



FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK
FRESHERS' HANDBOOK

2024

WHAT IS THIS HANDBOOK FOR?



**HI I'M CALEB ROSS (he/they),
YOUR JCR VICE PRESIDENT**

It's a pleasure to be the one to introduce you to Cuth's!

Whether you've spent hours researching Cuth's or you haven't yet heard of a JCR, this handbook hopefully will give you a good introduction to the **events, sports, societies, facilities and committees** that we have to offer at Cuth's as well as what to expect during Freshers' Week.

As a second-year English Lit student from Northern Ireland I came to Durham last year with no idea what to expect and discovered a **lovely and inclusive environment**. Cuth's opened up routes for me I didn't know were possible. From my humble House 13 roots I've become vice-president of the JCR this year and put together this handbook (with the help of our wonderful JCR officers). Last year, I was on Welfare Campaigns and Assistant Students with Disabilities Rep and gained a deep love for Cuth's.

But if I haven't addressed a topic you're dying to know about or you have any questions at all, drop me an email vice-president@cuths.com or DM the @cuthsjcr instagram account!

This isn't limited to just your freshers' experience but throughout the entirety of next year. We are here for you!

COMING UP...



1. Coming into Freshers' week

a presidential welcome, a timetable of events, move-ins, advice from our freps

2. What actually is a JCR?

a diagram to attempt to demonstrate, the exec, welfare, communities committee & how to get involved!

3. Life at Cuth's

accommodation, the library, the gyms and the music room, the bars & sports and societies

4. Tradition and Events

formals, traditionally untraditional, fashion show, michaelmas and summer ball, feast and cuth's day & support

5. Who are College?

college personnel, roles & responsibilities

6. What else can I do at Durham?

the SU, other colleges, local community

7. Good Luck and Contacts

A PRESIDENTIAL WELCOME

G'day everyone, lovely to meet y'all I'm Dan Mercer. I've been elected to be your President of the Society for the next year. Just this past July I graduated with a BSc in Mathematics and Philosophy, I started my time in Cuth's all the way back in 2021 fresh out of COVID and now that my degree is all done it's time to begin my year in office as the JCR's President of the Society.

As President, I am the one and only employee of Cuth's JCR - in true Cuth's fashion the JCR is an independent Charity 'for students, by students' separate from our College and Durham University - we exist as an organisation to provide the wider student experience here within Cuth's for the duration of your degree. As well as, to make your experience at Cuth's (and Durham) the best it can be. My job as President isn't to BE the JCR, rather it's to be responsible for the student volunteers which are the beating heart of the charity. The JCR is made up of loads of positions which manage the different sections of the student experience, genuinely no matter your interests there is something here within the JCR for you, and if we don't offer something you're passionate about we offer the space for you to start it up.



When I joined Cuth's as a Northern, first-generation, working-class student I was inspired by our history. Cuth's was founded in 1888, uniquely, by students: seeking an alternative to Collegiate life, who didn't want to be restrained by the rigid University structures of the time. Although we've changed a lot since then we've retained our character as an independent, forward-thinking and progressive organisation, hence why we've retained our original title of being a 'Society'. As a recent Graduate and employee of the JCR, it is my full-time job to ensure that the JCR runs smoothly and that you are represented to College and the University. Day-to-day, the job of the President can be broken down into three main areas:

I work with our Executive Committee, a team of elected student officers working alongside their degree, to make sure that all our activities run well. This includes sports & societies, other JCR committees such as the Fashion Show and Welfare Committee, all of our yearly events such as Summer Ball, Cuth's Day, and the Feast of St Cuthbert, volunteering and campaigning opportunities, EDI initiatives through our Communities Committee, and the putting together of Freshers' Week itself!

I work with College as your representative to provide alternative opportunities and more specific support to students from a University perspective. Our main areas of collaboration include running our fantastic formals (which range in themes like Movember and St Patrick's Day), facilities like the gyms and music rooms, and our in-college events like Cuth's Day and Oktoberfest.

FROM DAN MERCER



I represent your views to Durham University. If you have thoughts about how this University is run - like myself - come and talk to me about it! Here at Cuth's we have a reputation for being activists, if there's something people are talking about in Durham, Cuth's students will always be there speaking our opinion. That's another thing I love about the community we foster here at Cuth's, but one of my main aims as President of the Society is to make sure our activism is heard. So, in my effort to ensure our society of activists are productive complainers please do feel free to tell me the issues that you face as a student in Durham.

So that everything for now on my role as President, it's now time to be a little more self-centred and give you more of an introduction to myself. Back in 2021 as we were finally getting to see the back end of the Pandemic, I arrived here in Cuth's and moved into Brooks house to begin my time here in Durham. Soon after Freshers week and in the first week of term I applied to be a part of the Welfare Campaigns Team, one of the low-commitment roles we have. But soon after that, I attended my first ever JCR meeting and by the end of the meeting I found myself running to be the Working Class Students Representative. As the year went on, I became Chair of Communities Committee, the main committee the Working Class Students Rep sits on. Allowing us to do a lot of work with wider areas of the JCR such as Events, where I was able to work with the Social Chair to extend our 'Event Accessibility Fund' to make our big events more accessible to low-income students.

Another area I worked a lot within that year was Welfare, leading me to go on to being the JCR's Male Welfare Officer in my second year. Then in my Third year I sat on the Executive Committee as the Senior Welfare Officer, holding the managerial role for the Welfare Committee as well as holding 4 hours of confidential, non-judgemental, and non-advisory drop-ins each week which serve as a peer-to-peer active listening and signposting service. I was also involved and modelled in St Cuthbert's Society Charity Fashion Show in my last two years, a huge event we run in Epiphany term where members of Cuth's hit the runway for a charity decided on by students.



FROM DAN MERCER



One of the perks of the job is that I get to live in the President's Flat in House 8 - If you see me around college please do feel free to say hi, whether you've got any questions, or ideas to share, or just want a chat.

Or feel free to email me at president@cuths.com if you can't seem to catch me in person.

My advice for incoming Freshers is that University life doesn't stop after Freshers' Week. The JCR works year-round to deliver fantastic events, opportunities, sports and societies to you; and Freshers' Week is just another one of the things we provide. Speaking from experience, Freshers' Week in my first year was a fantastic opportunity to meet new people, try new things and spend a lot of time hungover. But the fun truly does not stop there, you have 30 weeks of term time to get involved with anything you want to and here in Cuth's we pride ourselves on being a friendly and welcoming place. So, whenever you want to throw yourself into something, you absolutely can. Comfort at University is everything, and that's what we want to provide you while you're completing your degree. But it's the passion you gain by getting involved, which makes you a member of the Cuth's community even when you leave us. So, you might as well get involved.

Meeting the next generation of Cuth's students is truly one of the most exciting aspects of being the President of the Society. So, I can't wait to meet you all during Freshers' Week, we've got a fantastic week planned. Make the most of it - you'll only get out what you put in.

DAN MERCER, PRESIDENT OF THE SOCIETY



A TIMETABLE OF EVENTS

FRESHERS' WEEK TIMETABLE 2024



INSTAGRAM: @CUTHSJCR
FACEBOOK: OFFICIAL ST CUTHBERTS
SOCIETY FRESHERS 2024-25

SUNDAY 29TH

9-6PM- MOVE INS
7.30PM- BLEED GREEN @
BAILEY BAR
7.30PM- TINY DESK OPEN
MIC @ BROOKS BAR
10.30PM- FOWLERS (CLUB)

MONDAY 30TH

9-10AM- CALMAN TALK
7.30PM- SOUND OF THE
UNDERGROUND @ BAILEY
BAR
7.30PM- BERTIE'S BINGO @
BROOKS BAR
10.30PM- BABYLON (CLUB)

TUESDAY 1ST

2-5PM- ANIMALS ABOUT
TOWN
7.30PM- CUTH'S GOES WILD
@ BAILEY BAR
7.30PM- PAINT & SIP @
BROOKS BAR
10.30PM- JIMMY'S (CLUB)

WEDNESDAY 2ND

1-4PM- SPORTS DAY @ THE
RACECOURSE
7.30PM- SPORTS NIGHT @
BROOKS BAR
10.30PM- LOFT (CLUB)

THURSDAY 3RD

9AM- MATRICULATION AND
PICTURES
7.30PM- PUB QUIZ @ BAILEY
BAR & DINING HALL
7.30PM- MOVIE NIGHT @
BROOKS BAR
10.30PM- JIMMY'S (CLUB)

FRIDAY 4TH

7.30PM- TGIF (THANK GOD
IT'S FRESHERS) @ BAILEY
BAR

SATURDAY 5TH

2-4PM- CUTH'S SPORTS &
SOCIETIES FAIR @ THE
BAILEY
7.30PM- COLLEGE
'PARENTS' EVENING @ THE
BAILEY

SUNDAY 6TH

7.30PM- FIRST JCR MEETING
OF TERM @ THE DINING
HALL

COMMUNITIES EVENTS TIMETABLE 2024



INSTAGRAM: @CUTHSJCR
FACEBOOK: OFFICIAL ST CUTHBERTS
SOCIETY FRESHERS 2024-25

MONDAY 30TH

11AM- MEET WITH RALFS,
OUR WORKING CLASS REP
@BROOKS
2PM- MEET WITH HARRY,
OUR INTERNATIONAL REP
@BROOKS

TUESDAY 1ST

11AM- MEET WITH MARY,
OUR LOCAL STUDENTS REP
@BROOKS
2PM- MEET WITH CHARLI,
OUR STUDENTS WITH
DISABILITIES REP @BROOKS

WEDNESDAY 2ND

2PM- COME ALONG TO
SARAH'S MATURE
STUDENTS' EVENT
@BROOKS

THURSDAY 3RD

1PM- PAINT WITH SARA,
OUR LGBTQ+ REP @
CUTH'S LIBRARY

THE COMMUNITIES COMMITTEE ARE DEDICATED TO
REPRESENTING AND SUPPORTING MARGINALISED GROUPS
BUT THAT DOESN'T MEAN THESE EVENTS AREN'T OPEN TO
EVERYONE!!

