

# Cuth's Freshers' Handbook 2021



## A Guide to Your First Year

by Cuth's JCR

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# President's Welcome

Hi, I'm Alfie, and I'll be your President of the Society this year. Firstly, congratulations on getting into Durham and choosing (or ending up at) St. Cuthbert's Society!

Back in 1888, Cuth's was founded as a society by students seeking an alternative to collegiate life; whilst today we're much like a college, we still retain that fiercely independent streak. Cuth's has never shied away from being different and you can see that reflected in the diversity of the students here, the boldness of our identity, and our reputation in Durham. We cherish our traditions (after all, Cuth's is Durham's third-oldest "college"), yet we're proudly forward-facing and committed to change.



As President, I'm elected by Cuth's students to work for you. I'm not employed by the University but by the JCR (an independent charity). Day-to-day, I oversee the JCR's operations - running over 40 sports and societies, organising three balls, a music festival and lots of small events, providing welfare services, operating two gyms, coordinating volunteering and fundraising projects, representing your interests to senior University leadership, and much more. There are loads of ways for you to get involved as we're run nearly entirely by student volunteers. The JCR is also totally democratic so, if you've got ideas for change, don't be scared to pursue them!



I've just graduated with a degree in Music and I'll be living in House 8 (on the Bailey) this year. If you see me around college feel free to say hi, whether you've got ideas to share or just want a chat. The pandemic might be coming to an end, but this year will still present some unique challenges for all of us. The Cuth's community exists to help you through that, so don't hesitate to reach out to a member of the JCR exec if you ever have any questions, anxieties, or concerns.

My advice for freshers is to let go of any pretensions and throw yourself into the opportunities Cuth's (and Durham) has to offer. Your first year doesn't count towards your degree, so don't miss the chance to try something new, meet new people, and have some fun. It might seem daunting as a fresher, but what makes Durham truly great is the passion and creativity of the people you meet, once you get involved in the University community. I can't wait to see you all around Durham - enjoy Freshers Week!

**Alfie Whillis**  
**President of the Society**



# About the Handbook

Hey, I'm Kirstin, I'm a third year maths student and I'm the Vice-President of the JCR this year, so I'm the one who has put together this handbook. You'll be given a physical copy of this handbook in September when you arrive at Cuth's which will be pretty similar to this just with more information on freshers' week and useful stuff for when you arrive.



Hopefully this will give you a taste of what's in store for your time at Cuth's and is useful for your first year. I've tried to keep it as short and sweet as possible but don't feel you have to read it all at once!

A little more about me, as your VP this year I also put together the agendas and minutes for JCR meetings and many committee meetings which you can find out more about later, I generally help out other "JCR officers", and I organise stash – keep an eye out on the Official Facebook Freshers' Group for the first order in first term.

I can't wait to meet you all during Freshers' week, just the same as everyone else in Cuth's. In the meantime, if you have any questions about the handbook, or anything else about Cuth's, feel free to drop me an email!



# Freshers' Week

We have been working all Summer to ensure the best possible Freshers' Week in 2021. In line with government and university guidelines, we have organised day and night time activities, with club options every evening. While this is currently planned to be without social contact limits, this may (but hopefully won't) change dependent on national restrictions. No matter the realities in September, rest assured that we are all working tirelessly to make Freshers' Week as fun as it can be!

## FREPS!



Every year, current Cuth's students volunteer to be Freps (Fresher's Representatives) - typically you'll have one team of 8 Freps responsible for each building / block of flats. Their job is to help run your events, move you in, answer questions and generally help you settle in! In total this year we have around 60 freps. The kind of events we run range from pub quizzes, karaokes and board game nights to space themed parties, club nights and art workshops. So there is really is something for everyone, and we hope you get involved!

Hi I'm Jack - a fourth year Computer Scientist and this year's Head Frep. My main job is to organise all Freps (Fresher's Representatives) who are there to run events, move you in and generally be a friendly face. After Fresher's week I'm involved in the college boatclub, cycling and running societies - so if you see me running around, feel free to stop me and I'd be happy to chat about them!



