

DU
ASSOCIATIONS

COLLEGE/UNI
WIDE SUPPORT



CAMPAIGNS

Cuth's Welfare Handbook 25/26

DROP-INS

EXTERNAL
SUPPORT

MARGINALISED
GROUP REPS

SEXUAL HEALTH
SUPPLIES

SIGNPOSTING AND
INFORMATION



CONTENTS

HOW TO USE THIS HANDBOOK

WHAT DOES 'WELFARE' MEAN AT CUTH'S?

MEET THE SENIOR WELFARE OFFICER

MEET THE WELFARE OFFICERS!

WHAT DOES COLLEGE OFFER?

COLLEGE STUDENT SUPPORT TEAM

COMMUNITIES COMMITTEE

MEET THE MGRS!

CONFIDENTIALITY AT CUTH'S

WHAT WE DO

WHAT ARE DROP-INS?

WHAT DOES THE UNIVERSITY OFFER?

- COUNSELLING AND MENTAL HEALTH

DISABILITY SUPPORT

SEXUAL MISCONDUCT AND VIOLENCE

CUTH'S: WHO'S WHO?

- PRESIDENT AND VICE-PRESIDENT
- YEAR ABROAD AND PLACEMENT REPS
- SPORTS AND SOCIETIES
- COLLEGE FAMILIES
- THE BAR & WELFARE

HOW DO I GET INVOLVED IN WELFARE AS A FRESHER?

WELFARE CAMPAIGNS

POSTGRADUATE AND MATURE STUDENTS

WHAT ARE WELFARE SUPPLIES

WELFARE AT CUTH'S EVENTS

WELFARE DURING FRESHER'S WEEK

CUTH'S WELFARE & THE COST OF LIVING CRISIS

WHAT DOES THE UNIVERSITY OFFER?

- SEXUAL HEALTH
- SEXUAL MISCONDUCT AND VIOLENCE

WHAT DOES THE STUDENT UNION OFFER?

WHAT ARE SU ASSOCIATIONS?

HOW ABOUT OTHER STUDENT GROUPS?

WHAT ABOUT EXTERNAL SUPPORT?

- MENTAL HEALTH
- SEXUAL HEALTH
- LGBTQ+
- GENERAL HEALTH, DRUGS & ALCOHOL
- EATING DISORDERS
- SEXUAL ASSAULT & ABUSE
- DOMESTIC VIOLENCE

WHAT TO DO IN AN EMERGENCY RELATED TO DRUG USE

THE RECOVERY POSITION

THANK YOU!

PG 1

PG 2

PG 3

PG 4-5

PG 6

PG 7-11

PG 12-13

PG 14-15

PG 16

PG 17

PG 18-20

PG 21-22

PG 23

PG 24

PG 25

PG 26

PG 27

PG 28

PG 29

PG 30

PG 31

PG 32

PG 34

PG 34-36

PG 37

PG 38

PG 39

PG 40-42

PG 43-44

PG 45-47

PG 48-51

PG 52

PG 53

PG 54

PG 55

PG 56

PG 57

PG 58 - 59

PG 60

PG 61

PG 62

PG 63

PG 64

BACK PAGE

HOW TO USE THIS HANDBOOK?

1



FIRSTLY – WELCOME TO CUTH'S!

This handbook is the hub for all things welfare and student support 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 where you can be directed by the amazing College Student Support Team, Welfare Officers and Marginalised Group Reps.

We hope that by flicking through this handbook you can see some faces that feel welcoming and reassuring! You will meet our JCR Welfare Team and other JCR officers, 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, we 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 on Instagram @cuths_welfare

Section colour coding: **People**, **Services**, **Cuth's**, **University Welfare**, **SU Welfare**, **External**

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! The Welfare Officers work closely with the College Support systems, to ensure you have a wide variety of support options available during your studies

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

THE JCR WELFARE TEAM



SENIOR WELFARE OFFICER

WELCOME TO CUTH'S!



CARA (SHE/HER)

Hiya everyone! My name is Cara, I'm a third year law student and I'm your Senior Welfare Officer for 2025/26, having been on Welfare Campaigns since my first year, and Female Welfare Officer last year.

(It's safe to say I LOVE Cuth's Welfare.)

It is my job, alongside the wonderful Welfare officers and College, to ensure that Cuth's students are supported through all areas of university life

This year in Welfare is going to be packed! We'll be working with the lovely Olivia and our Welfare Campaigns team - look out for Movember, SHAG week, 'Stress Less' and much more! We'll also be doing loads of collaborations with Cuth's Sports and Socs, but also wider Durham Societies, so there really is something for everyone to get involved with!



MOVEMBER ANTICS!



TEAM WELFARE HOSTING FASHION SHOW!

Welfare is here for YOU - we are here to listen, to signpost and support you throughout your years in Cuth's. No issue is too small, whatever you are going through is valid, and we are here to help!

I hope you all have a wonderful year, please come say hi, I am SO excited to see all your lovely faces!

Cara <3

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

-CARA, SENIOR WELFARE OFFICER

MEET THE WELFARE OFFICERS!

CARA, YOUR SENIOR WELFARE OFFICER



SHE/HER

CARA CAHILL
3RD YEAR LAW

SENIOR-WELFARE@CUTHS.COM

Hey guys - you've already had my intro, but in case you missed it - I'm Cara your Senior Welfare Officer! Alongside our other lovely welfare officers, I'll be providing weekly non-advisory, non-judgemental drop-ins in our Welfare Room (there will be biscuits provided), where you can get anything off your chest. Please feel free to come chat or rant - nothing is too small!