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO
CONTACT ANY OF THE REPS THEIR CONTACT INFORMATION
IS AT THE END OF THE HANDBOOK OR TAGGED ABOVE.

MOVE-INS

LEAD UP TO MOVE IN DAY

College will be in touch by email to let you know all the relevant accommodation information as well as your move-in date! Make sure to let college know if you need to move-in early due to being an international student or for disability access reasons.

Make sure to have formal wear ready as well for matriculation and the freshers' formals! (For more information on formals check out the events section!)



SHE
HER



MATILDA BATES- HEAD FREP
head-frep@cuths.com

Hey! I'm Matilda (she/her), this is my third year at Cuth's and I am Head Frep this year! This means that I'm spending my summer working with other JCR officers to make sure everything runs smoothly in Freshers' Week (fingers crossed). Afterwards, I'll be taking the lead on open days. I'm super excited to work with this year's officers to introduce to the next generation of Cuth's and everything it has to offer. Feel free to get in touch via email about anything at all!

WHAT IS A FREP?

"Freps" or Fresher Representatives are volunteers who have already experienced the joys of Freshers' Week and have chosen to come back and help.

When you move-in one of them will greet you and help you with your bags as well as take you to the carousel where you will receive your keys, a physical copy of this handbook and freshers' stash (Cuth's branded paraphernalia).

Freps are here for you! To guarantee you have a great and safe experience during Freshers' Week.

The freps will be in the bars each night during Freshers' Week and will be running the events!!



MOVE-INS



Coming to Durham is a new experience and it's our job as freps to make sure the transition is as easy as possible so be sure to reach out about anything. There are no silly questions.

Take a look at the Lit Night Time Routes map which is a super useful way of getting an idea of how Durham is laid out and routes around at night. During Freshers' Week however there will always be freps outside the club to take you home if need be!

Durham has developed its own language between students and sometimes conversations may be a little confusing. Below I've provided a brief and by no means exhaustive 'Durham dictionary' which may come in useful.

DURHAM DICTIONARY

Billy B- Bill Bryson library, a popular study location as well as where you'll borrow most of your books.

Big Tesco- Located in Gilesgate, Big Tesco is often just a rumor for first year students.

BNOC- A student who is regarded as a 'Big Name on Campus.'

Cardiac Hill- Between the science site and Mountjoy. If you're unsure whether or not you are on cardiac hill it's safe to assume you are not.

Durfess- A popular anonymous confessions page on Facebook. See also Tindur.

Hill & Bailey- The two classifications of colleges and a point of contention as to who has it better.

Hust- A short speech given when running for a role in a sport, society or the JCR.

Matriculation- Your formal acceptance into the university. Held in the cathedral.

Michaelmas, Epiphany and Easter- The three academic terms in that order.

Stash- Branded college or university paraphernalia. The puffer jacket is exceptionally popular choice and by December unavoidable.



ADVICE FROM OUR FREPS

and myself



George



Fran (they/them)



TOM (HE/HIM)



Caleb (he/they)



James (he/him)



Lauren (she/her)



Holly (she/her)

What should I bring to Durham?

Comfort items/hobbies/interests - somebody in Durham will relate to you (and if not, you get to introduce them to something new)

a shot glass! free pouring is a dangerous game

so many teabags. a cup of tea and a debrief is the singular best way to befriend anyone

a mattress topper and extension cords!

Black-Tie suit / Formal attire, don't end up like my mate with miss-matched suit blazer and trouser combination with a bright red bow tie.

A WARM COAT / SOMETHING FOR WHEN YOU MISS HOME

antihistamines/paracetamol that you trust ☠ coltalin my beloved...



ADVICE FROM OUR FREPS

What **shouldn't** I bring to Durham?

ALL of your books

dish soap - I lived in a flat of 13 and we had 13 dish soaps for 2 sinks lol

Toilet Roll! I mean depends how much time you spend on the toilet I guess, but the amazing cleaning team of Cuth's will supply you with toilet paper.



loads of stationery. i brought tons and didn't use any of it and just used my laptop

shorts/any form of summer clothing, silly me for thinking i might've needed anything less than sweatpants

EVERY PAIR OF SHOES YOU OWN

More than two formal outfits (unless you already own them of course, just don't spend more than you need to)

Best Durham Spots

babylon bar & kitchen bathroom on a friday night ♥

vennels café

In the absence of Klute (our hearts are still broken) Jimmy Allen's is a staple of Durham culture and however much you hate it you'll always return. Alternatively, the view from observatory hill is pretty nice.

LEONARD'S ON FOWLER'S

YARD FOR BRUNCH

Observatory hill!!



there is so much green space in and around durham! wharton park, observatory hill & the racecourse to name a few. so worth visiting if you need some time to clear your head and get some fresh air x

Durham Old Walled garden!

Last words of advice

The best way to find out what your stomach lining looks like, is to swim down the Durham river

freshers is amazing but it doesn't define how your year will go so don't put too much pressure on yourself!

HAVE FUN AND BE CONSIDERATE OF OTHER PEOPLE :)

We have the best college bar in Durham - use it (wisely)!!

chill! You do not need to get involved in everything in first term - you have time to find your feet and spread it out. It'll all still be there come summer term!

don't get the flu before your summatives and always ask for a loyalty card wherever you buy coffee :)

please see the end of the handbook



WHAT IS A JCR?

In a literal sense a JCR is a Junior Common Room. A room located on 12 South Bailey for students to use but when we say JCR we're referring to a student-ran charity with over 100 volunteers who put together £30,000 events, manage all college sport, run student welfare and so so so much more.

The common theme behind it all is a love for Cuth's and a desire to create a welcoming, inclusive and fun society. So far, so good.

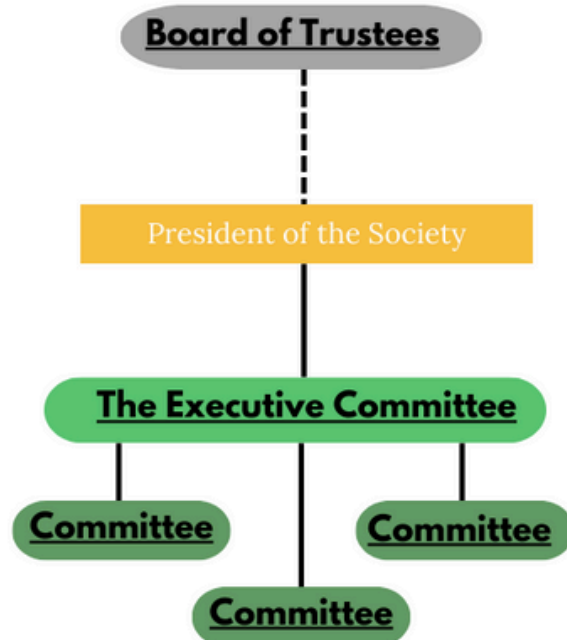


Here's a quick chart to give you an idea of how things work!

The Board of Trustees are an external board and make sure we are compliant with charity law.

The President is a hired member of the charity and works full time as well as living in House 8.

I've detailed who the Exec are as well as each of the committees over the course of this section of the handbook!



WHAT IS A JCR?

Our JCR is independent of college and operate with our own budget to run events, manage sports and societies, purchase welfare supplies and look after our facilities.

College still supports the JCR through donations and offering up rooms to be used for events/meetings but the groundwork is all done by our volunteers.

Over the course of this handbook, you'll get a larger idea of what you can expect and gain from the JCR during your time at Cuth's though I have to address the elephant in the room.

JCR LEVY

By paying the levy you become a member of the JCR for your entire degree and gain access to:

- College sports and societies
- Heavily discounted event tickets for Balls, Feast, Cuth's Day and other JCR events.
- Gyms, music room and other facilities
- The library and conference room
- Be involved in welfare and welfare campaigns
- Volunteering with over 100 other students and have your voice heard.

Join the 90%+ students at Cuth's who have already paid their levy!!

