

A
*Little
Welfare
Guide*

From the Pembroke JPC



Welcome

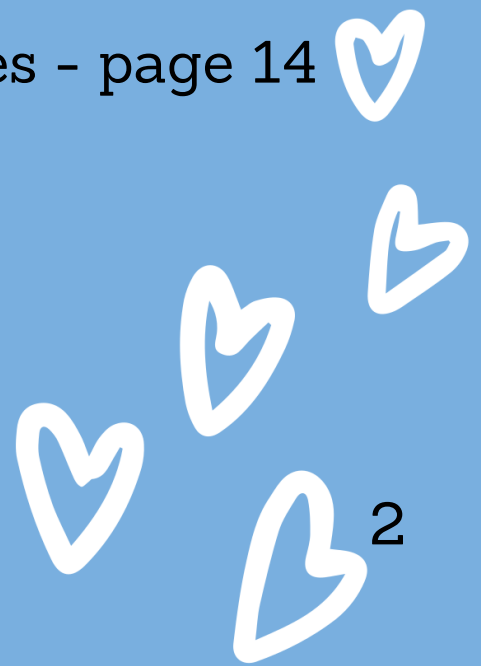
The JPC have created this booklet containing information about welfare and sources of support in Pembroke College, in Cambridge and nationally. We hope it will help you during your time at Cambridge—problems can arise at any time but there are many people available for support or help.

No problem is too small or too large!

Lots of love from your Welfare Officers xx

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Support and Services within Pembroke

Welfare Officers:

Hi!

We are the welfare officers within Pembroke's JPC and are all trained listeners who are here to have a chat about any concerns you have, no matter how big or small, and completely free of judgement.

We also hold events, socials and drop-ins throughout the year note, free food is always present.. :)

Sexual health supplies, including condoms, lube, dental dams, pregnancy tests and personal alarms, can be found in the welfare pigeonhole or in various locations around college. Please let any of the Welfare Officers know if you notice supplies running low.

Big Welfare love xo

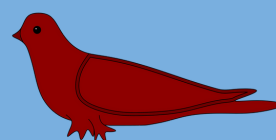
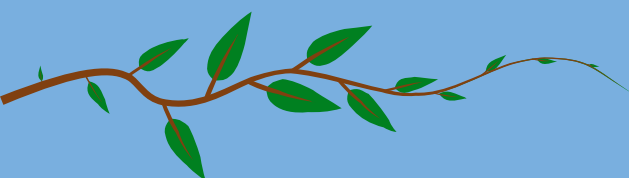
Please note: elections are held throughout the year so these faces may change



Lily – Welfare Officer
clo37@pem.cam.ac.uk
Facebook: Lily Olliver

Hey, I'm Lily (she/her), your Welfare Officer. Studying at Cambridge can be extremely stressful and isolating at times. My job is to ensure that there is a support system available for you throughout the year.

I am always here to listen if you have any problem or just want to have a chat. We run several welfare events throughout terms including picnics, Zumba classes and alternative study sessions. This hasn't been able to happen in the last year due to COVID - I am very excited to see them happen this year :) These will be posted on the Pembroke Welfare's Facebook page, the JPC Instagram page and emailed to you. Once again, feel comfortable free to message me about anything.





Joseph - Men's and Non Binary Welfare Officer

je434@cam.ac.uk

insta: @jjosephedwards

Hey I'm Izzy! (she/her) I'm your Women's & Non-Binary Welfare Officer. My overall aim is to make Pembroke into a happier, safer space where we can all feel like loved & valued members of a community. In practice this covers some more serious and more fun things - I'll be running some safe spaces for w&nb to chat and do art, zumba, pampering sessions - whatever you fancy. You can also come to me about anything - stress, relationships, harassment, menstrual cups, houseplant tips or even a massage. No judgement.

Safa (w&nb officer) and I have been working to improve and clarify the colleges sexual assault & harassment procedures, a clear guide for which should be coming out soon. In the meantime, if you have any questions or need to speak with someone (not necessarily to officially report something) you can speak to me, Safa, your Tutor or the college nurses (details below).

Hi, i'm Joseph (they/them), your Men's and Non-Binary Welfare Officer. My role is to create spaces where the opinions and welfare needs of male and non-binary students are represented and materialised. In the Lent 2021 elections I stated in my manifesto that my main aim is maximise the participation of male and nb students in welfare events and engagement with sexual health and education. As your elected officer I am happy to answer any welfare questions you may have and offer you some helpful advice.

