

Livers Out Handbook 2023



WELCOME TO THE HANDBOOK!

Luke Birch He/Him

Hi everyone! I'm Luke and I will be your SU rep this year. A big part of this role is that I am also the Cuth's livers out rep so I'm here to help you with anything you may need now you are living out of college.

If you need me at any point in the year I can always be reached on Instagram @cuths.su.rep or via email at su-rep@cuths.com



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For most of you this will be your first time living out, so this handbook will hopefully give you all the information that you need to know. You probably won't read the whole of this handbook but it can be useful to have to refer to as needed. There is information about how to stay involved with Cuth's along with information about living out.

Hopefully you won't have any big issues whilst living out but if something doesn't go to plan remember you can contact me at any point. There are also other advice centres provided by the SU and by Durham university. Always remember that Cuth's Welfare have regular drop ins and can talk to you most of the time and you can also use nightline if you are having any trouble whilst living out and you want someone to talk to.

Luke



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Living Out

This section of the handbook should have everything that you need to know about living out. It will be helpful to download a copy of the livers out handbook in case you have any issues throughout the year. Not all of the information will be relevant for you at this moment in time but use this handbook to refer back as needed.

I recommend that you look at everything that you are unsure about. Living out can be a big adjustment for some people but don't worry this handbook is here to help you. Some of this information may not be completely relevant to you especially if you have already moved in but there is still plenty that will be.

In this handbook there is information about moving in, bills, repairs and maintenance, safety and security dealing with landlords and a bunch of other helpful sections. Please use the contents page to refer to the specific sections to easily navigate the handbook.

MOVING IN

Inventory

When you first move into your house it is a good idea to take an inventory of everything in the house. This can help to get your deposit back if your landlord claims there are items missing. If your landlord has provided you with an inventory check that all of the items are correct and make sure to check if any items are damaged.

Sign your inventory and get your landlord to sign it as well.

You should also take photos to show the state of any items particularly ones that are damaged and make sure they are dated and sent to the landlord. You should also take photos of what the house looks like when you move in so you have evidence of the condition of the house when you moved in.

How things work

If you can you should check with the landlord how the appliances in your home work when you move in. This includes central heating and the washing machine. Knowing how to correctly use your appliances will ensure you are less likely to break them which could cause you to be held liable to pay for the repair. You should also make sure you know where the stop cock is in case of a burst water pipe.

Essential Items

Here are a few essential items that you may need now you have moved into a house of your own.

MOVING IN



Essential Items

- Cutlery
- Chopping Boards
- Pans/Roasting Tins
- Bowls and Plates
- Glasses and Mugs
- Washing up liquid and brushes/sponges
- Tea towels
- Oven Gloves
- Cooking Utensils
- Cooking Oil

- Tupperware
- Tools - screwdrivers etc
- Toilet roll
- Bath mats
- Toilet brush
- Bathroom and kitchen cleaning products
- Lamps
- Cushion
- Freezer bags
- Clothes horse

Your house may come with some of these essential items or you may have some if you were self catered in first year, if not you can buy them from Ikea. charity shops or `Overheard at Durham Uni` a Facebook group.

TRANSPORT CONTACTS

Public Transport Enquiries

Durham Bus Station

Due to open in Novemembr 2023

National Rail Enquiries

03457 48 49 50

National Express

03717 818181

Night-cab

07922 648802

Durham Taxis

Durham City Taxis

0191 367 0503

BM Taxi

07733 747 699

Pratts Taxis

0191 386 4040

M&M Taxis

07535 600 059

Lenny's Taxis

0191 377 9299

Polly's Taxis

07773 227227

Colors Taxis

0191 371 2727

Freedom Private Hire

0191 378 9963

Airport Cars Durham

0191 386 5796

Durham Nightbus

Durham SU has it's own night-cab service which can be used by calling 07922 648802. This runs Monday - Saturday 21:00 - 02:00 and Sunday 21:00 - 23:00.

Journeys cost £2 per person and run during term time and is provided by local taxi firm Phoenix Taxis (also known as Pratts Taxis).

PUBLIC TRANSPORT + PARKING

Arriva Bus Travel Discount

Durham University and Arriva buses have a deal that students can travel anywhere within the Durham District for £1 a day. Just show the driver your campus card when you get on the bus. There are also other weekly and yearly options for the bus which you can purchase online. For more detail go to https://www.dur.ac.uk/resources/greenspace/travel/AlternativeTravelOptionstotheUniversity_May2019.pdf

X12 to Newcastle

Durham University Students can also travel to Newcastle City Centre on the X12 service to Newcastle for £1. This service goes from Durham bus station (incorrect), the palatine centre and a number of other locations around Durham. All you need to do is show your campus card to the driver.

Driving - Parking

If you are bringing a car up to Durham you will most likely need a resident permit to park in most areas in Durham.

To be eligible you will need to live in a building built or converted after 2000. The permit is needed between 8.00 am and 6.00 pm. It will cost £40 a year for the permit. The form can be found here:

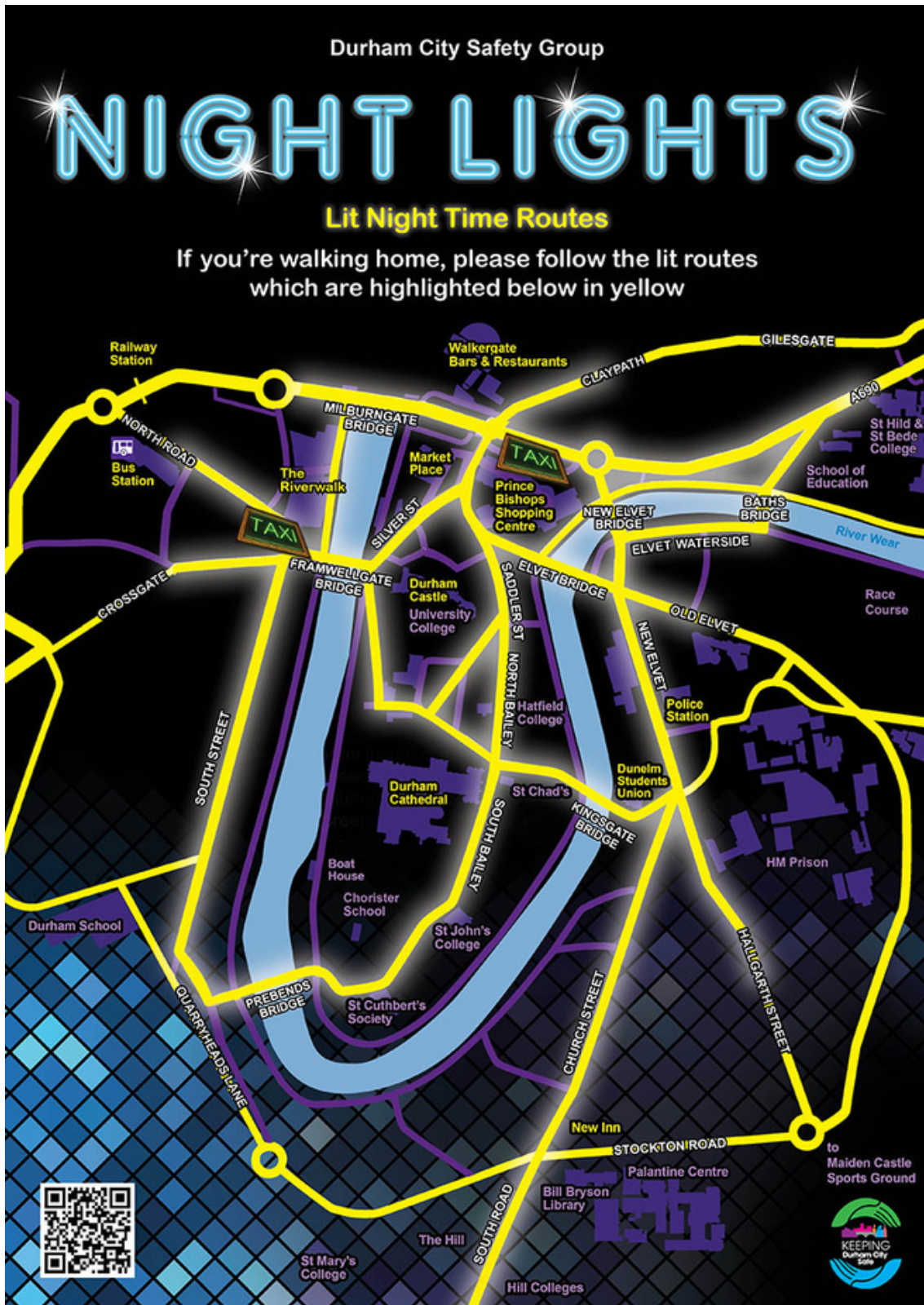
<https://www.durham.gov.uk/media/7554/Controlled-Parking-Zone-resident-and-visitor-application-form/pdf/ControlledParkingZoneResidentAndVisitorPermitApplicationForm.pdf?m=636736452630670000>

Some Estate Agents include parking permits in the house price. If you have a parking permits you can also get visitor permits.

LIT ROUTES MAP

STAYING SAFE!

Now you are living out of student accommodation you might be walking in new parts of town you haven't been to before so here is a map of all the lit routes to help you stay safe at night.



BILLS

Bills

Bills at the moment are extremely high so it is important to be aware of them. Here are some tips to keep them as low as possible.

