



CUTH'S WELFARE HANDBOOK 2024-25

CAMPAIGNS - MARGINALISED GROUP REPS - DROP INS
COLLEGE/UNI WIDE SUPPORT - EXTERNAL SUPPORT
DU ASSOCIATIONS - SEXUAL HEALTH SUPPLIES
SIGNPOSTING AND INFORMATION

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HOW TO USE THIS HANDBOOK

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WELCOME TO CUTH'S!



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

I hope that by flicking through this handbook you can see some faces that feel welcoming and reassuring! You will meet our JCR Welfare Team, as well as the College members of Staff. However, within this handbook there may be discussions of topics that some people may find triggering. Therefore, I have included content warnings that look like this:

CONTENT WARNING: THE NEXT SECTION TOUCHES ON THE TOPICS OF X, Y AND Z.

If you see one of these, feel free to skip the page! Welfare is all about comfort, and hopefully this handbook brings you that.

Note: If you are a fresher reading this in print, some of the font may be too small for some to read. If this is the case, you can find a PDF version in our linktree.

Section colour coding: **JCR Welfare**, **College Welfare**, **University Welfare**, **SU Welfare**, **External**

If you have any questions, feel free to DM @cuths_welfare on Instagram or email senior-welfare@cuths.com

-LOUISE (SHE/HER) SENIOR WELFARE OFFICER

WHAT DOES 'WELFARE' MEAN AT CUTH'S?



The term 'Welfare' can be pretty daunting when you first arrive in Durham. However, what it means is that Cuth's has various ways for you to reach out to somebody if you need help, are struggling, or just need a little chat!

The voluntary roles that will be introduced below are elected within Cuth's Junior Common Room (JCR), meaning that students are dedicated and passionate about being there for you! This is separate from the College support systems (which will also be explained) as those support outlets involve a college member of staff.

The JCR Welfare Team is essentially split into 3 areas: the Welfare Officers, the Welfare Campaigns Team & Communities Committee.

NAOMI-OFFICER



CARA-FEMALE



FERDIE-MALE



LOUISE-SENIOR



WELFARE OFFICERS

The **Welfare Officers** hold what we call a 'Method 1 Position' in the JCR, meaning that they were elected via an online vote by students at Cuth's! As a part of their role, they have received training to provide **4 hours of drop-ins each week** to Cuth's JCR members. Our drop-ins are an opportunity for you to talk about absolutely anything - they are part of our **non-advisory, non-judgemental signposting and listening service**. They also organise the **sexual health and menstrual product orders!**

CHAIR



LGBTQ+



WORKING CLASS

STUDENTS WITH
DISABILITIES

INTERNATIONAL



LOCAL STUDENTS



POC



TRANS & NON-BINARY



COMMUNITIES COMMITTEE

Our **marginalised group reps** make up some of the members of the *Communities Committee* and are also 'Method 1 Positions'. They sit on the *Welfare Committee and Welfare Campaigns* too! Their role in Welfare Campaigns is to ensure that our campaigns are inclusive and accurate, and they run their own campaigns. For example, the LGBTQ+ and SWD reps have been very influential towards our SHAG Week campaign in the past. They act as a voice within Cuth's and the wider university to represent these marginalised groups (and they run some fantastic formals too!). **They also hold 2 hours of drop-ins a week** as they have been trained.

how do I get involved in welfare as a fresher?



THE CAMPAIGNS TEAM

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

Welfare Publicity Campaigns Officer who focuses on publicity material for campaigns

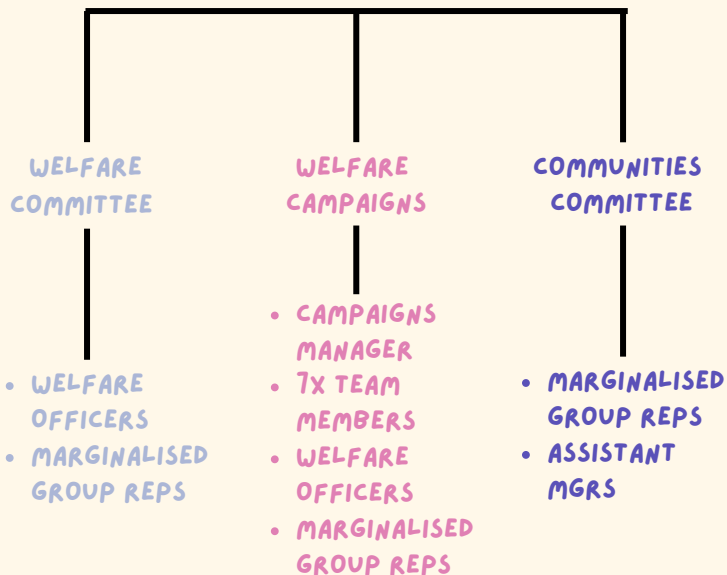
Welfare Events Campaigns Officer who focuses on researching material

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

ASSISTANT MGRS

Assistant marginalised group reps are elected as a '[Method 2 position](#)' in the JCR. This means turning up to a JCR meeting and giving a short speech on why you'd like the role! **They do not give drop-ins**, however, it is a brilliant way to get involved in Communities Committee if you are part of a marginalised group!

THE JCR WELFARE TEAM



WHAT WE DO - A SUMMARY



HERE IS BRIEFLY WHAT THE WELFARE OFFICERS DO IN THEIR ROLES!

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

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

**WANT TO STAY UPDATED?
FOLLOW OUR INSTAGRAM
HERE!
(@CUTHS_WELFARE)**



WE'RE THE WELFARE OFFICERS!

MEET LOUISE, YOUR SENIOR WELFARE OFFICER



SHE/HER

LOUISE NEWBERRY
3RD YEAR ENGLISH LIT
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 Fresher's 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!

MEET CARA, YOUR FEMALE WELFARE OFFICER



SHE/HER

CARA CAHILL
2ND YEAR LAW
FEMALE-WELFARE@CUTHS.COM

Hi everyone, hope you've had a lovely summer! I'm Cara, a second year law student, and I'm super excited to be your Female Welfare Officer this year! I'll be holding weekly drop ins, so if you have any concerns at all, please feel free to come chat/rant. (rumour is there may be biscuits) 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 cannot wait to meet you all, it's going to be a brilliant year!

WE'RE THE WELFARE OFFICERS!

MEET NAOMI, YOUR WELFARE OFFICER



SHE/HER

NAOMI PORAT

2ND YEAR BIOLOGY

WELFARE-OFFICER @CUTHS.COM

Hiya 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 drop-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!

MEET FERDIE, YOUR MALE WELFARE OFFICER



HE/HIM

FERDIE AMEYAW

2ND YEAR PSYCHOLOGY

MALE-WELFARE@CUTHS.COM

Hiya, I'm Ferdie and I'm your Male Welfare Officer for the upcoming year! I can't wait to work with the other 3 amazing welfare officers and the lovely welfare campaigns team to help make your time here as enjoyable as possible, whilst also raising awareness for important issues. I want to continue work around reducing the stigma of those who identify as male reaching out for help and work with sports and socs to carry on building the relationship between welfare and the college. All in all, alongside weekly drop ins and helping at events, I aim to be a friendly face, and can't wait to meet you all.

