

**Welcome to
Churchill!
JCR FRESHERS' PACK**



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Introduction

Hello and welcome to Churchill College! You should all be incredibly proud of yourselves for making it into Cambridge – and don't let anybody tell you otherwise. We're looking forward to meeting you and getting to know you over the next year.

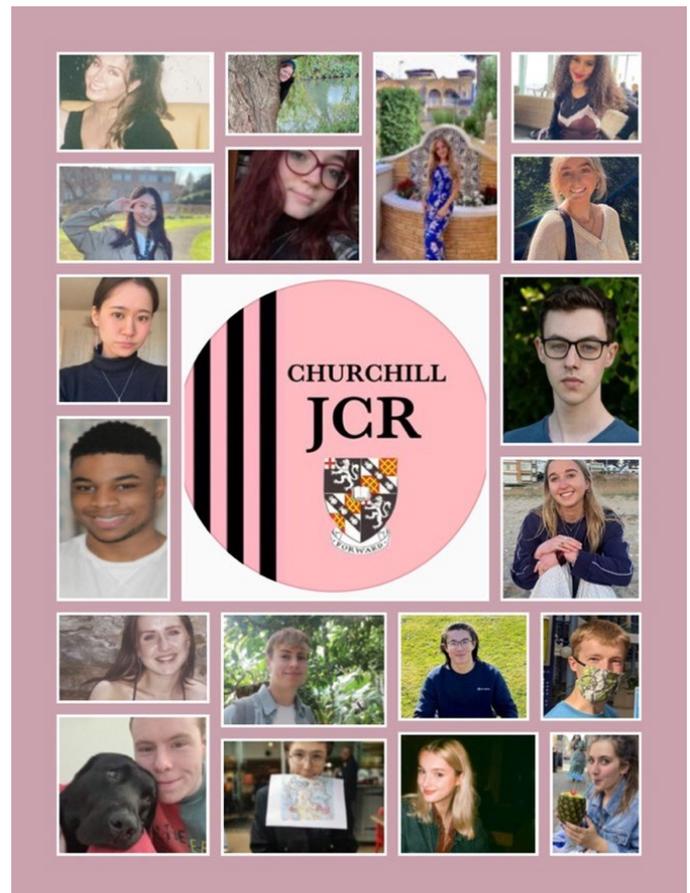
The JCR is an elected body of students, and our job is to make this year at Churchill the best it can possibly be for all of you. If you have ideas for events, ways to improve the college, problems with anything or anyone or just want a chat, we are here to help! Our contact details are all on the next page.

We hope that you enjoy freshers' week and are looking forward to the rest of your time at Churchill. This booklet is your guide to everything you might want to know – but feel free to ask us any other questions you may have. You can also follow our social media pages, linked below, to keep up to date with everything related to freshers' week and life at Churchill afterwards.

I hope you are excited to join us in Cambridge very soon!

-The JCR 2022-23

	https://chat.whatsapp.com/DU9eugE3dkyJ7plqf0yeTZ
	@Churchillcoljcr
	http://jcr.chu.cam.ac.uk/
	https://www.facebook.com/groups/988951771781681/



The JCR Committee

President	-	Sam Pearce
Vice President and Secretary	-	Aaron Syposz
Treasurer	-	Reiko Barker
Men's Welfare Officer	-	Matthew O'Neill
Women's Welfare Officer	-	Kenzie Vinnicombe
LGBT+ Welfare Officer	-	Rachel Hammond
International Welfare Officer	-	Echo Lyu
BAME Officer	-	Lily Archer
Disabilities Officer	-	Eleanor Burnham
Mental Health and Wellbeing Officer	-	Nancy Lake
Equal Opportunities Officer	-	Osa Iloube
Trans and Non-Binary Officer	-	Al Sergeeva
Access and Education Officer	-	Katie Heggs
Class Act Officer	-	Annabelle Moger-Taylor
Ents Officers	-	Charlotte Wiltshire
	-	Becca MacCaig
	-	Lily Blue Harper
Green Officer	-	Dylan Gannaway
Facilities Officer	-	Ellie Taylor
Computing Officer	-	Simon Luo

Check out our profiles and email addresses at: <http://jcr.chu.cam.ac.uk/committee>.

Life at Churchill

Places around college

Porter's Lodge:

- The Porter's Lodge ('Plodge') is at the front of college. It is staffed 24/7 and the porter(s) on duty are happy to help with any problems. They can also be contacted by phone at 012223 336000.
- Next to the Plodge are the Pigeonholes ('Pidge') and the Amazon Room. This is where all of your post will be delivered to.

Dining Room:

- The dining hall is open 7 days a week. You pay for food using your camcard at the till.
- The opening hours are:
 - Breakfast: 07.30-09.30
 - Lunch: 12.00-14.00
 - Dinner: 17.45-19.15

- If you have any questions about catering, for example regarding dietary requirements, you can contact catering@chu.cam.ac.uk.

The Buttery/College Bar:

- Here you can get drinks and snacks throughout the day, as well as buying food essentials like pasta and vegetables. The opening hours are:
 - Monday-Friday: 08.00-22.00
 - Saturday-Sunday: 14.00-22.00

College Library:

- Consists of two libraries: the Bevin Library (upstairs) and the Bracken Library (ground floor)
- Both are open 24 hours a day, and the librarians are there to help you.
- Accessible via your camcard, which is also needed to work the printer/photocopier machine.

Bike Sheds:

- Found opposite the Staff Car Park, with extra space outside the front of college, behind North Court and outside of Cowan Court.
- Blazing Saddles Bike Repair is signposted and can be found on the other side of Churchill Road. Their opening hours are Monday, Wednesday, Friday from 08.30-13.00

JCR Room and Games Room:

- This is our Common Room - you can go here to chill, watch a movie or sport's fixture on the TV, play some pool or ping pong and listen to music!