1. Check your contract to see what bills you are responsible for. This is very important even if bills are included with your rent as some bills included rents do not include everything. If you are considering changing utility supplier you can use comparison web pages to check if you can save money.
2. It can be worth getting in contact with your landlord or the current tenants of the house before you move in and ask about the companies they currently use for bills.
3. Ask the landlord where the meters are and how to read them to get accurate readings for your utility providers.
4. If you are thinking of changing energy suppliers consult the landlord first and check any possible cancellation fees.
5. Take a photo of the gas and electricity meters as soon as you move in (ideally on the first day of the contract so that you can't be charged for what previous tenants have used.

Payment for bills

When paying bills there a few different ways people pay. You can set up a bank account which everyone pays into for the bills, you can use a website like splitwise to help split the bills, you can take turns paying the bills or you could get one person to pay the bills and everyone else pays their share into their account.

If all of your names are on the contract you will be held jointly responsible for paying bills but if only one person's name is on the contract then only they will be held responsible by the company.

BILLS + COUNCIL TAX



Electricity Bill

Contact your supplier before you move in to avoid being disconnected (it will take 48 hours for reconnection), and inform the supplier of your initial reading. It is a good idea to take a photo of the meter for proof.



Gas Bill

You can put everyone's name on the account so you are held jointly responsible. Tell the supplier your initial meter reading and again take a photo of the meter,



Internet

Look around for the best deals but make sure the contract length is suitable so you don't pay for more than you need. Make sure you ask permission before installing and fixing any cables. Get this sorted out ASAP because it can take time to get set up.



Council Tax

You don't have to pay council tax as a student. You probably won't have to do anything in regards to council tax. If you end up getting a Council Tax bill then you can apply for an extension. You can find information here on applying for an extension here - <https://www.gov.uk/council-tax/discounts-for-full-time-students>

REPAIRS + MAINTENANCE

What you are responsible for

Report any problems quickly to stop the problem getting worse. Make sure reports are done in writing as well as verbally. You are much more likely to have to pay for repairs if your landlord discovers all at the end of your tenancy and suspects neglect.

Minor maintenance is your responsibility this includes unblocking sinks and cleaning fittings/fixtures/appliances/furnishings.

Excessive damage caused by you (which could include stained carpets and broken tables) may not be covered by repair - `reasonable wear and tear` is a vague term so not everything could be covered by it.

Make sure any complaints have a written record so you can prove that they happened.

What the landlord is responsible for

The landlord is responsible for most repairs unless it is something you have damaged or misused. Your landlord is responsible for repairing fixed items like taps and ovens, as well as any non-fixed items like furniture.

The law imposes a responsibility on your landlord - your rights to repair. Your agreement does not affect this.

The landlord's responsibility for repairs include:

- The structure of the property.
- Installations for the supply of gas, water and electricity.
- Sanitation.
- Installations for the heating of space and water.
- The maintenance of any facilities provided

REPAIRS + MAINTENANCE

What the landlord is responsible for

Repairs are obviously necessary when items are no longer functioning correctly for example central heating, showers and ovens. Repairs also include dampness, rotten floorboards and a leaking roof.

There are no set time limits for repairs to be carried out, but your landlord needs to take into account the urgency of the repair. Check your estate agent or landlord's website for their specific policy on housing repairs and timescales.

Generally these are the types of repairs:

- Emergency repairs are any repairs that are required to avoid a danger to health, risk to the safety and security of the tenants, or serious damage to the building or your belongings. Examples include no heating or hot water
- Urgent repairs are repairs that materially affect the comfort or convenience of the tenants. This includes leaking roofs, minor mice infestations or minor cracks in windows (you would expect this issue to be dealt with within 5 working days of the report).
- Non urgent day to day repairs are any repairs that don't fall within the above categories. Examples of this include guttering/fixing window frames. You would expect these issues to be sorted within 28 days of the report.

If your landlord is not responding there are a few options for you.

What you can do

- The local authority has a duty to take action if a house is unfit for human habitation and can serve a repairs notice and Durham City Council can do this for you
- Legal Action could be taken if the failure for repairs leads to them breaking the contract and you can sue them for breach of contract which will require legal advice.
- You could withhold your rent but this is a very risky method and can put you at serious risk of eviction. If you are considering this you should contact someone for advice.

<https://www.durhamsu.com/advice-and-support/living-in-your-home/housing-repairs>

DEALING WITH LANDLORDS

Rights of Entry

Landlords have limited access rights to the property they rent out. It is a statutory law that they must give reasonable notice of their visits, except in case of emergencies. This is a 24hr notice before visiting. If a landlord consistently fails to give notice they are in breach of contract.

If you have a joint contract the landlord will have to give notice to any part of the property. Individual contracts may mean that the landlord has the right to enter the communal areas. They still have to give notice of the intention to enter your room.

If you have difficulties with continual unannounced visits you should seek advice from the Accommodation Office or myself.

Illegal Eviction

Your landlord cannot attempt to force you to leave your home without following correct legal procedures. Unless you live with your landlord (which is unlikely in a student home), they must take you to court if they want you to leave the property before the contract ends, If they fail to do this it is a criminal offence. You should seek advice immediately if your landlord tries to make you leave the property.

Harrasment

Harassment by landlords or their agents is punishable by fines or a custodial sentence. It can take many forms such as but no limited to:

- Refusing you access to parts of your letting.
- Stopping you from having guests.
- Entering the house when you are not in, or without your permission
- Removing restricting services such as hot water or heating. changing locks
- Moving in stooge tenants who cause nuisance
- Racial or sexual harassment

DEALING WITH LANDLORDS

Harrasment

If you feel you are being harassed then there a number of places that can help you. Myself or the Accommodation Office should be your first point of contact, but higher powers will most likely need to be called in, The Council can intervene if needed if needed - they have a Tenancy Regulations Officer who can become involved in cases of eviction or harassment. The Council has the power to prosecute landlords who have breached these laws, but they will need string evidence and you will probably be called to court as a witness. They can also officially caution landlords which will hopefully avoid the need for going to court.

The Police can be contacted if harassment or illegal eviction occurs outside Council office hours.

Deposits

Deposits can only be retained if your landlord shows they have suffered financial loss, for example; damage to the property, unpaid rent, missed items, cleaning and failure to pay bills.

Deposits may take over a month to be returned to you. If your property is Code of Standards, your landlord has 4 weeks, or 6 if they own more than 3 properties

If you have a dispute about the amount of deposit returned then you can use your deposit scheme's 'alternative dispute resolution' (ADR) service to help you get your deposit back.

If your deposit should be protected but isn't, you might be able to claim compensation of 1-3 times the amount. You'll also get your deposit back, though there may be money taken off for any damage you've caused or if you owe rent.

You'll have to go to court to get any compensation but you'll probably win your case if your landlord should have protected your deposit.

You can contact me or the Accommodations Office for help.

SAFETY + SECURITY

General Security Tips

Be careful and diligent in terms of your security. Student houses are a good target for burglaries so it is important to try and prevent them.

- Avoid displaying any electrical equipment in windows.
- Close the curtains at night, especially on the ground floor
- Always remove valuables from the property when it is left unoccupied for a considerable length of time
- Always ensure valuables cannot be seen through windows.
- Posters for productions etc. can advertise it as a student house so avoid putting them in visible locations particularly in windows.
- Make friends with your neighbours, they can look out for you when you are away.
- Lock all doors and windows when you are out - you can still be held responsible for any damages or theft that occur.

During the Holidays

- Make sure that you know how long the property can be left unattended. It is possible that you cannot leave the property unattended for more than 30 consecutive days. Check your contract and discuss appropriate arrangements with your landlord if so.
- Take your valuables with you.
- It is a good idea to tell your landlord and neighbours.
- If you have a burglar alarm set it.
- You could use timer switches for their lights to give the impressions someone's home.
- Lock your room if you can.
- Clean your fridge oven.
- Dispose of any food that will go mouldy.
- Empty the bins.
- During the winter months, avoid frozen or burst pipes by leaving the heating on low or timed for a few hours each morning and evening
- If you have an insurance policy (which can be a good idea) check the conditions of the cover. Some policies are not valid if the house is left unoccupied over the holidays.

SAFETY + SECURITY

Landlords

There is no statutory minimum standard of security enforced upon landlords but they have a responsibility to provide you with a secure home.

- Most Landlords will respond willingly to reasonable requests for window locks or extra bolts to tighten security.
- External doors are most secure if fitted with a 5 lever mortice lock (BS 3621).
- All ground floor windows should be fitted with some form of window locks, along with any vulnerable first floor windows.
- Older houses in Durham may be fitted with sash windows, the runners of which can be blocked to allow the windows to open just enough for ventilation but not completely.

If your landlord refuses to provide a secure home contact the University Accommodation Office.

Fire Safety + Smoke

Fire safety risks are much greater in a house occupied by unrelated individuals than in a family household so you need to be extra careful with fire safety in a student home.

Student households often place considerable strain on electrical circuits due to the many electrical appliances being used in a student house.

- Be careful not to overload sockets. Running several heavy appliances from one socket can cause electrical faults which lead to fires.
- Turn off all sockets when they are not in use, especially at night. Not only is this safer but it can help reduce your electricity bill as well.
- Inform your landlord immediately if there are any problems warning signs includes hot plugs and sockets, fuses that blow for no obvious reason, lights flickering, brown scorch marks on sockets or plugs.
- Contact your landlord if you doubt the safety of electrical wiring in your house, if their response is unsatisfactory you can refer the matter to the City Environmental Health Department.

