impediment to the criminal proceedings, the University will not commence an internal investigation or will suspend an ongoing investigation. However, in all instances the University will undertake necessary precautionary action.

REPORTING TO THE UNIVERSITY

Reporting to a member of staff is not sufficient for this. Instead you must complete a Reporting Form which will initiate the process within the sexual violence and misconduct policy. You can find the form, and more information here:

www.dur.ac.uk/sexualviolence/report/

The University may only consider if there was a breach of the Sexual Misconduct and Violence Policy.

The University uses the civil standard of proof, i.e. the balance of probabilities. The outcome of an investigation into the report will determine if any further action will occur and, if so, the appropriate disciplinary process will be followed. The University's disciplinary process is separate from criminal law matters, and our misconduct offences are distinct from criminal offences.

When you make a report, you are offered a meeting with a case manager who will discuss the procedure with you and give you time to confirm your report. This allows you time to consider all of your options before the University takes action.

CHOOSE NOT TO REPORT AND SEEK SUPPORT ONLY

You may decide that you do not want to report to the University or Police. If this is the case, the University will still offer you support through your College and the Counselling Service and will refer you to specialist services if you prefer.

There is no time limit on when you can make a report. You can report to the Police at any time. You can report the University as long as the Responding Party is still a member of the University community.

TAKE TIME TO CONSIDER OTHER OPTIONS

Even if you choose not to report an incident of sexual misconduct and violence, you can still seek help from both within the university and from external sources.

COLLEGE

You can disclose incidents of sexual violence and misconduct to the Welfare Officers and also to College Student Support, who will be able to help you consider your reporting options, support you, and help refer you to specialist support.

UNIVERSITY COUNSELLING SERVICE

When referring yourself to the counselling service, if you indicate 'Sexual Misconduct and Violence' you will be offered an appointment with a counsellor within a short timescale. However, you will still be offered an appointment if you put 'Prefer not to say but need to see a counsellor'. The Counselling Service can then put you in contact with more specialist services if you wish. For more information, visit: www.dur.ac.uk/counselling.service/sexualviolence/

NORTH EAST SARC

You may need time to decide what you want to do next. You may choose to seek support as you consider your options. The **Sexual Assault Referral Centre** offers forensic medical exams, support, counselling, and sexual health screenings. You can have an exam without police involvement and the evidence can be stored. The Sexual Assault Referral Centre can also help you consider your reporting options.

By attending the Sexual Assault Referral Centre, you can seek support, receive practical help and learn more about your reporting options while giving yourself time to consider what to do next.

Local Sexual Assault Referral Centres

The Meadows SARC: Covering the County Durham and Darlington area

- themeadowsdurham.org.uk
- **Staff are available for advice or referrals during office hours,
Monday to Friday on 0191 375 2933.**

The Teesside SARC: Covering Teesside and surrounding areas

- **S.A.R.C. Teesside – free support and practical help for anyone who has experienced sexual violence and/or sexual abuse. (sarcteesside.co.uk)**
- **Staff are available on 01642 061230**
- **Monday – Friday, 9am-5pm or via email: Middlesbroughanddurham.sarc@nhs.net**

WHAT DOES THE STUDENTS UNION OFFER?

DURHAM\$U

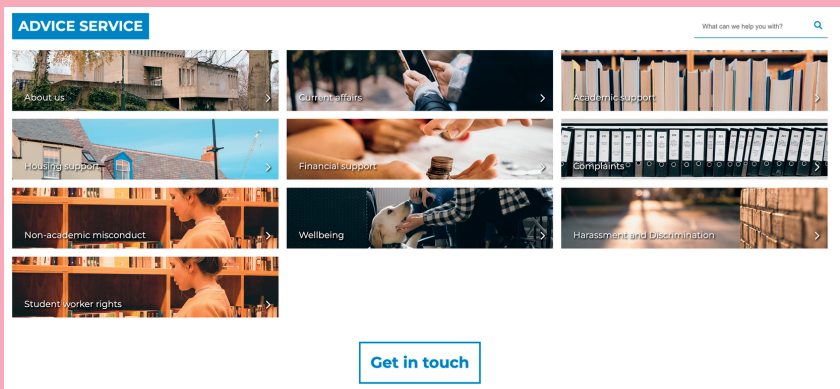
The SU offers tons of advice and support services outside of college, and has a huge variety of contacts such that hopefully you can find the service you need, so make plenty of use of the resources available! Here are some:

SU ADVICE SERVICE

Our Student Adviser is here to offer free, impartial and confidential advice to students on a range of issues including:

- Academic Issues (appeals, concessions, misconduct etc)
- Housing (both Private Rented or College provided)
- Student safety (harassment and discrimination, student complaints)

The Advice Hub on the SU's website also has helpful information and resources including housing guides and contacts. You can make an appointment with the Student Adviser at any point during the year (including out of term-time) by clicking the 'Get in Touch' button on the SU's Website (under Support – Advice Service).