I'm particularly passionate about issues such as body image, dealing with grief at university and ensuring everyone has access to sanitary and sexual health products <3

MEET EDEN, YOUR FEMALE WELFARE OFFICER



SHE/HER

EDEN COTTRELL
2ND YEAR POLITICS AND
INTERNATIONAL RELATIONS
FEMALE-WELFARE@CUTHS.COM

Hey everyone! I'm Eden, and I'm a second year Politics and IR student from the US! I truly love Cuth's and welfare, having been on Welfare Campaigns in my first year. and I want to continue keeping Cuth's an open, social space, where everyone has the opportunity to be heard! My goal as FWO is to lend a listening ear, provide resources (for everything from mental and sexual health) and create meaningful social activities which help students find their place in uni. I'm also a proud Wildcat and plan to bring the cheer to welfare!!

Can't wait to meet you all :)

WE'RE THE WELFARE OFFICERS!

MEET EVAN, YOUR WELFARE OFFICER



HE/HIM

EVAN KELLY

**3RD YEAR ENGLISH LIT AND
HISTORY**

WELFARE-OFFICER @CUTHS.COM

Hi everyone, I hope you've had a lovely summer! My name is Evan, I'm a 3rd year English Literature and History student, and I'm looking forward to being your Welfare Officer this year. Alongside an excellent welfare team, I'll be working to ensure everyone in Cuth's feels supported and able to access help throughout the year. I'll be around during Fresher's Week, available for a quick chat and a biscuit if you ever feel overwhelmed or just need a breather from what is a busy week. For the rest of the year, I'll be running weekly drop-ins, where you can come for a relaxed, non-judgmental chat about anything, no matter how big or small. As a team, we'll also provide free sexual health supplies and period products, and run essential workshops on a range of key topics. This will be a fantastic year, and I look forward to meeting you soon.

MEET BENEDICT, YOUR MALE WELFARE OFFICER



HE/HIM

BENEDICT PORTER

**2ND YEAR ENGLISH LIT AND
PHILOSOPHY**

MALE-WELFARE@CUTHS.COM

Hey everyone! My name is Benedict and I'm the Male Welfare Officer for Cuth's 25/26! I'm a second year English Literature and Philosophy student and you'll most likely find me reading in Chapters, doing 'work' (chatting) in the JCR or doing some sort of music/drama project! I'll be holding weekly drop-ins for anyone who fancies a chat or for anyone wanting a little extra peer-support throughout the year! I loved being a part of the Welfare Campaigns team in first year, and I'm particularly passionate about inclusion, tackling classism and LGBTQIA+ rights!

WHAT DOES COLLEGE OFFER?



The College Student Support Office (located on the second floor of 12 South Bailey) is the first point of call for anything related to mental health, academic struggles, financial hardship, accommodation queries, wellbeing initiatives, misconduct, or disclosures. The Office has 3 members of staff, comprised of Dr Lydia Harris (Assistant Principal), Zoe Papagiannouli (Assistant Student Support Officer), and Lynn Glenister (Student Support Administrator). The options we can provide are vast and College Support Teams are the main hub of wellbeing in Durham University. Matthew is also a point of call for student support and a friendly face around Cuth's.

Our staff work closely with the Chaplain, Rev Dr Julia Candy, who is also trained and equipped to help with any spiritual, pastoral, or wellbeing matters. Julia works part time, so please do email us or her directly (julia.candy@durham.ac.uk) for drop-in details and appointments. The Vice-Principal, Dr Matthew Mills, also helps with student support and wellbeing and is available for appointments, if requested.

College provides a wide range of services, including:

- Providing listening services, breathing/relaxation techniques, wellbeing plans, and safe spaces
 - Interventions and support for mental health crises and emergencies
- Receiving disclosures and be the point of contact/support for cases of sexual violence, sexual assault, bullying and harassment, and academic misconduct
 - Liaising with your department for revised deadlines
- Academic procedural advice and support for Self-Certifications, Serious Adverse Circumstance forms, Missed Academic Commitment notices, Academic Progress Warnings/Notices, concessions to suspend or repeat studies, exam resists, withdrawals, or change of programmes
- Referrals and support for Disability Disclosure Forms, Disability Support Plans, the Academic Skills Centre, the Mental Health Advisor, the Counselling and Mental Health services, and the Student Money Advisor
- Hosting and planning wellbeing initiatives, like Bingo Night, yoga/meditation sessions during exam season, art therapy events, gardening activities, and other events within the wider student enrichment programme, Evergreen
- Running the Consent Matters workshops (alongside the Welfare Team) and providing growth opportunities throughout the academic year

If you have any questions about our services or would like to speak to us directly, please email cuthberts.studentsupport@durham.ac.uk

MEET THE ASSISTANT¹ PRINCIPAL



SHE/HER

'I'm Lydia and it is my absolute pleasure and privilege to be the Assistant Principal of this wonderful College! My role is head of Student Support and a College Officer (alongside the Principal and Vice-Principal). I have been part of the Cuth's Team since 2022, but my engagement with student support goes back much further in previous positions at Josephine Butler College, the Faculty of Social Sciences and Health, and as an academic tutor in the History Department. Before working at Cuth's, I completed 4 degrees – I have 2 undergraduate degrees (one in Drama and the other in History, Classical Studies, and Women's History), a MA in Medieval and Early Modern Studies, and a PhD in Medieval History. I undertook my first two degrees in New York City before coming to Durham to complete my postgraduate work. Clearly, I love universities!