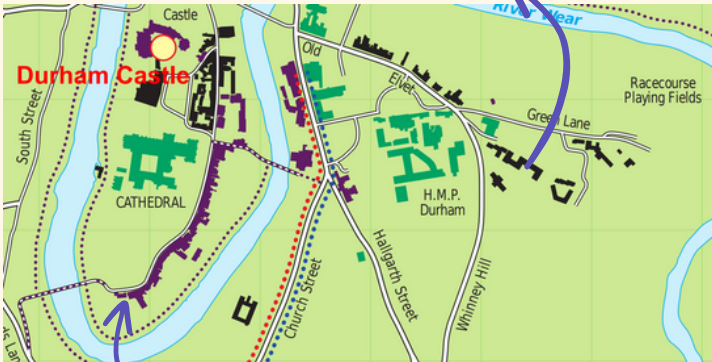
WHERE CAN YOU FIND US?



If you don't know the door code to Refounders then feel free to DM or email the welfare officer or MGR!

If the door is closed, this usually means there's another drop-in in progress. You can come back later or contact the person you wished to speak to and arrange another time.

Refounders Welfare Room can be found at **Parson's Field**. It is on the ground floor - take the first right and it's at the end of the corridor!



If you live in Houses 12, 8, 13, 26 or 27 you will be here! The (arguably) quickest way to walk is up the bailey and across Kingsgate (SU) Bridge!

NOTE:

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

DROP-INS

MENTIONS OF MENTAL HEALTH, MENTAL HEALTH DISORDERS,
EATING DISORDERS, SEXUAL ASSAULT, RAPE, SUICIDE, DRUGS AND ALCOHOL



AN EXAMPLE STORY DURING DROP-INS

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

You can talk about anything at all, from these topics above to friendship break-ups and housemate dramas.

Nothing is ever silly in our eyes! Drop-ins are a confidential, non-judgemental and non-advisory space and act as a listening and signposting service. As we are not trained professionals, we cannot offer advice, but we can signpost you to other support if you would like that.

THE DROP-INS 'BIG 3'

1. SIGNPOSTING
2. NON-ADVISORY
3. NON-JUDGEMENTAL



Welfare is a listening and signposting service. We aim to offer a selection of signposting to services if you need it. And, you have the freedom to choose!



Non-advisory means that we don't offer personal advice on anything discussed. We aim not to develop solutions, but by listening, validating, identifying relevant services and signposting.



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

WHEN CAN YOU COME TO A DROP-IN?

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



EXAMPLE POST ^

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

WHAT HAPPENS DURING & AFTER A DROP-IN?

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

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

Note: You can also see whichever Welfare Officer you would like. **Our welfare officers are here to help students of any gender identity, the male and female welfare officer labels are only titles.**

CONFIDENTIALITY AT CUTH'S



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

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

**If we feel that there is an immediate risk of harm to yourself or others
OR**

If we receive your consent to do so (in certain circumstances)

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

There is another situation in which we will not be able to provide our listening service to a student and that is **if there is police involvement**. We are all simply volunteers and it is not our place to involve ourselves in police investigations.

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

**IF YOU HAVE FURTHER QUESTIONS FEEL FREE TO EMAIL
SENIOR-WELFARE@CUTHS.COM**

WHAT ARE WELFARE SUPPLIES?



Cuth's Welfare offers **FREE** sexual health supplies to JCR members. These include:

- Water-based Lube
- Durex Condoms
- SKYN Latex-Free Condoms
- Dental Dams (a range of flavours)
- ClearBlue Easy Pregnancy Tests

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



Free sanitary towels/tampons are provided in the female toilets in both bars (Bailey and Brooks) and the Library. If you see any issues regarding sanitary products feel free to contact Louise, Cara or Naomi. Cuth's Welfare is dedicated to fighting period poverty. If you see that we are running low or empty, please ask either Bar staff or Library volunteers to restock the supplies with the products we have provided them. If they are also empty we will aim to get new stock as soon as we can!

Note: You can also order menstrual products the same way as the sexual health supplies!

THE BAR & WELFARE

THE NEXT SECTION TOUCHES ON THE TOPICS OF SPIKING AND ALCOHOL

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

The bar staff here at Cuth's are hired with provision from the Senior Welfare Officer, plus the Bar stewards and Bar Officers work closely with us to make sure Cuth's Bar is as comfortable for all students as possible!

The bar also has non-alcoholic drinks! Including a non-alcoholic frog (college drink).



BAR STEWARD

|

BAR OFFICER (JCR)

|

BAR SUPERVISORS

|

BAR STAFF

CUTH'S WELFARE ORDER FORM



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

The link to this is also in our linktree in the bio of @cuths_welfare on Instagram.



Order Sexual Health Supplies

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

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

Yes
 No

Email

What would you like to order?

Condoms - SKYN Original (Latex Free)
 Dental Dams (we have mint, vanilla, banana & grape, and strawberry - if you would like to specify a flavour please do in the 'additional requests section!')
 Pregnancy Test (Clear Blue Easy)
 Lube

Where would you like to collect the supplies? *

Bailey Reception
 Brooks Reception
 Refounders Welfare Room at a Drop-in



IMPORTANT NOTES:

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

WHO HAS ACCESS TO THE ORDER FORM?

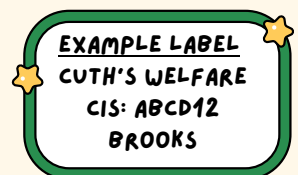
The only people who have access to orders are the **Senior, Female, Male and Welfare Officers**. This is so that (when we're not holding a drop-in, of course) we can pack the orders you request and drop them off in their designated place. **All orders are confidential and will not be discussed between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

DO YOU HAVE TO PLACE AN ORDER?

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

HOW DO YOU COLLECT YOUR ORDER?

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



WELFARE CAMPAIGNS

MEET HANNAH, THE WELFARE CAMPAIGNS MANAGER



SHE/HER

HANNAH HASTINGS
2ND YEAR HISTORY

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! There will also be an opportunity to become part of the team too so watch out for that soon!

HERE ARE A SELECTION OF OUR CAMPAIGNS FROM LAST YEAR!



The welfare team after 'high table' at **Movember** formal



Caleb, our VP at the **SHAG Week** fair last year



Cara petting Dolly Parton the Chicken at our **Stressless** petting zoo

WHAT IS COMMUNITIES COMMITTEE?



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

THE MGRS



The pride formal last year!

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

They also sit on Welfare Campaigns to ensure that our campaigns are inclusive. For example, the LGBTQ+ Rep in the past has helped our SHAG Week campaign become less heteronormative by including discussions of queer sex. Most of the MGRs run their own campaigns too with formals and events!

WE'RE THE MARGINALISED GROUP REPS!

MEET LUKIE, THE COMMUNITIES COMMITTEE CHAIR



SHE/THEY

**LUKIE JEW
4TH YEAR PHYSICS**

**COMMUNITIES-CHAIR@
CUTHS.COM**

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 Cuths 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 Fresher's.