<http://www.durhamsu.com/advce-and-support>

HATE CRIME REPORTING CENTRE

CONTENT WARNING: the next section touches on the topic of hate crime and discrimination

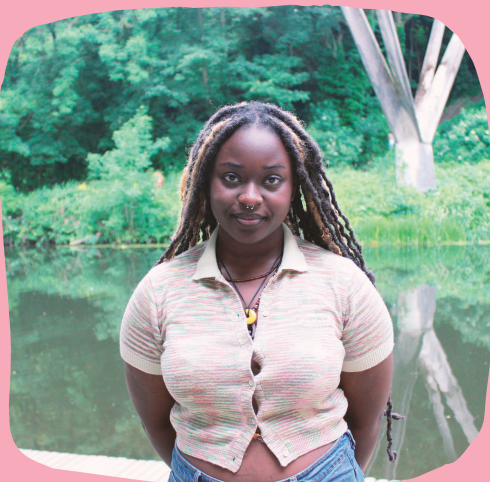
The SU is dedicated to not just providing equality, or even equity, but removing the barriers that create injustice. This means working towards a society where all students, irrespective of their background or identities, can participate fully in Higher Education and achieve their best. This promise is fulfilled by the services provided by the SU: including signposting, their Association and training for the wider university student experience groups.

Acts of violence or any behaviour that leaves you feeling harassed, bullied, intimidated, abused or discriminated against are not acceptable. You have a right to feel safe at University. The University have policies in place to deal with instances of this nature. There are also other ways to report and receive support for any incident affecting you. These options can be seen in the SU website, including reporting to the police, the university, on campus, citizens advice and the SU itself.

REPORTING TO THE SU

The SU is a hate crime reporting centre. This means that all staff at the SU have been trained in recognising incidents of hate crime, supporting victims and reporting incidents to the police. If you experience any hate-related incidents during your time at University, you can reach out to the SU for support. The best way of doing this is usually by contacting the Advice Service, but you can speak to any staff members.

MEET DEBORAH YOUR SU LIBERATIONS AND WELFARE OFFICER

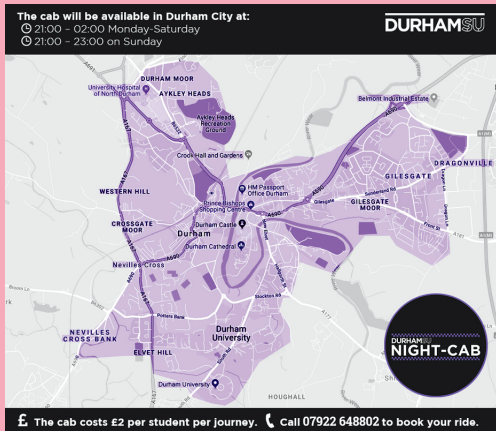


DEBORAH ACHEAMPONG
(SHE/HER)

Hi everyone! I am the Welfare and Liberation officer at the SU. As a student representative, I sit on various University committees alongside my team and Common Rooms. In my role, I will be lobbying for better Mental Health and accessibility support as well as organising various campaigns from housing to active bystander training. Cuth's has always been a welcoming place for me and I am excited for the coming year!

SU.WELFLIB@DURHAM.AC.UK

NIGHTCAB



The Night-Cab can get you about Durham safely:

- After studying late in the library
- To get to and from the train station late at night
- To travel between colleges
- To get to or from late bars and nightclubs
- When you're visiting friends
- When you're going to the cinema or theatre

If you're out by yourself at night and need a ride home, just call 07922 648802 to get picked up by the Durham SU Night-Cab. Journeys cost £2 per person.