I am passionate about the student experience, wellbeing, and ensuring everyone has a safe, inclusive, and welcoming space at Cuth's. My duties at College are varied but include: holding wellbeing appointments with students; providing listening services and guidance to students in distress; acting as a central point of communication for students between their department and other services; being part of the 24/7 on-call rota for College; scheduling wellbeing initiatives and working alongside the Vice-Principal with Evergreen, our enrichment programme; and assisting with the everyday running of the College.

When I'm not working in College, I love spending time with my husband Alex and our two beautiful boys, James (4) and Edward (1). I'm into gardening, bike riding, mystery novels, knitting, coffee, and I have a minor obsession with houseplants. I'm originally from Texas (thus the American accent and propensity to say "y'all") but I have lived in Durham since 2012 and love exploring the beauty of this wonderful city and county.

IF YOU WOULD LIKE TO SPEAK TO ME ABOUT WHATEVER IS ON YOUR MIND (OR EVEN TO CALL IN AND SAY "HI") PLEASE EMAIL CUTHBERTS.STUDENTSUPPORT@DURHAM.AC.UK FOR AN APPOINTMENT.

THE STUDENT SUPPORT TEAM

WHAT DOES THE ASSISTANT PRINCIPAL DO?



DR LYDIA HARRIS

I hold appointments with students to discuss a variety of issues: academic struggles, disability support, mental health difficulties, self-harm, sexual misconduct and violence, relationship struggles, homesickness, financial difficulties, and everything between. No problem is too big or too small, and I am trained to be a consistent support for you throughout your degree. I liaise directly with every academic department, all support services at the university (Disability, Mental Health, Academic Skills Centre, Student Conduct Office, etc), and can refer students directly to more specialist services like NHS Talking Therapies or external support groups. In College, I work closely with the Welfare Officers by holding fortnightly meetings during Term where I can advise, guide, or step-in, if there are concerns raised in their drop-ins.

MEET ZOE, THE ASSISTANT STUDENT SUPPORT OFFICER



(SHE/HER)

**CUTHBERTS.STUDENTS
SUPPORT@DURHAM.AC.
UK**

Zoe has covered the role of Assistant Student Support Officer since January and will keep doing so until February, at which time Alex Haigh will return from her leave.

Zoe is glad to join St Cuth's and the 'traditionally untraditional' spirit, helping to support our students in making their experience smoother by enabling them to manage any difficulties. Her experience from working for years in the College of St Hild and St Bede, in different departments and a student at DU before that, provide her with insight which she puts to good use when supporting students. You can reach out to her for a chat via the

cuthberts.studentsupport@durham.ac.uk. Other than that, Zoe is a nerd who loves fantasy and sci-fi (big Trekkie/Star Trek fan), is interested in sports, computer games and D&D - but don't let these put you off from talking to her. 😊

THE STUDENT SUPPORT TEAM

MEET YOUR STUDENT SUPPORT ADMINSTRATOR



LYNN GLENISTER

Hi, I'm Lynn, your Student Support Administrator. I have worked in Cuths for 1 year now and absolutely love it. I'm passionate about helping students thrive and am really looking forward to supporting everyone in the new academic year. Outside of work, I love getting lost in a good book and spending time with my dog, Douglas, who keeps life entertaining and full of energy!

MEET THE VICE-PRINCIPAL



MATTHEW MILLS

MATTHEW.MILLS@DURHAM.AC.UK
CUTHBERTS.VP@DURHAM.AC.UK

Whilst Lydia and Zoe are your main points of contact for Student Support, Matthew, our Vice-Principal, also assists in supporting students. Matthew'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. Matthew is also a point of call for student support and a friendly face around Cuth's.

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**. **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 twice per term (non-consecutively). However, if your circumstances go past the 7 day mark, different support measures need to be put in place. You should get a **sick note from your GP (so make sure you are registered in Durham!) or supporting documentation if it relates to anything else.** Any evidence needs to be submitted to College. We would recommend making an appointment to speak to Lydia or the ASSO, who can offer further advice on the next steps and what can be put in place to help you.

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, you can seek advice from College and the Welfare team. We can provide support, signpost you towards additional services, speak to central Finance and provide other materials, (such as budget planners).

The University offers a **Student 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 Lydia, our Assistant Principal.

To help combat the Cost-of-Living Crisis, the University can offer support. 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.** The Student Money Advisor, like everything we provide in welfare, is part of a completely non-judgmental service. However, you are also more than welcome to talk through your options with either Lydia or one of the members of the Welfare Team instead.

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](mailto: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

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. 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.

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!



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!

CHAIR



INTERNATIONAL

LGBTQ+



LOCAL STUDENTS

WORKING CLASS



POC

**STUDENTS WITH
DISABILITIES**



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!).

WE'RE THE MARGINALISED GROUP REPS!

MEET CHARLI, THE COMMUNITIES COMMITTEE CHAIR



SHE/HER

**CHARLI JAMES
3RD YEAR ENGLISH**

**COMMUNITIES-CHAIR@
CUTHS.COM**

Hi everyone! I'm Charli, a third-year English Literature student and your Communities Committee (also known as CommsComm) Chair. My role is to manage the committee of Marginalised Group Representatives (MGRs) in Cuth's! This year we will be working on many different issues faced by marginalised students and will communicate these to the wider JCR and the college. I have been on CommsComm as the Students with Disabilities (SWD) Representative last year - a role I absolutely adored, and only made my love for our community grow. I want to make sure that the MGRs, and anyone who feels like they need to shout to be heard, can feel safe and enjoy their time at Cuth's. Being on Welfare Campaigns was a highlight of last year and I'm hoping to add to our lovely campaigns whilst encouraging others to do the same. Get involved - you won't regret it! Sending all my love and positivity for your time at Cuth's <3

MEET LUCA, THE STUDENT'S WITH DISABILITIES REP



THEY/THEM

**LUCA WHITTLE
3RD YEAR MUSIC
SWD-REP@CUTHS.COM**

Hi, I'm Luca (they/them) and I'm your Students with Disabilities (SWD) Representative this year! I'm a disabled, non-binary, 3rd year music student. I know first-hand how tough it can be to be disabled at uni, and have experience of many of the support systems and processes disabled students might face, but also how brilliant this community is when we all work together to create equitable spaces. My role is to represent the voices of disabled students on various Cuths JCR and College committees. In particular, I focus on making sure everyone is aware of, and working to dismantle, the barriers disabled students might face at different points in College life. I advise the Welfare campaigns team on access and disability, work with welfare on planning and events, and generally am a representative and communication point for any questions people in the JCR have around access!