SAFETY + SECURITY

Fire Safety + Smoke

Your landlord has a legal requirement to ensure that the house and all of its furnishings meets fire safety standards. Your landlord is also required to have a minimum of one smoke alarm installed on each storey of the property.

Fire extinguishers and blankets are not a legal requirement, but some properties are installed with them. If you have used either of the items, you must inform your landlord. If you set off the extinguisher accidentally it is your responsibility to refill it. If you fail to do this you could lose money on your deposit.

To reduce the risk of fire you can:

- Keep doors to communal areas closed at night or when you are out, especially the kitchen door.
- Be careful with burning incense and candles. Don't leave naked flames unsupervised.
- Don't leave pans on hobs unattended.
- Report any electrical faults immediately.
- Check smoke detectors regularly.
- Keep fire exits clear.

Contact your landlord immediately if your fire alarm is not working correctly.

Gas Safety

It is a legal requirement for a landlord to have a gas certificate so make sure there is one. You should also have a carbon monoxide detector - it is a good idea to check with your landlord where it is located and how to test it.

The symptoms of carbon monoxide poisoning includes headaches, dizziness, nausea, breathlessness, collapse and loss of consciousness.

Unfortunately these are common symptoms but if you have any suspicions about the safety of an appliance seek help immediately. Either call the accommodation office or the university health and safety officer.

SAFETY + SECURITY



Gas Safety

There is more information about carbon monoxide poisoning here:
<https://www.gassaferegister.co.uk/help-and-advice/carbon-monoxide-poisoning/>

If you suspect Carbon Monoxide poisoning:

1. Get fresh air immediately. Open doors and windows, turn off gas appliances and leave the house.
2. See your doctor immediately or go to hospital - let them know you suspect CO poisoning. They can do a blood or breath test to check.
3. If you think there is an immediate danger, call the Gas Emergency Helpline on 0800 111 999
4. Ask a Gas Safe registered engineer to inspect your gas appliances and flues to see if there is a dangerous problem. You should inform your landlord as soon as possible.
5. Report all gas safety incidents to the Accommodation Office. The Office can check their records for valid certificates, chase up your landlord on your behalf or contact the Health and Safety Executive if necessary.
6. Do not use the appliance again until it has been passed as safe by a Gas Safe registered engineer.

DEALING WITH DAMP

Damp

Many of the student houses in Durham are not built to accommodate modern heating services and this means damp is a very common problem in student housing in Durham.

Causes of Damp

- Essentially excess moisture
- Lack of ventilation in the house (so make sure you use extractor fans if you have them and open windows and doors).
- Not enough heating (it is your responsibility to heat your house enough to avoid damp even if you pay bills separately).
- Leaking pipes or rain seeping in through the roof or around window frames can also cause damp.

How to Avoid Damp

- Open doors and windows
- Keep your heating on even if its only on a low heat for a few hours in a day. In cold weather you are always advised to keep heating to a minimum of a low background heat at all hours even when no one is home.
- Make sure surfaces are clean and dry.
- Get dehumidifiers.
- Make sure your landlord has an adequate ventilation system in place
- Try not to overload cupboards or wardrobes as that can trap air.
- If you have extractor fans use them as often as you can
- Don't trap heat (for example leaving clothes to dry on or next to a radiator)
- Leave a gap in between furniture and the wall. Wherever possible try and position furniture against internal walls and not external walls.
- Put lids on saucepans when cooking.
- If you can position a kettle next to a window.

DEALING WITH DAMP



Damp

Contact your landlord as soon as you notice damp. Check that they don't just paint over the damp as it needs to be sealed properly.

If you need a dehumidifier, first see if your landlord will buy one. If not you could purchase one yourself or bowls of rock salt around the damp room can help for a fraction of the cost.

Take photos of the mould to document how it is changing.

Condensation and damp are not the same thing. Condensation can cause black mould and this is not the landlord's responsibility. Things like hanging clothes to dry and not having the heating on can make this worse.

If your house has damp or you suspect you have been living in a house with damp for a while please see a doctor. Damp can cause infections and respiratory problems amongst other things.

For more info see the NHS's advice or phone 111

<https://www.nhs.uk/common-health-questions/lifestyle/can-damp-and-mould-affect-my-health/>

LIVING IN THE COMMUNITY

Being a Good Neighbour

It is important to build a good rapport with your neighbours. I advise you to introduce yourself to your neighbours (and get their contact details) as soon as you move in and build a good relationship with them from the start.

Tips for being a good neighbour:

- Be conscious of the noise you make. When playing music make sure it is not too loud (especially if you live in a terraced house). Avoid making noise or playing music outside of your house and keep noise to an absolute minimum after 11pm.
- Be sensitive to your neighbour's needs. It is likely they work, have children or are retired. This means they will likely have a very different schedule to you so make sure you are aware of this and act respectfully.
- Ask your neighbours before hosting a party, this will make them far less likely to make a noise complaint.

Noise Complaints

The rules on noise complaints are available at
<https://www.durham.gov.uk/article/3821/Noisecomplaints>

Your contract may also state you cannot make noise after a certain time or could have limits on the amount of people allowed on the property. If there is a significant amount of noise coming from a student house it is highly likely that the police will come to the property and ask for anyone who does not live there to leave.

If your neighbours are too noisy the first thing you should do is just talk to them. This is why it is good to have a good relationship with them.

To report a noise complaint you can contact the police on the non-emergency number 101 and the complaint will be referred to the University Security Community Response Team.

You can also contact Durham County Council for non-urgent support on 03000 260 000

RUBBISH + RECYCLING

Bin Collection

The council will collect your rubbish every fortnight and your recycling every fortnight.

You must put your bins out before 7am on collection day and the council will not pick up any extra bags that do not fit in the bin.

Do not leave bags out for long periods of time. This is unhygienic, can take up space on the pavement and can attract vermin. The council can fine you for this.

You can check the bin collection dates here - <https://www.durham.gov.uk/bincollections>

To check what goes in which bin check the Durham county council website here - <https://www.durham.gov.uk/whatgoeswhere>

Larger Items

If you have larger items that won't fit in your bin you can pay the council to take them away. This includes things like bin bags of waste from a party, dining chairs or even bigger things like sofas/fridges. To find out more check - <https://www.durham.gov.uk/bulkywaste>

MONEY + BUDGETING

Budgeting

Budgeting works differently for everyone but here are some good ideas which can help you budget.

Firstly, work out what your income for the year will be. Add up your student finance loan, bursaries, any money from family members, any job income, any savings you are willing to spend and any other source of income you may have. Then add up your expenses that you know you will have - rent, bills, phone bills, insurance, tv licence etc. Whatever you have left is money you can spend on food, household supplies, clothes, going out, events etc.

It is advisable to work out how much money you should be spending each week or each month. Some people may find it helpful to withdraw your weekly allowance so you can see how much you are spending. Don't worry if you go over budget for some weeks or months. There will be weeks where your expenses are higher due to travel expenses birthdays, events etc.

When you go over budget it is important to make adjustments in the following weeks/months so that you get back on budget.

Budgeting Tips

- Don't be too optimistic in your first budget.
- Start by identifying bills that you must pay.
- Be aware of what you spend, try writing down everything you spend in a week.
- Consider having a notebook where you write your spending. If you write in different places it will be harder to keep track of
- Think about how to be smart in your budget - budget for big events, friend's birthdays, travelling back home.
- Keep holidays in mind because you may want to budget more for these.
- You can download budgeting apps for free which can help with day to day spending and saving.
- Keep an eye on your bank account
- Use different accounts for savings, food shops, bills, socialising etc.

MONEY + BUDGETING

Budgeting Tools

- Student budget planner by NASMA that you can print out and use - http://www.nasma.org.uk/uploads/public/Student_Budget_Planner_NASMA.pdf
- Save the Student is a website with tips and advice on budgeting/money for students - <https://www.savethestudent.org/>
- Here is the University's advice page - <https://durhamuniversity.sharepoint.com/teams/FinanceServiceInformationforCurrentStudents>.
- Here is the SU's advice for money - <https://www.durhamsu.com/advice-and-support/financial-support>.
- Some people might use an excel spreadsheet to help with their budget.
- Money saving expert's student planner - <https://www.moneysavingexpert.com/students/student-budgeting-planner/>
- Money saving expert student section - <https://www.moneysavingexpert.com/students/>

Optional Costs

Parking

Parking permits cost £40. Information can be found earlier on in this handbook

TV Licence

It is a legal requirement if you are watching live broadcast television or using BBC iPlayer you must pay the TV licence fee. It costs £145 for the year and can be paid in instalments.

Information available here - <https://www.tvlicensing.co.uk/cs/pay-for-your-tv-licence/index.app>

Contents Insurance

You may want to buy contents insurance for your personal possessions so they are protected against damage or theft. Some companies offer insurance aimed for students.

Garden Maintenance

Check in your contract if you are responsible for the maintenance of any outdoor area at your student house. If so check what you are responsible for with your landlord and could cause some extra costs for you.

SHOPPING

Food Shopping in Town

Now you are living out you will need to cook for yourself. There are a few options for food shopping in town.

- Market hall (some things there could be cheaper so its worth having a look).
- Market Place Square Tesco, North Road Tesco, Claypath Tesco.
- North Road Sainsburys
- Holland and Barrett in Market Square.
- Robinsons on 5 North Road. Students get 10% off.
- North Road Foods
- Golden Pearl - an Asian supermarket located at 19 North Road.
- Iceland located on North Road
- Durham Food store and Dunelm Food stores - newsagents that sell food if you just need a few things.