You can use the Night-Cab seven days a week in term time during the following hours:

Monday - Saturday 21:00-02:00

Sunday - 21:00-23:00

The Night-Cab operates within a 2 mile radius of Durham City Centre, covering areas such as Gilesgate, Nevilles Cross and the Durham University Hospital.

<https://www.durhamsu.com/night-cab>

USEFUL CONTACTS



Vasiliki (Vicky) Bathrelou (she/her)
Welfare Policy Coordinator
vasiliki.bathrelou@durham.ac.uk



Eleanor Scolah (she/her)
Campaigns Manager
eleanor.m.scorah@durham.ac.uk

PINCIDENT

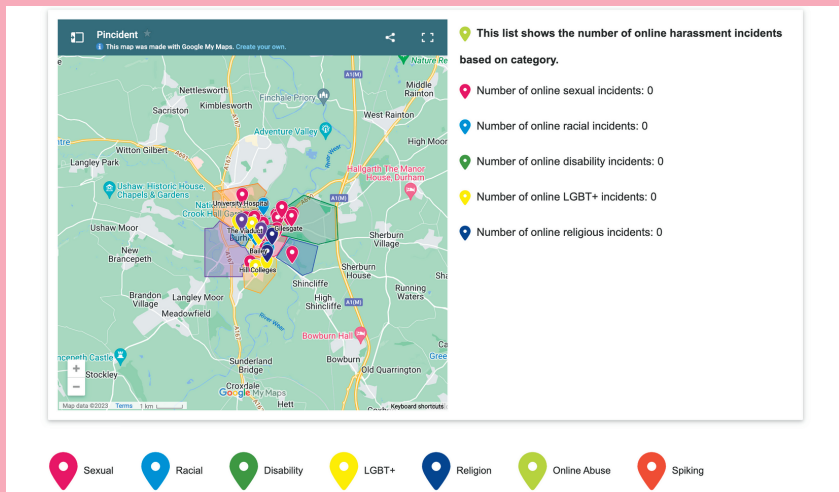


Pincident is a tool that maps harassment, violence, assault and discrimination in Durham City Centre. It has been designed to aid a better understanding of harassment and violence within

Durham, so that the SU can more effectively tackle and challenge this behaviour.

You can share your experiences on Pincident whether you were the target of or witness to the incident, and regardless of if you have or intend to formally report it. Pincident can be accessed using the following link:

<https://www.durhamsu.com/pincident>



OTHER SERVICES

The Wellbeing Map is a map of Durham's Wellbeing support services and quiet spaces. You can access it here: www.durhamsu.com/support/wellbeing-map

The Accessibility Statement Generator provides clear and concise access information if you are involved in hosting an event. The link is here: www.durhamsu.com/support/accessibility-statement-generator

WHAT ARE THE SU ASSOCIATIONS?

The SU also has 8 Association Groups which you can join if you identify with a particular group. The 8 Associations are:



International Students
Association (ISA)
@isa_durhamuniversity



LGBT+ Association
@durhamlgbtassoc



Mature Students
Association (MATSA)
@du.matsa



Students with
Disabilities
Association (SWDA)
@swdadurham



Durham People
of Colour
Association
(DPOCA)
@durhampoca



Durham Womxn's
Association
@durham_womxn



Durham Trans
Association
@durham_trans



Working Class
Students Association
@durhamwcsa

The SU's Associations provide a space for self-defining students of underrepresented groups to get together, discuss the issues that matter to them, socialise, host events and campaign to improve the student experience. Each Association represents a different group and is led by an elected President and executive committee. The Associations also have a powerful voice within the SU and are invited to collaborate on campaigns and projects and each Association has a vote on SU Assembly (the student representative body).

HOW ABOUT THE OTHER STUDENT GROUPS?

CONTENT WARNING: the next section touches on the topic of sexual assault

DURHAM NIGHTLINE



Nightline operates a student run listening service which is open every night of term between 9pm-7am. They're here to listen to anything that's on your mind, whether that be relationships, stress, late night thoughts or anything else.

Nightline operators don't give advice, the service is non-judgemental, confidential and anonymous, and not aligned with any beliefs, thoughts or opinions. You can contact Nightline via the number on the back of your campus card or message them through their online IM.

www.durhamnightline.com

DURHAM UNIVERSITY AGAINST SEXUAL ASSAULT

The DUASA is a student-led organisation created to spread awareness about sexual assault and provides consent and sexual health education. They work in collaboration with RSACC, raising money and sparking more awareness around the service.