Subject: HSPS (Sociology) From: Bedfordshire



Izzy - Women's and Non-Binary Welfare Officer

email: ig390@cam.ac.uk

facebook: Izzy Greig

insta: @scrambled_greig

Second year | History | from Oxford

We also source the college's sexual health supplies - free condoms, lube, pregnancy tests & more below the family tree opposite the JP (N staircase)



Callum LGBT+ Officer

Contact details

Email; cmf68@cam.ac.uk

Facebook ; Callum

Mackenzie Finnigan

Instagram ;

callummackenziefinnigan

Hi, I'm Callum (he/they), Pembroke's LGBT+ officer. I study Human Social Political Sciences and come from Essex.

My role on the JPC is two-fold.

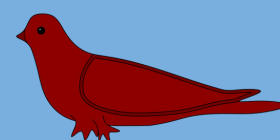
Firstly, as a 'liberation' officer, I represent and advocate for Pembroke's LGBT+ student body to the college and university staff body, whilst amplifying the most marginalized and intersectional voices within that community. All LGBT+ students at Pembroke deserve to be heard and seen, and that is something I am dedicated to ensuring.

Equally, I am a Welfare officer too. I am a 'go to' for any LGBT+ students at Pembroke who have questions or concerns. So, if there's something about college you want to change to make it more LGBT+ inclusive, any problems you're facing or just want to chat, feel free to contact me through Facebook, Instagram, my email or by leaving a note in my pigeonhole.

As a Queer sportsperson who has played rugby since a young age at varying levels, and has been surrounded by varying degrees of bigotry, I am acutely aware of the added difficulties LGBT+ people must navigate when joining new societies and especially sports clubs. Those difficulties can often dissuade us from engaging. Do not let that happen here. Pembroke is an inclusive college. Try out, get engaged, and if you ever experience any push back because of your gender or sexuality, as aforementioned, speak to me, or someone else on the JPC.

Finally, having faced a lack of in person events for over a year, I, as are the rest of the JPC are determined to make 2021-22 decidedly social. Keep an eye out for Pembroke LGBT+ events and collabs with other colleges. I look forward to meeting you all and wish you a stunning first year at Pembroke.

Hey, I'm Alex! I'm a second year currently studying HSPS. My role as Undergraduate Disabled Students Officer is to represent, support and advise all disabled students at Pembroke, or those suffering with significant or long term illness, including mental illness. This includes making college events and facilities as accessible as possible, and giving individual support for things like mitigation, intermission and exam allowances. I work as part of the wider Universities Disabled Student's Campaign, and can also help with queries or accessing the Disability Resource Centre.





Tami —Ethnic Minorities'
Officer
ogo22@cam.ac.uk
Facebook: Tami
Olorunfemi

Hi! My name is Tami (short for Tamilore) and I'm the Ethnic Minorities' Officer at Pembroke.

My commitment is to making sure that the cultural needs and contexts of undergraduate students are respected and accounted for within the college space. This is done through socials with other colleges, talks from speakers, meetings within the college and liaising with the CUSU BME Campaign.

Like Callum, I am both a welfare and liberation officer so feel free to talk to me about anything. You can email me at ogo22@cam.ac.uk or message me on Facebook!

Hi! I'm Muhammad, your Internationals Officer. Born and raised in Malaysia, I understand how daunting it can be to move abroad and begin a new life in a foreign country. Starting university is already a challenge, especially at an institution as academic as Cambridge, and to add settling into a new environment on top of that can make the transition process even harder.

That's why I'm here to make Pembroke feel like a home away from home! The college is incredibly friendly and inclusive, boasting a very close-knit international community. I will ensure that each student is integrated and made to feel welcome.

I'm always here to have a chat over anything Cambridge-related and can be found at smbs2@cam.ac.uk! If you are ever in doubt, the best thing you can do is reach out and the JPC will do their best to help. Looking forward to meeting everyone soon.



College Staff

The JPC Welfare team works closely with College staff so that collectively you get the best support possible. Key staff members with a role in your welfare include the Tutors, Directors of Studies, the College Nurse, the Dean, the Porters and the College Counsellors. The College website is also a valuable place to work out what's available and how you can access it:

www.pem.cam.ac.uk/current-students/health-welfare-study-support

Here you'll find pointers for support on topics including finance, sexual and mental health, disabilities, personal matters, work worries and harassment in all its forms.

Whatever your problem we want you to feel able and encouraged to approach one of the JPC and College staff welfare team; we will listen and advise in a respectful, supportive and confidential manner. We may not have all the answers but we can also advise and assist you in seeking more specific support from within the University or elsewhere.

Tutors – your tutor is responsible for your personal welfare. They should be your first port of call if you have any problems. (e.g. illness, financial difficulties, workload or family problems). You'll meet with your tutor at the beginning and end of each term and they will be available throughout the term for further support if needed.