Supermarkets further out

Further out in Durham there are a few shops in Gilesgate. Sainsburys can be found on Sunderland Street and if you go a bit further out of Gilesgate you can find Aldi, Lidl and Big Tesco.

There are other shops up in Dragonville/Gilesgate if you have forgotten any home essentials.

A bit further outside of Durham you can find the Arnison Centre in Pity Me where you can find a mix of shops including Sainsbury's.

Other Options

Online shopping can be a good option if you live further out and you can split the delivery cost between your housemates.

MOVING OUT



Moving Out Tips

Moving out is a very important process, especially if you want your Deposit back.

I recommend you do the following things to reduce any problems:

- If you have any bills make sure they are all forwarded to a new address and if you need to disconnect your phone make sure to do so.
- Call your gas and electricity suppliers to remove yourself from the bills and give them metre readings. Make sure to take picture of your meter readings for proof if needed later.
- Make sure to remove any leftovers and get rid of any rubbish.
- Ensure all communal areas are clean as well as your own rooms. They will expect all of them to be clean. I would make sure that even areas you don't use are clean including places like the utility cupboard.
- Leave furniture in its place of origin and make sure you take all your belongings with you.
- Landlords can charge you for any rubbish that has been left.

For more information go to -

<https://www.durhamsu.com/advice-and-support/leaving-your-home/moving-out>.

KEEPING A HAPPY HOUSE

Chores

Chores are an unfortunate necessity now you are living out and it is important that you make sure everyone is doing their fair share to avoid creating tension in the house.

Each house deals with chores in their own way but it is important to discuss this as early as possible in the year so one person doesn't end up doing all the chores.

One way of doing this is creating a cleaning rota although this might not work for some houses. It is important to be flexible with people's different schedules but still make sure that everyone does their fair share.

Communal Items

It is inevitable that you will have communal items in your house. Some things like toilet rolls and lightbulbs are obvious items that you will share. You can create a rota for buying household items, you could use an app to split the costs or you could all put money into one pot and use that.

Here's some things you could consider buying communally:

- Toilet Roll
- Kitchen Roll
- Tin Foil
- Clingfilm
- Hand Soap
- Cleaning Products
- Bin bags
- Freezer bags
- Baking paper
- Lightbulbs
- Batteries
- Washing Powder/Liquid
- Tea and Coffee
- Cello tape
- Washing up liquid
- First aid kit/supplies (things like plasters, antiseptic and paracetamol)

KEEPING A HAPPY HOUSE



Disputes

Living out can be a fantastic experience but it is very common to have tension between housemates at some point during the year, particularly during stressful times like exam season.

It sounds simple but try and just have an open and honest conversation with your housemates. They might not even realise they are causing an issue and the only way to resolve a problem is to talk about it.

Be very aware that some of your housemates may have extra stress particularly if they have more coursework give them a bit more leeway and try not to add to the stress.

Likewise be aware of what mess you are contributing to the house and try and minimise it. Particularly in the shared areas which can get messy very easily.

If you are having consistent issues and just want to talk to someone you can contact me and cuth's college welfare are always available.

For advice from the SU you can go here -

<https://www.durhamsu.com/advice-and-support/living-in-your-home/living-with-friends>

AREAS OF DURHAM

Claypath

Claypath is the area leading up to gilesgate from the centre of town and has quite a few things to do. Gala Theatre is located here and is the cheapest cinema in Durham along with a theatre that has a few shows. There are a few pubs located in claypath - the woodman, the drunken duck and big jug. The sands are located nearby which is a good location for a summer picnic. There are quite a few takeaways in claypath - urban oven, a large variety of pizza places, tuktuk. Claypath Deli is also a nice place to go for a coffee and the capital is a good place for a curry.

Gilesgate

Gilesgate is further out of town so tends to have a little less to do as it is more of a residential area but there are still a few things up in gilesgate. The Queen's head is up in gilesgate and have a pub quiz every Tuesday and there are a few takeaways and restaurants Lebaneat, Pho and Bells Fish and Chips

Neville's Cross

Further out past the science site you can find Neville's Cross. There's a few takeaways and one pub. There isn't much to do but it is a short walk to the viaduct where there is a bit more to do.

Viaduct

There are two main roads in the viaduct with pubs and shops north road and crossgate. A few pubs to go to are - Ye Old Elm, The Angel, Coal Pitts, the Station House and the Holy Grail. A few restaurants and takeaways - Subway, Nadon Thai, Domino's, Big Bird.

The Environment

Tips for taking care of the environment

- Think about what food you are buying and the environmental impact it has.
- If you can afford fresh food from the markets locally sourced it can be very helpful sometimes it can be cheaper.
- Sometimes frozen fruit and vegetable can actually be more environmentally friendly than some fresh food imported.
- It can be more environmentally friendly to have a food order if you are driving to buy food.
- You could cook meals with housemates or freeze leftovers to make sure you don't create food waste.
- Using toiletries with less plastic packaging can help.
- You could use bamboo toothbrushes instead of plastic toothbrushes.
- Recycle as much as you can.
- Reuse bags and make sure you bring them to Tesco or any other supermarkets you go to.

You can follow [cutsforclimate](#) on Instagram for more tips or to get involved yourself.

Staying Involved with College

For most people college is one of the best parts about being a student at Durham, and this doesn't end when you start to live out. If you have paid the JCR levy at the start of your first year (if you didn't you still can) you are still a member of the JCR and so you still have access to everything the JCR offers. This includes the common rooms, the bars, the gyms, the pool table, the library, the laundry rooms, the gardens and the IT suites.

We have over 40 sports and societies in Cuth's so you can stay involved that way and meet new people in Cuth's, A lot of these activities are free (for JCR members) and don't require much commitment. Even if you weren't involved in societies in first year it's never too late to start something new. If you need any more information about sports and socs at Cuth's contact Ben Walton at sports-and-socs@cuths.com or the relevant society president.

You can get involved in the JCR through the many committees you can get involved with. There is information here about them but feel free to contact the committee reps if you want any extra information. Applications for most committees open in Michaelmas term. For some committees you can get involved with them by running for a position at a JCR meeting for more information about running for positions you can contact the SRO Abbie Brindle on Instagram @cuths_jcr_elections.



Meet

the

Officers

MEET THE OFFICERS

BEN THOMAS HE/HIM - PRESIDENT OF THE SOCIETY



president@cuths.com

Hi, I'm Ben! I've been elected to be the JCR's President of the Society for 2023/24. I joined Cuth's in 2019 and graduated all the way back in June 2022 with a History degree, returned to Durham to be President last year, and was re-elected for a second term of office.

As President, I am the only employee of Cuth's JCR - an independent charity separate from College and Durham University - that exists to make your experience at Cuth's (and Durham) the best it can be. Other than myself, the JCR is entirely run by student volunteers, so we like to say that we are 'by students, for students'. There are loads of positions available, all of which are fun, sociable, and low-commitment!

MK AAROY THEY/THEM - VICE-PRESIDENT



vice-president@cuths.com

I am MK, a third year Music student and I am the Vice-President of the Society!

What this means is that I'm part of the JCR's Executive Committee which is made up entirely (except for the President) of students just like you and me. The Exec are there for you; to look after your welfare, run your sports and societies, your balls, and much much more. I also sit on all of the committees (minuting a lot of them) and support the President and Exec in whatever way they need me to.

Lots of Cuth's Love,
MK xx



MEET THE OFFICERS

THE EXEC

Treasurer

Sam Bache
He/Him



fco@cuths.com

Hi, I'm Sam and I am your Treasurer this year! My job is to maintain the financial compliance of the charity and be the student face of the JCR's finances. I will oversee reclaims and do the invoices for our various Cuth's events! So, I'm basically responsible for the day-to-day finances of the JCR. I am also the chair of the Finance Committee, the members of which aid me in managing the JCR's finances and making financial decisions. Being a FiComm member is a great way of gaining some in-depth knowledge of the operations of the JCR, so if this sounds interesting to you keep an eye out for applications opening at the start of the academic year! Please feel free to reach out with any questions or concerns that may come up throughout the year!

Senior Welfare Officer

senior-welfare@cuths.com

Dan Mercer
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. 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. The role of Senior Welfare Officer is a managerial role, and thus chairs Welfare and Welfare Campaigns Committee (which if you're interested in, please do get in touch). As with all of the welfare officers I'll be holding weekly non advisory non judgmental listening services within my drop-ins to be there for any member of Cuth's that needs me, and hopefully you feel comfortable enough to drop by for a chat (if thats what you want). So hopefully my perspective allows me to understand and deliver what 'welfare needs as well as what you as the students need from welfare'!



MEET THE OFFICERS

THE EXEC

Communities Committee
Chair

communities-chair@cuths.com

Steph Lau
She/Her



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, especially as a fresher, is a hard enough adjustment, and being part of a marginalised group is hard enough. I am to make it just a little easier for you and to be another friendly face you can bring up any issues or problems with :)

development@cuths.com

Development Officer

Keely Brown
She/Her

The role of Development Officer covers a variety of things, but one especially exciting task is organising college families. Continuing a long tradition 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 so much more. I also will be organising events and resources to help you with all things careers and personal development, and working with our alumni network to spotlight tips and experiences of Cuth's graduates from our early beginnings to the class of 2023.