College Nurse's Surgery (Room 31C):

- Our college nurse is Jo Livingstone (nurse@chu.cam.ac.uk)
- The surgery is open during the week, and there is no need to make an appointment! Opening times change weekly so make sure to check.

Sports facilities:

- Gym: has a range of equipment to use, free of charge. It is accessible using your camcard, however you must attend a gym induction beforehand. Six people can use the gym at one time.

- Squash courts: are located at the front of College by the bike sheds. Accessible by camcard. Ask the porters for the key to the equipment shelves.
- Exercise studios: have a new sprung dance floor and audio system. The two studios are located in the squash court building by the front of College.
- Tennis courts, sports pitches + outdoor gym: are located by the field.
- All sports' facilities can be booked online at : <https://www.chu.cam.ac.uk/sports-facilities-bookings/>

Music Centre:

- Has a range of facilities including rehearsal and recording studios.
- Music rooms can be booked online, once permission from the Music Sizar has been granted to you: <https://www.chu.cam.ac.uk/internal/music/booking/>

Chapel:

- Located at the top of the fields. Has a weekly service, as well as hosting college choir practice.
- Can also be booked as a music rehearsal space online at: <https://www.chu.cam.ac.uk/internal/music/booking/>

Quiet hours

Quiet hours are 23.00-08.00 every night, except for Saturday nights which are 00.30-10.00.

Formal dining

Regular formals are run throughout the year. Formals are a unique and exciting experience, that you will first be introduced to at your matriculation dinner. Below is a summary of everything you need to know for them:

- Dress code is smart (jackets and ties, evening dresses and skirts) but you don't need to wear a gown at Churchill.
- Start time is 19.25 (announced by a gong), but we recommend you go to the buttery a little earlier. The matriculation dinner during Freshers' week has a reception beforehand, so be sure to get there in time for that as well.
- Dietary requirement cards are available from the serving staff at the doors
- Stand behind your chair until grace is said, and stand again at the end of the meal when the gong is sounded.
- Your bread is on your left
- Start on the outside of your cutlery and work inwards.

You can book formals at: <https://www.chu.cam.ac.uk/internal/catering/hallbooking/>

Please be respectful towards the waiting staff and to any fellows in attendance. Other than that, enjoy yourselves!

Societies

We definitely recommend that you get involved in societies, both in and outside college.

There is something for everyone, and they're a great way to get involved and meet new people.

You will be able to sign up to societies at the Churchill Freshers' Squash (5th October, 7-9pm)

And make sure to attend the uni-wide CUSU (Cambridge University Student Union) Freshers' Fair on the 4th and 5th October 2022 at Parker's Piece between 10.00-16.00. More information at: <https://www.cambridgesu.co.uk/ents/event/954/>

There is also a uni-wide sports fair running at 1pm-5pm on Monday 3rd October, which takes place at the University Sports Centre at West Cambridge. The event offers a relaxed environment to learn about sport and physical activity opportunities at Cambridge, and is open to people of all skill levels – beginners included. More information about the fair and sports in general can be found at: <https://www.sport.cam.ac.uk/student-sport/college-sport>

Laundry

The washing machines and dryers are provided by Circuit Laundry. The laundry rooms are located at the bottom of staircases 5 (North Court), 42 (East Court) and 47 (South Court), as well as in the basement of Cowan Court. To use the machines, you can either get a physical card from the Porters' Lodge or use the mobile app on your phone. On the app, you can add credit and view which machines are in use. A wash costs £2 and a dry costs £1.20.

Maintenance

To make a maintenance request, click on the link below. We have a maintenance team on site who will do their best to fix your issue as quickly as possible. For any emergencies, please contact the porter's lodge.

Maintenance link: <https://www.chu.cam.ac.uk/student-hub/quick-links/>

Life at Cambridge



Things to do around Cambridge

- Visit the Botanical Gardens
Free entry for students if you show your camcard!
- Go on a walk/cycle along the river
- Get some food from the Market
- Borrow a book from the University Library (UL)
- Go punting with friends
The most popular punting company is Scudamore's, where you rent a punt for yourself or book a tour near Magdalene Bridge or Mill Lane!
- Visit Grantchester
- Get some ice cream from Jack's Gelato
- Visit the Fitzwilliam Museum
- Get involved/watch a show at the ADC Theatre
This is the home of student-led theatre, and there are shows on throughout term!
- Watch the sunset from Castle Mound



Voting

Even if you are living at home, you count as a resident in Cambridge and can vote in elections for both.

- Register to vote here: <https://www.gov.uk/register-to-vote> Information about registering to vote:

<https://www.cambridge.gov.uk/register-to-vote-or-update-your-details>

- Information about voting by post or by proxy: <https://www.cambridge.gov.uk/vote-by-post-or-proxy>
- Any other questions: elections@cambridge.gov.uk

It's not just for General Elections -- students can participate in local elections which means you can have a say in current local issues that will affect your time in Cambridge and help make Cambridge a better place for future generations of students.

Cambridge Slang

There is a lot of Cambridge slang which you might hear. Here is a guide, written by Varsity (one of the student papers): <https://www.varsity.co.uk/violet/13449>. Some of it is a little outdated but you can always ask a member of the JCR, or your college parents if you are ever unsure about something.

Mental Health and Wellbeing

Maintaining a healthy balance

Although work is important and you need to invest time into your studies, it is essential that you take care of yourself and make time to do things that you enjoy! A large imbalance between work and leisure can trigger loneliness, academic burnout and unhappiness. There are many ways that you can take care of yourself, both alone or with a social group, for example:

YOGA

- Weekly yoga is offered at college and is a great way to unwind and relax whilst also helping your strength and flexibility. Go with a friend or on your own, there are always people there and the instructor is lovely! Details are posted on the Churchill JCR Facebook page.

