

WELFARE SERVICES FOR CLARE HALL STUDENTS

2015-16

As Welfare Officers, we are here to support you as students of Clare Hall College. You may approach us for any reason, either by email or in person. **Anything you share with us will be treated with strict confidentiality and without any form of prejudice or negative judgment.** Please do get in touch if there is anything we can help you with — that's what we're here for!

Our **confidentiality policy** is rooted in our commitment to provide all students at Clare Hall with individual support in all areas pertaining to their academic and welfare needs. Confidentiality means that no information regarding a student who has approached us for help shall be given to any third party without that student's prior, explicit and informed consent. Confidentiality also includes not confirming that any student has used or is using a given welfare service at the College. As Welfare Officers, we will ensure that all meetings between us and students will take place in a confidential meeting space, if required.

Below are some relevant contacts, first within the college, then at the University level and finally in Cambridge more generally. For an overview by topic, with additional information, see this webpage: <http://www.studentadvice.cam.ac.uk/welfare/>

COLLEGE

- Lucie Greenwood: ljg53@cam.ac.uk
- Elias Nosrati: en293@cam.ac.uk
- Porter's Lodge: 1223 332 360 / porters@clarehall.cam.ac.uk
- College Tutors:
 - Iain Black (isb26@cam.ac.uk)
 - Ian Farnan (ifarnan@esc.cam.ac.uk)
 - Rosie Luff (rml10@cam.ac.uk)
 - Trudi Tate (tt206@cam.ac.uk)
- Peer-2-Peer — Chloé Orland: co353@cam.ac.uk
- Your college parents/family

UNIVERSITY

- Poppy Ellis Logan, CUSU Welfare and Rights Officer
welfare@cusu.cam.ac.uk
- Students' Union's Advice Service
<http://www.studentadvice.cam.ac.uk>
1223 746999 / advice@studentadvice.cam.ac.uk
- Counselling Service
<http://www.counselling.cam.ac.uk>
1223 332865 / counsellingreception@admin.cam.ac.uk
- Students Against Depression: <http://studentsagainstdepression.org>

- CUSU-GU & University Support, Self-Help and Social Groups
<http://www.studentadvice.cam.ac.uk/support/university/groups/>
- Disability Resource Centre
<http://www.disability.admin.cam.ac.uk>
1223 332301 / disability@admin.cam.ac.uk
- Careers Service
<http://www.careers.cam.ac.uk>
1223 338288
- University Accommodation Service
<http://www.accommodation.cam.ac.uk>
1223 338099 / accommodation.service@admin.cam.ac.uk
- Language Centre
<http://www.langcen.cam.ac.uk/lc/index.html>
1223 335058 / enquiries@langcen.cam.ac.uk
- Childcare Office
<http://www.childcare.admin.cam.ac.uk>
For contact, see <http://www.childcare.admin.cam.ac.uk/about-us/contact-us>
- University Dental Practice
<http://www.dental.cam.ac.uk>
1223 332860
- Student Registry
<http://www.student-registry.admin.cam.ac.uk>

1223 766302 / student.registry@admin.cam.ac.uk

- International Student Team

<http://www.ist.admin.cam.ac.uk>

1223 761806 / internationalstudents@admin.cam.ac.uk

CAMBRIDGE

- Your local GP (see further below)

- LinkLine

<http://linkline.org.uk>

1223 744444 / 1223 367575 / email@linkline.org.uk

- NHS: <http://www.cambscommunityservices.nhs.uk/home>

NHS Direct is a 24-hour helpline: dial 111 or go to www.nhsdirect.nhs.uk

- CAMDOC: 1223 465242 (not for routine conditions, only for emergencies that are not life-threatening)

- 999 Emergency Call

- B-eat Youth Helpline

<http://www.b-eat.co.uk/support-services/helpline>

Adult helpline: 0345 634 1414 / help@b-eat.co.uk

Youth helpline: 0345 634 7650 / fyp@b-eat.co.uk

- Samaritans

<http://www.samaritans.org>

08457 90 90 90 / jo@samaritans.org

- Saneline

http://www.sane.org.uk/what_we_do/support/helpline/

0300 304 7000 / info@sane.org.uk

- Mind Infoline

<http://www.mind.org.uk/information-support/helplines/>

0300 123 3393 / 86463 (text) / info@mind.org

- Mind Legal Advice Service

<http://www.mind.org.uk/information-support/helplines/>

0300 123 3393 / legal@mind.org

- Rape Crisis

<http://www.cambridgerapecrisis.co.uk>

1223 245888 / support@cambridgerapecrisis.co.uk

- Citizen's Advice Bureau

<http://www.cambridgecab.org.uk>

03448 487 979 / see here: <http://www.cambridgecab.org.uk/find-advice/>

SEXUAL HEALTH

Free sexual health supplies (including condoms and pregnancy tests) are available from your Welfare Officers. They will be distributed **discreetly and confidentially** upon request. Drop us a line and we will place an envelope with the product in your pigeon hole or, if preferred, deliver it in person. Efforts are being made by the GSB Committee to purchase a dispenser from which sexual health supplies will be available. This will be placed somewhere convenient on the College site.

If you are sexually active, the rule of thumb is that you should:

- (a) use condoms
- (b) have regular check-ups for sexually transmitted diseases

Going to a sexual health clinic for the first time can be uncomfortable and intimidating. This is what will happen:

- You will be asked to fill out (detailed) forms
- They will talk to you and ask questions, but in a completely non-judgmental way
- You will be tested (blood tests or swabs from intimate areas, depending on the case)
- You may feel some discomfort, but no pain
- If there is a serious problem, there is a chance they will conduct an internal examination

Here are some useful contacts for sexual health issues:

- **DHIVERSE**

<http://www.dhiverse.org.uk>

Telephone: 01223 508 805

Email: info@dhiverse.org.uk

DHIVERSE offers sexual health and HIV support (including rapid HIV testing), counselling, workshops, advice and training. Services are entirely confidential and free of charge.

- **Lime Tree Clinic**

Telephone: 0300 300 30 30

Website: <http://www.cambscommunityservices.nhs.uk/contact-find-us/our-sites/lime-tree-clinic>

- **iCaSH**

<http://www.icash.nhs.uk/home> (Here you will find information on a range of clinics and services in the area, including the Lime Tree Clinic.)

- **Your local GP.** If you are not registered with a doctor, below is a list of surgeries close to Clare Hall:

Wordsworth Grove, off Sidgwick Avenue (tel. 1223 366811)
<http://www.newnhamwalksurgery.nhs.uk/>

28 Petty Curry / 65-67 Sidney Street (first floor of Boots) (tel. 1223 366811)
<http://www.newnhamwalksurgery.nhs.uk/>

48 Lensfield Road (tel. 1223 352779 / 353397)
www.lensfieldpractice.org/index.php

364 Cherry Hinton Road (tel. 1223 247505)
www.cornfordhouse.org

56 Trumpington Street (tel. 1223 361611)
www.trumpingtonstreetmedicalpractice.co.uk

Bridge St Surgery, 2 All Saints Passage (tel. 0844 477 3939)
www.bridgestreetmedicalcentre.com

281 Mill Road (tel. 1223 247812)
www.millroadsurgery.co.uk

1 Huntingdon Road (tel. 1223 364127)
www.huntingdonroadsurgery.co.uk

In addition, as you all hopefully know, we offer yoga, cooking and relaxation events throughout the year at Clare Hall.

If you have any further queries, do not hesitate to get in touch.

**Your Welfare Officers,
Lucie Greenwood & Elias Nosrati**