[@duagainstsexualassault](https://twitter.com/duagainstsexualassault)

HEADS UP DURHAM

Heads Up is Durham Student Minds group, a national mental health charity. They seek to increase awareness of mental health issues and wellbeing by running events and campaigns throughout the year, whilst also promoting local support services. You can find more info via:

<https://durhamheadsups.wordpress.com/>

WHAT ABOUT EXTERNAL SUPPORT?

STUDENT SPACE

CONTENT WARNING: the next section touches on the topic of mental health, identity, background related mental health, LGBTQ+ related issues and eating disorders

Student Space is run by the charity organisation Student Minds, and through their website you can access phone, text message, email and webchat support. Through their website you can access support for Black, Muslim, Trans and Working-class students as well as for students hearing voices and students with OCD and BDD. Support provided by Student Space is safe, confidential and free.

<https://www.studentspace.org.uk/>

It has been developed with collaboration from services, higher education professionals, researchers and students. Student Space works to make it easier to find support, making it easy to explore a range of trusted information, services and tools to help support you with the challenges of student life. They offer advice and information, student stories and also more information about Durham University support through their search for support at your university tab.

STUDENT SPACE

Student Space, offers specific support services for the following groups of students:

- Support for Muslim students
- Support for Punjabi students
- Support for students with eating difficulties
- Support for students hearing voices
- Support for students with OCD and BDD
- Support for students recovering from addiction
- Training on LGBTQ+ safety and abuse

Student Space also offers free, confidential support by email from a trained volunteer. Whatever is causing you concern, they're there to listen. Whether it's your mental health, your studies, worries about money or relationships, we can support you and help you move forward.

You can email Student Space at students@themix.org.uk

If you need support, you can also text STUDENT to 85258

MENTAL HEALTH

CONTENT WARNING: the next section touches on the topic of mental health, diagnosed mental health disorders, finance related mental health struggles, relationships, drug and alcohol use and suicide



Campaign Against Living Miserably (CALM) is a charity taking a stand against suicide. That means standing against feeling hopeless, standing up to stereotypes and standing together to show life is always worth living.

<https://www.thecalmzone.net/>

PAPYRUS is the national charity dedicated to the prevention of young suicide.

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

<https://www.papyrus-uk.org>



PAPYRUS
PREVENTION OF YOUNG SUICIDE

SAMARITANS

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom

<https://www.samaritans.org/>

Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar and manic depression. Peer support is at the core of our work. We empower approximately 1,000 people a month to stay well - and we have the ambition to reach thousands more.

<https://www.bipolaruk.org>



The Mix is the UK's leading support service for young people. They are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

<https://www.themix.org.uk/>

Anxiety UK offer an extensive range of support services designed to help control anxiety rather than letting it control you, this is through Access to a community of other like-minded people and therapy services

<https://www.anxietyuk.org.uk/>

Anxiety UK



Supportline offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

<https://www.supportline.org.uk/>

OCD UK says that "information plays an important role in helping people understand and come to terms with Obsessive-Compulsive Disorder (OCD).

We're here to educate, offer hope and support people through the difficult times, right through to recovery and everything in between"

<https://www.ocduk.org/>



SEXUAL HEALTH



County Durham and Darlington NHS offer several sexual health services, these include: GUM and CaSH Clinics (where you can get testing, advice and treatment for STI's), Emergency Contraception, HIV Testing and PEPSE and C-Cards.

<https://www.cddft.nhs.uk>

Brook offers free and confidential sexual health advice and contraception to people under 25.

<https://www.brook.org.uk/find-a-service/>



An online tool that provides quick and easy access to sexual health information and local services

<https://sxt.health/>



Enhance the UK's campaign 'Undressing Disability' is aiming to raise standards in sexual health and sexual awareness for disabled people.

<https://enhancetheuk.org/>



This sexual Health charity provides an online tool for finding local sexual health clinics. As well as information on Relationships and Sex Education, Sexual and Reproductive Health, and Postnatal Health and Wellbeing.

<https://www.fpa.org.uk/>



CONTENT WARNING: the next section touches on the topic of identity related mental health struggles, LGBTQ+ related mental health issues, domestic abuse and sexual violence

The Stonewall logo consists of the word "Stonewall" in a bold, white, sans-serif font, set against a dark teal rectangular background.