EXPLORE

- Cambridge has so many things on offer - cafes, parks, shops, pubs etc. So go on a walk or a cycle and find the hidden gems! Or if you only fancy a short walk, Churchill grounds has a good little loop you can do around the field.
- Popular coffee and brunch spots include: the Locker Café, Hot Numbers, Pret and Bould Brothers.

EXERCISE

- Sport is a great way to let off some steam and release endorphins! Churchill gym is well equipped and very accessible if you fancy a workout. Alternatively, college offers multiple group sports such as rugby, netball and mixed lacrosse. College sports are an amazing way to meet people and not high

pressure at all. They are the perfect way to try something different or new with a friendly and inclusive atmosphere.

COOKING

- Despite the kitchens at Churchill being slightly limited, whipping up a nice homemade meal or pudding can be really fun. A *Come Dine With Me* style competition is also a great thing to do with housemates!

MUSIC

- Listening to (and dancing along to!) your favourite songs or playing an instrument for a bit can be a great way to let loose. Churchill has music rooms which can be booked

out here: <https://www.chu.cam.ac.uk/internal/music/booking/>

SOCIALISING

- One of the best things about Churchill is the people! Spending time with friends can be a great pick me up and a distraction from work. And if your friends are all busy, each member of the JCR committee is always down for a chat over a cup of coffee!

We're just one message away :)

MINDFULNESS

- Download the Headspace app - it's a great way to relax and feel zen.
- The Cambridge University Mindfulness Society also offer free mindfulness courses and guided meditations, including a 10-day online programme targeted towards individuals in COVID isolation:

<https://cumindfulness.co.uk/resources>

ARTS AND CRAFTS

- Get creative! The end result is not important - art is a good way to unwind and express yourself regardless of the outcome! The college Art Society is great for this.

READING AND JOURNALING

- Reading a fiction book that is not for your degree can be a great way to relax away from the blue light of laptops and phones. A good bible of self-care and love is Oprah

Winfrey's 'What I Know for Sure'. She also suggests that journaling and writing one thing each day that you are grateful for can help you appreciate the little things in life.

NAPPING

- No explanation needed.

Homesickness and help

University brings many, many opportunities, but can also be a challenging transition, especially after a year of limited socialising due to COVID. It is normal to feel homesick and miss your family and friends back home. The main thing to remember is that you are not alone! Don't let your feelings isolate you! Try talking to a new friend you have made in Cambridge or to a member of the JCR committee - they

may even be feeling the same! The main thing to remember is that your feelings are normal and there is always someone you can reach out to. You just have to be patient with yourself as you adjust to this new experience. It will be worth it in the end :)

If you are struggling...

In an ideal world, the transition to university and the collegiate system will be plain sailing for everyone. However, unfortunately we live in a time where mental health problems are especially prevalent in teenagers and young adults, and sad and unpredictable events can happen to anyone at any time. If you are feeling particularly upset, lonely or just more generally struggling in a way that your friends cannot offer enough support, there are many options of external help:

1. Reach out to one of the **Welfare Officers** to have a chat – this is what we're here for!! You can also anonymously email any member of the JCR committee using the links on the following page: <http://jcr.chu.cam.ac.uk/committee>
1. Email the **College Counsellor** and arrange an appointment to talk about how you are feeling and how you can overcome any struggles (Tim Ellis: counsellor@chu.cam.ac.uk). Our college nurse is also a trained counsellor, although it is not the main part of her job.
2. Consider talking things over in confidence with one of the counsellors at the **University Counselling Service**. For more information about how to request an appointment, go to: <https://www.counselling.cam.ac.uk> or call 01223 332865.
3. **Endsleigh 24/7 mental health service**. This is paid for by the College and can be your first point of call in an emergency - there will always be someone to talk to. They can also refer you to the College Counsellor.
4. Free **online 24/7 peer and professional support** at <https://togetherall.com/> (sign up under 'organisation' using your Cambridge email). This is *not* a replacement to counselling but is a safe, confidential, anonymous online community offering a series of services that aim to help you more effectively self-manage your mental health and wellbeing:
 - **Peer Support Network**. Round the clock clinically moderated online chat room where you can share your experiences, worries, feelings and advice with other people who may feel the same way.
 - **Guided Support Courses**. Self-guided online group courses on common mental health issues (eg. depression, social anxiety, managing self-

harm etc) which can help you understand what you may be experiencing, common triggers and methods of management. Also available are more general *Healthy Lifestyle* and *Self-Development* courses.

- **Live Therapy.** One-to-one tailored therapy, advice and support available 24/7 from trained professionals via audio, video or text.
- **Online Journal.** Private thoughts, feelings and goals can be written in a journal that can help to monitor progress and change.

5. If in need of an urgent helpline, the **Samaritans** (call 116 123) are free to call and open 24 hours a day, 365 days a year. Alternatively, **Cambridge Nightline** offers a confidential, anonymous and non-judgemental night-time support service 7pm-7am every day during Cambridge University full term (call 01223 744444). NOTE: This support service has been affected by COVID so monitor the website to see if only the email service is operating (email@cambridge.nightline.ac.uk): <https://cambridge.nightline.ac.uk>

The main thing to remember if you are struggling is that expressing your feelings, concerns and worries is not a burden to *anyone*. Your friends will want to know - they will want to be there for you and to help you through challenging times. It is the Welfare Team's role to make everyone feel as comfortable and happy as they can be – please, please do not hesitate to contact us. It is a counsellor's job to help people overcome more serious issues – this is what they are trained and paid to do. Sometimes it takes a village, and that is ok... **never feel like you have to go through anything alone.**