Here are the tutors at Pembroke;

Professor Robert Mayhew (Senior Tutor) - st@pem.cam.ac.uk

Dr Assef Ashraf - Assef.Ashraf@pem.cam.ac.uk

Dr Andrew Cates - andrew.cates@pem.cam.ac.uk

Dr Hildegard Diemberger - hildegard.diemberger@cam.ac.uk

Dr James Gardom - jtdg2@cam.ac.uk

Professor Loraine Gelsthorpe - lrg10@cam.ac.uk

Dr Stephen John - sdj22@cam.ac.uk

Dr Nick Jones - ngj22@cam.ac.uk

Mr Nick McBride - njm33@cam.ac.uk

Dr Torsten Meissner - tm10012@cam.ac.uk

Mr Matthew Mellor - matthew.mellor@pem.cam.ac.uk

Dr Daniela Passolt - daniela.passolt@pem.cam.ac.uk

Dr Max Sternberg - mjg75@cam.ac.uk



Director of Studies (DoS) – Your DoS is responsible for your academic progress and welfare. They can be contacted about any work related issues.

College Nurses - Jan Brighting and Sarah Winder-Worsley are trained nurses based in College. Regarding any health problems you may have, it is worth going to chat to them as waiting lists for GPs can be lengthy. It is important to follow up on your health if you feel it is urgent. Sarah runs drop in clinics from 10:00-12:00 in G11.

For longer appointments, they must be done by booking. You can contact Jan for bookings at jan.brighting@pem.cam.ac.uk. Jan's office is in G9. Sarah's email is sarah.winder-worsley@pem.ac.uk

College Counselling – Loraine Gelsthorpe is a UKCP registered and accredited trained counsellor/psychoanalytic psychotherapist. She can be contacted for longer-term support or short-notice counselling as back up service to UCS where waiting lists are long or where specialist support is required; contact her on lrg10@cam.ac.uk. She co-ordinates the team of counsellors who see Pembroke students. These can be accessed via Jan or Loraine and include: Anna Lees- CBT specialist, EMDR therapist, RMN, RGN; Bella Stewart- UKCP registered and accredited psychoanalytical psychotherapist; Ishtla Singh- UKCP registered and accredited psychoanalytical psychotherapist (particularly available for BAME students). William Filipski-McDonald and Deborah Meyler who are both still in clinical training and supervision also see Pembroke students.

Loraine is also able to refer to other specialist therapists, as required. The first session with any counsellor or therapist is normally an assessment session to see if it suits. Pembroke students are not required to pay for counselling – either through the University Counselling Service or through College.

Porters – The porters can be contacted for help and signposting to other forms of support. They are available 24/7. It is important to contact them in an emergency at any time. E.g. if your safety or others is threatened, or you need them to call an ambulance or if an ambulance has been called. Their contact number is 01223 338100.

They are also first-aid trained and hold the home numbers for tutors – who can also be contacted in an emergency.

Dean – Dr James Gardom is the Dean and Chaplain of Pembroke College. jtdg@cam.ac.uk.



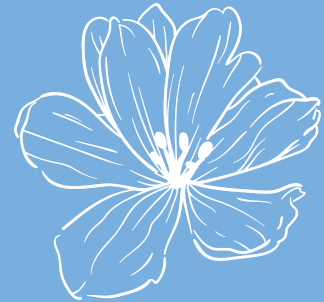
Support and Services within the university.

University counselling service (UCS):

The UCS is a free university-run service for Cambridge students open during term time. It is common for students to use the service, and you don't need to have a pre-diagnosed mental health issue to access it. The counsellors are all experienced in working with people from a variety of backgrounds and cultures, and with a wide range of personal and work related issues.

It provides:

- Short-term Individual Counselling Sessions
- Access to Self-Guided Help
- Cognitive Behavioural Therapy (CBT)
- Long-Term Group Counselling
- Mental Health Advisors.



The waiting times can be lengthy in some cases, so we strongly recommend you to fill in a pre-counselling form to see a counsellor sooner rather than later. If you need help filling in a pre-counselling form, a member of the Welfare Team in Pembroke can help you. You can fill in this form with as little or as much detail as you wish however do bear in mind that this information will be used to allocate you the most suitable counsellor.

Website: <https://www.counselling.cam.ac.uk>

Cambridge University Student Wellbeing Page

Cambridge University's central website - it outlines the resources available to support both your physical and mental wellbeing. It is regularly updated and kept relevant. It has links to College, University and NHS resources, as well as lots of information on keeping healthy. A comprehensive section dedicated to 'Support for particular issues' can direct you to more targeted resources, such as those concerning exam stress, drugs or unplanned pregnancy. It is well worth checking this website at least once just to be aware of all the services that the university can offer you.

website: <https://www.studentwellbeing.admin.cam.ac.uk/>

Disability Resource Center (DRC):

The DRC provides a confidential and accessible service for disabled students. Current disabled students can access the DRC for advice and guidance to enable them to access a wide range of services.