WE'RE THE MARGINALISED GROUP REPS!

MEET CINDY, THE INTERNATIONAL STUDENTS REP



SHE/HER

CINDY WANG
2ND YEAR LAW STUDENT

INTERNATIONAL@CUTHS.COM

Hi everyone! I'm Cindy, a 2nd year Law student and your International Rep. Part of my role involves hosting weekly drop-in sessions, especially for international students seeking support or simply a listening ear. Having lived in 4 countries—Singapore, China, Canada, and the UK—I understand many of the difficulties that students may face after moving to a new country. I was in your shoes last year and have experience in tackling the same challenges (visa, housing, homesickness, cultural differences, making friends, challenging workloads, and more), so please feel free to come to me! As the International Rep, I am also passionate about promoting inclusivity in our diverse community at Cuths, which includes making sure international students are heard. If you have any ideas, concerns or proposals, I would love to hear them. Can't wait to meet you all soon!

MEET CHLOE, THE LOCAL STUDENTS REP



THEY/HE

CHLOE SHANNON
3RD YEAR EDUCATION
STUDIES

LOCAL.STUDENTS.REP
@CUTHS.COM

Hiya, I'm Chloe! I'm a third year Education Studies student from Greater Manchester, and I'm your Local & Northern Students Rep for this year! I'm here to make sure that students from around Durham and the North of England feel welcomed here at Cuth's - I understand the feelings that can come alongside coming to Durham University from a Northern background, and it's my job to represent those feelings both in the JCR and within the college more broadly.

Be sure to follow @cuths.localstudents on Instagram to keep up with anything that's going on, and don't hesitate to drop me a DM for anything at all!

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), we are obliged to share that information with specialist support services to keep you safe. The JCR Welfare Officers have regular meetings with the Assistant Principal to seek guidance, share concerns, and raise any issues which may arise. Names will never be discussed without your consent, unless we feel you are at risk.

Please note: We cannot provide a listening service if there is police involvement due to being volunteers. We are not trained counsellors, and we cannot claim to solve any issues, but we are happy to support you with whatever you're experiencing. We aim to be a friendly face, a contact of peer support, and one step in seeking appropriate and/or professional support.

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

WHAT WE DO - A SUMMARY



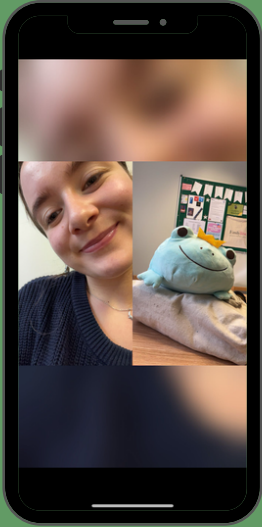
HERE IS BRIEFLY WHAT THE WELFARE OFFICERS DO IN THEIR ROLES!

- **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!!

WHAT ARE DROP-INS?

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



CARA BEFORE A DROP IN WITH THE WELFARE FROG!

Our welfare officers have received dedicated training, including Nightline, Active Listening & Mental Health First Aid

This training allows us to provide listening services for a broad spectrum of situations: from friendship break-ups and housemate dramas to struggles with mental health, disordered eating, substance abuse, self-harm, and sexual assault. We are happy to listen and nothing is ever too small for us to hear! Drop-ins are a confidential, non-judgemental and non-advisory space and act as a listening and signposting service. We can refer you directly to other support channels, like the College Student Support Team, who are in a position to offer guidance, implement safety plans, and referrals to specialist services.'

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.

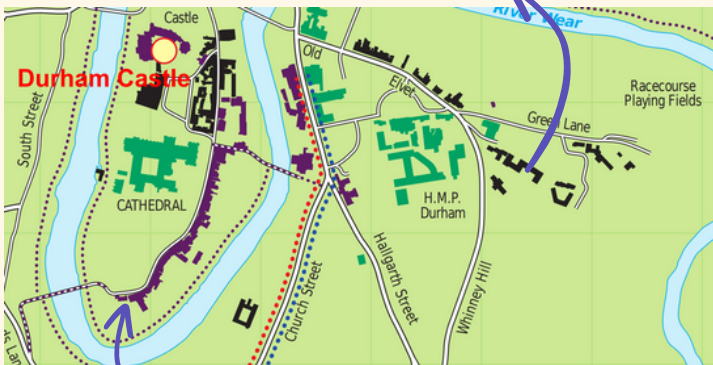
WHERE CAN YOU FIND US?



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

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 the last few years, 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! Our Welfare Officers can also hold drop-ins at the Student Union, Teaching and Learning Centre or another public space. Alternative arrangements will be made at the Officers' discretion, as it's important for us to maintain healthy boundaries and ensure everyone feels safe and comfortable :)

Check the @cuths_welfare Instagram to see where our reps have their drop-ins!

WHEN CAN YOU COME TO A DROP-IN?