Key Contacts and Resources

Men's Welfare Officer	Matthew O'Neill jcr-menswelfare@chu.cam.ac.uk
Women's Welfare Officer	Kenzie Vinnicombe jcr-womenswelfare@chu.cam.ac.uk
Mental Health and Wellbeing Officer	Nancy Lake jcr-mentalhealth@chu.cam.ac.uk

LGBTQ+ Welfare Officer	Rachel Hammond jcr-lgbt@chu.cam.ac.uk
International Welfare Officer	Echo Lyu jcr-international@chu.cam.ac.uk
Disabilities Officer	Eleanor Burnham jcr-disabilities@chu.cam.ac.uk
President	Sam Pearce sp2028@cam.ac.uk
Porter's Lodge	01223 336000 porters@chu.cam.ac.uk
College Nurse	Jo Livingstone (31C) nurse@chu.cam.ac.uk
College Counsellor	Tim Ellis counsellor@chu.cam.ac.uk
Your Tutor	
Your DoS	
Senior Tutor	Dr Rita Monson senior.tutor@chu.cam.ac.uk
Student Advice service	01223 746999 advice@studentadvice.cam.ac.uk
Nightline	01223 744444 (7pm-7am, term time) email@cambridge.nightline.ac.uk (response time < 48hrs) http://linkline.org.uk

Samaritans	116 123 (24-hour service) 01223 364455 (local branch) jo@samaritans.org (response time < 24 hrs)
NHS 111	111, option 2 (6pm – 1am)
Saneline	07984 967708 support@sane.org.uk
Student Minds' Support Directory	https://studentmindscambridge.wordpress.com/find-urgent-support/
CUSU LGBT+ Support	http://www.lgbt.cusu.cam.ac.uk/contact-us
LGBT+ Peer Support Group	Uni: https://www.facebook.com/groups/198003051527231/ Churchill: Message Dan Ward
CUSU LGBT+ Page for Trans and Non-Binary Students	www.facebook.com/TransAndNonBinaryCambridgeUniversity/
'MeeTwo' App	A free app that connects you anonymously with others and is a platform to express and share your issues and experiences (NHS approved)

Sexual health

Whether or not you choose to have sex while at University, it's worth being aware of basic information/risks to help you make informed decisions.

Consent

Sex must be consensual, meaning all those participating are doing so actively and willingly. Consent to one activity does not mean consent to all activities; nor several times meaning all the time.

If, for any reason, you find yourself in a situation you're uncomfortable with, you may wish to consider talking to friends or a welfare officer about it. And if you've been

sexually assaulted or think that you may have been, there is help available (more information under Sexual assault and harassment).

Contraception

Using contraception is the best way to protect yourself from STIs and unwanted pregnancies.

The JCR provides (free of charge): condoms, femidoms, dental dams, lube sachets and single-strip pregnancy tests. You can message any of the Welfare Officers (Kenzie Vinnicombe/Matthew O'Neill/Rachel Hammond) or send an anonymous message using the form on the homepage of the JCR website. We can leave this in your pigeon hole (or our own if you want to be completely anonymous) for you to pick up.

Emergency contraception should be used as soon as possible after unprotected sex to prevent pregnancy. You can get emergency contraception (the morning after pill) from your

GP, the Lime Tree Clinic, Addenbrooke's A&E (out of hours only), or certain pharmacies. The following pharmacies provide emergency contraception for free (as long as you are registered with a Cambridge GP):

- Boots (both Grafton Centre and Petty Cury)
- Lloyds (both Arbury Court and Trumpington Street)
- Superdrug (both Fitzroy Street and Sidney Street)

STIs

Getting an STI isn't shameful or uncommon, but it's still best avoided. Certain STIs (notably chlamydia) may not show symptoms, so it's always worth getting tested frequently if you are engaging in sexual intercourse with new partners. All STIs are treatable and can be managed – but the earlier treatment starts, the better.

Most people get tested for STIs at Sexual Health Clinics (also known as GUM clinics), where services are free (for both domestic and international students), confidential and non-judgemental. GUM clinics in Cambridge include:

- **The Lime Tree Clinic** – Cambridge's iCASH clinic where you can access chlamydia and HIV testing, obtain (most forms of) contraception and more advice/support.
- **Diverse** – a Sexual Health Clinic focussed on HIV testing, awareness and support for gay/ bisexual men. Also do testing for other STIs (open to everyone!) at events outside the clinic.
- **Centre 33** – a Young People's Centre that offers contraception pregnancy testing and testing for both chlamydia and gonorrhoea.

- **Terrence Higgins Trust** – offers chlamydia screening for young people free of charge, which you can order online in case you don't want to go to an in person clinic.

Beeline Sexual Health (CUSU)	beeline@cusu.cam.ac.uk
Lime Tree (STI Check)	0300 300 3030 https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge
Dhiverse (Sexual Health Clinic)	01223 508805 https://www.dhiverse.org.uk
Centre 33 (Young People's Centre)	0333 4141809 https://centre33.org.uk
Terrence Higgins Trust (Sexual Health Clinic)	01223 723474 https://www.tht.org.uk/centres-and-services/cambridge

There are some other providers (including iCASH) that offer free STI tests/contraception but almost anything you need will be provided by one or more of the above.

Finally, the Welfare Officers and the rest of the JCR want to reaffirm our support for all incoming first-years and are always available for confidential chats about any of the above issues. We are all committed to cultivating at Churchill an inclusive and open environment and are more than happy with helping freshers access services not mentioned in this booklet! - the Welfare Officers x

Sexual assault and harassment

Churchill College and the University of Cambridge are committed to the equal treatment of all of their members, and the cultivation of an inclusive, tolerant, and safe community. There is a strict zero-tolerance policy on sexual harassment and assault, and allegations will be taken very seriously, so if cases like this were to arise, it is important to know where and how you can access support. Unfortunately, cases of sexual harassment and assault can happen to anyone, regardless of sexual orientation or gender, so it's important that everyone has access to the right information. Sexual harassment and assault are against the law, and anyone who is a perpetrator of sexual harassment or assault is responsible for their own actions. **Sexual harassment and assault can take many different forms, but one thing remains the same: it's never the victim's fault.** The information below is in case

you, or someone you know, is a victim of a crime of this nature; it is being provided just in case, but please don't let this worry you.