Stonewall

Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. This search tool on their website helps find local LGBT support services and community groups.

<https://www.stonewall.org.uk/>

Switchboard is an LGBTQ+ helpline that provides information, support and a referral service for lesbian, gay, bisexual and trans people.

The logo for Switchboard LGBTQ+ helpline features a stylized rainbow arc above the word "Switchboard" in a large, bold, purple sans-serif font. Below it, the words "LGBT+ helpline" are written in a smaller, purple sans-serif font.

Switchboard LGBT+ helpline

<https://switchboard.lgbt/>



Galop is an LGBT anti-violence and abuse charity. They give advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

<https://www.stonewall.org.uk/>

A mental health service run by and for lesbians, gay, bisexual, trans, and queer people. They provide online support, counselling, peer support groups and have a suicide prevention help lines along with other forms of support.



<https://mindout.org.uk/>

GENERAL HEALTH DRUGS AND ALCOHOL

CONTENT WARNING: the next section touches on the topic of mental health struggles related drug and alcohol use

Claypath & University Medical Group

Its incredibly important to register with a GP as soon as you arrive in Durham. The most popular are the Claypath and Univeristy Medical Group who are a local NHS medical service for general health enquiries, follow the link for information on opening times and phone numbers.

<https://durhamstudenthealth.co.uk/>



Alcohol Change is a charity that is committed to reducing harm from alcohol related problems.

They focus entirely on reducing alcohol harm, working across the whole range of serious alcohol harms, from mental and physical to societal and economic. Driven by our vision of a world with no serious alcohol harm, we work to create five evidence-based changes.

<https://alcoholchange.org.uk/>

Release is the national centre for advice on drugs and drug law. They offer free non-judgemental specialist advice on issues related to drugs and drug use.

<https://www.release.org.uk/>



drinkaware

Drinkaware is a charity aiming to reduce alcohol-related harm and offer advice, support and a messaging service.

<https://www.drinkaware.co.uk/>

Drugs and Me provides accessible, objective and comprehensive educational material to help reduce the short and long term harms of drugs. Their super helpful website offers detailed information about a range of drugs, from Alcohol to MDMA to Nicotine to DMT. Led by a group of scientists looking to improve education about drugs. As well as this, their website provides information about dosing, overdoses, getting drugs safely, the law and tolerance.

drugs and me



<https://www.drugsand.me/en/>

FRANK

Talk to Frank is a national service that offers friendly confidential advice and information on drugs. You can call text or email for advice. They have lots of great information on their website, including what to do in an emergency

<https://talktofrank.com/>

Focused on harm reduction and safety for nightlife and the electronic music community. They have information on their website and also sell testing kits. They have introduced a new and improved fentanyl test strip to the harm reduction community.



DANCESAFE

<https://dancesafe.org/>



The County Durham Drug and Alcohol recovery service is a confidential service which offers support and guidance for issues around your or someone else's use of drugs and or alcohol.

<https://codurhamdrugalcoholrecovery.co.uk/>

Students for sensible drug policy

#supportdontpunish

Contact the chapter leader at outreach@ssdp.org

<https://ssdp.org/>



@ssdp_durham

ssdp
DURHAM

DRUG TESTING KITS

CONTENT WARNING: the next section touches on the topic of mental health struggles related drug and alcohol use and spiking

eztestkits.com

eztestkits offer portable drug testing kits for a range of drugs at an affordable price

<https://www.eztestkits.com/en/>

EATING DISORDERS

CONTENT WARNING: the next section touches on the topic of restrictive and non restrictive eating disorders



Beat is the UK's biggest eating disorder charity. They have helplines operating 365 days a year

Helpline: 0808 801 0677,

Studentline: 0808 801 0811

Youthline: 0808 801 0711

and chatrooms (all available via their website). Beat also provides lots of information and resources about eating disorders and give support to anyone struggling with eating disorders and also to families and friends.

<https://www.beateatingdisorders.org.uk/>

Seed are an eating disorder support group, initially based in Hull. They offer a variety of support such as email buddy schemes, text buddy schemes, workshops and resources including self care starter pack, body confidence programmes and a phone line.