MEET THE OFFICERS

THE EXEC

Publicity Officer

publicity@cuths.com

Colette Zander
She/Her



Hi, I'm Colette and I am the publicity officer! This means that I'm in charge of upholding the website, creating instagram posts to help keep you updated on what's happening in cuth's, organising everything related to stash, so basically I am involved in everything! I'll be keeping you in the loop throughout the year on events, stash drops and deliveries, and what is going on each week in the JCR. During freshers week, I'll be letting you know the when and where and what of events.

su-rep@cuths.com

SU Rep

Luke Birch
He/Him

I am the SU rep so it is my job to tell you about what the SU is doing and to represent cuth's to the SU. I also represent livers out as part of this role and will be helping to give housing talks in Michaelmas Term (first term) to help you understand what it is like to live out in second year and your different options for housing. I also represent the JCR at SU Assembly - basically big meetings where issues that affect students at Durham are discussed and you can be involved in these discussions by becoming an SU committee member.



MEET THE OFFICERS

THE EXEC

PGM President

pg-rep@cuths.com

Sarah McAllister She/Her

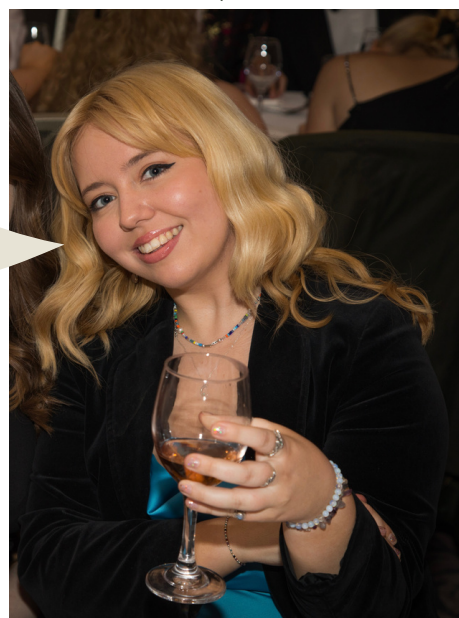


Hi, I'm Sarah, your Postgraduate and Mature Students' chair for the upcoming year. This means I represent Postgraduate and Mature students within the JCR, college and the wider university. My role involves coordinating events for the Postgrad and Mature Students community at Cuth's as well as representing these students to the JCR, college and the wider university. We host a range of events throughout the year from academic talks to our Murder Mystery formal. Unlike some of the colleges at Durham, Cuth's doesn't have a MCR and instead have an integrated JCR. Essentially all this means is that Postgrads and Mature Students are welcome to get involved in any of the societies or events that the JCR runs, and we also have a PGM Committee which organises events specially aimed at Postgrads and Mature Students. If you want to get involved, we will be opening applications for the committee soon after Freshers' Week. I have also been in Durham for my undergrad, MA and now my PhD so I do know quite a lot about Cuth's and Durham at this point, so if you see me about and have any questions, I'm always happy to answer or find someone who can.

events@cuths.com

Social Chair

Izzy Moorman She/Her



Hi I'm Izzy, a 3rd year History student and this years Social Chair. The Social Chair, with the help of my committee, is responsible for organising all the events throughout the year at Cuth's, and I'm so excited to help everyone have a really fun year. I play a big role in organising Freshers week by booking club nights, thinking of bar themes, and making sure the week has something fun for everyone. The rest of the year I am planning smaller events such as St Paddy's Day as well as bigger events such as The Feast of St Cuthbert and Cuth's Summer Ball. My aim this year is to make sure that everybody feels included and that our events are better than ever!!

MEET THE OFFICERS

THE EXEC

JCR Chair

chair@cuths.com

Abi Fisher
She/Her



You'll find me running JCR Meetings (at least 3 a term in either Brooks or Bailey Bar) where we discuss motions to create new societies, allocate budgets and make governance changes to the day-to-day running of the JCR. These meetings are a great place to meet other Cuth's students, and get involved in the running of the JCR. I also do various bits of admin, help our SRO to run elections and chair Governance Committee (which you can get involved in at meeting 1.1!)

librarian@cuths.com

Librarian

Alex Stokoe
He/Him

Hi I'm Alex, a third year History student and your librarian ! Cuth's Library is entirely student-run, and I act as the overseer of sorts for the library and its volunteers. Most of my work is behind-the-scenes management type stuff, but I make sure the library is open for students, that volunteers are doing their jobs and (importantly) keeping the biscuit stock replenished.



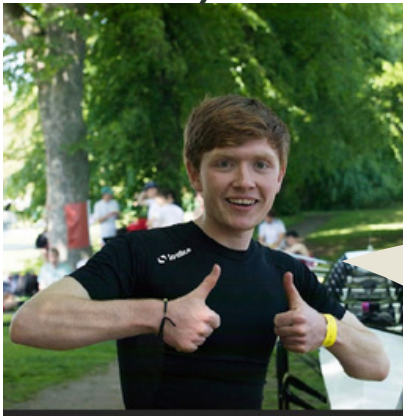
MEET THE OFFICERS

THE EXEC

Sports and Societies
Chair

sports-and-socs@cuths.com

Ben Walton
He/Him



Hi, I'm Ben, a third year Law student and your new Sports and Societies chair! My job is to facilitate student enrichment in the JCR, whether that is through helping approve new sports and societies, organising our sports leagues or helping to organise staple societal events throughout the year! The role crucially works closely with both other members of exec in helping publicise the wonderful achievements of our students as well as ensuring a strong welfare network to support while you represent our JCR! Most of my role is to help and support the 40 plus Sports and Societies that we pride ourselves in having at Cuth's, from Adele society to the Cheerleading club. I enter our teams into their leagues, help organise fixtures as well as organising our varsity against Hilde Bede. I also help support Cuth's charitable aims through our Sports and Socs at Cuth's by organising the naked calendar for charity. There are loads of Sports and Societies to join (I would definitely recommend getting involved in as many as you want) which you can sign up to at our freshers fair or find on the sports and socs poster and if you want to start a new one, let me know and I can help you out. You can also get involved with our Sports and Socs reporters and Team Cuth's manager, that all help me run our Sports and Socs social media page. Look out for them at JCR meetings if you are interested. So yeah, I'm involved in Sports and Socs.

THIS COULD BE YOU!

Outreach Chair

The Outreach Chair organises volunteering and fundraising opportunities for members within the wider community, aid in relevant fundraising efforts by JCR members and you Chair the Outreach Committee!!

Facilities Manager

The Facilities Manager maintains all JCR-operated facilities, ensuring that they are safely used by and easily accessible to all JCR members. They also manage the facilities-related work of the Tech Chair and Music Rep and provide basic coverage of their roles should they be unfilled and Organise Facilities Committee and propose improvements and spending to the committee.

If you're interested in running for either of these positions then email Abbie at sro@cuths.com! You'll need to submit a manifesto and a poster and prepare a hust for the next JCR meeting

MEET THE OFFICERS

St Cuthbert's JCR provides a non-judgemental, confidential listening and signposting service. The JCR Welfare Officers are students elected by the members of the JCR and here to provide peer support for you. Have a look at the welfare handbook for detailed guide on support offered and resources!

WELFARE

We are looking for a Welfare Campaigns Manager!!

Welfare is run by Dan!!



Louise Newberry She/Her - Female Welfare Officer

Hi everyone! I'm Louise, a second year English student and your Female Welfare Officer this year. When joining Durham the term 'Welfare' can seem pretty formal and daunting. However, we offer a safe, comfortable, and open space to talk about anything in drop-in sessions. No thought is ever silly; we've probably thought it ourselves! During Fresher's Week we will be around to offer you any support you need during this crazy transition, I myself know how chaotic this week is. Being involved with Welfare since first year, I hope you too can find a place in this tiny corner of Cuth's. I can't wait to meet you all and hopefully I can be a friendly face around college!

welfare-female@cuths.com

Will Gande He/Him - Male Welfare Officer

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. During freshers week, I'll be around (along with the other welfare officers) to ensure that you have the support available if you're feeling a bit run-down, want a chat or have any other issues. Throughout the year 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

Ella Coates She/Her - Welfare Officer

Hi, my name is Ella and I am the Welfare Officer in Cuth's this year! I am a second year MLAC student, studying French and Arabic. As part of the welfare team, I will be holding drop ins throughout the year that anyone can turn up to with any problem, or just for a chat. Our team is here to make sure that everyone feels supported in college. We have a fantastic sexual health supplies system where you can order whatever you need for free, and we provide period products in bathrooms. By campaigning and running consent workshops, we ensure that we are making positive change in Cuth's. I really want to make Cuth's the best it can be and that definitely starts by making sure all of our members are happy, which is what we're here to do!

welfare-officer@cuths.com



MEET THE OFFICERS

Communities Committee consists of representatives of various marginalised groups working together to create diverse and accessible events for students. The reps help to advocate for students and their wellbeing within Cuth's and the JCR through campaigns and events.

MARGINALISED GROUP REPS

Communities Committee is chaired by Steph



Lukie Jew She/They - LGBTQ+ Rep lgbt-rep@cuths.com

Hey, I'm Lukie the LGBTQ+ Rep and President of the LGBTQ+ Society and a 3rd year Physics Student. I run events and socials for queer students and allies and work with other student representatives to hold intersectional and accessible events. I get to run our social media, and hold drop-ins. How you can get involved - Message the Cuth's LGBTQ+ Instagram/Facebook, or email me with any questions or queries. Also Assistant LGBTQ+ Rep and Trans/non-binary rep will be ran soon so you can get involved !

wcs-rep@cuths.com James Bamford He/Him- WCS Rep

Hi! I'm James, a second year History student here at Cuth's and I represent Working Class Students across several committees as well as being a point of contact for all students whether you need financial help or just a chat! I am here to make information from the Durham Grant scheme, to housing, budgeting, the Bailey Wardrobe, and formals readily available, as well as providing a safe space where concerns can be confidently expressed and heard.