MEET CHARLI, THE STUDENT'S WITH DISABILITIES REP



SHE/HER

**CHARLI JAMES
2ND YEAR ENGLISH LIT
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!!! If you need help please get in touch and I'll signpost you to the relevant people <333

WE'RE THE MARGINALISED GROUP REPS!

MEET RALFS, THE WORKING CLASS STUDENTS REP



HE/HIM

**RALFS CLARKE
2ND YEAR LAW**

WCS-REP@CUTHS.COM

I'm Ralfs Clarke, a 2nd year Law student, from Mansfield, Nottinghamshire and the 24/25 Working Class Students Representative for St Cuthberts Society. Providing nothing but love and support for the Working Class is what I'll be doing as your representative. For any concerns, confessions or queries then contact the Instagram @working_class_cuths or the email wcs-rep@cuths.com. Alternatively, come see me in person during my weekly drop-in sessions and I'll listen to you there. I'll also be posting useful information that'll hopefully make your lives easier on Instagram, so make sure to keep an eye out for that. Overall, safeguarding the welfare of the Cuth's Working Class is my mission, so always feel free to reach out and let me know what I can do to help.

MEET SARA, THE LGBTQ+ REP



SHE/HER

**SARA TOCCI
2ND YEAR COMBINED HONOURS
IN SOCIAL SCIENCES**

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!

WE'RE THE MARGINALISED GROUP REPS!

MEET HARRY, THE INTERNATIONAL STUDENTS REP



HE/HIM

HARRY TANG
3RD YEAR BUSINESS AND
MANAGEMENT

INTERNATIONAL@CUTHS.COM

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

MEET MARY, THE LOCAL STUDENTS REP



SHE/HER

MARY MCNEILL
2ND YEAR PSYCHOLOGY

LOCAL.STUDENTS.REP
@CUTHS.COM

Hi! I'm Mary (She/Her), a second year Psychology student from Newcastle. As this year's Local Student's Rep for Cuth's, my job is to represent and support all students from the area that attend our University. I'll be working closely with our Welfare Team to ensure every local student in Cuth's feels comfortable and safe in our college. Please feel free to come and chat to me anytime, whether it just be a small question or an issue you're facing, I'm here to help! See you all at freshers!

MEET YOUR POSTGRADUATE AND MATURE STUDENTS VICE-PRESIDENT

MEET SARAH, THE PGM VICE-PRESIDENT



SHE/HER

SARAH MCALLISTER
ENGLISH LIT PHD STUDENT

PGM-PRESIDENT
@CUTHS.COM

Hi I'm Sarah and I'm currently the Postgraduate Vice-President which makes me the Acting Postgraduate and Mature Students' President until we elect this position at the beginning of the academic year. I have been at Cuth's since my undergraduate and I'm now in the third year of my PhD so I've been about for a while. At Cuth's we have a Postgraduate and Mature Students' Committee with a range of positions to represent these students including the PG Welfare Rep and the Mature Students' Rep who both are part of the Welfare Team. If you have any questions about what it's like being a Postgrad or Mature student or how to get involved please feel free to email me

DOES PGM PRES SOUND INTERESTING TO YOU? EMAIL SARAH OR THE SRO RUAIRIDH (SRO@CUTHS.COM) FOR MORE INFO!

PGM
PRESIDENT

PG WELFARE
REP

THIS
COULD
BE YOU



THIS
COULD
BE YOU



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

MEET YOUR PRESIDENT AND VICE-PRESIDENT

MEET DAN, THE PRESIDENT OF THE SOCIETY



HE/HIM

DAN MERCER
MATHS AND PHILOSOPHY
GRADUATE

PRESIDENT@CUTHS.COM

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, and now my degree is all done it's time to begin my year in office as the JCR's President of the Society. I work full-time to represent you to College and the wider university, and am also in charge of overseeing everything that happens in the JCR. Before becoming President, my background in the JCR has been Welfare focused holding the roles of Senior Welfare Officer and Male Welfare Officer in my 3rd and 2nd Years at Cuth's. Just like everything else in the JCR I am responsible for the oversight of Welfare too! I'm always on-hand to advise and help - so if you're ever unsure of who's the best person to get in contact with, get in touch with me and I can point you in the right direction.

MEET CALEB, THE VICE-PRESIDENT



HE/THEY

CALEB ROSS
2ND YEAR ENGLISH LIT

VICE-PRESIDENT@CUTHS.COM

Hey everybody! I'm Caleb, a proud irish former resident of house 13 and your vice president of Cuth's. My role has been left deliberately vague so that I can help with everything and so that's my goal. I'm passionate about creating an inclusive society which aptly supports and encourages people to do anything they want. I will be doing my best to assist the welfare team on both campaigns and welfare committee. If you have any questions about anything give me a shout on email or just walking down the south bailey!

MEET YOUR YEAR ABROAD AND PLACEMENT REP

MEET WILL, THE YEAR ABROAD & PLACEMENT REP



HE/HIM

WILL GANDE
BA GEOGRAPHY

YEARABROADANDPLACEMENT
@CUTHS.COM

Hi all! I'm Will, my pronouns are he/him and I'm your Study Abroad and Placement rep this year. It can feel like you're quite distant from college during your year out but this couldn't be further from the truth! This year, we're going to make a concerted effort to ensure that welfare facilities, and communication with college, is just as easy for those living elsewhere as it is for those right on the Bailey. Having been Male Welfare Officer last year, I'll bring a new welfare insight into this role so if you've got any sort of query, issue, or you just want someone to talk to, I'm here to ensure that you can access any and all of the welfare facilities you're looking for whilst studying abroad or on your placement. Have a great year! Will

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

Cuth's Welfare is dedicated to providing support **for all of the student body which makes up Cuth's. This commitment doesn't change when you're not in Durham, whether you're on a Year Abroad, Placement year or you're simply not in Durham, we are still here for you.** If you are on a Year Out, Will can provide **drop-ins** at his discretion. Within these drop-ins he can hear out any issues you have concerning your Year Abroad or Placement and signpost to any services if that's what you want. As you are most likely not in Durham in-person, **our officers (and Will) are more than happy to hold online zoom drop-ins again at their discretion.** Of course, we are also all reachable via our emails too.

The role of Year Abroad and Placement Rep also sits alongside the rest of the Welfare Campaigns team, to make sure that **our campaigns are accessible for those of you who are not in Durham.**



@CUTHSGOESABROAD
ON INSTAGRAM

WHAT ABOUT COLLEGE FAMILIES?



A key role of the Development Officer is that of organising 'College families' and although they are not strictly linked to the work we do here in Welfare they do offer an opportunity to have a mentor from an older year here in Cuth's. **(Do not fear, even without a dev officer you will get college families!)** Parents are there to answer questions about life here in Durham, your degree and if you want to have a night out with them (with alcohol or not). The Development Officer matches freshers with parents who are interested in doing the same things, so there shouldn't be any uncomfortable clashes in terms of drinking and non-drinking families as an example!

**DEVELOPMENT
OFFICER**

**THIS
COULD
BE YOU**



It's a strange concept to get your head around. But, you can end up getting **college married** yourself and getting kids next year (making your parents, grandparents!)