Our drop-in hours will be posted on the [Cuth's Welfare Instagram page](#) and [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 welfare 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!

- We can talk about whatever you like and conversations during drop-ins are completely led by you
- It's okay to not know what to say or how to act, and you're free to leave whenever you want – 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
- As we are not in an advisory position, Welfare Officers cannot reach out to you, but you're always welcome to contact us.

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

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 AND MENTAL HEALTH SERVICE

The Counselling and Mental Health 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 **ground floor of the Palatine Centre** and are **available via self-referral or you can be referred through College Student Support for more immediate concerns or emergencies**

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 and Mental Health 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 and Mental Health 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 Advisor (PWA) 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

University Mental Health Advisors are available to offer advice and guidance to students with complex diagnosed and undiagnosed mental health difficulties. The Mental Health Advice Team includes Mental Health Nurses and Social Workers, who work in partnership with local NHS services, to support students during their studies. 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 and Mental Health 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.



DISABILITY SUPPORT

24



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 and Mental Health 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 ground 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!

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.

A NOTE FROM CUTHS WELFARE

Although we 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

MEET YOUR PRESIDENT AND VICE-PRESIDENT

MEET THEA, THE PRESIDENT OF THE SOCIETY



SHE/HER

THEA CAVE
THEOLOGY AND RELIGION
GRADUATE

PRESIDENT@CUTHS.COM

Hiya everyone! My name is Thea Cave and I have been elected as this year's President of the Society!! This July, I graduated with a degree in Theology and Religion, and now I am extremely excited to take on my role as the President of the Society and give back to our amazing community. In my role, I work full-time to represent you to College and the wider university. I am also in charge of overseeing all things JCR, including Welfare! In the past I have been involved in Welfare Campaigns, such as the 'Music as a Form of Self Care' campaign in my second year which I contributed to as Music Rep, and last year's Movember campaign video. This has made me super excited to sit on Welfare Committee this year, and I cannot wait to oversee the amazing work of our Welfare Officers. If you ever have any questions or need any help, I am always around, so please do get in touch and I will do all that I can to help you out and point you in the right direction. I can't wait to get to know you guys!!

MEET LOUISE, THE VICE-PRESIDENT



SHE/HER

LOUISE GILES
3RD YEAR MATHS AND
CHEMISTRY

VICE-PRESIDENT@CUTHS.COM

Hey! I'm Louise, a third year Maths and Chemistry student and your Vice President at Cuth's this year. My role description is delightfully vague, which basically means I get to stick my nose into everything (in the best way possible). I'm all about making Cuth's a welcoming, inclusive space where everyone feels like they can get stuck in, be themselves, and try something new—whether that's joining a campaign, running an event, or just turning up and having a good time. You'll usually find me wandering around the Bailey, juggling about five things at once, and undoubtedly chatting away and not getting much work done! I work closely with the welfare team, help out with campaigns, and generally throw myself into as much JCR life as I can. Watching it all come together is genuinely one of my favourite things. If you have any questions, ideas or just want a chat about absolutely anything then PLEASE get in contact with me either by email or grab me when I'm out and about - I'm always up for a chat! <3

MEET YOUR YEAR ABROAD AND PLACEMENT REPS

MEET FERDIE, THE PLACEMENT REP



HE/HIM

FERDINAND AMEYAW
PSYCHOLOGY

PLACEMENTREP@CUTHS.COM

Hiya guys, I'm Ferdie, my pronouns are he/him, and I'm your UK placement rep for the upcoming year! I'll be representing students on placement, supporting students thinking about applying for placements, and chairing the year out committee which represents all Cuth's students taking a year out. I hope to be able to use the role to keep placement students connected to each other and to college, even if they're not in Durham. Having been the Male Welfare Officer last year, I'll look to continue to offer support by highlighting the support still available to students on a year out. If you ever have any questions, worries, or concerns, feel free to shoot me over a message @cuthsyyearsout on instagram or via e-mail @placementrep@cuths.com!



@CUTHSYEARSOUT
ON INSTAGRAM

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

Cuth's Welfare is dedicated to providing support **for all of the student body. 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, Ferdie and Rosie can provide **drop-ins** at their discretion. Within these drop-ins they can hear out any issues you have concerning your Year Abroad or Placement and signpost to services. As you are most likely not in Durham in-person, **our officers are more than happy to hold online zoom drop-ins. You can also reach us on our email addresses**



ROSIE SIBBALD
3RD YEAR SPANISH AND
ITALIAN

YEAR ABROAD REP

WELFARE & SPORTS AND SOCS

MEET YOUR SPORTS AND SOCS CHAIR!



HE/HIM

GEORGE GIBBENS
3RD YEAR GEOGRAPHY

Hi, I'm George, your Sports & Societies Chair, and while my role often revolves around fixtures, training schedules, and events, it also plays a big part in supporting welfare across college. I look forward to working closely with the Welfare team and all our clubs and societies, this year, to promote charity initiatives. Last year, Cuth's raised over £8,000 for Movember and men's mental health, which is outstanding, but I think we can aim even higher this year. I'll be encouraging all teams and societies to get involved in fundraising efforts and will be on hand to support you in planning and running your own events; whether it's for Movember, a cause close to your heart, or local charities across the North East. The more creative and inclusive, the better.