**UNDERGRADUATE
LEVY**

£172.50

**POSTGRADUATE
LEVY**

£57.50

The levy is a necessary part of the JCR functioning and can be paid for in termly installments during your first year. If this is something you would like to do contact Saf by email fco@cuths.com



THE EXEC

The Exec consists of volunteers whose roles require them to do the most work. Some of us have been already introduced, some can be found with their committees and others will be introduced over the next few pages BUT here's a picture of everyone either way.



**SHE
HER**



@CUTHS_JCR_ELECTIONS

LOUISE GILES- JCR CHAIR **chair@cuths.com**

Hi! I'm Louise and I'm a 2nd year Maths and Chemistry student and I am so excited to be your JCR chair. This role essentially means that I'm in charge of organising and running JCR meetings, looking after the standing orders which are the documents which the JCR runs from and chairing the Governance Committee (which you can get involved in at the first meeting!). For context, the JCR meetings are where we pass motions to create new societies, allocate budgets and make governance changes to the day-to-day running of the JCR all of which are a great way to make any changes that YOU want to see in Cuth's. We also run elections for some of the JCR positions which is a great way to easily get involved and make friends! Please let me know if you have any questions

THE EXEC

SHE

HER



@CUTHS.OUTREACH

EVIE BAGE- OUTREACH CHAIR

outreach@cuths.com

Hi, my name is Evie, I'm a second-year history student and am so excited to sit on Cuth's exec this year as outreach chair. My role involves coordinating various fundraising and volunteering projects within college. I have lots of exciting plans for the upcoming year such as pub quizzes, beach litter picks, and bake sales as well as continuing much loved Cuth's traditions like 'Cuth's Take Me Out' and '12 Days of Outreach' (a period of Christmas themed fundraising). I also run Outreach committee which will work with me to promote and create these events. It's very low commitment and a lot of fun so if this interests you, look out for applications coming up soon!! If you have any questions about outreach or suggestions about events you would like to see/charities you would like to support please don't hesitate to contact me through email or the Instagram :)

THEA CAVE- PUBLICITY OFFICER

publicity@cuths.com

Hiya my name is Thea (she/her), I am a third year Theology student from Liverpool who loves all things musical. This year I am super excited to be your Publicity Officer. This means that I am a member of the Executive Committee!! It is my job to take care of the society's media presence, making sure that all of our events are well advertised and that our community values are displayed, especially for those who are planning on joining the society in the future. It is my job to organise stash collections, manage social media accounts and ensure that Cuth's news is as accessible as possible!

SHE

HER



@CUTHSJCR

SHE

HER



SAF GHAFOOR- TREASURER

fco@cuths.com

Hi! I'm Saf, your Treasurer and one of your Student Trustees for this year. In my role as Treasurer, I manage all financial matters related to the JCR. This includes: 1) Allocating budgets to our sports teams and societies and making sure they stay on track financially. 2) Handling reimbursement requests for any money spent on behalf of your society. 3) Assisting with applications for various funds and grants available to help everyone get involved in extracurricular activities. I'm here to support you and am always happy to chat or lend a hand where needed.

LUKE BIRCH- SU AND LIVERS OUT REP

su-rep@cuths.com

Hi, I'm Luke a 4th year computer science student and your SU and Livers out rep for this year. I'm the person to talk to if you want to know about the SU, SU assembly or housing feel free to contact me
@cuths.su.rep

HE

HIM



@CUTHS.SU.REP

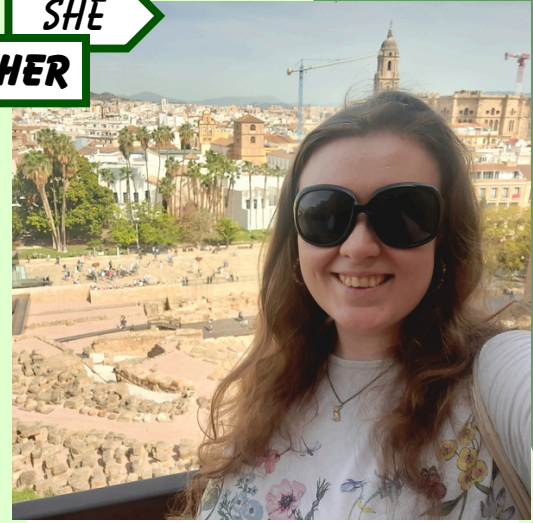
THE OFFICERS

But that's not all! There is still plenty of other important positions and people throughout the JCR such as:

PGM COMMITTEE

At Cuth's Postgrads are part of the JCR, but there is a dedicated Postgraduate and Mature Students' Committee which oversees events aimed at these students and essentially operates in the same manner as MCRs do at other colleges. The PGM President will be elected at the beginning of this academic year, but for Freshers' Week, the PGM Vice-President (Sarah McAllister) will be acting President and running events. If you have any questions about being a Postgrad or Mature Student at Cuth's, Sarah will be your main contact who you can email at (pgm-president@cuths.com).

SHE
HER



@CUTHSPG

HE
HIM



@CUTHS_JCR_ELECTIONS

RUAIRIDH FORBES- SENIOR RETURNING OFFICER

sro@cuths.com

Hi, I'm Ruairidh (he/him), a 3rd year primary education student and I'll be your Senior Returning officer, or SRO, for this year – this means I make sure all elements of elections are run fairly! I work closely with the JCR Chair, stool and the Junior returning officers (JRO's), and sit on Governance Committee, or Govcomm, along with the President and Vice-President, where we get to discuss all the exciting motions and standing orders that help make Cuth's the brilliant place it is! You'll see me trying my best to be at every JCR meeting this year, timing speeches and trying my best sure meetings don't drag on unnecessarily. If you've got any questions about how elections in the JCR work, you'll be able to find me milling around Cuth's, or drop me an email at sro@cuths.com! Bleed Green!

JP & Jack Simmonds- Student Trustees

JP's description of the role

As part of my role, I sit on the board of trustees with Jack Simmonds and several other external members. Together, we ensure that the college operates in accordance with charity regulations, maintaining compliance and ethical standards. Another aspect of my role is to make sure your voice is heard. I am here to represent student interests, ensuring that your opinions and concerns are taken into account when making important decisions. This involves actively participating in discussions, providing feedback, and advocating for policies that benefit the student body.

We are continuously involved in the formation of new policies and enhancing our communication strategies, for the betterment of our society and encouraging student involvement in all aspects of college life. We aim to create an environment where transparency and inclusivity are prioritised, making sure that all students feel informed and engaged with the college's operations.

HE
THEY



HE
HIM



WELFARE

Welfare provides free non-judgemental, non-advisory conversation regularly throughout each term of the year as well as providing free menstrual and sexual health products. Not to mention the information and awareness spread by the Welfare Campaigns team. For more information please check out the Welfare Handbook 2024/25!

SHE

HER



LOUISE NEWBERRY- SENIOR WELFARE OFFICER senior-welfare@cuths.com

Hi everyone! I'm Louise, an English Lit finalist, and your Senior Welfare Officer this year. After being on the Welfare Campaigns Team and the Female Welfare Officer so far - I like to think that I not only 'bleed green' but 'bleed Welfare' too! The term 'Welfare' can be pretty daunting when you first arrive, but what it essentially means is that you have a team of lovely, trained students to help you settle in and support you throughout your degree, alongside the College support staff. As well as the other Welfare Officers, I will be running weekly non-advisory, non-judgemental drop-ins this year so feel free to drop by! Nothing is too small or silly to talk about. I am also very excited to get everyone involved in our Welfare Campaigns this year, where we run informative and fun events and social media posts (so please get in touch if you are interested in joining the welfare community!). I will be around a lot during Freshers' Week to support you or just have a wee chat. This is a crazy transition, but we are here to make you feel like Cuth's is a second home. I can't wait to meet you all and if you would like to know more about what Welfare is/does the Welfare Handbook has everything you need to know!

FERDIE AMEYAW- MALE WELFARE OFFICER welfare-male@cuths.com

Hiya everybody, I'm Ferdie, I'm a second-year psychology student and I'm your Male Welfare Officer for the next year! I'll be working with the brilliant welfare committee to provide support for all members of the college, whilst also raising awareness for various issues through campaigns and events. I'll hold weekly drop-in sessions where anyone is welcome to come talk about any issues or problems they have, no matter how big or small they seem 😊. Outside of welfare, you may see me representing Cuth's football and rugby (#BleedGreen) or just out and about Durham. I'm excited to meet you all, and really hope you enjoy being a part of Cuth's.

HE

HIM



SHE

HER



CARA CAHILL- FEMALE WELFARE OFFICER female-welfare@cuths.com

Hi everyone!!! I'm Cara, a second-year law student and your female welfare officer this year. I had an amazing time on the campaigns team last year, and so I'm super excited to be involved in welfare this year, especially with my lovely fellow officers! I'll be around all of Freshers' Week, and holding weekly drop ins throughout the year, so if you have any concerns at all please feel free to come chat/rant. I'm particularly passionate about issues such as body image and ED and dealing with grief at university, as well as ensuring anyone who needs has access to free menstrual and sexual health supplies. I can't wait to meet you all, I hope you have a wonderful year!