The DRC supports individuals with specific learning difficulties, physical impairments and injuries, sensory impairments, mental health difficulties, Asperger syndrome, autism and long-standing illness/health conditions (including diabetes, epilepsy, HIV, chronic fatigue syndrome).

Registering with the DRC means you can get the support that you need so you are not disadvantaged at Cambridge. E.g. exam arrangements and notetakers. You will get a Student Support Document, which is a summary of recommendations in supporting and teaching an individual, which allows Reasonable Adjustments to be made to meet your needs under the 2010 Equality Act.

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

Student's Union Advice Service (SUAS):

The advice service offers free, confidential and independent support to all Cambridge University students. They will be happy to talk to you about any issue or concern you may have as a student, big or small. They can discuss concerns, explore options, represent you at college or University level if necessary and can signpost you to a more suited support service if they can't help. <http://www.studentadvice.cam.ac.uk/>

Cambridge University Student Union (CUSU)

Liberation Campaigns:

The SU runs liberation campaigns specifically to aid the welfare of students, particularly those from marginalised backgrounds. You can contact them with email or join their Facebook groups. They can be found here:

<https://www.cambridgesu.co.uk/yourvoice/campaigns/>



Email: classact-committee@cusu.cam.ac.uk

Facebook:

www.facebook.com/CambridgeClassAct

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

The CUSU Class Act Campaign represents, supports and advocates for "all students who have faced any kind of social, educational cultural or economic disadvantage. This includes lots of different things from identifying as working class, low income to state comprehensive education or first generation. It also includes care leavers, estranged students, and those with unstable accommodation or experience of homelessness.



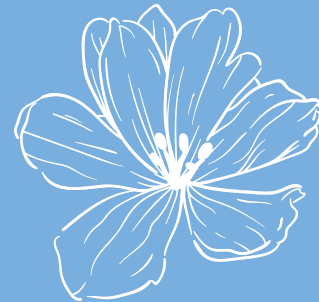
""The Black and Minority Ethnic (BME) Campaign represents, supports, and advocates for all BME students at the University of Cambridge.

..... We aim to build communities of care and compassion, where BME students can find solidarity and support. We are a place of life, a space for celebration, and a team ready to bring about change. FUSE and FLY are community-building spaces for BME students who also self-identify as LGBT+ and/or women, respectively. Both run private groups where members can build community - message the pages to be added to those."

Email: bme-
committee@cusu.cam.ac.uk
Facebook page:
www.facebook.com/CambridgeBME
Instagram: cambridgebme

This is a non-exhaustive list of websites, Facebook groups and pages that you may be interested in joining. It is a great idea to check out the events and forums that they are offering!

ABACUS (British and Chinese) - <https://abacuscambridge.org.uk/>
CU Afro-Caribbean Society - <https://cambridgeacs.org/>
CU Arab Society - <https://www.cambridgesu.co.uk/organisation/11751/>
CU Buddhist Society— <https://buddha.soc.srcf.net/>
CU Ghanaian Society—<https://www.facebook.com/groups/7579322460/>
CU Kurdish Society— <https://www.facebook.com/CUKurdSoc>
CU India Society— <https://indiasoc.co.uk/>
CU Islamic Society— <https://isoc.co.uk/>
CU Jewish Society— <https://www.cujs.org/>
CU Malaysian and Singapore Association— <http://cumsa.org/>
CU Pakistan Society— <https://paksoc.co/>
CU Sikh Society— <https://cam.sikhsoc.org/>



Email: disabled-committee@cusu.cam.ac.uk
Facebook:
www.facebook.com/CambridgeDSC/
Instagram: CambridgeDSC

The CUSU Disabled Students' Campaign represents and campaigns for all students who consider themselves disabled. They have a fantastic website filled with resources, support and advice related to being disabled at Cambridge - <https://www.disabled.cusu.cam.ac.uk/>



INTERNATIONAL STUDENTS' CAMPAIGN

Email: isc-chair@cusu.cam.ac.uk

Facebook:

www.facebook.com/internationalstudentcampaign

"The International Students' Campaign represents, campaigns for and runs events for international students. It is also the umbrella body for all international societies and students in Cambridge University."

The core purposes are looking out for the well-being of international students, providing a platform for students to connect, and provides access for under-privileged groups abroad. The Campaign works very closely with colleges to improve benefits provided for international students.



LGBT+ CAMPAIGN

Email: lgbt-committee@cusu.cam.ac.uk

Facebook: www.facebook.com/cambridgesulgbt

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

"LGBT+ is the Cambridge SU Campaign for LGBT+ students at Cambridge. We seek to represent and support all students who self identify as LGBT+ (or other, similar identities)."