Sexual Harassment	Sexual Assault
<p>This is defined as unwelcome behaviour of a sexual nature, and includes sexual coercion and unwanted sexual attention.</p> <p>Some examples include: unwanted sexual remarks; offensive sexual jokes; emailing, texting or messaging sexual content, touching someone against their will.</p>	<p>Sexual or indecent assault is an act of physical, psychological and emotional violation in the form of a sexual act, inflicted on someone without their consent.</p> <p>Some examples include: rape, unwanted sexual touching, and forcing a victim to perform sexual acts</p>

Contacts and resources

Sexual Assault and Harassment Advisor	Amy O'Leary sexual.assault.advisor@admin.cam.ac.uk https://www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor
Cambridge Rape Crisis Centre Wed & Thu 7pm - 9:30pm Sat 10am - 12:30pm	01223 245888 support@cambridgerapecrisis.org.uk
Survivors UK	0845 1221 201 www.survivors.org
Report + Support	https://reportandsupport.cam.ac.uk/

Churchill College's step by step guide of how to report sexual assault and harassment:

1. Seek assistance from any of the following members of the College, according to the student's preference: Senior Tutor, Personal Tutor (either your own or another tutor), the Dean, the College Nurse, the College Counsellor, the Porters, or the Welfare Officers of the JCR/MCR
 - a. This may be informal contact e.g. by email or a meeting

- b. Complaints will be treated with confidentiality and on a need-to-know basis. Disciplinary teams may need to know if there is an active threat to a person.
2. Cases of sexual harassment, misconduct or assault will normally be dealt with under the College's or University's sexual harassment or misconduct procedures
3. Possible outcomes include: resolution by agreement with the Senior Tutor or by mediation or disciplinary action via the Dean or Board of Disciplines.
 - a. It is extremely rare for a case to be dismissed on the basis of no case to answer
4. Where a police investigation ought to be undertaken, the police will be contacted rather than a College investigation being initiated
 - a. This is only done with the agreement of the person making the complaint
5. A police investigation does not necessarily prevent discipline by the College
6. In cases where an investigation or disciplinary hearing cannot proceed, but where the Senior Tutor also judges that the person making the claim and/or the person accused should be separated from one another, this will be enforced.

Sustainability

If you have any questions throughout the year do not hesitate to get in contact with your Green Officer, Dylan Gannaway (dg620@cam.ac.uk).

Reducing Consumption

- Eating vegan/vegetarian - there are always options in hall for this
- Charity shops - there are many wonderful charity shops in Cambridge that are well worth visiting especially on Burleigh Street near the Grafton centre.
- Full Circle - a very good zero-waste shop on Norfolk Street (near the Grafton Centre). Contact George for a 15% discount for Churchill students.
- Vegan Market - in the Guildhall, next date TBC.
- Facebook Marketplace (also: Ebay/Gumtree/Depop/Vinted)

Recycling in College

Kitchen and Bedroom Recycling

- Kitchen bins = black bin for general waste (goes to landfill) and one/two coloured bin(s) (dependent on kitchen) for recycling. It will be made clear what bin is for what if you follow the signs on the bins.
- Bedroom bins: one for general waste and the other for recycling. Although they both end up at the same place, keeping them in separate bags is very helpful for the processors at the end of the line. Spare bags can be requested from Dylan or found in your kitchens.
- Use clear liners for recycling bins (both glass and dry mixed) and black liners for general waste.
- Once full, bins are emptied in the trollies at the bottom of staircases, then collected on a daily basis. You must place your own bags in the trollies.
- Do not put loose rubbish into the trollies, only place bags of rubbish in.

What can I recycle?

- The dry mixed bin takes cardboard, paper, cartons, cans, tins, hard plastics.
- Make sure to wash and dry any food remnants as much as possible before putting in a recycling bin
- For the glass bin, it is best to leave metal lids on jars or bottles, especially if they have a plastic/rubber lining. Recycling centres will be expecting this.

Difficult things to recycle:

- Batteries and printer cartridges - can be put in collection boxes in the post room
- Electricals - can be dropped off at Eddington Sainsburys and other locations. See: <https://tinyurl.com/electricalrecycling>
- Soft plastic packaging - we recommend using a carrier bag or box in your kitchen to collect these and then return them to the supermarket when you do your shopping. Check to see which stores are accepting as this will be rapidly changing!

Food waste

At college there is currently an *opt-in* system for kitchen food waste:

- You will get a green caddy and light green compostable bin liners (distributed by housekeeping and the Green Team - email housekeeping@chu.cam.ac.uk or dg620@cam.ac.uk)
- Almost all kitchen food waste can be put in the bins (including any cooked food). The exceptions are bones from meat, liquids, and packaging of any kind.
- Empty in the bin marked 'food waste' in the loading bay (near the bike sheds - if lost, message Dylan Gannaway for directions, it can be difficult to find)
- Rinse and dry the caddy out after, then put a new liner in.

Heating, Lighting, Electricity and Water

Across the college, small adjustments to heating or lighting patterns can add up to make a huge difference. Here is the key advice:

- Don't heat your room excessively.
- Close windows when heating is on to avoid wasting heat. Some windows are currently only single glazing, which is not ideal but this is being worked on (there are complications because the college buildings are Grade II listed).
- Turn lights off when leaving a room.
- Report any leaks or dripping taps to maintenance as soon as you notice.