"College families are one of the best things about freshers' week, in my opinion - it allows for you to meet fellow Cuth's 1st Years, as well your parents (they can really tell you the ins and outs of college life). Your 'parents' are also great friends to see around college and help with the settling process as they are familiar faces who will answer any questions you have! I think it's something everyone should take part in - it means you can meet so many people and make more friends by joining a family and passing down the 'Bleeding Green' spirit! Mama Louise did a fantastic job at introducing me to Cuth's and I hope to do the same!" - JP



**MEET MY 'ADOPTED'
COLLEGE CHILD, JP**

MEET VICTORIA, THE SOCIAL CHAIR



SHE/HER

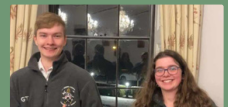
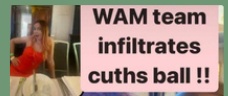
**VICTORIA CONRAN
3RD YEAR SOCIOLOGY**

EVENTS@CUTHS.COM

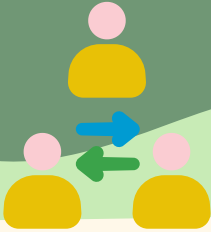
Hello! I'm Victoria (She/her), and I'll be your Social Chair for this upcoming year! My job is to ensure you have as much fun as possible at all Cuth's events; we have 2 large balls, a smaller in-college ball called Feast, and Cuth's Day alongside loads of other events! Organised by myself and the social committee, whilst working with the wonderful welfare team, we will make sure that you all stay safe at these events! Having the welfare team present, easily accessible and available to provide support is crucial for successful events and making the best memories!

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

FT. CUTH'S, MARY'S & AIDAN'S



WHAT ARE WELFARE SWAPS?



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



HERE IS AN EXAMPLE POST FROM THE PAST!

In the past we have swapped drop-ins with Collingwood & Stevo Colleges. As well as event cover with Mary's, Aidan's & Grey! **The colleges we work with can vary.**

Note: these drop-ins will still happen in Refounders unless specified on @cuths_welfare

WELFARE DURING FRESHER'S WEEK



WELFARE CORNER DURING BAR EVENTS

We will be based in Refounders & Bailey JCR during bar events for a chat! We will also be armed with tea and toast.

DROP-INS DURING THE DAY

We will be holding dedicated drop-ins during Fresher's Week (daytime). Look out for the timetable on Instagram!

CLUB NIGHTS

The Welfare Officers will be based outside of the club on club nights. If there are any issues please let us know!

CONSENT WORKSHOPS

The Welfare Officers also run the compulsory consent workshops! Please remember to sign in and grab a goodie bag.

SEE US AT THE FRESHER'S FAIR!

Finally, come see us at the Fresher's Fair to ask questions & get freebies!



CUTH'S WELFARE & THE COST OF LIVING CRISIS

THE NEXT SECTION TOUCHES ON THE TOPIC OF THE COST OF LIVING CRISIS AS WELL AS GENERAL FINANCE RELATED STRUGGLES

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

In the past 2 years, to combat the Cost of Living Crisis, Cuth's Welfare has made a dedication to **end period poverty within Cuth's** by offering free customisable monthly menstrual products. This coming year we hope to expand access further to as many students as possible throughout our campaigns, such as the **Housing Campaign** coming in Michaelmas and our **Financial Awareness Campaign**. Plus, we hope to work with any issues that evolve throughout the year to combat the hardship that comes with the crisis as it develops. This is a situation where welfare needs to be reactive and we aim to be as helpful as we can be in these unpredictable situations. Our Welfare Officers are trained to listen and signpost (if that's what you want) to any issues coming about as a result of the crisis, so please feel free to talk to any member of the team if that would be helpful.

If there are any questions you have in relation to Cuth's or Welfare's approach to the Cost of Living Crisis please feel free to email **Louise the Senior Welfare Officer at: senior-welfare@cuths.com**, or **Dan the President at: president@cuths.com**

WHAT DOES COLLEGE OFFER?

MEET THE ASSISTANT PRINCIPAL



**ANNIE
ROBINSON
(SHE/HER)
UNTIL JAN
2025**

The Assistant Principal is responsible for providing day-to-day support to all students at St Cuthbert's Society. You can make an appointment to see her by phoning or emailing the student support office. You should contact Student Support about problems of any kind affecting your academic progress including wellbeing concerns, health issues, financial issues, academic issues and sexual misconduct.

Lydia will return in Epiphany from maternity leave.



**DR LYDIA
HARRIS
(SHE/HER)
JAN 2025
ONWARDS**

MEET ALEX, THE ASSISTANT STUDENT SUPPORT OFFICER



ALEX HAIGH (SHE/HER)

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

WHAT DOES COLLEGE OFFER?

MEET THE VICE-PRINCIPAL



JON WARREN

**CUTHBERTS.VP
@DURHAM.AC.UK**

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

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

COLLEGE MENTORS

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

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

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

MISSED ACADEMIC COMMITMENTS

If you become ill during term-time and will miss any formal academic commitments as a result, you must complete a **Self-Certification of Absence form** - which can be found online. **Note: The Self-Certification of Absence form has now moved onto a centralised 'app' alongside summative extension requests.** This means that the information is forwarded directly to both college and your department. The link should be on your department's SharePoint. If you need help finding it, email cuthberts.studentsupport@durham.ac.uk.

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

THE NEXT SECTION TOUCHES ON THE TOPIC OF THE COST OF LIVING CRISIS AS WELL AS GENERAL FINANCE RELATED STRUGGLES

FINANCIAL HARDSHIP

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

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

WHAT DOES THE UNIVERSITY OFFER?



The University have recently created a **Student Support Hub** online which collates all of the services they offer by topic. You can find this by searching ‘Student Support Hub Durham University’ online (or clicking [this link](#) using the PDF handbook). Look out on the hub for a link to the **Student Support Portal** which is coming soon. This portal will act as a way to reach out to specific services/departments from a centralised portal. You can use it if you need to request help from Student Support Services or manage an existing request.

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH AND EMERGENCY SERVICES

THE COUNSELLING SERVICE

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

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

For more information about the service the university offers you can visit:

<https://durhamuniversity.sharepoint.com/teams/TheCounsellingandMentalHealthService> and log in with your Durham University account.

To self-refer please email cmh.service@durham.ac.uk

HOW CAN YOU ACCESS THIS SERVICE?

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

The Counselling service offers multiple support services catered to different needs: [Psychological Wellbeing Service](#), [Counselling](#), [Mental Health Advice](#), [Specialist External Providers](#).