# Accommodation

## Parson's Field

Parson's Field is the larger of the two Cuth's sites, housing about 360 students, all in single rooms. There are four different accommodation blocks, Brooks House, which is the largest and only en suite accommodation, Refounders', named in honour of the students who re-founded Cuth's after WW2, Fonteyn, which has a courtyard that is lovely to sit in during Summer, and Parson's Field Court, our smallest accommodation. Parson's Field is self-catered, with kitchens being shared between 6 and 10 people, but you can opt into the meal plan, which will allow you to have up to 10 meals a week served in the Bailey Dining Room.



## The Bailey

The Bailey is the older of the two sites, housing about 150 students in a mixture of double and single rooms, and is fully catered. Cuth's has been there since the 50s, but the site is much older, with large parts of the area being a World Heritage Site. It's split into 4 main buildings, House 26/27, which won't be in use till the new year due to refurbishments, House 8, which is home to our Library, our weights gym, and our President, Alfie, House 12, which has the college staff's offices, the Bailey Bar, and the dining room, and House 13, which (like most of our Bailey sites) has a lovely garden.



# LIFE AT CUTH'S

## Porters & Housekeeping Staff

At both sites, porters are available around the clock to help with maintenance issues, from being locked out of your room to your sink falling apart. Equally, the housekeeping staff ensure that Cuth's is liveable by cleaning kitchens and bathrooms - they are only human though, so don't leave any spaces in a horrific state. Please be sure to be very nice to all College Staff.



## Circuit Laundry

There are laundry rooms on both sites (in PFC and in House 12) with both washing machines and dryers. You'll be given a Circuit Card when you arrive, which you register online, then put credit onto by scanning on the pin-mate machines found in both common rooms, using a code. It's £3.50 per wash and the dryers are free.



## Reception

Parson's Reception is in Brooks House, the Bailey's is in House 12. There, you can collect your post (from a receptionist or from your pigeonhole), or get help with reporting maintenance issues. Get post delivered to "Brooks House, Old Elvet, Durham, DH1 3JP" or "12 South Bailey, Durham, DH1 3EE"

# Cuth's Bar

Unlike other colleges, Cuth's has two college bars. Both take cash or card (with no minimum), charge reasonable prices (about £2.30 for a pint), and they are the social centres of college life. This year the Bar Steward is Tannyth Morley. Throughout the year, both bars host Karaoke nights, music nights, JCR meetings, Darts games, and Socials. You can also work behind the bar (applications for this will come out early in term). Like any college bar, you need your campus card and ID to get in. Our bars have a mascot, Lash Penguin, who is pictured.



## Bailey

The Bailey Bar is always buzzing. It's a key stop on college bar crawls (which we're hoping will make a big comeback this year), and hosts events for Oktoberfest, Eurovision, and more. You can also watch big sports games on the screens. It's open before and after formals, the Feast of St Cuthbert, and Cuth's Day.



## Brooks

Brooks Bar is usually quite chill and comfy. It's got a TV, and loads of board games, and you can study in there during the day (the Bailey Bar is also open to study in during exam season). It's recently been renovated and has very comfy chairs. Generally it is quieter than the Bailey Bar, but it can get quite busy for the longstanding tradition of Brooks Fridays.



# Facilities

Hi I'm Tom, a fourth year Computer Science student and your facilities manager. My job is to oversee lots of your facilities including both our gyms (one on each site), the music room (In Fonteyn Court down at Parsons) and the green machine. This is our name for all our events tech which we use both for our events and to let out to other JCRs as a form of income. You'll probably see me setting up a countless amount of silent discos and karaoke nights and if you have any facilities repeated questions don't hesitate to get in touch!