THE IMPORTANCE OF SPORTS AND SOCS FOR WELFARE

"I am also a big believer that Sports and societies aren't just about competition or performance but they provide a sense of belonging, structure, and a healthy way to release the pressures of uni life. For me, getting involved in sport and society life at Cuth's has been one of the most important parts of my university experience. It's given me an outlet on stressful days, a team to lean on when things feel overwhelming, and some of the closest friends I've made here. Whether you're playing at a high level or just giving something a go for the first time, getting involved is one of the best ways to take a break from work, meet new people, and have a laugh along the way. I really want to encourage as many people as possible to throw themselves into Cuth's life; whether it's through sport, music, drama, or something completely new. University is the perfect time to try something different, and you might just find a team or society that becomes a big part of your time here."

SPORTS AND SOCS!



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 peer mentor from a higher year group.

Parents are there to answer questions about student life, your degree and much more! They will meet with you at the end of Freshers' Week, and beyond. The Development Officer matches freshers with parents with similar interests, so there shouldn't be any uncomfortable clashes in terms of drinking and non-drinking families as an example!

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, etc)!



Hear from one of our college children - Angelina!



**DEVELOPMENT OFFICER -
ALEX HAWORTH
3RD YEAR ENGINEERING**

**ALEX IS CARA'S
(SWO) COLLEGE
HUSBAND!**

"My experiences with college families were the very thing that made me feel welcome to Cuth's. Having two people who I knew were there to help, listen, and (in my case at least) get a drink with was such a relief, especially as an international student with no mutuals in the same college as me. One of the best highlights of my freshers was the multiple college families party, where we all had the chance the meet our college cousins and get closer with people in college. I strongly recommend embracing the college family tradition and getting to know your family if you want to get the true Cuth's experience!"

THE BAR & WELFARE

THE NEXT SECTION TOUCHES ON THE TOPICS OF SPIKING AND ALCOHOL



BAR STEWARD

BAR OFFICER (JCR)

BAR SUPERVISORS

BAR STAFF

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 bars during service.



OUR BAR STEWARD, SCARLET

The bar also has non-alcoholic drinks, such as Peroni 0, Guinness 0, non-alcoholic ciders and gin, soft drinks and energy drinks

This includes a non-alcoholic frog (college drink)!



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 toilets are also stocked with free sanitary products!

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 with Cara and Olivia \(see next page!\)](#).

The members of the team focus on publicity material for campaigns, researching information, contributing ideas and putting on the events!

If you're passionate about anything Welfare - we'd love to have you! Any new ideas are welcome, and no prior experience is needed- it's great for your CV, and an amazing change to meet new people and make a positive impact <3

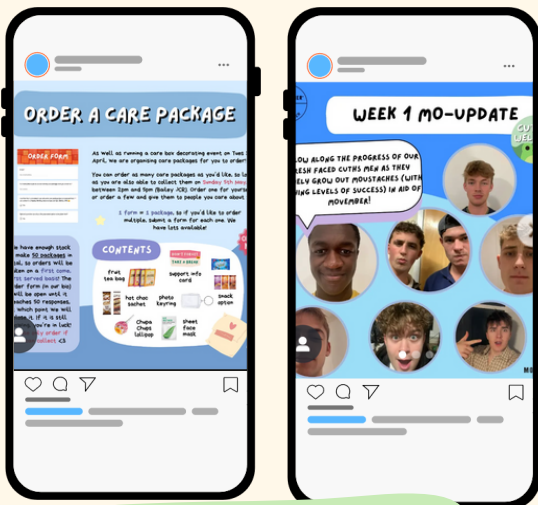


CAMPAIGNS MEETING!

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! This is a brilliant way to get involved in Communities Committee if you are part of a marginalised group!



**SOME EXAMPLE POSTS FROM
THE @CUTHS_WELFARE
INSTAGRAM!**

WELFARE CAMPAIGNS

MEET OLIVIA, THE WELFARE CAMPAIGNS MANAGER



SHE/HER

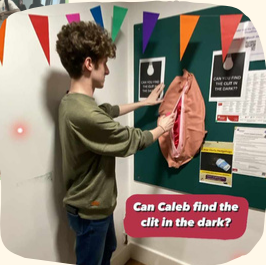
OLIVIA YATES
SECOND YEAR PPE

Hello! My name is Olivia and I am a second year PPE student from Devon. For the next year I am the Welfare Campaigns Team Manager. I'll be leading Welfare's campaigns that fundraise and raise awareness for all kind of important things. Some of the topics we'll cover are **November, SHAG week (Sexual Health and Guidance) and Housing**. I would love for you to get involved in our campaigns! It's a welcoming and social environment where we get to plan important and fun things. Please look out for the opportunity to become part of the team!!
See you soon :)

SOME MOMENTS FROM OUR CAMPAIGNS TEAM!



SHAG week events
and Stress Less
care package prep!



Can Caleb find the
clit in the dark?

Welfare Socials <3



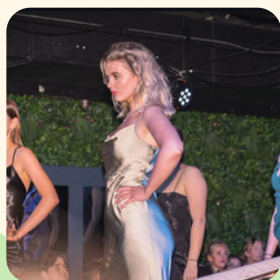
The Campaigns team
getting awards at the
Sports and Socs
Formal!

POSTGRADUATE AND MATURE STUDENTS WELFARE

WHAT IS PGM WELFARE? HEAR FROM FLORENCE!

“Being the PGM Welfare Rep has been one of the most rewarding roles I could imagine. My main focus was making sure everyone in the PG Community felt supported, and advocating for PGs within the campaigns team and wider JCR process. Whether it was signposting people to wellbeing services, keeping up with feedback from staff or students, or just being a friendly face in the JCR, the role gave me the chance to make a real difference in how supported students felt.

As PGM welfare, you sit on both undergrad, campaigns and PGM committee, meaning you get an amazing overview of the whole JCR, enabling your work to transgress its title and get involved with everything, which creates a more connected postgraduate community. The experience gave me a deeper understanding of JCR support systems, improved my liaison skills, and helped me build positive working relationships with staff and student groups alike.”