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH, DIAGNOSED MENTAL HEALTH CONDITIONS, EMERGENCY SERVICES, SEXUAL ASSAULT, RAPE, BULLYING, BEREAVEMENT, IDENTITY, RELATIONSHIPS, FINANCE RELATED MENTAL HEALTH STRUGGLES AND EATING DISORDERS

PSYCHOLOGICAL WELL-BEING SERVICE

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

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

MENTAL HEALTH ADVICE

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

COUNSELLING

University counsellors can offer free time-limited individual sessions to help you develop insight into your thoughts and feelings, and help build the skills to manage your well-being and make changes in your life. One or two sessions may be sufficient for you but we can offer up to 6 individual sessions which can be supplemented with the use of other resources and follow-up appointments. Their Counselling Team is accredited by the British Association of Counselling and Psychotherapy (BACP) and all counsellors work in accordance with the BACP Ethical Framework for Counselling Professions

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

IMPORTANT

THIS SERVICE DOES NOT PROVIDE CRISIS SUPPORT. THEIR SERVICE (IN TIMES OF CRISIS) IS SIMPLY THERE TO SIGNPOST. PLEASE VISIT YOUR GP, RING 111 FOR OUT-OF-HOURS NHS SUPPORT, 999 IN AN EMERGENCY, OR SAMARITANS ON 116 123 FOR A 24/7 LISTENING SERVICE.

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



WHAT ARE THE SPECIFIC EXTERNAL SERVICES THE UNIVERSITY PROVIDES?



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

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

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH, DIAGNOSED MENTAL HEALTH CONDITIONS, SEXUAL ASSAULT, RAPE, AND EATING DISORDERS

NHS EATING DISORDER SERVICE

As Cuth's welfare does, the University Wellbeing service understands how broad eating disorders are. Their service has a wide range of resources, with specific resources on restrictive and non-restrictive eating disorders. Using MARSIPAN pathways which are used by Durham's local NHS specialist Eating Disorders Service (which is a part of their working relationship with the NHS Eating Disorder Service) Policy has been written by the University to help aid those students struggling with eating disorders while being a member of the University. The University's Duty of Care Statement highlights the understanding of the psychological, physical and social impact of eating disorders, and therefore works with charities like **Eating Distress North East** to provide external counselling and work to accommodate the academic needs of students. While much of the University policy focuses on restrictive eating disorders and their effects on health as understood by the NHS, they do provide signposting to services such as the OAGB for non-restrictive ED help.

RAPE AND SEXUAL ABUSE COUNSELLING CENTRE (RSACC)



The **Rape and Sexual Abuse Counselling Centre** is a charity that offers counselling and **support to survivors who have experienced sexual violence in County Durham and Darlington**. It is a local affiliated member of the National Rape Crisis Network. It offers a **helpline service and ongoing face-to-face and telephone-based counselling and support**. Please check their website for current helpline opening times.

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

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

You can self-refer to this service, however, the wait time will be considerably longer than if you are referred by the University. If you feel comfortable, it is recommended to discuss this option with the assistant principal.

COUNTY DURHAM DRUGS AND ALCOHOL RECOVERY SERVICES

The **County Durham Drug and Alcohol Recovery Service** is a **confidential** service which offers support and guidance for issues around your or someone else's use of drugs and or alcohol. Their aim is to "offer ways for local people with drug and alcohol problems to become free from their dependence. We also want to reduce the problems that substance misuse causes to families, friendships, workplaces and communities in County Durham." There are many ways to access their service, whether it be a self-referral or a referral from the University Counselling service. You can get in contact via their email address-

CDDARS.UNI@humankindcharity.org.uk, from one of their roadshows or they provide drop-ins every **Thursday 12-1:30pm in the Teaching and Learning Centre**.

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

DO YOU NEED TO TALK TO SOMEONE ABOUT YOUR DRUG OR ALCOHOL USE?
ARE YOU WORRIED ABOUT A PERSON'S DRUG OR ALCOHOL USE?

County Durham drug and alcohol recovery services

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

SUPPORT IS AVAILABLE FACE TO FACE OR VIA ZOOM.

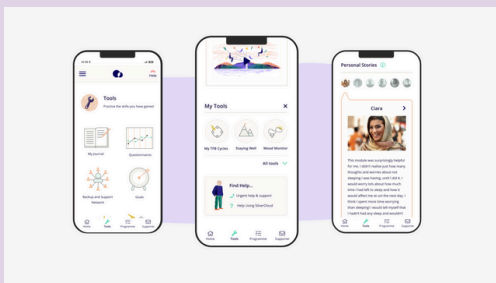
YOU CAN BOOK AN APPOINTMENT AT OTHER TIMES OR ASK QUESTIONS VIA EMAIL: CDDARS.UNI@HUMANKINDCHARITY.ORG.UK

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

humankind

SILVERCLOUD

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



SilverCloud
by Arisewell

Our Solutions
Our Platform
The Research
Content Library
About
Contact
UK

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

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

How it works

DISABILITY SUPPORT

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

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

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

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

HOW DOES A SUPPORT MEETING WORK?

You will meet a Disability Adviser, who will have a discussion with you about your disability, how it impacts you, and what support the university can put in place. [The disability advisers will take notes, but that's just so that the right support can be identified!](#) Everything discussed in your meeting is done so [in confidence](#) - but sometimes information will need to be sent to [external parties to put the right support in place](#).

WHAT HAPPENS AFTER A MEETING?

A Disability Support Plan (DSP) will be created, based on what is discussed during your meeting. Your DSP will then be sent to be approved, and a copy will be sent to you, your college, your Departmental Disability Representative (DDR), and/or your department Student Support Officer (SSO). [Once the notification is sent out, the college and your DDR will reach out, to see if there is any additional support they can offer!](#) If academic commitments are missed due to a pre-existing condition, a DSP can suffice as evidence! **BUT** If you require exam concessions, you must make an appointment to see Disability Support before the deadline!

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

Chaplains provide a fundamental service in supporting students at Durham. Chaplains are either based in colleges (not all colleges) or across the university. The university currently has chaplains from the following faiths: Christianity, Islam and Judaism. There is also a Humanist Chaplain available to contact. For their contact details do visit the website above! If your faith is not represented, the website offers many other centres where you can get support across numerous other faiths including Buddhism, Sikhism and Hinduism. All the university chaplains are happy to offer support to anyone regardless of their denomination or faith community.

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

MEET JULIA, OUR CHAPLAIN



JULIA CANDY (SHE/HER)

JULIA.CANDY@DURHAM.AC.UK

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

C-CARDS

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



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

Note: You can use your C-Card at Boots Marketplace

EVERYTHING ELSE ABOUT THEIR SERVICE

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

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

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

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

SEXUAL MISCONDUCT AND VIOLENCE

THE NEXT SECTION TOUCHES ON THE TOPIC OF SEXUAL ASSAULT, SEXUAL HARASSMENT, DOMESTIC VIOLENCE, STALKING AND RAPE

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



LOUISE NEWBERRY
(SHE/HER)
SENIOR WELFARE
OFFICER

A NOTE FROM THE SWO

Although I have included a content warning at the beginning of this section, I wanted to highlight how sensitive this topic is.

Whilst these pages may feel intimidating because of the vast amount of information, I want to make it clear that no matter what route a victim-survivor chooses, Cuth's Welfare is here to support them. That being said, I think it is very important to reiterate that, especially when it comes to SMV, Cuth's Welfare will respect the victim-survivor's confidentiality at all times. It is always the victim-survivor's choice - to choose who they tell, and if they report at all. I hope that you too, as a part of Cuth's community, can be respectful of a victim-survivor's choices so we can make our community as safe and comfortable as possible.