## Computer Room

Both sites have a computer room complete with networked PCs meaning you can access your university files, as well as printers and scanners. There are signs up in both rooms telling you who to contact if you have any problems.

## Gyms

We have a cardio gym in Refounders House on Parson's Field and a weights gym on the ground floor of House 8 on the Bailey. In order to use either of the gyms you'll need an induction, which can be arranged by getting in touch with Tom.

## Junior Common Rooms

The Junior Common Room is the student body of Cuth's, and usually what people mean when they say "JCR", but it also refers to two actual common rooms, one in House 12 (on the way through to the dining room) and another in Brooks House (next to the bar). Brooks JCR has a TV, sound system and a pool table (one of the best in the Uni) and all the money from it goes back into the JCR. The Bailey JCR also has a TV, a piano, and some sofas and armchairs. Both are great to socialise and chill out in!

# Sports and Societies

Hi! I'm Julian, a fourth year Arabic and Spanish student and I'll be your Sports & Socs chair this year.

We pride ourselves in Cuth's by having 40 different Sports and Societies. My role as Sports & Socs chair is to coordinate and assist them. Specifically, I am responsible for entering our teams into their various leagues, organising the inter collegiate competitions such as our varsity with Hild Bede and being in liaison with Team Durham (Durham University's main sporting body). I also manage Team Cuth's social media pages along with our Sports & Socs reporters in order to keep everyone up to date with our sporting achievements!



In addition, I am responsible for arranging the end of year team photos as well as the classic Cuth's naked calendar for charity. If you have any questions about our sports and societies here at Cuth's, or if maybe you even want to start your own one, don't hesitate to pop me a message.

## Forming a New Society

If you're passionate about something that we don't currently have a society for, you can make one! Just get in touch with Julian and he can help you set it up. You'll have to get 15 people to say they are interested, and officially found it at a JCR meeting. In recent years we've started up Backgammon, Running Club, Biscuit Appreciation and many more!



# Sports

Cuth's has a huge number of sports teams across 18 different sports. No matter what skill level you are there is a team for you - from absolute beginner right to the highest level of college sport. First year is a great time to try and take up as many things as possible so go for something you've never done before like ultimate frisbee or take back up a sport you've played in the past! College sport should be back in full swing provided national restrictions don't change.



| Sport                  | President                     | Contact                                    |
|------------------------|-------------------------------|--------------------------------------------|
| Basketball             | Daniel Ainscough              | daniel.ainscough@durham.ac.uk              |
| Boat Club              | Jack Reeves                   | jack.reeves@durham.ac.uk                   |
| Climbing               | Sam Marshall                  | ngfs83@durham.ac.uk                        |
| Darts                  | Tom Neden                     | thomas.neden@durham.ac.uk                  |
| Football (Women's)     | Hannah Casling                | hannah.l.casling@durham.ac.uk              |
| Football (Men's)       | James Nugent                  | james.nugent@durham.ac.uk                  |
| Futsal (Men's)         | Dylan Bregman                 | dylan.bregman@durham.ac.uk                 |
| Golf                   | Archie Butler-Gallie          | archie.butler-gallie@durham.ac.uk          |
| Hockey                 | Ned Gordon                    | grwl22@durham.ac.uk                        |
| Netball                | Lexie Linell                  | rrjv72@durham.ac.uk                        |
| Pool                   | Jack Briscoe                  | jackbriscoe@outlook.com                    |
| Rugby (Women's)        | Sophie Musgrave               | sophie.f.musgrave@durham.ac.uk             |
| Rugby (Men's)          | Stephen Rawes                 | tkjx27@durham.ac.uk                        |
| Running                | Tom Bowers                    | thomas.bowers@durham.ac.uk                 |
| Swimming               | Sarah Paterson                | sarah.paterson@durham.ac.uk                |
| Ultimate Frisbee       | Jessica Taylor                | jessica.a.taylor@durham.ac.uk              |
| Volleyball             | Josh Pearson                  | joshua.d.pearson@durham.ac.uk              |
| Wildcats Cheer-leading | Emily Gamblin & Abisha Gautam | fqml92@durham.ac.uk<br>zkvm37@durham.ac.uk |