<https://seed.charity/01482421525>



EATING DISORDER SUPPORT SERVICE

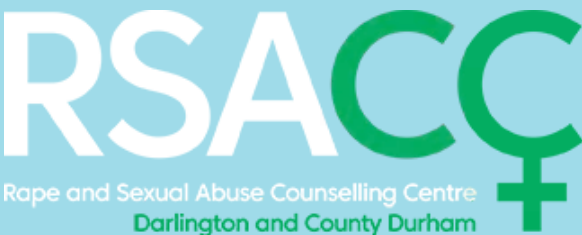
Eating Distress North East provide external counselling and work to accommodate the academic needs of students. They have speciality in both restrictive and non restrictive eating disorders.

<https://www.edne.org.uk/about-eating-distress/>



SEXUAL ASSAULT AND ABUSE

CONTENT WARNING: the next section touches on the topic of rape, sexual assault, sexual violence and domestic abuse



The Rape and Sexual Assault Counselling Centre (RSACC) is a charity run by women in County Durham and Darlington. They offer Counselling, IVSA support, support groups, and a helpline that is open Mon-Thurs 10am -2pm.

<https://www.rsacc-thecentre.org.uk/>

Rape Crisis England and Wales is the umbrella body for independent rape crisis centres. They have resources on selfhelp, links to centres and a helpline and Live Chat service.

<https://rapecrisis.org.uk/>



SURVIVORS UK
We Support. We Challenge. We Build.



SurvivorsUK helps men boys and non-binary people affected by rape and sexual assault and offers a range of support including counselling, therapy, web and SMS chats

<https://www.survivorsuk.org/>

The Survivors Trust is an umbrella body for specialist rape and sexual assault services in the UK and offers information on Sexual Assault Referral Centres (SARC) and Independent Sexual Violence Advisors (IVSA's).



**THE
SURVIVORS
TRUST**

<https://www.thesurvivorstrust.org/>



safeline
believe in you

SafeLine is a specialist charity for sexual abuse and rape. They offer support for both survivors and friends & family, including counselling, IVSA's and support groups.

<https://safeline.org.uk/>

To find your nearest Centre on the NHS, please visit:

<https://www.nhs.uk/service-search/other-health-services/rape-and-sexual-assault-referral-centres>



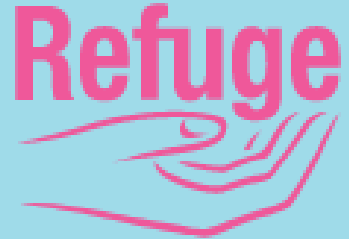
DOMESTIC VIOLENCE

CONTENT WARNING: the next section touches on the topic of domestic abuse, domestic violence, gender based discrimination, race based discrimination and hate crimes

Refuge is a 24-hour national helpline for women experiencing domestic violence, for their family, friends, colleagues and others calling on their behalf.

You can also message them online, through a messenger or live chat.

<https://www.nationaldahelpline.org.uk/>



**For women and children.
Against domestic violence.**

women's aid
until women & children are safe

A national charity that supports women and children who are experiencing domestic violence.

<https://www.nationaldahelpline.org.uk/>

Imkaan is a UK-based black feminist organisation dedicated to addressing violence against Black and minoritised women and girls.

<https://www.nationaldahelpline.org.uk/>

Respect
Men's advice line

Respect is a confidential advice line supporting anyone who identifies as male who may be experiencing violence or abuse. They offer freephone, webchat and email support.

<https://mensadvice.org.uk/>

WHAT TO DO IN AN EMERGENCY RELATED TO DRUG USE

CONTENT WARNING: the next section touches on the topic of emergency situations, drug and alcohol consumption and overdoses

If you're with someone who needs medical help, call an ambulance and tell the crew everything you know about the drugs taken, it could save their life. If you have any drugs left, hand them over to the crew as it may help.

If you are located in Durham City centre at the time of the accident City Safe Durham offer medical, first aid and welfare assistance to the nightlife of Durham. They provide

- a rapid response to medical incidents, prior to ambulance arrival
- Provide a See, Treat & Discharge for those not needing Hospital or Ambulance Treatment
- Provide welfare checks

They are not the police nor have the authority to charge people with Drug possession so offer a key service which is easy to be honest to around County Durham and Darlington.

WHAT TO LOOK FOR?

If someone is having a bad time on drugs they may be: anxious, tense, panicky, overheated and dehydrated, drowsy, having difficulty with breathing

WHAT TO DO?