REPORTING AN INCIDENT

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

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

REPORTING TO THE POLICE

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

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

REPORTING TO THE UNIVERSITY

The University may only consider if there was a breach of the Sexual Misconduct and Violence Policy. The University uses the civil standard of proof, i.e. the balance of probabilities. The outcome of an investigation into the report will determine if any further action will occur and, if so, the appropriate disciplinary process will be followed. [The University's disciplinary process is separate from criminal law matters](#), and our misconduct offences are distinct from criminal offences. When you make a report, you are offered a meeting with a case manager who will discuss the procedure with you and give you time to confirm your report. This allows you time to consider all of your options before the University takes action.

REPORTING TO A MEMBER OF STAFF IS NOT SUFFICIENT FOR THIS. INSTEAD YOU MUST COMPLETE A REPORTING FORM WHICH WILL INITIATE THE PROCESS WITHIN THE SEXUAL VIOLENCE AND MISCONDUCT POLICY. YOU CAN FIND THE FORM, AND MORE INFORMATION HERE: WWW.DUR.AC.UK/SEXUALVIOLENCE/REPORT/

FOR ADVICE, YOU CAN ALSO USE THE UNIVERSITY'S REPORT + SUPPORT TOOL HERE: [HTTPS://REPORTANDSUPPORT.DURHAM.AC.UK/](https://REPORTANDSUPPORT.DURHAM.AC.UK/)

CHOOSE NOT TO REPORT AND SEEK SUPPORT ONLY

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

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

TAKE TIME TO CONSIDER OTHER ⁴⁴ OPTIONS

NORTH EAST SARC

You may need time to decide what you want to do next. You may choose to seek support as you consider your options. The [Sexual Assault Referral Centre](#) offers forensic medical exams, support, counselling, and sexual health screenings. You can have an exam without police involvement and the evidence can be stored. The Sexual Assault Referral Centre can also help you consider your reporting options. By attending the Sexual Assault Referral Centre, you can seek support, receive practical help and learn more about your reporting options while giving yourself time to consider what to do next.

LOCAL SARC DETAILS

The Meadows SARC: Covering the County Durham and Darlington area
themeadowsdurham.org.uk

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

The Teesside SARC: Covering Teesside and surrounding areas
sarcteesside.co.uk

Staff are available on **01642 061230** Monday – Friday, 9am-5pm or via email: Middlesbroughanddurham.sarc@nhs.net

COLLEGE

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

UNIVERSITY COUNSELLING SERVICE

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

WHAT DOES THE STUDENTS' UNION OFFER?

DURHAM\$U

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

SU ADVICE SERVICE

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

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

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

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

The screenshot shows the Durhamsu Advice Service website. At the top left, there is a blue header with the text 'ADVICE SERVICE'. Below this is a grid of ten service categories, each with a small image and a right-pointing arrow: 'About us', 'Governance affairs', 'Academic support', 'Housing support', 'Financial support', 'Compliance', 'Non-academic misconduct', 'Wellbeing', 'Harassment and Discrimination', and 'Student worker rights'. At the top right of the grid, there is a search bar with the placeholder text 'What can we help you with?' and a magnifying glass icon. At the bottom center of the page, there is a blue button with the text 'Get in touch'.

HATE CRIME REPORTING CENTRE

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

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

REPORTING TO THE SU

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

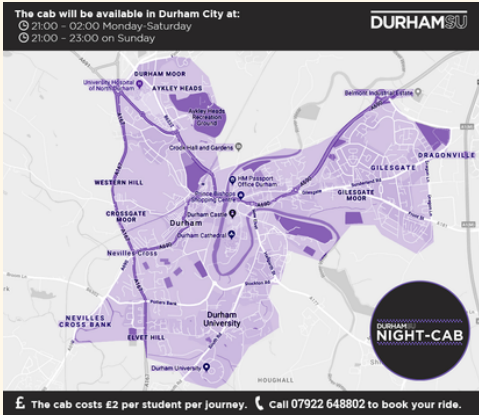
MEET JOE HENLEY, THE PART-TIME SU WELFARE OFFICER



JOE HENLEY
BIOSCIENCES STUDENT

After receiving welfare pastoral care during my first year with mental health difficulties, I've always wanted to give back. In 2022, I was a T&S (welfare) frep and I've now been on the pastoral team for 2 years. During this time, I've taken on many days of additional welfare training courses covering a variety of topics. University can be a difficult transition of lifestyle. Students may find themselves distanced from their usual support network. I hope to see transparent support for welfare volunteers and all students. Eventually, this can lead to a change in how students are able to look after themselves and each other, taking advantage of the support tools available to them.

NIGHTCAB - WWW.DURHAMSU.COM/NIGHT-CAB



The Night-Cab can get you about Durham safely:

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

If you're out by yourself at night and need a ride home, just **call 07922 648802** to get picked up by the Durham SU Night-Cab. Journeys cost **£3 per person**. You can use the Night-Cab seven days a week in term time during the following hours:

Monday - Saturday 21:00-02:00

Sunday - 21:00-23:00

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



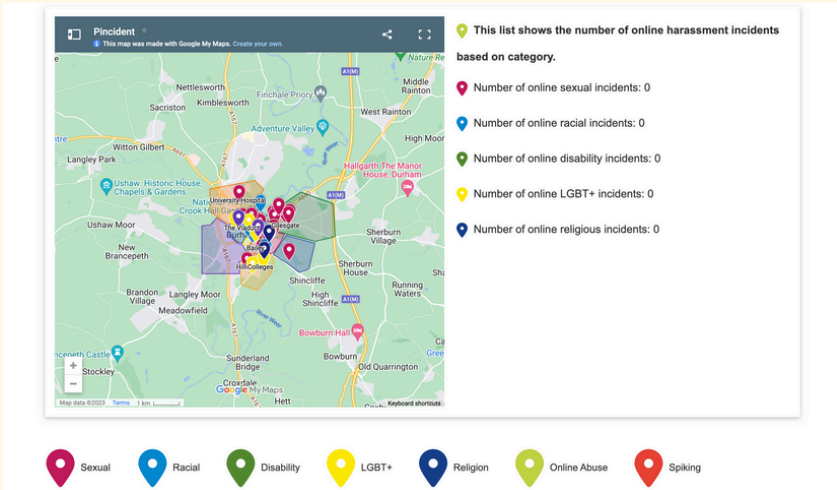
Vasiliki (Vicky) Bathrelou (she/her)
Former Welfare Policy Coordinator &
Current Housing Programme Coordinator
vasiliki.bathrelou@durham.ac.uk



Eleanor Scolah (she/her)
Student Voice Manager
eleanor.m.scolah@durham.ac.uk

PINCIDENT - WWW.DURHAMSU.COM/PINCIDENT

Pincident is a tool that maps harassment, violence, assault and discrimination in Durham City Centre. It has been designed to aid a better understanding of harassment and violence within Durham so that the SU can more effectively tackle and challenge this behaviour. You can share your experiences on Pincident whether you were the target of or witness to the incident, regardless of whether you have or intend to formally report it.