Grounds and Gardens

There is an excellent Grounds and Gardens guide that you can purchase from the Porters' Lodge for £3. It has details about the history of the college, the statues and the very large variety of interesting trees and plants dotted around. There is also a video to guide you around the perimeter path by our Head of Grounds and Gardens John Moore: <https://youtu.be/tgrRXG81R20>

Fruit Trees

The college policy is that students and staff are more than welcome to any of the produce on trees around the grounds, especially in the Orchard in September/October! There are mainly apples, pears, figs and mulberries to be found, when in season.

Further Events and Ways to Get Involved:

If you are interested, there is plenty more to get involved with. Keep an eye on emails, the JCR Facebook page and Churchill Greens Instagram:

- **Carbon Literacy Training** - The Cambridge Carbon Literacy Project (CCLP) runs free climate education courses open to all students. There are also opportunities to volunteer as a trainer having completed the course.
- **Green Impact Team** - we are always looking for volunteers to help the college in trying to progress through the Green Impact sustainability awards. Contact thomas.boden@chu.cam.ac.uk for more specific details or come meet us at the Freshers Squash

- **Wildflower Planting** - The college is currently working on a rewilding project which involves planting trees and wildflower meadows around the grounds. In Autumn and Spring there are large student and staff wildflower planting weeks, where any help is welcome. Look out for dates and details.
- **Hedgehog Society** – Members of staff and students have been collaborating to make the college campus more hedgehog friendly. This involves a range of different tasks at different levels of commitment so you can decide just how much you want to get involved. If interested, contact Nicola.meidlinger@chu.cam.ac.uk.

Support for Students with Disabilities

Eleanor Burnham is our disabilities officer for the year and will be representing the needs and wants of all disabled students at Churchill. The role includes trying to make College more accessible for disabled students as well as eliminating any discrimination/stigma surrounding disabilities. Please feel free to contact her about any concerns or ideas you may have.



The Disability Resource Centre in Cambridge will assign you a DRC Officer to help with anything you need, for example any exam adjustments you may require. The DRC is located in the Student Services Centre, Bene't Street, CB2 3PT, but is also contactable via email at disability@admin.cam.ac.uk. Your tutor and DOS will also be available more generally for help with anything from academic work to college life.

There is lots of support available for disabled students. You can apply for a study skills tutor, attend exam preparation sessions, or use the DRC library at your convenience. You can also access help with getting a DSA (Disabled Student Allowance) and the SSD (Student Support Document).

Contacts and Resources

The DRC:

<https://www.disability.admin.cam.ac.uk>

Guide to accessibility at Churchill:

<https://www.disability.admin.cam.ac.uk/access-around-university/access-colleges/churchill-college>

For further advice and support:

<https://www.disability.admin.cam.ac.uk/students/advice-support-for-students>

Report + Support for any discrimination

<https://reportandsupport.cam.ac.uk/>

Access and Education

Hello! I'm Katie, a second year HisPol – and I am the **Access and Education Officer**.

This means I work closely with the Access team in college to collaborate on outreach; from visiting schools, hosting outreach events and working on resources and information to prospective applicants. I also sit on the Board of Education, the Library Committee, and the Archives Committee so if you have any education related queries or issues that you don't think you can direct to your DOS, please send them my way!



My role also includes encouraging Churchill students to get involved in access at Cambridge - this can be through access initiatives or in-college activities, such as open days and school visits. I'll be posting information about these on our social media throughout the year, but if you have any questions about how you can get involved, feel free to contact me! I am also a self-confessed Chu Archives stan, so if you fancy a visit, please also drop me a message, as I can help facilitate this.

In Freshers Week I will be running the Chu Northern Soc drinks and working with other Access officers to run socials, as well as joining in on the various club nights and bops as a friendly face and lover of a boogie – please do come and say hello!

If you are worried about settling in (especially as a student who is working class, or from a background where going to Oxbridge is not the typical route) or you are simply feeling homesick when you arrive, you can send me a dm [@katielouiseheggs](#), a message on Facebook (**Katie Heggs**) or an email klh78@cam.ac.uk. I know how scary Cambridge feels at first, but a lap of the Churchill field and a big rant and you will be just fine.

You can also drop me a message with any questions about the history and/or politics papers, lectures and supervisions at Cam or about getting involved with the Cambridge University Labour Society, competitive debating, or the Cambridge Union as I know how intimidating these societies can appear at first glances, and I am more than happy to impart on you all my student politics wisdom!

Looking forward to meeting you all in October!!! <3

College and University support for LGBTQ+ students

Hi all! I'm Rae, the JCR LGBTQ+ officer. It's my job to look after the welfare of all the LGBTQ+ undergraduates at Churchill and help in any way that you may need. If you are a member of the LGBTQ+ community and have any issues or just feel like a chat, please do not hesitate to contact me. I work alongside Al, the trans and nonbinary welfare officer in order to ensure the college is as safe and inclusive as can be.

College support:

Both AI and I are here to talk through any issues you may be experiencing and are able to advocate for you while also pointing you to other support systems available if it is needed.

Do not hesitate to contact either of us, our contact detail can be found in the important contacts section.

Gender Expression Fund (GEF):

This fund is overseen by AI and all trans, non-binary, or gender non-conforming students are eligible to apply. Each student can apply for up to £40 to help pay for anything relating to navigating your gender identity.

More information about Churchill's GEF can be found here:

<https://docs.google.com/document/d/1Ys-gJ1jXTmyey0APYRU-w2Hn3hQOKec4sEYnKD69EBo/edit>

LGBTQ+ Family Scheme:

We run a college wide scheme to pair queer freshers with queer students in the higher years to add another layer of support for you all. An application form will be sent out before the start to term so you can apply for parents!

LGBTtea:

AI and I run a weekly queer meetup, this is a calm event and a relaxed time for conversation over a cup of tea of your choice, everyone is welcome so please do come along for a chat!