WELFARE

Welfare can help signpost you to resources for support and information while working under principles of confidentiality. Drop-ins will be held in different locations around the university though we do have a dedicated welfare room on the Parson's Field site in Refounders.

SHE
HER



NAOMI PORAT- WELFARE OFFICER
welfare-officer@cuths.com

Hya everyone, my name is Naomi I am a second-year biology student and I'm really excited to be your Welfare officer for the upcoming 24/25 year! Being a welfare officer means that I, alongside the three other fantastic welfare officers, will be hosting weekly drop-ins, raising awareness for some key topics, running some fun new events (like a sports day!) and making sure you are comfortable and happy during your time at Cuth's. Cuth's is such a lovely and welcoming community and I hope to give that back to you during the year. I'll be available for weekly drops ins so feel free to come in and have a chat about anything and everything. I can't wait to meet you all and have an incredible year ahead!

**HANNAH HASTINGS- WELFARE CAMPAIGNS
MANAGER**

Hey, I'm Hannah and I'm a second year History student. This year I'll be Welfare Campaigns Team Manager! This means that I'll be leading the team which creates welfare posts and runs awareness and fundraising campaigns. There is no set campaigns calendar but some favourites from last year were the Movember and SHAG week campaigns! I can't wait to meet everyone and would love for you to get involved with our campaigns!

SHE
HER



MAKE SURE TO FOLLOW THE WELFARE ACCOUNT ON INSTAGRAM!
@CUTHS_WELFARE

Throughout the year keep an eye out for events
and campaigns!!!



COMMUNITIES COMMITTEE

Communities Committee (AKA CommsComm) consists of different marginalised group representatives whose goal is to raise marginalised group issues, foster a sense of community and work with college focusing on diversity, equality and inclusivity.

LUKIE JEW- COMMUNITIES COMMITTEE CHAIR

Heyyy, I'm Lukie, a fourth-year Physics student and your Communities Committee (Commscomm) Chair. My role is to manage our committee of Marginalised Group Representatives (MGRs); communicating the issues faced by our marginalised students in Cuth's to both the wider JCR and the college. I have held a position on Commscomm since my 1st year and have been working with welfare since then too - my passion for this sort of work has only grown. The crux of the role is advocating for our marginalised students at Cuth's and creating space for them to voice their concerns and have them respected, listened to, and acted upon. I want to make sure our MGRs are accessible and visible, with publicised drop-in times and channels of communication. Acclimating to life at Uni and finding a community can be very challenging, but even more so when you have structural barriers to overcome. I hope that we, as a committee, can help make this process easier for everyone, and continue to foster a safe space well after Freshers.



@CUTHS.COMMUNITIES

THE REPS

SARA TOCCI- LGBTQ+ REP lgbtq-rep@cuths.com

Hi everyone! I'm Sara Tocci, your LGBTQ+ representative. I'm so glad you picked Cuth's, and I can't wait to get to know you all! As representative I head the gay bar crawls, as well as any and all activities among Cuth's LGBT Soc. I run the LGBT welfare drop-ins and manage the Gender Expression Fund, which helps Cuth's students access gender affirming care. I also work with the LGBTQ+ Assistant Rep and the Trans and Non-Binary Rep to put on the trans and non-binary formal in the fall, and the pride formal in the spring. It's our job to bring queer-related issues to the attention of the JCR, so if you have any concerns, feel free to reach out!



@LGBTQCUTHS



@CUTHSSWD

CHARLI JAMES- STUDENTS WITH DISABILITIES REP swd-rep@cuths.com

Hi everyone!! I'm Charli and I'm a second year studying English Literature who is very excited to be your SWD (Students with Disabilities) rep! I know starting uni can be very daunting and I'll be here for you during the year to chat about anything- just send me a dm or an email!!! I'll have a meet-up in Freshers' Week where we can hangout so check the instagram for more details! The chance to be my assistant rep will run in the second JCR meeting and is a great way to get involved. So excited to meet you all!!! <333

COMMUNITIES COMMITTEE

HE

HIM



@WORKING_CLASS_CUTHS

RALFS CLARKE- WORKING-CLASS STUDENTS REP wcs-rep@cuths.com

I'm Ralfs Clarke, a 2nd year Law student, from Mansfield, Nottinghamshire and super excited to be the 24/25 Working-Class Students Representative. As Working-Class Rep, I have a range of responsibilities. For example, I represent the Working Class of Cuth's in the JCR as well as in all the committees I sit on. The wellbeing of my fellow Working-Class is my top priority so if you're having any issues then always feel welcome to attend my weekly drop-in sessions or alternatively contact me through Instagram or email. Providing key information covering topics from money to mental health is another thing I'll be doing to help, and this will all be available on the Instagram. There are so many Working Class people in Cuth's and the wider university so developing a community to make Durham the most welcoming and inclusive place it can be is one of my main goals and I'll require your help to do so.

HARRY TANG- INTERNATIONAL REP international@cuths.com

Hi, I'm Harry, a 3rd year Business and Management student from Hong Kong and your International Rep. As your International 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 students just like me, look out for recruitment of the Int Comm after Freshers' Week, it is NOT a must to be an international student in order to be on the comm. I also do drop-ins, so you are more than welcome to find me for a lovely chat. I can't wait to meet you all!

HE

HIM



@CUTHSINTERNATIONAL

SHREEN SHARMA- ASSISTANT INTERNATIONAL REP

Hey, I am Shreen, your Assistant International Rep for the upcoming year! As a member of the JCR, I hope to work towards expanding Cuth's international students' network and organise a smooth running, safe and fun International Freshers' Week. For leisure, I love to find new hyper fixation foods (the most recent ones include burrito bowls) in Durham and talk about my singular tattoo. Also, I study law.

SHE

HER



Be sure to contact Harry on instagram or email if you're interested in being involved in International Committee!!

COMMUNITIES COMMITTEE

HE

HIM



WILL GANDE- YEAR ABROAD AND PLACEMENT REP yearabroadandplacement@cuths.com

Hi all! My name is Will Gande and I'm your Study Abroad and Placement rep for this year. So, what does this mean? It means that I'm here, as a student doing a placement year, to help you explore the options of studying abroad or doing a placement! Across the year, I'll put out some posts on the study abroad Instagram with heaps of information on taking a year out during your degree. I'll also try and get some sort of network going, so that you can connect with someone who is doing what you're hoping to do, as a way of making it all seem less daunting. Placement years and studying abroad can be so fun, and I'm here to help facilitate it and ensure that it is a possibility for as many people as possible! Feel free to get in touch on the Cuth's Instagram and see you soon.

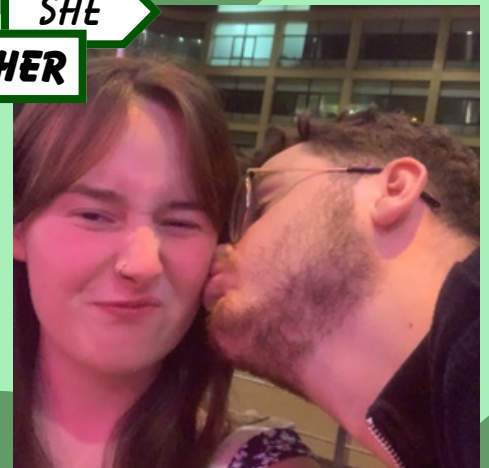
MARY MCNEILL- LOCAL STUDENTS REP local.students.rep@cuths.com

Hi I'm Mary! I'm a 2nd year Psychology student, proud member of SCSWFC and my pronouns are She/Her. Born and bred in Newcastle, I'm proud to be part of what makes this uni northern. My main role as LSR is to guide and support other local students around Cuth's, as well as working alongside other JCR members in running events (LGBTQ+ and Working Class reps, I'm looking at you!).

Can't wait to see you all at Freshers!

SHE

HER



WE HAVE AN OPENING!

*We currently do not have a **POC Rep**, a vital voice on CommsComm and in discussions with the university.*

The position is method 1 (which is scarier than it sounds I promise) but all it means is you are picked by an online election.

If you're interested in the role and more on how to run contact Lukie Jew or email vice-president@cuths.com. We'd love to hear from you!!



HOW TO GET INVOLVED

The good news is it's super easy.

LASH PENGUIN- BAR MASCOT

If you're super passionate about a certain issue (or just looking for something to do while at Cuth's) committees are a brilliant way to get involved. Whether it be organising large scale events with SocialComm, volunteering in the local community with Outreach, managing money with FiComm or setting up tech with Facilities (Green Machine) Committee there is a vast range of positive ways to spend your energy. Some positions are elected while others are interviewed but none are unimportant.