Ru Sanena She/Her - POC Rep poc-rep@cuths.com

Hi I'm Ru - I'm your POC rep this year!! I work with the JCR and college to help make Cuth's a more welcoming space for students of colour which does include students from religious minorities. My main priority is making sure that you feel welcome and heard and can settle in and make Cuth's your home. I can help with a range of things like supporting you through reporting issues or wanting to make changes within the JCR which I could look into with you and support. I also host drop-ins where you can come by and chat, externally process or just say hi! I will also be running the anti-racism workshop during freshers week and maybe some other events throughout the year so you'll be seeing a lot of me around college. I want to reassure you that I am 100% here for you and to make sure your transition into Cuth's is as smooth as it can be for you and that you grow to love it as much as I do. I also always want to hear your thoughts, comments, concerns and ideas so feel free to shoot me a message or email whenever



MEET THE OFFICERS

MARGINALISED GROUP REPS



Matilda Bates She/Her - SWD Rep

swd-rep@cuths.com

I represent all JCR members with disabilities - if you're ever having a problem related to a disability you can come and talk to me and we can work out what to do either by sending me a dm, an email or coming to my drop-ins. I'll be hosting an event during freshers and (hopefully) some socials over the year. The assistant representative role will also be running in the second JCR meeting of the year and is a great way to get involved. I can't wait to meet you all!

international@cuths.com

Harry Tang - International Rep

Hi I'm Harry, a second-year Business and Management student from Hong Kong and your International Rep. As your Int rep, I work with the college and JCR to make sure the voices of international students can be heard and they can enjoy the same uni experience as others. I chair the International Committee along with other committee members to host events for international students in Cuth's throughout the year, starting from international freshers week so do look out for updates at our Instagram page @cuthsinternational. If you want to get involved in helping other Cuth's international just like me, look out for recruitment of the Int Comm after freshers week, or even run in the JCR and be the assistant Int Rep. Our JCR needs an improvement of diversity and inclusivity more than ever! I also do drop-ins so that international students can come to me for advice or just a chat. Can't wait to meet you guys at Cuth's !!!



If you have any concerns prior to freshers week, please do not hesitate to email any one of our reps, and they'll be more than happy to address them :)

**The assistant roles for each of the marginalised group reps will be run in a JCR meeting!
Come along and run!**

MEET THE OFFICERS

GENERAL



Abbie Brindle She/Her - SRO

SRO is just a bit of a posh name for the person who runs the elections! Cuth's JCR has a wide range of different roles and ways for you to get involved. From Environment Representative, to working with Charities as Outreach Chair, to planning one of our Cuth's events (like Summer Ball manager!), the JCR has something for everyone. My job is to help you run for these positions, and make sure running is as easy and accessible as possible for everyone! If you're interested in getting involved, feel free to email me! I sit on GovComm, who meet to make sure everything is working smoothly in terms of elections and JCR meetings. :)

sro@cuths.com

Alfie Payton He/Him - Fashion Show President

Hi I'm Alfie, a 3rd year Law student and this years Charity Fashion Show president. The show is a huge annual fundraiser for a local charity, and fully put together by the students! Over the year I will organise fundraisers, marketing events, photoshoots and a huge show in Epiphany term to raise as much as possible. Throughout, the charities message and values will be at the forefront and a reminder of why we're working so hard. The show is produced by an exec and group of models, but is nothing to do with looks! Fashion show is about energy, confidence and a desire to help charity!



scsfs-president@cuths.com



Matilda Scott - Year Abroad and Placement Rep

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.

yearabroadandplacement@cuths.com

MEET THE OFFICERS

TRUSTEES



Cameron Frazer - Student Trustee
Vice-Chair of the Board of Trustees

If you want to learn more about how the JCR functions as a charity or what it is like being a Student Trustee then feel free to get in touch with me via email at cameron.frazer@cuths.com!

cameron.frazer@cuths.com

Jack Simmonds He/Him - Student Trustee
Chair of Nominations

I'm one of your student trustees, so my role looks at how vision and direction of the JCR, how we can stay charity compliant and long-term plans that benefits Cuth's students now and in the future. We're always looking for new ideas and input into how we can best benefit students so please feel free to get in touch with any ideas/feedback you have about the direction of the JCR!



jack.simmonds@cuths.com

Fun Fact: The board of trustees is made up of External and Internal Trustees, and currently all of our external trustees are Cuth's Alumni!



Life

at

cut this

CUTH'S CALENDAR

MICHAELMAS

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September is an easy month with only Fresher's Week in it and the Sports and Socs Fair on the 30th!

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
14	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Term begins on the 2nd of October!

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Michaelmas ball is usually on a Tuesday in November and last year cost around £60 for a dinner ticket and £30 for an ents ticket.
12 Days of Outreach will begin on the 27th of November and run for the last 12 days of term

DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Term ends on the 8th of December!

CUTH'S CALENDAR

EPIPHANY

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Term begins on the 8th of
January!

And Refreshers will happen in the
first few weeks of term

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Feast of St Cuthbert is usually on
a Saturday near the end of
February and last year the cost of
a dinner ticket was £47 and the
cost of an ents ticket was £29

MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Term ends on the 15th of March!

CUTH'S CALENDAR

EASTER

APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Term begins on the 22nd of April!

MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April and May can be stressful times with exams and summatives but we do have Eurovision watch party on the 7th of May in the Bailey Bar

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Around the first week of June we have Summer ball and last year cost £60 for a ticket. Then we have Cuth's Week, with lots of different events ending with Cuth's Day costing £23 for a standard ticket and £26 for a late stay last year.

Term ends on the 21st of June.

All prices are for JCR members, non JCR tickets will cost more!

LIFE AT CUTHS

SPORTS!

Cuth's has a wide range of sports teams, and they are all open to anyone of any ability! Even if you've never played the sport before, you are more than welcome. First year is the perfect time to try out a new sport and see what you enjoy. The Freshers fair during your freshers week is a perfect opportunity for you to see what sports Cuth's has to offer and ask any questions you may have! Alternatively, feel free to email any of the captains or Ben!



Badminton

Rosemary Parkin-
frkd72@durham.ac.uk

Basketball

Campbell Adenikinju-
bqvq38@durham.ac.uk

Boat Club

Hannah Schmalstich-
tdxl12@durham.ac.uk

Climbing

Cricket

Darts

Harvey Westwood-
ncmq25@durham.ac.uk

Football (Mens)

Dan Shaw-
wqhj25@durham.ac.uk

Football (Women's)

Helen Dooner-
vnrl45@durham.ac.uk

Futsal

David Strutt-
jdkx95@durham.ac.uk

Golf

Hockey

Montague Heseltine-
ccqm83@durham.ac.uk

Mixed Lacrosse

Willa Rowan Hamilton-
hgjh27@durham.ac.uk
Freddie Barber-
zwjv25@durham.ac.uk

Netball

Isabelle Wilson-
wmhb76@durham.ac.uk

Pool

Sam Webb-
qtts84@durham.ac.uk

Rounders

Dec Thorpe-
declan.thorpe@durham.ac.uk
Abi Fisher-
hmdw74@durham.ac.uk

Rugby (Men's)

Elliot Long-
dzjl75@durham.ac.uk

Rugby (Women's)

Isobel Levin-
rqfj52@durham.ac.uk

Running

Flora Mitchel-
dfzd42@durham.ac.uk

Squash

Theo Vasey-
kfmf25@durham.ac.uk

Tennis

Ultimate Frisbee

Lucia Dunn-Flores-
vjvb97@durham.ac.uk

Volleyball

Amelia Lumley-
bvrv55@durham.ac.uk

Wildcats

Olivia Waddingham-
mxpn93@durham.ac.uk
Amy Burns-
fks41@durham.ac.uk

LIFE AT CUTHS



SOCIETIES!

On top of our wide-range of sports teams, we have a range of different societies! Each society organises their own meetings, and most organise their own social events! Whether you fancy making your own ale with CRACAS, or want get your hands muddy with gardening society, there's certainly a society for you!

12 South Theatre

Hannah Sheppard
jbkp96@durham.ac.uk
Indie Spafford
cxnw75@durham.ac.uk

Art

Bananagram

Big Band

MK Aaroey-
zzdf18@durham.ac.uk

Choir

CHC Orchestra

Christian Union

Crochet

Louise Newberry
gmdm35@durham.ac.uk

CRACAS

Ben Thomas
cracas@cuths.com

Feminist Society

Samantha O'Connor-
lfbp75@durham.ac.uk

Gardening

Pytar Thacker-
wnzb56@durham.ac.uk

LGBTQ+ Society

Lukie Jew-
lskc24@durham.ac.uk

Music Appreciation Society

Yoga



MAKING A NEW SOCIETY!

Passionate about something that we don't yet have a society for?? Then make it happen! You'll need 15 people who are interested, and then formally bring it to the next JCR meeting as a motion! Don't be afraid to send Ben an email if you're not sure how to do this, he'll be more than happy to help. Otherwise, there's guidance on how to write a motion later in the handbook! In the last few years, we introduced Crochet society, Music Appreciation Society and Bananagram Society!

LIFE AT CUTHS

THE JCR!