The first things you should do are: stay calm, calm them and be reassuring - don't scare them or chase after them, try to find out what they've taken, stay with them

- If they are anxious, tense or panicky you should: sit them in a quiet and calm room, keep them away from crowds, bright lights and loud noises, tell them to take slow deep breaths, stay with them
- If they are really drowsy you should: Sit them in a quiet place and keep them awake, if they don't respond or become unconscious call an ambulance immediately and place them in the recovery position, don't scare them, shout at them or shock them, don't give them coffee to wake them up, don't put them in a cold bath to "wake them up" - this wastes time and there's a risk of drowning
- If they are unconscious/ having difficulty breathing you should: Immediately phone for an ambulance, Place them into the recovery position, Stay with them until the ambulance arrives, If you know what drug they've taken tell the ambulance crew immediately, it might them get the right treatment faster

RECOVERY POSITION

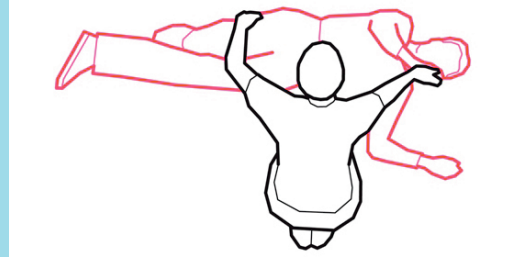
<https://www.talktofrank.com/get-help/what-to-do-in-an-emergency>

By placing someone in the recovery position, you're making sure that they are still breathing and can breathe easily, as it's not unusual for someone who has become unconscious to swallow their tongue.

You're also making sure that if they vomit, it won't block their airway and choke them.

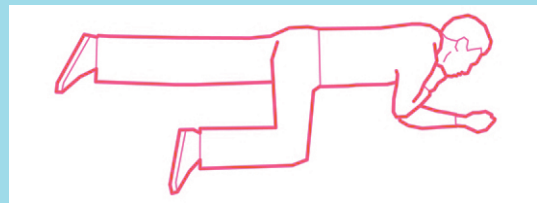
1. Open their airway by tilting the head and lifting their chin. Lie them on their side and straighten

2. Place the arm nearest to you at right angles to the body. Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground. Place their other hand against their cheek.



3. Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.

4. Tilt the head back so they can breathe easily.



5. Make sure that both the hip and the knee of the upper leg are bent at right angles.

WHAT HAPPENS IN A&E?

In A&E the doctors and nurses will treat your friend as best as they can. This may involve giving an antidote or treatment to counteract the effect of the drugs. You can help by telling the ambulance crew, the doctors and nurses all you know about what drug(s) your friend had taken, if they'd been drinking, and if your friend has any medical conditions and if there are still some of the drugs left, hand them over. Providing this information will help them give your friend the right treatment without delay. They won't tell the police, your friend's family or others not involved in their clinical care, that your friend has been taking drugs.

ONE LAST NOTE FROM THE SENIOR WELFARE OFFICER

"I just wanted to say a quick thank you for getting through this years Welfare Handbook. As I've kept saying throughout this handbook, we have touched on a broad range of triggering issues. So I would really usher you to take some self care after getting through all of this information. Whatever techniques work for you to take time to process the information that's been provided, should help if somethings we've touched on have affected you (as well as generally being a great technique for upholding good mental health). We here at Cuth's Welfare are here to hear you out and be that listening ear, if your way of self care includes talking to someone. So please feel free to email whichever officer you feel most comfortable talking to, or come by to one of our drop-ins if that fits your schedule. The aim of this handbook, isn't something we expect you to put down and never open again nor is it something we need you to revise! We want this to be a hub of information that you can access easily throughout your time here in Cuth's, something you can pick up and come back to if you need a specific resource to deal with whatever situation University life throws at you. Whether you be reading this as a fresher about to go into your first year here in Cuth's, a Liver out or a Postgraduate /Mature student, this handbook should be a tool you can use at any time throughout your Cuth's Career. Hopefully this handbook has been useful, and again if you have any questions, feedback or just want someone to talk to please do reach out. And again thank you!

-Dan SWO



DANIEL MERCER
SENIOR WELFARE OFFICER (HE/HIM)

SENIOR-WELFARE@CUTHS.COM