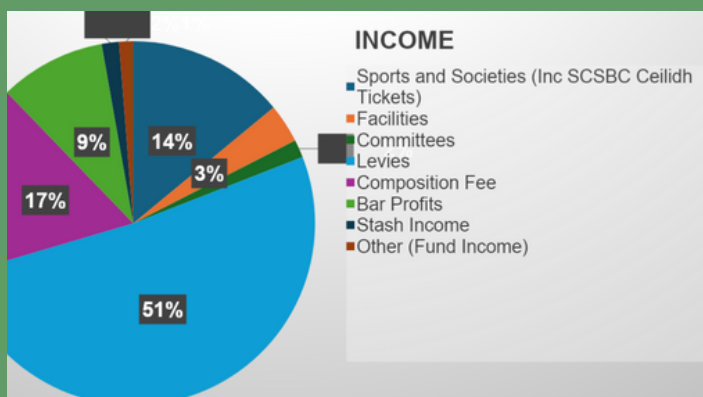
Be sure to reach out to some of the lovely people above by email or on instagram to ask any questions or showcase your interest!



COMMITTEES

CommsComm

Have your voice heard as well as amplifying the voices of other marginalised groups. Foster a strong sense of community. CommsComm has the brilliant assistant roles which allow you to create your own space in the JCR without having to commit too much time.



FiComm

Finance Committee is chaired by the treasurer and is an opportunity to be involved in the finances of a charity with a tremendous annual income. With deciding on budgets, approving purchases and financial analysis FiComm could be the role for you...

GovComm

The inner politics of the JCR. GovComm is a brilliant way to get an overview of how the JCR functions as well as the rules it must follow. Members of GovComm are also highly involved in the running of JCR meetings through raffles and elections!



HOW TO GET INVOLVED



Facilities Comm

Facilities Committee is an opportunity in both managing tech at our own events and loaning it to other colleges. Become familiar with our Green Machine (storage cupboard located in House 8) and involved in events!

SU Comm

SU Committee represent the views of the JCR to the SU assembly and is chaired by the SU rep. The committee cover various issues that the assembly are dealing with at the time. SU Committee members are elected in first term so come along to the JCR meeting if you're interested.



Outreach Comm

Outreach Comm is a fantastic opportunity to volunteer in the local community and give back. The other chief aim of Outreach is to hold fundraising events to support charities. Be involved in Cuth's traditions while supporting brilliant causes.

Social Comm

Social Committee organise and volunteer at events (with a heavily discounted ticket). Social Comm is a wonderful chance to put your creative vision into practice whether it be through designing themed decorations or choosing rides. A great experience in coordinating large scale events.



SHAG WEEK

SEXUAL HEALTH AND GUIDANCE



SCHEDULE
5-10 FEBRUARY

POSTS TIMETABLE

STRESS LESS

- 22 IMPOSTER SYNDROME
- 23 TIME MANAGEMENT
- 24 TASK PARALYSIS
- 25 WELFARE TEAM TIPS
- 26 CONCESSIONS & SUPPORT

EPIPHANY TERM
22-26 JAN



Welfare Campaigns

Campaigns is all about raising awareness for welfare issues as well as supporting through signposting. Campaigns runs both online campaigns and in person events in order to achieve its aim of supporting Cuth's students!

ACCOMODATION

The Bailey is made up of several different houses spread out across the South Bailey. From House 12 located above the bar to the maze of House 8- each building has its own unique character and strengths. A huge highlight is the beautiful gardens open to all Cuth's students.



12 South Bailey, Durham DH1 3EE

Here's where you should address all post if you are living on the Bailey. The opening hours for reception will be sent to you by email and you will also be emailed when mail arrives for you!

Assigned Accommodation

The Bailey has both single and shared rooms. Having a roommate may seem like a scary concept but it's a wonderful way to have someone you can rely on arrival at Durham. After ranking your preferences, you will receive an email from college letting you know what accommodation you've received. Parson's and the Bailey are only a short walk from each other and the facilities are open to both so don't worry about using the gym or JCR even if it's a little bit further from your room. Be sure to fill out the form on your preferred accommodation!



Living on the Bailey means you are catered and get to eat in the dining hall every day! The food in the dining hall is also available to Parson's students through the meal plan or paying for each meal at the machine to your left as you enter. Mealtimes will become the main use of any groupchat and can be found in college's 'Guide to Life at Cuth's'!

ACCOMODATION

Parson's is made up of several sets of flats over several buildings: Brooks, Refounders, Parson's Field Court and Fonteyn. Housing around 360 students, Parson's is a short distance from Maiden Castle and self-catered allowing students to make their own meals.

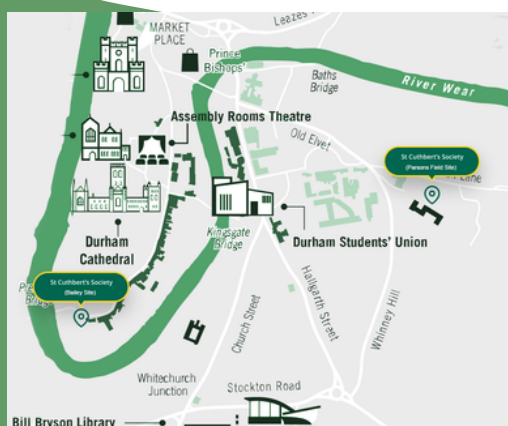


Brooks House, Old Elvet, Durham, DH1 3JP

Here's where you should address all post if you are living in Parson's. The opening hours for reception will be sent to you by email and you will also be emailed when mail arrives for you!

Maintenance, Keys and Cleaning

Each site has an RSA (Formerly Porters) who will be available to help you with any maintenance issues you may have, if you've locked yourself out of your flat or you've lost your keys (which happens more than you'd think...) The number to call will be posted around accommodation, so we recommend saving it into your phone in case you need it! Housekeeping staff help keep your accommodation clean and livable by cleaning the kitchen and bathroom. However, it is your responsibility to keep your flat to a reasonable standard and housekeeping staff are not expected to clean up after you!



Laundry

Both sites use Circuit Laundry. By downloading the app you'll be able to add money to your account and use the machines. The laundry rooms are located in Parson's Field Court and House 12.

THE LIBRARY

OPENING TIMES: 9am- 9pm

DOOR CODE- 6544

Cuth's Library is right beside House 8 just slightly further down the Bailey and is a perfect spot for some more relaxed study when you don't want to walk all the way down to the Bill Bryson (Billy B). Complete with free biscuits and academic resources.



HE
HIM



@CUTHS_LIBRARY

JAMES BAMFORD- SOCIETY LIBRARIAN librarian@cuths.com

I'm James, a third year History student and the Society Librarian for the 24/25 year. My main goal is to keep our library running smoothly, making it an open, inclusive space for everyone – whether undergrad or a postgrad. I want our library to remain in student hands as well as continuing to be a welcoming place where everyone feels comfortable and inspired. If you have any questions or ideas on how we can make this space even better, don't hesitate to reach out.

The library is completely run by volunteers and have their own book club! Reach out to James if you'd like to be involved in either.

The library consists of several different rooms including a main library, reading room, computer room and conference room. Printing is available in the library at the standard university rate. Books can be signed out (as you would expect). Also, the bathroom is supplied with free period products!



THE GYMS AND MUSIC ROOM

Cuth's boasts two gyms located on the Parson's Field site. The **cardio** gym is located at **Refounders** and the **weights** gym is in **Brooks**. To use the gym facilities, you must complete the gym induction which are provided throughout the year. The **Music Room** is in **Fonteyn Court** and we are currently looking for a Music Rep to maintain it!



GEORGE GIBBENS- GYM MANAGER **cuthberts.gym@cuths.com**

Hi everyone, I'm George your new gym manager for 2024-2025. Located at the wonderful Parsons Field site, I want the Cuth's gym to become a haven for exercise and fitness where everyone feels comfortable. My mission as your new gym manager is to promote various new and exciting activities that allow everyone to get involved in fitness within the college. Alongside a level 3 gym instructor qualification, I've had the honor of representing Harlequins rugby academy, and captained Chichester Cormorants Swim team, competing in the national open water swimming championships. From rugby, hockey and cricket, to badminton, swimming and tennis, if it's sporty, I've probably tried it (and loved it!).

Whether you're a gym newbie or a seasoned athlete, I hope to make St Cuth's Gym your new playground. Everyone is welcome, this year I strive to make sure you all feel included in exercise. So come say hi, ask me anything, and let's make this year full of personal improvements!

MUSIC EQUIPMENT LIST

- Upright piano
- Bass amp
- Guitar amp
- Microphone
- Mic stands
- Music stands
- Acoustic guitar
- Drum kit & drum accessories
- Bongos
- Keyboard
- Mixing desks
- All useful cables and extensions



The music room allows for a place to practice and perform by yourself or with others. Whether it be a band rehearsal for Cuth's Live or simply having fun after completing the induction the music room is free to use. There's also a Baby Grand Steinway Piano located in the Tom Percival Annex in Brooks!

THE BARS

An added bonus of being a dual site college is we have two bars. The Bailey Bar typically is a busier bar and is a popular spot for all bar crawls (being the best bar in Durham) whereas Brooks bar allows for a more relaxed climate to drink your toads, tadpoles and frogs while playing some pool or darts.