“This year, I was able to have a lot of freedom and run events for the stress less campaigns, including teaching/ leading yoga classes, as well as Movember and continuously advocate for PGM in wider welfare and JCR conversations. I’d definitely recommend it to anyone who wants to get involved in a meaningful way. You don’t need to have all the answers — just be willing to listen, speak up when needed, and care about making postgraduate life that bit easier for others.”

FLORENCE, PGM WELFARE LAST YEAR!

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

PGM
PRESIDENT

THIS
COULD
BE YOU



PG WELFARE
REP

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 Thea at president@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 any of the Welfare Officers by email or Instagram. [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!

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

DUO Username Email (Ex. xxxx99@durham.ac.uk)

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?

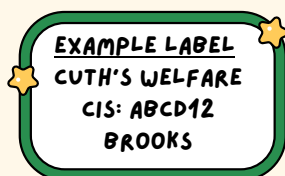
The only people who have access to orders are the **Senior, Female, Male and Welfare Officers**. This is so that (when we're not holding a drop-in, of course) we can pack the orders you request and drop them off in their designated place. **All orders are confidential and will not be discussed between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



MEET LILY, THE SOCIAL CHAIR



SHE/HER

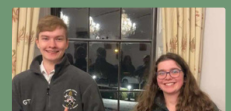
LILY LLOYD-WILLIAMS
2ND YEAR HISTORY

EVENTS@CUTHS.COM

Hi! I'm Lily, and I'm so excited to be the Social Chair for Cuth's this upcoming year. My role involves planning and organising (alongside the Social Committee) the various college events that take place throughout the year, including 2 large balls, a smaller in-college ball called Feast and, my personal favourite, Cuth's day. All of these events will have a welfare team present, ensuring that you not only have fun but stay safe and are able to access support if needed! I can't wait to bring all these events to life and help you all have the best time!

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 GREY WELFARE <3



WELFARE DURING FRESHERS' 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 Freshers' 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 FRESHERS' FAIR!

Finally, come see us at the Freshers' 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 recent 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 Cara **the Senior Welfare Officer at: senior-welfare@cuths.com**, or Thea **the President at: president@cuths.com**

WHAT ARE THE SPECIFIC EXTERNAL SERVICES THE UNIVERSITY PROVIDES?



The Counselling and Mental Health 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 and Mental Health 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 and Mental Health 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

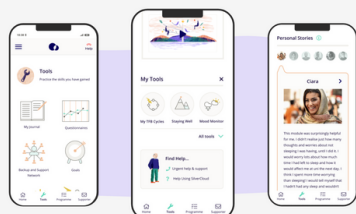
The **County Durham Drug and Alcohol Recovery Service** is a **confidential** service which offers support and guidance for issues around your or someone else's use of drugs and or alcohol. Their aim is to "offer ways for local people with drug and alcohol problems to become free from their dependence. 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**.



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 and Mental Health 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."



[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 Amwell® interactive programmes are trusted by the NHS, HSE, corporate employers and higher education institutions to deliver effective support at scale.

[How it works](#)

HOW ABOUT SEXUAL HEALTH?



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

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

Their services include: **GUM and CaSH Clinics, Emergency Contraception, HIV Testing, PEPSE (Post-exposure prophylaxis after sexual exposure) & C-Cards.**

GUM & CASH CLINICS

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

EMERGENCY CONTRACEPTION

Those requiring emergency contraception should in the **first instance contact the central booking line 0191 372 8700** or seek advice via pharmacies. [The closest ones to Cuth's and Durham City Centre are the ones I've put below:](#)

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

C-CARDS

The C-Card is a card that provides young people 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.

A NOTE FROM CUTHS WELFARE

Although we 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 ⁴⁷ 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:

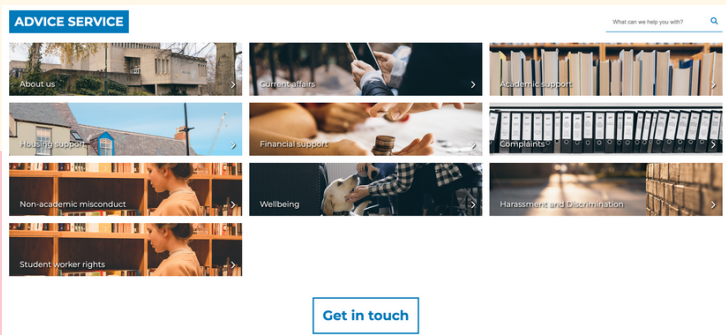
SU ADVICE SERVICE

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>



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.

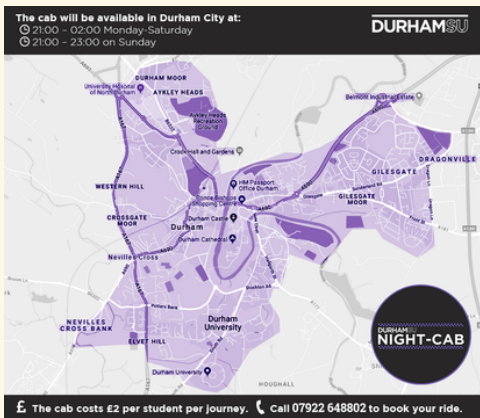
MEET JOE HENLEY, THE PART-TIME SU WELFARE OFFICER



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, Neville's Cross and the Durham University Hospital.