WOMEN'S CAMPAIGN

Email: chloe.newbold@cambridgesu.co.uk

Facebook: www.facebook.com/CUSUWomen

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

The Women's Campaign supports and represents all women (including those who self-define as women) and non-binary students at Cambridge. We bring together feminist organising across the University and campaign for change at an institutional, social and cultural level.

Cambridge Nightline

A confidential night-time support service for Cambridge and Anglia Ruskin University students, operating during term time. You can contact anonymously trained volunteers by phone, email, chat or skype. They are there to listen to any struggles you may be facing and need to talk through it. Please note that this is a support service, not an advice service.

Website: <https://cambridge.nightline.ac.uk/>



National Support and Services

These are alternative resources if you feel uncomfortable approaching an university associated resource.

HOPELINEUK

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

A suicide helpline for persons under the age of 35. The helpline is staffed by trained professionals who can support you and give advice that may help you move forward. 9am - Midnight everyday.

Samaritans

Call: 116 123 free from any phone

A Confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

Any time, day or night

Talk to Frank

Text: 82111

Call: 0300 123 6600

www.talktofrank.com

Friendly, confidential advice and information relating to drugs, legal and illegal. Any time, day or night

CALM Helpline -

Call: 0800 58 58 58

For confidential, anonymous support, information and signposting for men anywhere in the UK.

www.thecalmzone.net/help/get-help/

Every day, 5pm - midnight,

Cambridge Consultancy in Counselling (CCC)

A charity which provides affordable counselling services to people in Cambridge.

www.cambridgeshirecounselling.org.uk

Mind Infoline

Call: 0300 123 3393

Email: info@mind.org.uk

Provides information on a range of topics including: understanding different mental health difficulties, where to get help, medication and alternative treatments, and advocacy. Mon-Fri, 9am - 6pm, (except for bank holidays)

Beat

Youthline (under 25s): 0808 801 0711

Adult helpline: 0808 801 0677

Studentline: 0808 801 0811

An eating disorder charity, which gives confidential advice and support for both people who have and are concerned about others with eating issues

www.beateatingdisorders.org.uk/

9am-8pm weekday and 4pm-8pm weekends.

Keep Your Head

A website full of resources regarding local and national services for a variety of wellbeing issues such as stress and isolation.

www.keep-your-head.com/adults

Cruse Bereavement Care

Call: 0808 808 1677

Somewhere to turn to when someone dies

www.cruse.org.uk

Cambridge Psychotherapy Assistance Trust

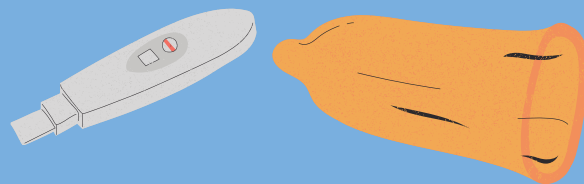
They provide grants to subsidise psychotherapy treatment for those otherwise unable to afford it. This is particularly for those needing long-term psychotherapy.

www.cambridgepsychotherapyassistancetrust.org





Sexual Health



Emergency contraception fund:

If your condom breaks or you have unprotected sex, you may need to take the emergency contraception pill, also known as Plan B. This is available at any pharmacy and can be provided discreetly after a few health questions. It is best to take emergency contraception as soon as possible to reduce chances of pregnancy, but some pills can be effective up to 5 days after sex. However, emergency contraception can cost up to £35, so the JPC has an anonymous emergency contraception fund to refund this cost to you. You can access this by contacting the Women's and Non-Binary Officer (Safa) and sending them a picture of the receipt and your bank details. They can then get the money back from the JPC completely anonymously and send it to you.

Menstrual cup scheme:

Every year, the Women's and Non-Binary Officer runs a free menstrual cup scheme for all undergraduates. Watch out for more information about this in the coming year. Free menstrual products should also be in place around college toilets. If you have any broader concerns about accessing menstrual products, please contact the Women's and Non-Binary Officer (Safa).

Sexual Health Supplies/ Local Sexual Health Clinics:

Free sexual health supplies including: condoms, female condoms, dental dams, pregnancy tests and clear lube can all be accessed in the entrance to the Junior Parlour (JP). The supplies are placed in a wooden crate underneath the College Family tree display (Image attached below).

If you wish to seek professional help pertaining to your sexual health concerns (including accessing PrEP) The Lime Tree Clinic is located relatively close to college.