University Support:

Cambridge SU:

The Cambridge SU LGBT+ Campaign are very helpful and more information about them can be found on their website:

<https://www.lgbt.cusu.cam.ac.uk>

More General support can be found at:

<https://www.stonewall.org.uk/help-and-advice>

Finally, a more detailed document on Churchill's LGBTQ+ support can be found here:

https://docs.google.com/document/d/11eK1wDS0HKmMW_K8_sCoaiDXhl2ZqqHimOfGuA_tI3A/edit?usp=sharing

Important Contacts:

Rae (LGBTQ+ Officer):

Email : rjh261@cam.ac.uk

Phone/Whatsapp: +447539293258

Facebook: Rachel Hammond

AI (Trans and Non binary Officer):

Email: ss2765@cam.ac.uk

Phone/Whatsapp: +447841653392

Facebook: AI Sergeevo

SU LGBT Welfare Officer:

Lgbt-welfare@cusu.cam.ac.uk

Note: More SU contacts can be found on the Committee page of the SU LGBTQ+ Campaign website.

Support for BAME students



Hey everyone, I'm Lily and I study MML (French and Spanish) at Churchill! I'm the JCR BAME (Black, Asian, and Minority Ethnic) Officer this year, which means that I'm the first port of call for any BAME issues, ideas or concerns that JCR students may have.

My responsibilities include organising events for the college's BAME community, representing this community at BAME Officer Forums run by the SU (Students' Union), and, most importantly, ensuring that Churchill is a warm and welcoming environment for all its BAME students.

I am always here to help, so please feel free to message me with absolutely anything BAME-related, whether it be a suggestion for a fun BAME event or something more serious.

Contact

Email

You can contact me, the BAME Officer, or Osa, the Equal Opportunities Officer, for any inquiries, concerns or feedback at:

jcr-bme@chu.cam.ac.uk

jcr-equalopportunities@chu.cam.ac.uk

Anonymously

If you would rather reach out anonymously, you can do so by clicking the link below, which is also available on the Churchill JCR homepage under 'Anonymous Form':

https://docs.google.com/forms/d/e/1FAIpQLSeGGrqP64Zjfk73Ba9H2n8AtvAzPNA4tUYEF373squ4ccKcLA/viewform?usp=sf_link

You will need to use your Raven login to access the form, but this information is not shared, so the form is completely anonymous. If you would like your submission to be handled specifically by me or the Equal Opportunities Officer, you can state this in your submission.

Resources

Here are some important resources:

- BME Campaign: <https://www.cambridgesu.co.uk/organisation/6035/>
 - The SU BME Campaign is an autonomous platform that exists to voice the concerns of ethnic minority students at Cambridge. You can go to them for support if you have any issues relating to race in the wider university or in college.
- BME Mental Health Toolkit:
<https://www.cambridgesu.co.uk/resources/6035/BME-Mental-Health-Toolkit/>
(scroll to the bottom of the page!)
 - This is a really useful SU resource that includes information on pretty much everything you should know as a BAME student at Cambridge, providing all the necessary tools for accessing support or reporting experiences of racism. As your BAME Officer, I am always available to help you through any of these processes, if they prove necessary.
- Report + Support: <https://reportandsupport.cam.ac.uk/>
 - This resource allows you to report any discriminatory behaviour and can be used anonymously.
- General resources for education on racial issues (including TV shows, book recommendations, online articles, etc.):

<https://docs.google.com/document/d/1cTVNOJGb0eoX2MFpZlYyo0mAKAHHAq2G2ry6vwPabvw/edit>

Class Act



Hi!

I'm Annabelle (she/her) and I'm your Class Act Officer for this year.

This means I represent anyone who identifies as having experienced any disadvantage such as these:

- Social
- Educational
- Cultural
- Economic

at the college level (I sit on the JCR committee) and as part of the Cambridge SU Class Act which is university wide.

Self-identification is key and this group of people can include but is certainly not limited to anyone who identifies as:

- Working class
- Low-income
- First-generation university-educated
- Care giver/receiver
- Estranged

so, if you feel that Class Act is a space for you (no matter if you identify as one of these or multiple), then it certainly is!

The important thing is understanding there is a place for you at Churchill as well as the university as a whole, and that you fully belong and deserve to be here.

I aim to be an easy person to get in contact with whether you have any questions (class act related or not), require information regarding any kind of support, or just want a chat (either in college during term time or over messaging).

I'd love to hear from anyone, so please don't hesitate to get in touch with me! You can find my JCR info on the JCR website. Or alternatively Facebook message me!

The link to the Class Act campaign website is: <https://www.cambridgesu.co.uk/organisation/6054/>. There are also official Class Act handbooks within the College that can point your way to more detailed info.

Also, look out for a hill college* Class Act social event in freshers' week, where it'd be absolutely lovely to meet some of you and hopefully answer any questions you may have!

*(hill colleges are colleges out the centre of Cambridge, including Churchill, Murray Edwards and Fitzwilliam)



Support for International Students

Hi all international students! A big CONGRATULATIONS and welcome to Churchill! I'm Echo, the International Officer of Churchill JCR. I'm a second year HSPSer from China. Feel free to reach out to me if you have concerns over travelling and/or any international matters. (Email: sl2063@cam.ac.uk; Instagram: @echolyu1108; Whats App: +44 7835193925).



Visas & Immigration

Check the University's guide for Visa application, immigration, Tier-4 Visa and healthcare for international students:

- <https://www.internationalstudents.cam.ac.uk/immigration>
- <https://www.internationalstudents.cam.ac.uk/tier-4-entry-clearance>
- <https://www.internationalstudents.cam.ac.uk/arriving/healthcare-uk>

Travelling to Churchill College

BY TAXI

- You can book a taxi from any of the London airports to Churchill online, either from Panther Taxis (<http://www.panthertaxis.co.uk/>) or CamCab (<http://www.camcab.co.uk/index.php/book/fares>)

BY TRAIN

- You can buy train tickets in advance from <https://www.nationalrail.co.uk/> but be aware of possible delays from flights or border control.