COMMITTEES

The way the JCR operates is through a series of committees, each with a focus on a specific area of the JCR. You can usually get involved in a committee through running for a role at a JCR meeting, or through an application process! Keep your eyes peeled at the Fresher's fair and post Fresher's week to find out how to get involved! Below are our committees- feel free to email if you have any questions or want to get involved! Contact information for each officer will be at the end of the handbook, so you can get in touch!

Executive Committee

The Executive Committee is made up of our exec, who are responsible for the day to day running of the JCR. This committee is made up of the President, FCO, Vice President, Outreach Chair, Senior Welfare Officer, Facilities Manager, Developments Officer, Publicity Officer, SU Rep, JCR Chair, Social Chair, Postgraduate and Mature Students President, Librarian and the Sports and Socs Chair.

Finance Committee

Finance Committee is chaired by our lovely treasurer, Sam! In these meetings, FiComm approve any purchases the JCR makes, including the budgets for all sports and societies. If finance is your thing, look out for applications in first term! There are four more places available and one of them could be yours!

Outreach Committee

Outreach Committee's main responsibility is to run volunteering and charity projects that we run here at Cuth's! If you're interested in volunteering and charity work, and want to help support our outreach committee, forms to get involved will be out soon! We have a variety of different roles on the committee, such as publicity officer, events manager and projects manager! Wherever your skills lie, they'll be a role available for you!

Facilities Committee

Our facilities manager chairs facilities committee! This committee is responsible for looking after all our JCR owned equipment, for example, our well-loved and enjoyed silent disco! Don't be afraid to get in contact if you fancy getting involved in maintaining our facilities!

Governance Committee

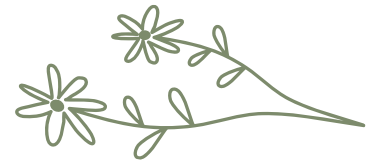
Governance Committee (known better as Govcomm) is basically the committee that discusses the inner politics of the JCR. In this meeting, we discuss any submitted motions or election materials and ensure they are in line with the standing orders and Cuth's charitable aims. You can get involved by coming to the first JCR meeting of the year and running for either Stool or JRO! No preparation needed. These positions sit on Govcomm and help the SRO and Chair with managing and overseeing Cuth's governance.



THE JCR!

LIFE AT CUTHS

COMMITTEES



Communities Committee

All of our minority reps and assisant reps sit on Communities Committee, and put together projects that work to make Cuth's as inclusive as it can be. This is usually though events, or through education the JCR on minority issues. Through their campaigns and events, communities comm help create a community for those in minority groups.



Social Committee

Joining Social Comm in Cuth's is a great way to get involved in the college social life, meet people in all years of college, and to play an active role in shaping your college events. Social Committee helps organise balls, in-college events and way more- playing a crucial part in college life. Social Comm is chaired by Izzy who's more than happy to answer any questions about getting involved :)



Library Committee

Our Library Committee is responsible for the upkeep of the library, and consists of our Librarian, Alex, our stock managers, and our library volunteers. Have a look at the library section of this handbook for more information on how to become a library volunteer, and for information about applications to become a stock manager! (A paid opportunity!)



Environment Committee

Passionate about the environment and working towards making Cuth's more sustainable? Then environment committee is the committee for you! It's chaired by the Environment Chair, and works towards spreading awareness of environmental issues and setting up campaigns.

Student Union Committee

Our student Union committee makes sure that the views of JCR students are represented to the Students' Union. SU Comm is crucial in ensuring the Cuth's students' voices are heard within the wider university. Speak to our SU Rep, Luke, for more information on how to get involved with the committee ! Look out early first term to apply!



LIFE AT CUTHS

THE JCR!

COMMITTEES

Music Committee

Our Music Committee has the responsibility of overseeing all of our music facilities. On top of this, they organise and promote any music events and are in charge of all music societies! This committee is chaired by our Music Rep, so feel free to drop them an email if you're interested in getting involved in MusicComm!

Welfare Committee

Our welfare team and our marginalised students' reps sit on Welfare Committee and work together to run Cuth's welfare! This involves organising drop in hours, providing sexual health supplies, alongside other responsibilities. There's much more on Cuth's Welfare later in the handbook :)

Welfare Campaigns Committee

Welfare Campaigns raise awareness for mental and sexual health issues. They do this by organising and promoting events, sharing information online, and more. Welfare Committee sits on it, but the assistant minority reps do too! There are a variety of assistant representative roles that you can run for in first term! So keep your eyes peeled for when the JCR meetings are! There are 20 other places on this committee, so if welfare campaigns is something you'd be interested in, get in touch with Dan!

Year Out Committee

As freshers, this committee probably won't interest you yet! However, it's worth knowing about if you're going on a year abroad or doing a placement year during your studies. This committee is really important in that it ensures Cuth's students can stay in touch with college during their year outs, which has really benefitted a lot of people!

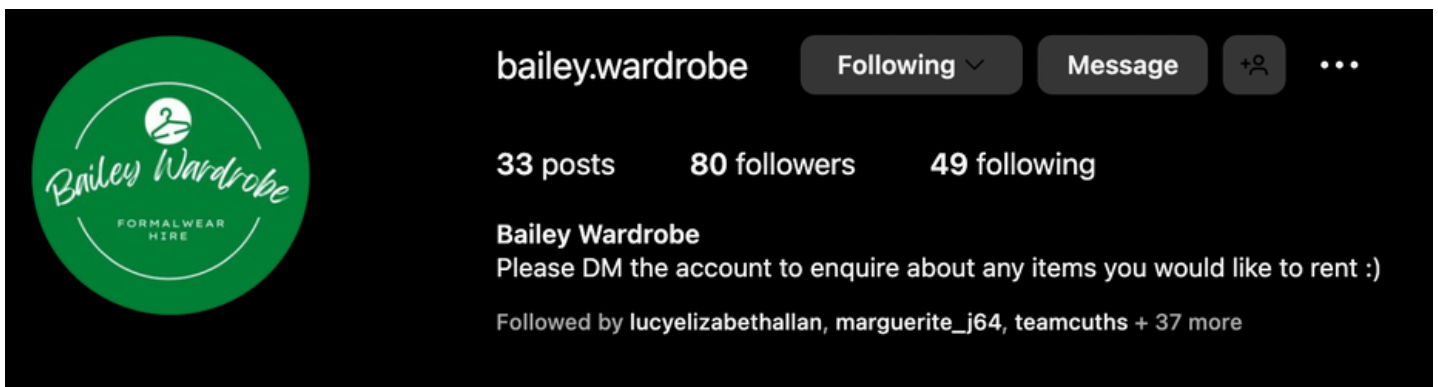


Durham Grant Discounts

At the beginning of the year, you should receive an email if you receive the Durham Grant. The Durham grant is a scheme that provides students with extra financial support if their household income is under a certain amount. You don't need to apply to this scheme, you will automatically receive an email if you're eligible! The Durham grant also supports you in paying for events, as it allows you a 33% discount on events. Durham has many other schemes available that you can apply for, for example the participation fund which was mentioned earlier,



The Bailey wardrobe is a cross-JCR initiative which aims to provide members of Cuth's, John's and Hatfield with sustainable and affordable clothing options for formals and balls. With the frequency of formal events being so high in Durham, buying clothing for every event is not only extremely expensive but also vastly damaging on the Environment. Any Cuth's member is able to rent from our selection of dresses and suits for any occasion. We also have shirts, bowties and ties available for rental. The collection is currently kept in House 8 study room. If you are interested in utilising the scheme or donating, please contact Molly at molly.j.levene@durham.ac.uk. There is an Instagram account, [@bailey.wardrobe](https://www.instagram.com/bailey.wardrobe), with all of the stock on for people to browse our selection and rent from an online platform.





COLLEGE

WHO'S WHO?

Tammi is the Principal of Cuth's meaning that she oversees all College staff and activities, as well as promoting Cuth's throughout the university and beyond, and strategically developing College. Her office is upstairs in House 12 and you'll often see her at formals and other college events. Tammi divides her time between Cuth's and the Psychology department, where she specialises in forensic psychology.

TAMMI WALKER SHE/HER - PRINCIPAL



tammi.walker@durham.ac.uk



LYDIA HARRIS SHE/HER - ASSISTANT PRINCIPAL



cuthberts.apps@durham.ac.uk



Lydia's job is providing all levels of student support to Cuth's students. The student support services can help with deadline extensions, adverse circumstances, departmental issues, provide support or signposting for non-academic issues, and offer a dedicated contact for all your welfare needs. Whether you need a concession for personal reasons, are struggling to meet your academic targets, or you just feel overwhelmed and need a friendly, non-judgemental ear, Lydia and the Student Support team are here for you!

Jon's role has strong strategic and developmental emphases, aimed at furthering the college and wider university strategies, especially in relation to the personal development of students and the future development of the college community. The Vice-Principal helps to ensure that St Cuthbert's Society offers a supportive and stimulating environment for academic study, cultural and developmental activities and social interaction and engages students, staff, SCR members, visitors and alumni.



JON WARREN HE/HIM - VICE PRINCIPAL



cuthberts.vp@durham.ac.uk

COLLEGE



College Events

College organizes many events throughout the year that are both intellectually stimulating and enjoyable. These include lectures, exhibitions, recitals, and debates. College also invites interesting guests to Formals and other events.

The SCR



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As President of the SCR, I am keen to expand the range of our activities and especially to promote interactions with members of the JCR. Please look out for invitations to SCR events and feel free to contact me if you have ideas for joint projects. I look forward to meeting many of you over the coming year.