The Lime Tree Clinic
Brookfields Hospital
351 Mill Rd, Cambridge CB1
3DF
tel:03003003030

Can be accessed in the entrance to JP (N staircase) Under the College Family Tree display



Topped up regularly

Sexual Violence

Sexual violence is any unwanted sexual activity. This includes rape, sexual abuse, sexual harassment, forced marriage and female genital mutilation (FGM). Sexual violence can happen to anyone at anytime and it can never be justified. If you experience it, it is important to get support. Reach out to family, friends or members of the college such as your tutor, the porters or the college nurses. They are there for you for exactly these moments. Of course, if you feel uncomfortable doing this there are many resources that you can access;

Sexual Assault & Harassment Adviser

The University's SAHA, Amy Thompson is specifically trained to provide mental health support as well as practical advice - this service is confidential and there is no pressure to report. She is widely considered to be fantastic and the best source for support - you can find out how to arrange an appointment here:

<https://www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor>

Loud and Clear

A Cambridge group working to encourage gender equality and address issues of sexual harassment and assault. They have some great resources on what to do if you've experienced sexual harassment or assault.

Breaking the Silence

An university website outlining resources, prevention and support initiatives and an anonymous reporting form allowing anyone to report anonymously to the university concerning any form of sexual violence from members of the university regardless of whether they are a student or staff.

Website: www.breakingthesilence.cam.ac.uk/

Cambridge University Counselling Service (UCS)

Access to the University Sexual Assault & Harassment Adviser alongside general mental health support.

Website: www.counselling.cam.ac.uk

Student Advice Service

An university service which can advise students on the options available to them and provide support in their decision making.

Open Monday - Friday, 9am - 5pm.

Call: 01223 746999, Email: advice@cambridgesu.co.uk

SurvivorsUK

A charity to support male and non-binary survivors. They run many different services such as Clinic26, a supportive clinic for survivors where they can access sexual health services. They run an informal web chat service. This can all be found on their website: www.survivorsuk.org/

Cambridge Rape Crisis Centre

They provide support services for those whose gender identity falls under the category of 'woman'.

Helpline - call 01223 245 888

Wednesday 7pm – 9.30pm, Thursday 7pm – 9.30pm, Sunday 10am – 12.30pm

Addenbrookes Hospital

A&E: 01223 217118.

Centre 33

Support for under-25s on a range of issues including mental health, caring responsibilities and sexual health. Website: centre33.org.uk/

Call: 01223 316488

The Elms

A sexual assault referral centre for people who have recently experienced sexual assault. Website: www.theelmssarc.org/

Call: 0800 193 5434

Rape Crisis (England & Wales)

They support Rape Crisis Centres and provides online emotional support for self-identifying women who have experienced sexual violence. Live Chat Helpline is open on weekdays. Website: www.rapecrisis.org.uk/

Call: 0808 802 9999

Open 12:00-14:30 and 19:00-21:30.

Lesbian and Gay Switchboard

An LGBT+ helpline offering a safe space to discuss any issues impacting LGBT+ individuals, including but not limited to support for victims of sexual assault & harassment. Website: www.switchboard/lgbt/

Call: 0300 330 0630

Open 10am-10pm everyday

Bi Survivors Network

A mutual-support network for bisexual survivors that is open to people of all gender identities. A space to find solidarity and support amongst individuals with common experiences of sexual violence.

Website: www.consortium.lgbt/member-directory/bi-survivors-network/

Disabled Survivors Unite

A service providing support and advice for disabled survivors of sexual violence.

Website: www.disabledsurvivorsunite.org.uk/

Revenge Porn Helpline

A support service for adults experiencing intimate image abuse ('revenge porn'). Support is usually provided over phone, email or an online chat service. Website:

www.revengepornhelpline.org.uk/

Call: 0345 6000 459

Due to COVID the helpline is only operating on Tuesday - Thursday 10am - 4pm.

Galop

An LGBT+ anti-violence charity providing support services for hate crime, domestic abuse and sexual violence victims/survivors. Website: www.galop.org.uk

Call: 0800 999 5428.

Open 10am-5pm Monday-Friday, and open until 8pm on Wednesday and Thursday.

Ask for Angela scheme:

If someone is making you feel uncomfortable or unsafe at Pembroke Bar, approach the bar staff and ask for Angela - this is a codeword that the staff are aware of, so they can discuss it with you safely and deal with the concern. Ask for Angela is a national scheme to tackle sexual harassment, and many other bars will also have this in place.

Alcohol Awareness

Not everyone drinks. According to a recent alcohol survey, around a third of Cambridge students don't drink, or rarely drink. If you do drink, it's not advisable to drink more than 14 units of alcohol in a week. One unit of alcohol = 1/3 of pint of beer, 1/2 a glass of wine. A whole bottle of wine contains 10 units of alcohol, which is a lot! For more information on units, see Drinkaware.co.uk.

Many people try alcohol for the first time whilst at university. If this is the case, don't feel the need to 'catch up'. Take it easy and slowly work out your limits.