As well as being a cheap spot for a quiet pint, the bar hosts many events and it's worth following the @cuthsbar account to make sure you know what's happening and when!

Each college bar has their own 'college drink' and Cuth's is no exception. Be sure to give a toad, frog or tadpole a try (we also have alcohol free versions)! As well as this Cuth's offers a 'Toad of the Week' so keep your eyes out for something new on the menu each week.



Whether you like a few pints or prefer a lemon and lime soda, the bars are a safe and inclusive environment to catch up with friends or meet new ones.

They can also be rented out for events such as birthdays... do with that what you will.



SPORTS AND SOCIETIES

At Cuth's we pride ourselves on our long constantly expanding list of sports and societies. Detailed below are the people to contact if you're interested in a certain sport or society but if you see something missing, please contact us and maybe you can be the president of something new.



@TEAMCUTHS

OSCAR WATSON- SPORTS AND SOCIETIES CHAIR sports-and-socs@cuths.com

Welcome to St Cuthbert's Society! My name is Oscar Watson, and I am thrilled to serve as the Sports and Societies Chair for the upcoming academic year. In this role, I will be overseeing the running of all college sports and societies, ensuring that each one thrives and enhances the vibrant community of the college.

As the liaison between the execs of our sports teams and societies and the wider university, my goal is to facilitate seamless communication, support the organisation of events and activities, and foster an inclusive environment. Whether you're interested in joining a sports team, exploring a new hobby, or leading a society, I'm here to help make your introduction into college sport and societies as seamless and enjoyable as possible.

The wide array of sports and societies we have to offer in Cuth's are my absolute favourite aspect of college life, so do try and get as involved as possible!!

CUTH'S SPORTS

Below is a selection of sports offered at Cuth's!

- Badminton
- Basketball
- Boat club
- Climbing
- Croquet
- Cricket
- Darts
- Football (Men's and Women's)
- Futsal
- Golf
- Hockey
- Mixed Lacrosse
- Netball
- Pool
- Rounders
- Rugby (Men's and Women's)
- Running
- Squash
- Tennis
- Ultimate Frisbee
- Volleyball
- Wildcats Cheer



SPORTS AND SOCIETIES



Your sport or society missing? Start it!

The JCR is committed to facilitating as many sports and societies as possible so contact us and we'll see what we can do!

Be sure to come to the Cuth's Freshers' Fair to be able to meet members of the team and find out more information.

Also check on instagram! Many of the sports and societies have their own pages and deserve a follow.

CUTH'S SOCIETIES

A list of some Cuth's societies!

**12 South Theater
Art
Bean
Big Band
Choir
CHC Orchestra
Christian Union
Crochet
CRACAS
Feminist Society
F1
Gardening
LGBTQ+
Library
Wine and Cheese Appreciation**



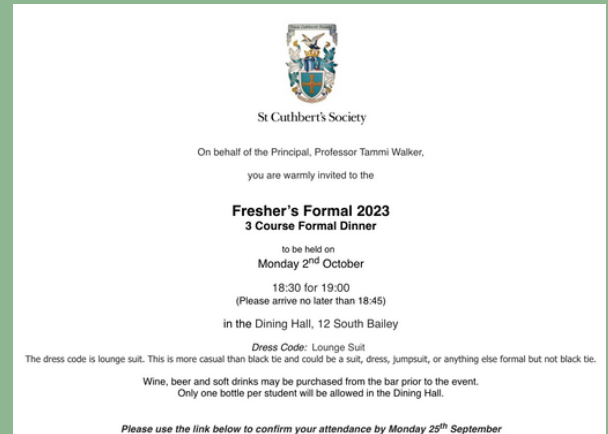
FORMALS

While traditionally college events, some formals are run by JCR personnel due to their theming. Formals happen throughout the year and your first experience of one will happen very soon. Here's some idea of what to expect:

HOW DO I KNOW A FORMAL IS HAPPENING AND WHAT DO I WEAR?

An invitation to the formal will be sent out via email that should look something like this -> After you've paid for your ticket, you will receive a confirmation email and you need to figure out to wear.

Most formals will be *lounge suit* which means you don't have to wear a bowtie or a gown but any formal wear will do. If your outfit can fit the theme even better!



ignore the dates this was for my freshers' formal !!



WHERE ARE THE FORMALS? WHAT IS THERE TO EAT AND DRINK?

Formals are held in the dining hall in 12 South Bailey which is fantastically close to the bar. Before the formal you will get the opportunity to buy a bottle of wine or a drink of your choice. Only drinks purchased at the bar can be brought into the dining hall.

The menu for the formal will usually be released with the invite and can vary. I will say the soup is always pretty incredible.

WHAT THEMES ARE THERE?

Formals can be for a wide range of reasons. From national holidays like Halloween and Christmas to cultural celebrations like Burns' Night and St. Patrick's Day.

As well as this the JCR run some formals like the Pride and International formal. Who can forget the Sports and Societies formal which acts doubly as an evening of awards.



TRADITIONS

An important part of Cuth's culture are the traditions. Branded as 'traditionally untraditional' are events are no different. Here are a few of the traditions you can expect to see at a Cuth's event:

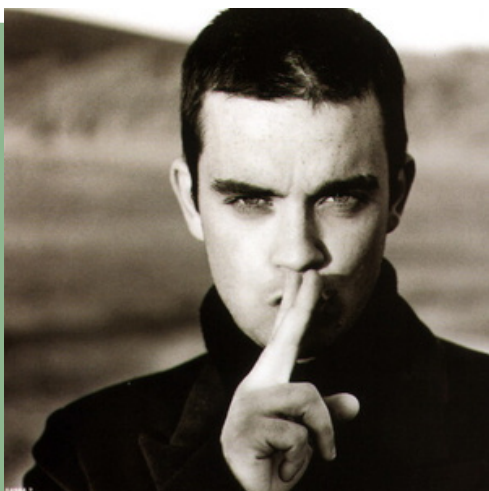
NOTING

Noting is an exceptionally fun tradition once you get the hang of it and appears at all Cuth's related events!

During dinner notecards are distributed for you to write *positive* messages to those around you. Your message is preceded by a number of digs.

A dig (short for digit) is approximately measured by placing your forefinger level with your drink. Because we are a civilised society, you can only give out digs in quantities of 1 or 2, so if you wish to hand out more than that you must use basic addition. (Obviously, you are under no obligation to actually consume your beverage based on notes if you don't want to).

High Table are not supposed to know of the whole proceeding so subtlety is key and make sure not to pass notes while the catering staff are giving out or clearing up plates.



Mr. Dan Mercer, BSc (Hons)

2+1 digs for an extremely successful Freshers' Week and making it through matriculation in only the one outfit.

*Sincerely,
Mr. Caleb Ross*

ANGELS

Angels by Robbie Williams is a beloved song across the globe but nowhere is it more beloved than in Durham. The song will be heard at the end of a Jimmy's night out but also at our very own events.

The song is accompanied with a show of comradery as we all gather in a circle waiting for the end when we all come together in the middle and instead of loving 'angels' we are of course loving 'Cuthbert's'!

I AM SPARTACUS

Once High Table (invited guests of the formal) leave and the formal has just about ended someone (maybe even you) will stand up and announce 'I AM SPARTACUS' followed by them downing the remainder of their drink.

At this point someone else may retort that they are instead Spartacus and finish their drink.

This continues until no one else is willing to stand or all the drinks have been consumed.



FASHION SHOW

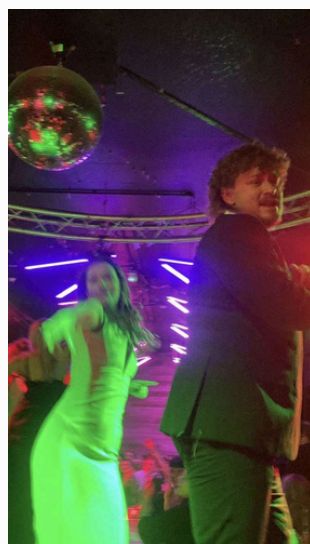
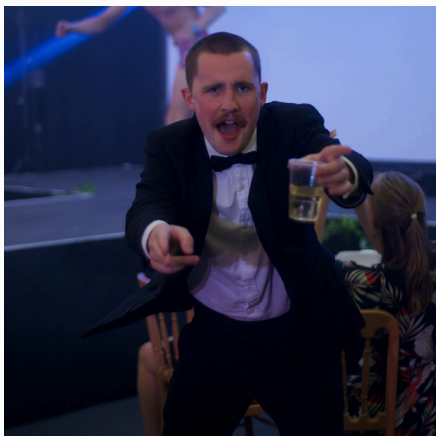
St. Cuthbert's Society Charity Fashion Show (or SCSCFS) is a brilliant event held in Epiphany term which utilises expression to bring awareness and support a cause. It's typically a black-tie event which features walks for different fashion styles.



NINA CORRADINI
scscfs@cuths.com

The fashion show (SCSCFS) aims to raise funds for a good, local cause decided by the exec. It encourages all Cuth's members, regardless of year or experience, to try something different as well as enabling people to express themselves through fashion. The show, through months of preparation allows integration and socialising within Cuth's with the goal of creating new friendships while having fun and working towards a common goal.