OTHER SU SERVICES

The **Wellbeing Map** is a map of Durham's Wellbeing support services and quiet spaces. You can access it here:

www.durhamsu.com/support/wellbeing-map

The **Accessibility Statement Generator** provides clear and concise access information if you are involved in hosting an event. The link is here:

www.durhamsu.com/support/accessibility-statement-generator

WHAT ARE THE SU ASSOCIATIONS?

WWW.DURHAMSU.COM/ASSOCIATIONS

The SU also has 8 Association Groups which you can join if you identify with a particular group. The 9 Associations are:



International Students Association (ISA)
@isa_durhamuniversity



LGBT+ Association
@durhamlgbtassoc



Mature Students Association (MATSA)
@du.matsa



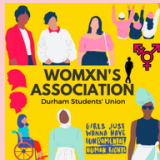
Disabilities and Carers Association (DACA)
@daca.durham



Durham Estranged and Care Experienced Association (DEACE)
@deace_association



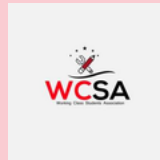
Durham People of Colour Association (DPOCA)
@durhampoca



Durham Womxn's Association
@durham_womxn



Durham Trans Association
@durham_trans



Working Class Students Association
@durhamwcsa

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

HOW ABOUT OTHER STUDENT GROUPS? ⁵⁰

THE NEXT SECTION TOUCHES ON THE TOPIC OF SEXUAL ASSAULT

NIGHTLINE - WWW.DURHAMNIGHTLINE.COM



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

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

DURHAM UNIVERSITY AGAINST SEXUAL ASSAULT

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

Instagram: [@duagainstsexualassault](https://www.instagram.com/duagainstsexualassault)



HEADS UP DURHAM

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

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

SAFE EDUCATION DURHAM

We are independent student-led campaign committed to tackling the culture and response to harassment and sexual violence at Durham University

This campaign is **independent** from the University/SU. To find out more, visit [@safe_education_du](https://www.instagram.com/safe_education_du) on Instagram



WHAT ABOUT EXTERNAL SUPPORT?

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH, IDENTITY, BACKGROUND RELATED MENTAL HEALTH, LGBTQ+ RELATED ISSUES AND EATING DISORDERS

The charity **Student Minds** runs Student Space, and through their website, you can access via phone, text message, email and web chat support. Through their website, you can access support for Black, Muslim, Trans and Working-class students as well as for students hearing voices and students with OCD and BDD.

Support provided by Student Space is [safe, confidential and free](#).

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

STUDENT SPACE

STUDENTS@THEMIX.ORG.UK

TEXT SHOUT TO 85258

WWW.STUDENTSPACE.ORG.UK

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

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

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

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH, DIAGNOSED MENTAL HEALTH DISORDERS, FINANCE RELATED MENTAL HEALTH STRUGGLES, RELATIONSHIPS, DRUG AND ALCOHOL USE AND SUICIDE



Campaign Against Living Miserably (CALM) is a charity taking [a stand against suicide](http://www.thecalzone.net). That means standing against feeling hopeless, standing up to stereotypes and standing together to show that life is always worth living.

[WWW.THECALMZONE.NET](http://www.thecalzone.net)



PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the [prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people](http://www.papyrus-uk.org).

[WWW.PAPYRUS-UK.ORG](http://www.papyrus-uk.org) - 0800 068 4141



Samaritans is a registered charity aimed at [providing emotional support](http://www.samaritans.org) to anyone in emotional distress, struggling to cope or at risk of suicide throughout the United Kingdom.

[WWW.SAMARITANS.ORG](http://www.samaritans.org) - 116 123



Bipolar UK is the only national charity dedicated to empowering individuals and families affected by [bipolar and manic depression](http://www.bipolaruk.org). Peer support is at the core of our work.

[WWW.BIPOLARUK.ORG](http://www.bipolaruk.org)



The Mix is the UK's leading support service for young people. [They're here to help you take on any challenge you're facing](http://www.themix.org.uk) - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

[WWW.THEMIX.ORG.UK](http://www.themix.org.uk) - TEXT THEMIX TO 85258



Anxiety UK offer an extensive range of support services designed to help [control anxiety rather than letting it control you](http://www.anxietyuk.org.uk), this is through access to a community of other like-minded people and therapy services.

[WWW.ANXIETYUK.ORG.UK](http://www.anxietyuk.org.uk)



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

WWW.SUPPORTLINE.ORG.UK - 01708 765200



OCD UK says that "information plays an important role in helping people understand and come to terms with Obsessive-Compulsive Disorder (OCD). [We're here to educate, offer hope and support people through the difficult times](#), right through to recovery and everything in between"

WWW.OCDUK.ORG

SEXUAL HEALTH

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

WWW.CDDFT.NHS.UK



Brook offers [free and confidential sexual health advice and contraception](#) to people under 25.

WWW.BROOK.ORG.UK/FIND-A-SERVICE



An [online tool](#) that provides quick and easy access to sexual health information and local services.

[HTTPS://SXT.HEALTH/](https://sxt.health/)



Enhance the UK's campaign 'Undressing Disability' aims to [raise standards in sexual health and sexual awareness for disabled people](#).

ENHANCETHEUK.ORG



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

WWW.FPA.ORG.UK

LGBTQ+

THE NEXT SECTION TOUCHES ON THE TOPIC OF IDENTITY RELATED MENTAL HEALTH STRUGGLES, LGBTQ+ RELATED MENTAL HEALTH ISSUES, DOMESTIC ABUSE AND SEXUAL VIOLENCE



Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain. [This search tool on their website helps find local LGBTQ+ support services and community groups.](#)

WWW.STONEWALL.ORG.UK



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

SWITCHBOARD.LGBT - 0800 0119 100



Galop is an [LGBTQ+ anti-violence and abuse charity](#). They give advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse.

[HTTPS://GALOP.ORG.UK/](https://GALOP.ORG.UK/)



A mental health service run by and for lesbians, gay, bisexual, trans, and queer people. [They provide online support, counselling, peer support groups and have suicide prevention helplines](#) along with other forms of support.

MINDOUT.ORG.UK

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH STRUGGLES RELATED
DRUG AND ALCOHOL USE

Claypath & University
Medical Group

It's incredibly important to [register with a GP](#) as soon as you arrive in Durham. The most popular is the Claypath and Univeristy Medical Group which is a local NHS medical service for general health enquiries. Follow the link for information on opening times and phone numbers.

DURHAMSTUDENTHEALTH.CO.UK - 0191 374 6888



Alcohol Change is a charity that is committed to reducing harm from alcohol-related problems. They focus entirely on [reducing alcohol harm](#), working across the whole range of serious alcohol harms, from mental and physical to societal and economic. Driven by our vision of a world with no serious alcohol harm, we work to create five evidence-based changes.

ALCOHOLCHANGE.ORG.UK

Release

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

WWW.RELEASE.ORG.UK - 020 7324 2989

drinkaware

Drinkaware is a charity aiming to reduce alcohol-related harm and [offer advice, support and a messaging service](#).