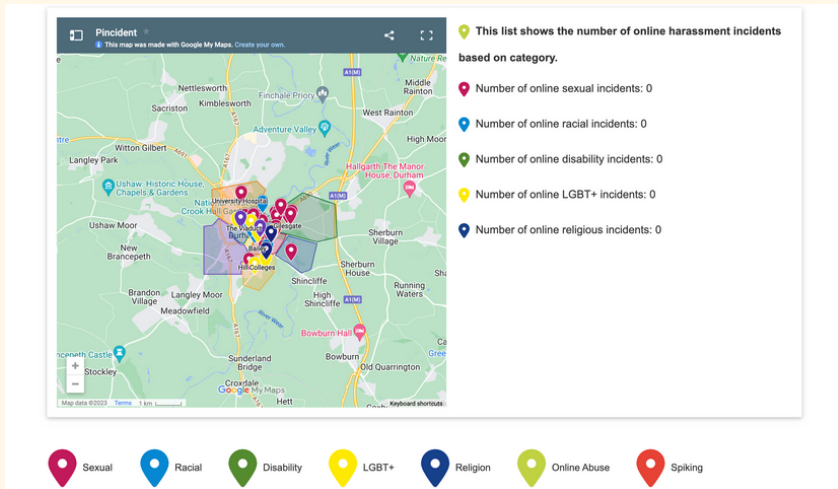
Eleanor Scolah (she/her)

Student Voice Manager

eleanor.m.scorah@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



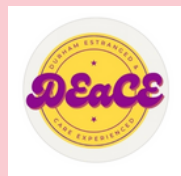
LGBT+ Association
@durhamlgbtassoc



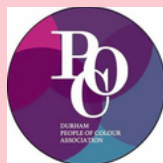
Mature Students Association (MATSA)
@du.matsa



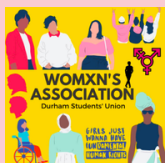
Disabilities and Carers Association (DACA)
@daca.durham



Durham Estranged and Care Experienced Association (DEACE)
@deace_association



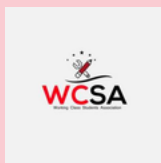
Durham People of Colour Association (DPOCA)
@durhampoca



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? ⁵³

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**](mailto:STUDENTS@THEMIX.ORG.UK)

TEXT SHOUT TO 85258

[**WWW.STUDENTSPACE.ORG.UK**](http://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.thecalmzone.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.thecalmzone.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](https://www.supportline.org.uk) 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](https://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](https://www.ocduk.org), right through to recovery and everything in between"

[WWW.OCDUK.ORG](https://www.ocduk.org)

SEXUAL HEALTH

56



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

[WWW.CDDFT.NHS.UK](https://www.cddft.nhs.uk)



Brook offers [free and confidential sexual health advice and contraception](https://www.brook.org.uk/find-a-service) to people under 25.

[WWW.BROOK.ORG.UK/FIND-A-SERVICE](https://www.brook.org.uk/find-a-service)



An [online tool](https://sxt.health/) 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.](https://enhancetheuk.org)

[ENHANCETHEUK.ORG](https://enhancetheuk.org)



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

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](tel:08000119100)



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



It's incredibly important to [register with a GP](#) as soon as you arrive in Durham. The most popular is the Claypath and University 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 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 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

eztestkits 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

SEXUAL ASSAULT & ABUSE ⁶¹

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

[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](https://www.imkaan.org.uk) 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](https://www.mensadvice.org.uk) who may be experiencing violence or abuse. [They offer freephone, webchat and email support.](https://www.mensadvice.org.uk)

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

WHAT TO DO IN AN EMERGENCY RELATED TO DRUG USE

63

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.

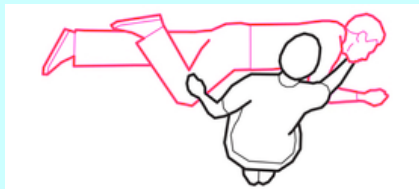
If they are really drowsy you should: Sit them in a quiet place and keep them awake, **if they don't respond or become unconscious call an ambulance immediately and place them in the recovery position.** Don't scare them, shout at them or shock them, don't give them coffee to wake them up, don't put 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 ⁶⁴

WWW.TALKTOFRANK.COM/GET-HELP/WHAT-TO-DO-IN-AN-EMERGENCY

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



1. Open their airway by tilting the head and lifting their chin. Lie them on their side and straighten
2. Place the arm nearest to you at right angles to the body. Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground. Place their other hand against their cheek.
3. Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.
4. Tilt the head back so they can breathe easily.
5. Make sure that both the hip and the knee of the upper leg are bent at right angles.

WHAT HAPPENS 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 AND AP



CARA CAHILL (SHE/HER)
SENIOR-WELFARE@CUTHS.COM
DR LYDIA HARRIS



CUTHBERTS.STUDENTSUPPORT@DURHAM.AC.UK

We would like to say a huge thank you for taking the time to read through this year's Welfare Handbook. We know it is quite a lot, but the hope is that you can refer to it as a guide throughout your time in Cuth's. However, we recognise that some of the content discussed was very heavy and triggering - so we really urge you to take some time for self-care today, whether that be a walk outside, meditation or a sweet treat! If you do feel as though the content has been especially triggering, Cuth's Welfare and the Student Support Office are always here to help. Feel free to send us an email, attend an advertised Welfare drop-in, or schedule an appointment.

We cannot wait to meet you all soon and wish you the absolute best luck for the next year. Please let me know if you have any questions and do come and say hello!! - Cara and Lydia 😊



**PS. FOLLOW THE
 NEW WELFARE
 TIKTOK**

@CUTHS_WELFARE



**WANT TO STAY UPDATED?
 FOLLOW OUR INSTAGRAM
 HERE!**

(@CUTHS_WELFARE)