My name is Nina (She/ Her) I'm a third-year law student and this year I'm the SCSCFS president. For this year my goal is to have as much diversity and inclusion as possible while promoting integration and creating a friendly and supportive environment that allows for the creation of the fashion show!



SCSCFS has plenty of opportunities to be involved through the role of model, compère, choreographer, organising sponsorships and fashion.

Last year, SCSCFS raised £10,000 and sold out within hours.

The event itself is a fantastic night out and it's always great to go and support your friends.

MICHAELMAS BALL

Michaelmas Ball is THE event to wrap up a very successful first term.

A black-tie dinner followed by amusements and live music; Michaelmas Ball is held at an external venue somewhere in County Durham which you get the bus out to.

After what may seem a long walk to the bus pickup (and a slightly buzzed bus ride) you will arrive, and the evening events will proceed.

The event is heavily discounted for JCR members and a wonderful spot to get photos you can show your family when you head home for the holidays or to make memories you can keep for over the Christmas break.

Wrap up warm during the Durham December for the walks to and from the bus and make sure to keep an eye out for the ticket release in October/November!



FEAST



Feast is the Epiphany term event and takes place in house. It's a good way to break up what can be a summative intense term.

The ticket cost of Feast is cheaper than the balls as well as the cost of drinks being considerably better (thank you Cuth's bar)!

Themes have included Pop Art, Disco and Candy Land and with the event not being black tie there's a better opportunity to dress for the theme!

Every event at Cuth's is attended by another college's welfare team in case an issue should come up during the festivities. You can find out where welfare by using @cuthswelfare on Instagram.

A lot of the stalls and amusements are run by our very own volunteers and SocialComm for a further discount on their ticket price!

SUMMER BALL



Summer Ball is the biggest event in the Cuth's calendar and aptly happens just after exams usually in early June.

It's a similar event to Michaelmas Ball in many ways with rides, live music and a 3-course meal but the big differences are the weather and the freedom from academia.

Follow @cuthsevents on instagram to see when tickets go live and be quick! These events always sell out.

Both events are themed which affects the decor and notecards.

Previous years have seen a Venetian Summer, Midsummer Night's Dream and Sicilian Summer Ball!

Each event also operates as a fundraiser for charity which is calculated into your ticket price.

Ticket price breakdowns are available if you're curious as to how we work out the costs.

CUTH'S DAY



My personal favourite of the events we put on, Cuth's day is the last event of the year during the closing weeks of term.

On Cuth's day we ditch the suits and all wear Cuth's day t-shirts.

The doors open at 10am and the event happens across the House 12 and 8 gardens. With live music playing all throughout the day on the outdoor stage and attractions in the JCR, dining hall and House 8 there's always something to be at throughout!

The bar also starts doing their summer drinks menu which is an absolute treat.

There's always the opportunity to pop home during for a nap or something to eat but food is provided by the dining hall and food trucks.

Just a beautiful day of drinking, laughing and enjoying the Sun.

The event closes with a stacked silent disco and those of us still standing at 2am then make the trek up to Observatory Hill to watch the sunrise.

SUPPORT

DURHAM GRANT SCHEME

If you receive the Durham grant and purchase a JCR dinner ticket to our events you are entitled to submit a reclaim form and receive a discount.

Reclaims can be done via cuths.com/reclaims or scan below!



TIER I
40% DISCOUNT

TIER II
25% DISCOUNT

TIER III
15% DISCOUNT

TIER IV
10% DISCOUNT

BAILEY WARDROBE

The Bailey Wardrobe is a fantastic, curated collection of formal wear which are available for hire.

To hire an item, you must pay a £20 deposit, and once the item is returned you will receive £5 of the deposit back (the rest is taken as a cleaning fee).

Check out the Bailey Wardrobe instagram page- @bailey.wardrobe to find out when they are open and DM them with any questions!



COLLEGE PERSONNEL

College is an essentially part of the functioning of St Cuthbert's Society and the student experience. From student support to organising accommodation, having an idea who college staff are and what they do is good knowledge to have. The next year at Cuth's we will have a few interim staff but I'll detail who will be in the position and you will be let know when it switches! **NOTE:** College creates their very own 'Guide to Life at Cuth's' with even more detail on the role and responsibilities of college as well as lots more information! Definitely worth checking out!!

PRINCIPAL

The role of the principal is to oversee all the actions of college internally as well as promoting the college externally. The role also involves strategically developing college and ensuring a quality student experience.

The principal can be reached through the email:
cuthberts.reception@durham.ac.uk

Tammi Walker (pictured below) has been principal of the society since September 2021 but will be on research leave during Michaelmas term. Karen Langdon (above) will be acting principal until Tammi returns.



VICE-PRINCIPAL

As Vice-Principal Jon Warren has a wide remit. This involves enhancing intellectual curiosity within the student body, ensuring students have opportunities for personal development, liaison with academic departments and outreach to the local community.

The vice-principal can be reached through the email:
cuthberts.vp@durham.ac.uk



COLLEGE PERSONNEL

ASSISTANT PRINCIPAL

The Assistant Principal is the go-to for student support issues.

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.

The role will be filled by Annie Robinson (pictured above) until Lydia Harris (below) returns from maternity leave in Epiphany term.

The assistant principal can be contacted through the email:
cuthberts.studentsupport@durham.ac.uk

SHE
HER



SHE
HER



HE
HIM



THE SCR

The role of the SCR (Senior Common Room) is to support the work of the Senior Management team here at Cuth's.

MARK MILLER- SCR PRESIDENT
cuthberts-scr-president@durham.ac.uk

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.



THE SU



If you want to expand your horizons wider than just the Cuth's experience the SU is the place to do so!

While the building itself is the subject of some abuse, the SU provide a number of other societies and sports to be involved in- including the opportunity to be a DU athlete and represent the university.

The SU also provide significant support to students and have frequent discussions with the university in order to better the student experience and have our voices heard.

I'll put down some of the societies you could be involved in but be sure to check out the SU Freshers' Fair held during Freshers' Week in Maiden Castle!

YOUR OFFICERS



Dan Lonsdale
President



Catherine Howells
Education



Moitreyo Ganguli
Community

THE SU

The SU houses nine associations dedicated to representing different groups of students. Operating under the aims of community and campaigning the associations are open to those who identify with the groups.

The associations are run by elected students (much like the JCR) and are easy to get involved with through the SU website.



International Students' Association



LGBTQ+ Association



Durham Estranged and Care Experienced Association



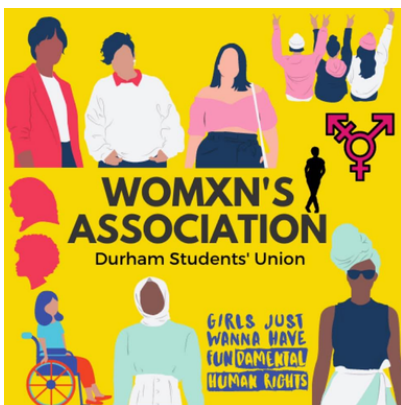
Mature Students' Association



Disabilities and Carers Association



People of Colour Association



Durham Womxn's Association



Trans Association



Working Class Students' Association

THE SU



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. The theatre societies range from being related to college to university wide and often specify in a certain genre.



Palatinalps

Palatinalps is the UK's largest single-university snow sports 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.

Visit durhamsu.com or scan the QR code for more information about the work of the SU and what they can offer you!



OTHER COLLEGES

With Durham University's unique collegiate status comes its fair share of friendly rivalries, college drinks and trivia about other colleges. Hopefully this will give a brief overview of what the other colleges bring to life at Durham.



COLLINGWOOD

Collingwood is notorious for their sporting prowess. Their F team could compete nationally whereas our F team no longer exists. Their players won't be seen competing at the annual Hill v. Bailey rugby match however as they 'don't want to reveal team strategies'.



GREY

While the name may seem dull it proved less controversial than the original choice of 'Oliver Cromwell College'. 8 months after opening Grey College unfortunately burnt down but in the spirit of its mascot, the phoenix, it dutifully rose from the ashes.



HATFIELD

Cuth's and Hatfield have a long running rivalry to which our mascot stands tribute. Many years ago, our bravest students ventured into Hatfield and captured their solid wood lion mascot. To avoid being caught the lion was then painted as a tiger and our mascot was born... or so the story goes.



JOHN SNOW

I promise you whatever John Snow you are thinking of the college is not named after THAT one. After their move from Stockton their new snow themed bar is well worth a visit. Featuring iced glasses, it's perfect during the summer and less so when winter is coming.



JOSEPHINE BUTLER

The Mound. Anyways, Butler is an inclusive and progressive college like its namesake the 19th century feminist and social reformer. Much to their dismay the college is colloquially known as 'JoBo'. It's not everyone else's fault it rolls off the tongue so easily!