WWW.DRINKAWARE.CO.UK



The County Durham Drug and Alcohol Recovery Service is a [confidential service](#) which offers support and guidance for issues around your or someone else's use of drugs and or alcohol.

CODURHAMDRUGALCOHOLRECOVERY.CO.UK - 0300 266 666



Talk to Frank is a national service offering friendly [confidential](#) advice and information on drugs. You can call text/email for advice. They have great information on their website, including [what to do in an emergency](#).

TALKTOFRANK.COM



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

DANCESAFE.ORG



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

WWW.DRUGSAND.ME/EN/



[Students for sensible drug policy](#)

#supportdontpunish

Contact the chapter leader at outreach@ssdp.org

Instagram: [@ssdpdurham](#)

[HTTPS://SSDP.ORG/](https://ssdp.org/)

DRUG TESTING

THE NEXT SECTION TOUCHES ON THE TOPIC OF MENTAL HEALTH STRUGGLES RELATED DRUG AND ALCOHOL USE AND SPIKING

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



WWW.EZTESTKITS.COM/EN/

THE NEXT SECTION TOUCHES ON THE TOPIC OF RESTRICTIVE AND NON-RESTRICTIVE EATING DISORDERS



Beat is the UK's biggest eating disorder charity. They have helplines operating [365 days a year](#)

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

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

WWW.BEATEATINGDISORDERS.ORG.UK



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

SEED.CHARITY - 01482 421525



Eating Distress North East provide [external counselling](#) and work to accommodate the academic needs of students. They have a speciality in both restrictive and non-restrictive eating disorders.

WWW.EDNE.ORG.UK/ABOUT-EATING-DISTRESS - 0191 221 0233

THE NEXT SECTION TOUCHES ON THE TOPIC OF RAPE, SEXUAL ASSAULT, SEXUAL VIOLENCE AND DOMESTIC ABUSE



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

WWW.RSACC-THECENTRE.ORG.UK



Rape Crisis England and Wales is the umbrella body for independent rape crisis centres. [They have resources on self-help, links to centres, a helpline and a Live Chat service.](#)

RAPECRISIS.ORG.UK - 0808 500 2222



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

WWW.SURVIVORSUK.ORG - 020 3322 1860



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

WWW.THESURVIVORSTRUST.ORG - 0808 801 0818



Safeline is a specialist charity for [sexual abuse and rape](#). They offer support for both survivors and friends & family, including [counselling, IVSA's and support groups](#).

SAFELINE.ORG.UK - 01926 402 498



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

WWW.NHS.UK/SERVICE-SEARCH/OTHER-HEALTH-SERVICES/RAPE-AND-SEXUAL-ASSAULT-REFERRAL-CENTRES

THE NEXT SECTION TOUCHES ON THE TOPIC OF DOMESTIC ABUSE, DOMESTIC VIOLENCE, GENDER BASED DISCRIMINATION, RACE BASED DISCRIMINATION AND HATE CRIMES



[Refuge is a 24-hour national helpline](https://www.nationaldahelpline.org.uk) for women experiencing domestic violence, for their family, friends, colleagues and others calling on their behalf. You can also message them online, through a messenger or live chat.

[WWW.NATIONALDAHHELPLINE.ORG.UK](https://www.nationaldahelpline.org.uk) - 0808 2000 247

women's aid
until women & children are safe

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

[HTTPS://WWW.WOMENSAID.ORG.UK/](https://www.womensaid.org.uk/)

imkaan

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

[HTTPS://WWW.IMKAAN.ORG.UK/](https://www.imkaan.org.uk/)

Respect
Men's advice line

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

[MENSADVICELINE.ORG.UK](https://mensadvice.org.uk) - 0808 8010327

WHAT TO DO IN AN EMERGENCY RELATED TO DRUG USE

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THE NEXT SECTION TOUCHES ON THE TOPIC OF EMERGENCY SITUATIONS, DRUG AND ALCOHOL CONSUMPTION AND OVERDOSES

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

If you are located in Durham City centre at the time of the accident **City Safe Durham (Located in St. Nicholas' Church, Marketplace - Wednesday, Friday & Saturday nights)** offers medical, first aid and welfare assistance to the nightlife of Durham. They provide a rapid response to medical incidents, before ambulance arrival. They also provide a See, Treat & Discharge for those not needing Hospital or Ambulance Treatment. Alongside this, they provide welfare checks.

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

WHAT TO LOOK FOR – IF SOMEONE IS HAVING A BAD TIME ON DRUGS THEY MAY BE: ANXIOUS, TENSE, PANICKY, OVERHEATED AND DEHYDRATED, DROWSY, HAVING DIFFICULTY WITH BREATHING

WHAT TO DO?

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

If they are anxious, tense or panicky you should: sit them in a quiet and calm room, keep them away from crowds, bright lights and loud noises, and tell them to take slow deep breaths.

If they are really drowsy you should: Sit them in a quiet place and keep them awake, **if they don't respond or become unconscious call an ambulance immediately and place them in the recovery position.** Don't scare them, shout at them or shock them, don't give them coffee to wake them up, don't put them in a cold bath to "wake them up" – this wastes time and there's a risk of drowning.

If they are unconscious/ having difficulty breathing you should: **Immediately phone for an ambulance, place them into the recovery position and stay with them until the ambulance arrives.** If you know what drug they've taken tell the ambulance crew immediately, it might help them get the right treatment faster.

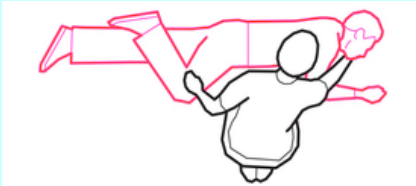
THE RECOVERY POSITION ⁶¹

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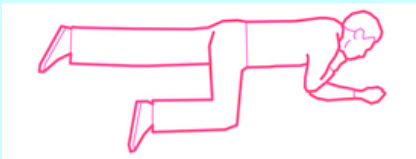
By placing someone in the recovery position, you're making sure that they are still breathing and can breathe easily, as it's not unusual for someone who has become unconscious to swallow their tongue. You're also making sure that if they vomit, it won't block their airway and choke them.



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



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



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

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

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

WHAT HAPPENS AT A&E?

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

A FINAL NOTE FROM THE SWO :)

LOUISE NEWBERRY (SHE/HER)
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I just want to say thank you for reading through this year's Welfare Handbook. I understand that it is a lot to process all at once, but hopefully, it will be a good reference point if you need it in the future! That being said, some of the content discussed was very heavy and triggering - so I really urge you to take some time for self-care today. Whether that be a face mask or watching TV! If you do feel as though the content has triggered you in a way that you think you need to talk to someone - Cuth's Welfare is always here to help. Feel free to send us an email or attend one of our advertised drop-ins if that's what you would like. Overall, this handbook was not designed to be read like a fiction book on my course, it is something you can never look at again or refer back to all the time, it's your handbook now as much as Welfare's. Hopefully, whether you're a fresher or a third-year, this handbook has taught you something new and reassured you that there is support out there. If you have any questions, please feel free to get in touch with me. Otherwise, I'll see you around (probably with a Purple Toad). THANK YOU AGAIN!

- Louise (SWO)



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