To reduce the effects of alcohol dehydration (a hangover), hydrate yourselves: water, coconut water, rehydration salts – not coffee. A good tip is drinking a glass of water before going to bed. Remember, alcohol is a poison that your liver must remove: drinking a lot often damages your liver. You need to give it time to recover, else you could cause long-term damage.

It's important to watch out for your friends if they are getting drunk, by encouraging them to drink water etc. Also, don't pressure people into drinking (e.g. via drinking game rules) if they don't want to drink: it's their choice, respect that. Drink spiking is also as likely to happen in Cambridge as anywhere else so keep an eye on your drinks and those of your friends.

Finally, note that alcohol is a depressant; while it can relax you in the short-term, it can increase anxiety and stress in the long-term, and it damages your sleep quality. If you are using it to self-medicate, you should consider talking to your GP, UCS or SUAS; see Drinkaware.co.uk for further support.

Alcoholics Anonymous

Alcoholics Anonymous is an organisation which allows members to share common experiences to help others recover from alcoholism. It is free to join and attend.

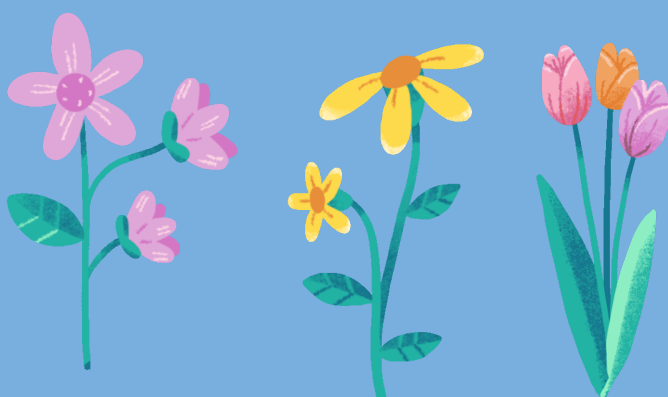
Website: www.alcoholics-anonymous.org.uk/

Call: 0800 9177 650

Getting home safe

Cambridge is generally safe but unfortunately incidents have occurred in the recent past that make it even more important that you are aware of yourself and your surroundings. Make plans with others about how you are going to get home at night and where possible arrange to walk home in groups.

If you find yourself having to walk home late at night, you can call the Porters' Lodge to access a safe taxi ride home. The Porters' Lodge is selling personal alarms for £4, which can also be reimbursed by the JPC (you can contact a member of the welfare team, the President (Lily Young), the Treasurer (Aakash Gupta) or the Women's and Non-Binary Officer (Safa Al-Azami) for this)



Accessing (some!) cultural resources in Cambridge



Afro-Caribbean Culture

- Harmony Hair: Afro hair, barbershop, braiding (a bit pricey, recommend you allow extra time)
- @SterlingStyles: Braiding services (book via Instagram)
- Tughaa Style: Hair extensions and crochet shop
- Edo Kitchen: Nigerian restaurant (small portions, good food!)
- AfricFood: Market food stall (mixed reviews, but known to give away free food)
- Josh's Bagels: Jerk chicken bagels (need to book in advance on Instagram)

East + Southeast Asian Culture

Chinese

- Charlie Chan
- Orchid
- Tea House
- Tim Wah
- Noodle Plus
- Oriental Dumplings

Thai

- Baan Thai
- Salathong
- Thai Food Truck (Market Stall)

Korean

- Little Seoul
- Bibimbap House

Japanese

- Sushimania
- Sticks n Sushi

Vietnamese

- Thanh Binh
- Pho Cambridge

ESEA Groceries

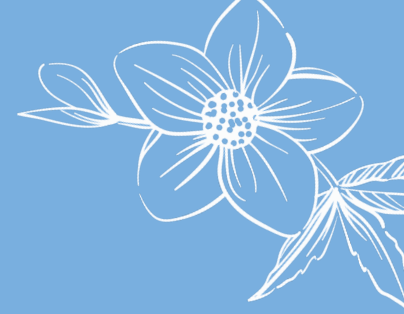
- Jiamart
- Retour UK
- Cho Mee
- Ocean Supermarket
- Seoul Plaza



South Asian Culture

- Banana Leaf (try the Kothu Roti or the Chicken Biryani!)





Helpful Links

International Students:

Pembroke International Facebook group—
www.facebook.com/groups/253840968106420/

International Students Office—www.iso.admin.cam.ac.uk

International Students @ Cambridge (particularly the arriving section)—
www.internationalstudents.cam.ac.uk

BME:

If you're a current student at Pembroke, make sure you join the Pembroke BME Network— www.facebook.com/groups/213632555858609/

Fly Cambridge—www.facebook.com/groups/359049374186552/

'Fly' is a forum specifically for women and non-binary students of colour at the University of Cambridge.