Mark Miller joined Durham University and St Cuthbert's Society in 2013. He is an Associate Professor of Chemistry and works on computer simulation in the interdisciplinary field of soft condensed matter. Mark's non-academic interests include keyboard and choral music, hiking, photography, and food & wine.



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WIDER UNI



The Student's Union

First set up in 1899, Durham Students' Union supports and represents all students at the university (you're automatically signed up when you enrol). It runs over 250 student groups, holds countless events, and it runs a bar and Café in Dunelm House. The SU is led by a team of 5 sabbatical officers. They liaise with the university, colleges, the local community, and the National Union of Students (NUS).



Additionally, they also organise the course rep system, which represents you on matters academic. For more information, you can get in touch with reception by emailing info@durham-su.com

YOUR OFFICERS



Dan Lonsdale
President



Skye Carroll
Opportunities



Deborah Acheampong
Welfare and Liberation



Freddy Fossey-Warren
PG Academic



William Brown
UG Academic

Go to durhamsu.com to find out all about what the SU does!

WIDER UNI

SU Associations

The SU runs eight associations, each provide a space where self-defining students can come together. Here, they can discuss the issues affecting them, and campaign to improve the Durham student experience. Each association is led by a president and an executive committee who are all Durham students. They are elected into their positions but fellow self-defining students, so don't be afraid to run for a position your passionate about while you're here! They put on events, plan campaigns and provide support for their members. If any of this sounds interesting, you can join for free at <https://www.durhamsu.com/associations>



WIDER UNI

Student Groups



DUCK

Durham University Charities Kommittee is the fundraising arm of the SU. They support students to raise hundreds of thousands of pounds each year for over 200 charities, as well as organising a huge range of events and expeditions around the world.



DU Volunteering & Outreach

DUVSO is a student-led, community-focused volunteering organisation which responds to the needs of the local communities in Durham, and gives opportunities for the students of the university. It's a great way to gain experience and meet people



Purple Radio

Purple Radio is the Durham Student Radio Service, and has something for everyone, from in-depth discussions with high-profile guests, to environmental documentaries. If you'd like to get involved in radio, be it in tech, production, on air or much more, they'd love to have you on board.



Durham Student Theatre

DST is an umbrella organisation for the ~25 theatre companies in Durham. It's a union for about 700 members who love the performing arts, and signing up for it will make sure you are informed of auditions and off stage opportunities throughout your university career.



Palatinalps

Palatinalps is the UK's largest single-university snowsports event. Every year, over 1,500 Durham Students make the pilgrimage to France for a week of Alpine Antics. While tickets can be quite dear, people do seem to really enjoy it, both on and off the slopes.



WIDER UNI

Student Groups

Team Durham

Team Durham runs both college sport competitions and university sport. Some people will already have been contacted about pre-season training with a university team, but there will hopefully also be try-outs in Fresh-ers' Week, which you shouldn't be afraid to get involved with.



* ★ *

SU Societies

While Cuth's has loads of Societies and you can find new ones quite easily, the SU has over 250 societies, so you can find a student group for almost any interest, from Catholicism to Calisthenic



* ★ *

Music Durham

Music Durham is an umbrella organisation for university music societies. They have a weekly newsletter which advertises auditions, concerts, and workshops. They run loads of auditioned and non-auditioned ensembles across the classical and jazz spectrums, so get involved!



* ★ *

Palatinate

This is the official student newspaper and it's always looking for new writers, editors and online content managers. Keep an eye out for vacancies and also the free copies, which are handed out in our JCRs and all around Durham



CONTACTS

Student Contacts

Each JCR Officer has an email address, listed below. If you have any questions or queries about anything, at any point of the year, feel free to email the relevant JCR Officer, and they'll be more than happy to help. If you're not sure who to email, you can ask Ben (the President) or MK (The Vice-President), and they'll help you out!

President

Ben Thomas - He/Him
president@cuths.com

Treasurer

Sam Bache - He/Him
fco@cuths.com

Vice-President

MK Aaroey - They/Them
vice-president@cuths.com

Senior Welfare Officer

Dan Mercer - He/Him
senior-welfare@cuths.com

Social Chair

Izzy Moorman - She/Her
events@cuths.com

Sports and Socs Chair

Ben Walton - He/Him
sports-and-socs@cuths.com

Outreach Chair

outreach@cuths.com

Publicity Officer

Colette Zander - She/Her
publicity@cuths.com

SU Officer

Luke Birch - He/Him
su-officer@cuths.com

Development Officer

Keely Brown - She/Her
development@cuths.com

Librarian

Alex Stokoe - He/Him
librarian@cuths.com

Facilities Manager

facilities@cuths.com

PGM President

Sarah McAllister - She/Her
pg-rep@cuths.com

JCR Chair

Abi Fisher - She/Her
chair@cuths.com

Communities Chair

Steph Lau - She/Her
communities-chair@cuths.com

Head Frep

Andy Charteris
headfrep@cuths.com

SRO

Abbie Brindle - She/Her
sro@cuths.com

Student Trustee

Jack Simmonds - He/Him
samuel.bache@cuths.com

Student Trustee

Cameron Frazer - He/Him
cameron.frazer@cuths.com

Male Welfare Officer

Will Gande - He/Him
male-welfare@cuths.com

Female Welfare Officer

Louise Newberry - She/Her
female-welfare@cuths.com

Welfare Officer

Ella Coates - She/Her
welfare-officer@cuths.com

LGBTQ+ Rep

Lukie Jew - She/They
lgbt-rep@cuths.com

Working Class Rep

James Bamford - He/Him
wcs-rep@cuths.com

POC Rep

Ru Sanena - She/Her
poc-rep@cuths.com

International Students' Rep

Harry Tang
international@cuths.com

Local Students' Rep

local.students.rep@cuths.com

SwD Rep

Matilda Bates - She/Her
swd-rep@cuths.com

SU President

Joe McGarry - he/him
su.president@dur.ac.uk

CONTACTS

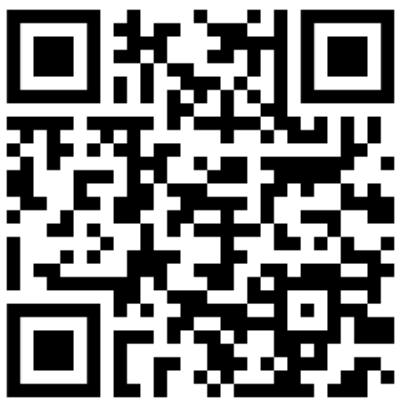
Social Media

INSTAGRAM

- @cuthsjcr - updates from across the JCR!*
- @cuthsbar - updates from cuths bar*
- @cuthslibrary - library updates, including book club!*
- @cuths.pres - updates from our President Ben*
- @cuths_welfare - information about welfare and campaigns*
- @cuths_jcr_elections - information on upcoming elections*
- @cuths.localstudents - updates from our local student's rep!*
- @cuths.poc - updates from our POC rep, Ru!*
- @cuths.antiracism - updates from the anti-racism society!*
- @lgbtq.cuths - updates from our LGBTQ+ Rep, Lukie*
- @cuthspg - info for and about postgraduates!*
- @cuthsinternational - updates from our international rep Harry!*
- @cuthsswd - updates from Matilda, our SwD rep!*
- @working_class_cuths - updates from our working class rep, James*
- @cuthsgoesabroad -info for Cuth's student's on placement/years abroad!*
- @cuthsfashionshow2023 - updates on one of cuth's biggest events, cuth's fashion show*
- @cuthsenvironment- information on environment campaigns at cuth's*



Use the QR code or the link to access the facebook pages for all the sport and societies up and running next year!



[https://linktr.ee/cuths_sports_soc?](https://linktr.ee/cuths_sports_soc?fbclid=IwAR1RmdR3X5YwCEBn5cWeVWDeZXILVb9ZWJugfg9GNICa3CVyiXVa0sGC8F)
fbclid=IwAR1RmdR3X5YwCEBn5cWeVWDe
ZXILVb9ZWJugfg9GNICa3CVyiXVa0sGC8F

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FACEBOOK

- Cuth's JCR
- Cuth's Elections
- Team Cuth's
- Cuth's Outreach Committee
- Cuth's JCR Welfare
- Cuth's Bar
- Cuth's Library
- St Cuthbert Society's Fashion Show
- Cuth's Music
- St Cuthbert's Society - Durham University
- Cuth's Lgbtq+
- Cuth's Anti-Racism Society

CONTACTS

Staff Contacts

Our brilliant college staff are here to help if you need, so if you have any problems, or have been directed to someone and need to contact them, you'll find their emails below!

College Principal

Tammi Walker
tammi.walker@dur.ac.uk

Vice Principal

Jon Warren
cuthberts.vp@cdur.ac.uk

24/7 RSA

0191 334 3470

Bailey Reception

Renato Nunes Gomes Silva
Joanne Franklin
0191 334 3400

Assistant Principal (Student Support)

Lydia Harris
cuthberts.studentsupport@dur.ac.uk

SCR President

Mark Miller
cuthberts.scr-president@dur.ac.uk

College Operations Manager

Sue Cole
s.m.cole@dur.ac.uk

Brooks Reception

Kath Randell
0191 334 6596



Other Useful Contacts

Students' Union Information

info@durhamsu.com

University Counselling Service

counsel.service@dur.ac.uk

Disability Support

disability.support@dur.ac.uk

Students' Union Advice Service

dsu.advice@dur.ac.uk

IT Service Desk

itservicedesk@dur.ac.uk

Nightline

0191 334 6444