Heathrow	Gatwick	Stansted
Take the Piccadilly line from Heathrow terminals to King's Cross station. Train journey from King's Cross to Cambridge is roughly 1-1.5 hours.	Take a train (not tube) from Gatwick to London Victoria, then take the Piccadilly line to London King's Cross.	Direct train to Cambridge. Train ride is approximately 30 minutes.

BY COACH

- National Express Coaches are available from all London Airports to Cambridge City Centre. You can purchase a coach ticket in advance on <https://www.nationalexpress.com/en>. Note that the journey time is roughly 3 hours.
- Once you arrive at Cambridge Train Station or Cambridge City Centre, you can take a taxi or the bus to Churchill College. Taking a taxi (e.g. Panther Taxi, CamCab, Uber, Bolt) is the easiest option especially if you have lots of luggage.

COVID-19 measures

International freshers are allowed to arrive at Churchill anytime before 2nd October as long as you make sure the tutorial office is notified. Currently, no quarantine is required for international students. For safety reasons, international students could consider wearing face coverings in crowded, enclosed spaces. However, face coverings are no longer compulsory.

Practicalities

SETTING UP A UK BANK ACCOUNT

- Fill in an application for an international student account **online** at your chosen bank.
 1. Barclays: <https://www.barclays.co.uk/current-accounts/student-account/#applynow>
 2. Lloyds: <https://www.lloydsbank.com/current-accounts/all-accounts/student-account.html?collapse2-1499456163436#collapse2-1499456163436>
 3. HSBC: <https://www.hsbc.co.uk/current-accounts/products/international-student/>
- Pick a date and branch location for your appointment to set up your account.
- On the day of the appointment, bring your passport, UCAS acceptance letter, proof of residence (you can get this from the Tutorial Office) and your student ID. To learn about the more detailed procedure, you could check the following webpages:
 1. <https://www.finance.admin.cam.ac.uk/finance-staff/bank-accounts/bank-accounts-staff-and-visiting-scholars-overseas>
 2. https://www.internationalstudents.cam.ac.uk/files/opening_a_bank_account_sept_20.pdf

MOBILE PHONES

The UK's country code is +44, and if you arrive in the UK without a UK mobile number, you'll need to preface the number you are dialing with +44. List of operators:

- VOXI (<https://www.voxi.co.uk>)
- O2 (<https://www.o2.co.uk>)
- EE (<https://ee.co.uk>)
- Three (<http://www.three.co.uk>)
- Giffgaff (<https://www.giffgaff.com>)
- Lebara (<https://mobile.lebara.com/gb/en/>)
- Lycamobile (<https://www.lycamobile.co.uk>)

International Freshers Week

International Freshers Week organised by the International Students Campaign (ISC) will include both online activities and in-person ones. The online Freshers week will run from 14th September to 17th September. The in-person session will run from 1st October to 3rd October, with an International Welcome Dinner at St. Andrew's Street Baptist Church.

Check out ISC's facebook and instagram for further details!

Facebook: <https://www.facebook.com/internationalstudentcampaign>

Instagram: @isc_cambridge

Churchill College will also run both virtual and in-person events during late September. Join our international freshers WhatsApp group to stay up-to-date with more information!
<https://chat.whatsapp.com/JvevuB7cGXtCIWOKWVGJtaf>

Feel free to join our Churchill Internationals facebook group too!
<https://www.facebook.com/groups/330261020352964/>

Pre-arrival Checklist

Health

- If you receive on-going medical treatment and / or medication, obtain a letter from the doctor in your home country (in English) with the details as it may be useful for your new doctor. Check whether you can take your medication on your flight and through customs.

Finances

- Consider how much money to bring to the UK (and whether your home country restricts the amount of cash that can be taken out of the country) and / or whether to use Travelers Cheques. You should request money in £5, £10 and £20 notes as £50 may not be accepted for smaller payments.
- Ensure you have sufficient money in cash / credit card to cover your expenses until you have opened a bank account.
- Establish whether your current bank card, if applicable, can be used in the UK and whether your bank can provide any advice about transferring money to the UK.

Transportation

- Plan your onward journey to Cambridge.
- Consider baggage restrictions on your flight.
- Check any restrictions on goods that can be brought into the UK: www.gov.uk/duty-free-goods/banned-and-restricted-goods
- Consider travel insurance.
- Check current requirements for entering the UK: <https://www.gov.uk/uk-border-control>.

Academics

- Review course handbooks on department websites.
- Review College information packs: <https://www.chu.cam.ac.uk/student-hub/resources/handbooks-documentation/>.
- Participate in the study skill sessions provided by Churchill study tutors if you have any academic enquiry.
- Look at the online orientation and induction information: www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information

Living in the UK

- Consider whether you need an adaptor for any electrical equipment you intend on bringing to the UK.
- Consider the UK Climate: www.metoffice.gov.uk/climate
- Bring passport photos – you'll need them for various things in the first weeks.
- Cambridge students usually commute by bike on campus. Consider learn and practice riding bikes before you come. You can buy second-hand bikes from bike shops, alumni, and Fresher's Fair.

Immigration

- Check the details of your entry vignette and decision letter.
- Ensure you enter the UK within the validity of your entry vignette.
- Make photocopies of and reserve digital scanned versions of your passport, visa, and other important documents.
- Carry a print out of your CAS email in your hand-luggage as well as any other documents you used for your visa application.
- Collect your BRP promptly on arrival in the UK.

For more information on being an international student at Cambridge and general resources, check the University's and College's page for international students:
<https://www.internationalstudents.cam.ac.uk>.