Career Services—www.rarerecruitment.co.uk/ and www.seo-london.org/

Women and Non-Binary:

Jo Cox Feminist Society (Pembroke) -

<https://www.facebook.com/JoCoxFeministSociety/>

All events that we organise are advertised on this page, including discussion groups, safe-spaces and wider WomCam protests / marches to get involved in!

Pembroke Feminist Discussion Group—

<https://www.facebook.com/groups/1471726186388824/?>

[hc_ref=ARRI12wJNXFvYTpQcmgHkv_gNPalaAZrX8gIM5AH14x-NTKOKJQOs3U17FTIVHHUufA](https://www.facebook.com/groups/1471726186388824/?hc_ref=ARRI12wJNXFvYTpQcmgHkv_gNPalaAZrX8gIM5AH14x-NTKOKJQOs3U17FTIVHHUufA)

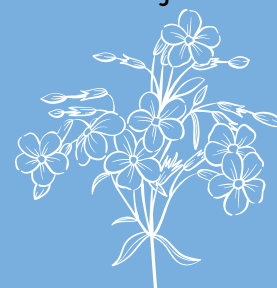
This is a space for anyone to post news articles, self-care tips or thoughts about anything related to women and feminism in the broadest sense!

LGBT+:

FUSE— https://www.facebook.com/fusecambridge/?ref=br_rs

Facebook group (private): <https://www.facebook.com/groups/fusecambridge/>

Pembroke LGBT—Email or message (Callum) if you want to join Pembroke's private LGBT+ Facebook group.



Pembroke LGBT+ mailing list: <https://lists.cam.ac.uk/mailman/listinfo/pem-lbgt> (it's lbgt because that's how the college thinks it is spelt and we don't know how to change the email names).

Harry Harris library, a library containing books about topics relevant to the LGBT+, Women's and Disabled Campaigns. The library can be found in the CUSU lounge, which is a 5 minute walk from Pembroke. Website: <https://www.lgbt.cusu.cam.ac.uk/library/>

Get Real. (LGBT+ zine) - www.getrealcambridge.com/

Report instances of LGBT+ phobia—www.lgbt.cusu.cam.ac.uk/contact-us/lgbtphobia-contact-form/

CUSU LGBT+ trans resources— www.lgbt.cusu.cam.ac.uk/resources/trans/

CUSU LGBT+ Campaign "Why Gender Neutral" - www.facebook.com/WhyGenderNeutral/

General trans health fact-sheet—
www.nationallgbtpartnership.org/publications/trans-health-factsheets/

Men and Non-Binary:

CALM - www.thecalmzone.net—Charity campaigning to raise awareness of male suicide

Mankind UK - A confidential helpline for self-identifying male victims of domestic abuse and loved ones seeking advice. Website:

www.mankind.org.uk/

Call: 01823 334244 Open weekdays 10am-4pm

Men United—Prostate Cancer UK— menunited.prostatecanceruk.org An important charity which raises awareness of prostate cancer - an illness that many men don't think about or look out for. This is a good website to read lots of information about the illness

The Bristlecone Project—1in6.org/get-information/bristlecone/ - raises awareness and offers support to Male victims of sexual assault and abuse. With online support groups and plenty of information.

Disabilities and Mental Health:

Government website—<https://www.gov.uk/disabled-students-allowances-dsas>
Information about being a student with learning difficulty, disability or health condition and would like to apply for a Disabled Student's Allowance.

Information about accessibility in Cambridge—
www.disabled.cusu.cam.ac.uk/cambridge-accessibility-dsc-guide/
www.disability.admin.cam.ac.uk/building-access-guide

Blueprint Zine - www.facebook.com/blueprintzine/
A Cambridge-based mental health magazine, founded by a woman of colour at Cambridge, aiming to promote discussions of mental health, particularly its intersects with identity.

Student Minds Cambridge—www.facebook.com/StudentMindsBridge/
Student Minds Cambridge is a mental health group campaigning for better provisions and a more open discussion of issues in the University

The Mighty—<https://themighty.com/>
A collection of articles and information written by people with health issues for people with health issues or those who would like to understand them better. The website covers a multitude of things from mental health to autism and chronic illnesses.

The Mix—www.themix.org.uk/
Provides support for under 25s for mental health issues or any other problem that you're facing.

There are a number of closed Facebook groups for people with specific issues (neurodivergence, BME students with mental health problems, chronic pain/chronic fatigue, hearing impairments and a general one for mental health too). These can be found on the CUSU Disabled Student's Campaign's masterpost - www.facebook.com/CambridgeDSC/posts/2574852229441132