OTHER COLLEGES



SOUTH

As the newest edition to Durham's repertoire and South has not had the time to establish enough trivia. Its name comes from the fact it's south of the city centre. Their mascots' name is Oswald T. Owl... guess what animal it is. Though I'm sure they're okay with that from their perfectly heated, furnished and en suite bedrooms.



ST AIDAN'S

Aidan's remains a mysterious to me. There are too many stairs for me to have ever ventured up that far but it does have the moniker 'The Rainbow College'. Now this is self-determined but it's good to see they have pride either way.



ST CHAD'S

Chad's is the smallest of the Durham colleges but first let me address the crest. As Chad's is a recognised college rather than part of the university this shoddy JPEG was all I could find. Notably, outside of Chad's is the Chad's tree which has become a jumping challenge for many walking home down the Bailey late at night.



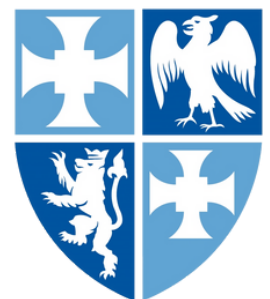
ST HILD & ST BEDE

The old and beautiful of Hild Bede won't actually house anyone this year instead Hild Bede has moved into Rushford Court. Inching closer and closer towards becoming a hill college.



ST JOHN'S

John's is the second recognised college by the university and Cuth's closest neighbour. They're funded largely by the Church of England which leaves us jealous of their free washing. If you are to go to their bar, I would leave your heels and tall friends at home.



OTHER COLLEGES



ST MARY'S

The first and closest hill college to Cuth's on the Bailey; unfortunately, Mary's will never make it on a bar crawl because of their bar's small underground location. However, the 'Mary's Mile' remains a popular Cuth's challenge and may be reason enough to go.



STEPHENSON

After walking 20-25 minutes to Stevo bar you will arrive at 'Platform 1' - the railway themed bar. Not to be confused with 'Platform 2' - their performance space- or 'Platform 3' - their study space and library. This raises the question of whether the theming is creative or just a method to simplify their naming process.



TREVELYAN

Upsettingly I spent most of my first year only knowing Trev's as a series of hexagons but it's actually multi-dimensional. They have some fantastic music events, great college drinks and their toastie bar is spectacular. Yet all you'll hear about Trev's is the hexagons.



UNIVERSITY

The confusingly named University College is better known as Castle which is still a confusing name because most students end up not living within the castle itself. Castle bar is located underneath the castle itself and a brilliant spot to wow your non-Durham friends.



USTINOV

The postgraduate college. Ustinov is filled with very hardworking individuals looking to further their academic qualifications. Although this won't stop you hearing rumours of Ustinov Spear Fishing out on a bar crawl on a Wednesday night.



VAN MILDERT

Last but not least, Mildert is known for its lake and promotional video "Van Mildert Open Days 2015!" While writing this I've discovered the lengths someone has went to keep the Mildert Wikipedia page up to date, so I'll signpost you to that for further reading. That's real college pride.



LOCAL COMMUNITY

University is a fantastic opportunity to experience a new place and have fun doing so but it's important to remember that for a lot of people Durham is where a lot of people live and work.

It's important to respect the place so many people call home and it's worth seeing as much of it as possible while you're here. While Durham has a massive student population there's still a completely different side to life here.



EXPLORING DURHAM

Durham is a truly beautiful city with a lot of fantastic walking (or running) routes. Be sure to explore down by the river which takes you right around the city.

There's a number of local coffee spots as well as chains which are great for meeting up with people or just a quiet spot to work outside of Cuth's library or the Billy B.

The train station is about a 20 minute walk from both Parson's and the Bailey and has regular trains to Newcastle which is perfect for day trips to museums, art galleries, more eateries or nights out.

It's about a 40 minute walk to the bigger supermarkets located in Gilesgate which may seem like quite the trek but there's always the option of the local buses which are relatively cheap and handy or maybe you'll be lucky enough to have a mate with a car.

The cathedral is absolutely worth having a look around as well as the market which happens weekly in the city centre.



NIGHTLIFE

Durham having a high student population has its fair share of nightclubs and bars and you'll quickly pick up on when to go to where. A lot of clubs sell tickets using the Fixr app so that may be worth downloading. You'll get a good sense of what the different clubs are like during Freshers' Week with the Freshers' club wristband.



GOOD LUCK!

Coming to university is a huge step but so massively rewarding and there's no better place to access every aspect of university life than St Cuthbert's Society.

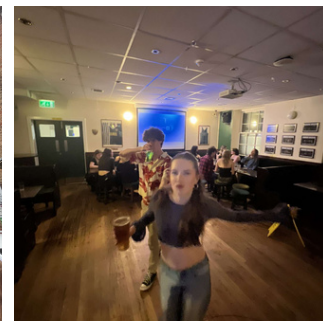


Freshers' Week is a fantastic opportunity to make friends, get a feel for the JCR and discover what university life means to you but it's not the only opportunity.

Throughout the year and even into the rest of your time at Durham you will discover a lot.

Try new things, talk to new people, explore and try not to take things too seriously. Obviously, university is an important step in your career but you have your whole life to work.

If you ever feel like things are too much or you're unsure of what you should do next then reach out! There is so much support available and you'd be surprised at how much good it can do.



Good luck! I'll hopefully get to meet a lot of you in person during your time at Cuth's. Feel free to approach me if you see me out or shoot me an email!

BLEED GREEN !!!

CONTACTS

See below for college staff contact information as well as other useful contacts that you may need during your time at Cuth's.

College Principal

Karen Langdon (Michaelmas)
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)

Annie Robinson (Michaelmas)
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

Students' Union Information

info@durhamsu.com

Students' Union Advice Service

dsu.advice@dur.ac.uk

University Counselling Service

counsel.service@dur.ac.uk

IT Service Desk

itservicedesk@dur.ac.uk

Disability Support

disability.support@dur.ac.uk

Nightline

0191 334 6444



CONTACTS

Detailed below you'll find an extensive list of contacts for the different JCR officers! If you have any questions and aren't sure who to direct them towards, please email vice-president@cuths.com and I'll redirect you from there.

President

Dan Mercer (he/him)
president@cuths.com

Treasurer

Saf Ghafoor (she/her)
fco@cuths.com

Vice-President

Caleb Ross (he/they)
vice-president@cuths.com

Senior Welfare Officer

Louise Newberry (she/her)
senior-welfare@cuths.com

Social Chair

Victoria Conran (she/her)
events@cuths.com

Sports and Socs Chair

Oscar Watson (he/him)
sports-and-socs@cuths.com

Outreach Chair

Evie Bage (she/her)
outreach@cuths.com

Publicity Officer

Thea Cave (she/her)
publicity@cuths.com

SU Officer

Luke Birch (he/him)
su-officer@cuths.com

Librarian

James Bamford (he/him)
librarian@cuths.com

JCR Chair

Louise Giles (she/her)
chair@cuths.com

Acting PGM President

Sarah McAllister (she/her)
pg-rep@cuths.com

Head Frep

Matilda Bates (she/her)
headfrep@cuths.com

SRO

Ruairidh Forbes (he/him)
sro@cuths.com

Student Trustees

Jack Simmonds (he/him)
JP (he/they)

Male Welfare Officer

Ferdinand Ameyaw
male-welfare@cuths.com

Female Welfare Officer

Cara Cahill (she/her)
female-welfare@cuths.com

Welfare Officer

Naomi Porat (she/her)
welfare-officer@cuths.com

Communities Chair

Lukie Jew (she/they)
communities-chair@cuths.com

LGBTQ+ Rep

Sara Tocci (she/her)
lgbt-rep@cuths.com

Working Class Rep

Ralfs Clarke (he/him)
wcs-rep@cuths.com

International Students' Rep

Harry Tang
international@cuths.com

Local Students' Rep

Mary McNeill (she/her)
local.students.rep@cuths.com

SwD Rep

Charli James (she/her)
swd-rep@cuths.com

Year abroad and Placement Rep

Will Gande (he/him)
yearabroadandplacement@cuths.com

POC Rep

poc-rep@cuths.com

Gym Manager

George Gibbens (he/him)
cuthberts.gym@cuths.com

Facilities Manager

facilities@cuths.com

Development Officer

development@cuths.com



CONTACTS



We have an incredible number of instagram accounts and you absolutely don't have to follow them all but I'll list a few below and briefly describe how they operate!

To see a full list of Cuth's related accounts please check the @cuthsjcr instagram!

@cuthsjcr - updates from across the JCR!

@cuthsevents - ticket releases, event information and wristband collection times

@cuths_welfare - information about welfare and campaigns

@cuthslibrary - library updates, including book club!

@cuths.pres - updates from Dan on what he's been up to

@cuths_jcr_elections - information on upcoming elections and JCR meetings

@cuths.outreach - information about outreach, volunteering and fundraising

Our Facebook is also a huge source of information especially regarding JCR meetings and elections.

NOTE: You'll probably have been invited to a number of 'Freshers' groups' on Facebook- these have no affiliation with college or the JCR.



Check out our website for more information and updates!

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

www.cuths.com