# Societies

There's a range of societies here at Cuth's, spanning from feminism to real ale. Societies will organise their own events and meets, including Art Soc's weekly meeting with a different theme or different medium, and Drama will put on a mix of excellent plays, a panto and a 24 hour musical! Like with sport, provided national restrictions don't change they should be back in full swing!



| Society                         | President         | Contact                        |
|---------------------------------|-------------------|--------------------------------|
| Art                             | Heidi Januszewski | heidi.januszewski@durham.ac.uk |
| Bailey Orchestra                | Alanah Hersey     | alanah.hersey@durham.ac.uk     |
| Big Band                        | Phoebe Frampton   | big.band@cuths.com             |
| Biscuit Appreciation Society    | N/A               |                                |
| Christian Union                 | Anna Linfoot      | cu@cuths.com                   |
| Drama                           | Emily Orr         | emily.a.orr@durham.ac.uk       |
| Feminist Society                | Annalise Stockley | annalise.stockley@durham.ac.uk |
| Gardening                       | Charis Thompson   | charis.m.thompson@durham.ac.uk |
| LGBT+ Society                   | Cat Hamm          | lgbt-rep@cuths.com             |
| Real Ale and Cider Appreciation | Ben Thomas        | benjamin.j.thomas@durham.ac.uk |
| Yoga                            | Harley Helps      | mww66@durham.ac.uk             |

# Music

At Cuth's, music is a big part of the experience - we have so many talented musicians and so many people who want to perform so we hold a lot of music events! We have the position of Music Rep which is currently not filled and it will be run in a JCR meeting; if you would love to get involved with managing events, managing the music rooms and showcasing all the incredible talent in Cuth's do consider it.

## Getting involved with music

There are loads of ways to get involved with music at Cuth's. We have Musical Societies, we hold "Cuth's Live" events in the Bars, you could join Music Committee, and at all Cuth's big events we have at least one act from Cuth's playing. Get in touch for more info or message the Cuth's Music Facebook page for more info.



## Kyle-Langley Music Room

We have a music room in Fonteyn Court at Parson's Field which is sound proofed and equipped with a drum kit, guitar, piano, microphone, amps, music stands and various percussion instruments and looked after by our Music Committee. This can be booked out using a form on [cuths.com](http://cuths.com).



# Library

Cuth's Library, situated in House 8 on the Bailey, is a lovely study space, always stocked with free tea, coffee, and biscuits. It's much smaller than the Billy B (the main university library), but it often has more free space. The Library is open from Monday to Friday from 9.00 to 21.00, and 9.00 to 18.00 at the weekend (subject to change). It's connected to the computer room, and is right next to our conference room. You can book a study slot at [cuths.com](http://cuths.com) in the library section under facilities.



Hey! I'm Zoe, a third-year English Lit student and your Librarian this year. My role includes managing volunteers, ordering books, cataloguing, and generally everything to keep the library going. I also do a book order at the start of every term and co-run Book Club.

To follow what's happening with the library (opening hours, book requests etc) follow the Cuth's Library Facebook and Instagram page. I'm also president of Cuth's Climbing this year, and am involved in Cuth's Gardening as well as other sports and socs. If you have any questions about how to get involved in the Library, Cuth's in general or have any questions, feel free to message whenever!



## Volunteering at the Library

Cuth's library is completely run by volunteers and is the only student-run library in Durham! The shifts consist of 3 hours behind the main desk with the occasional book to loan out meaning you can get your work done with a guaranteed study spot! Apply online at [cuths.com](http://cuths.com) though a one page form early in first term, and after a few terms of volunteering, you can become eligible to be paid Stock Manager.



## Book Orders

Cuth's does a book order at the start of every term. The library gets a budget set aside for updating its stock, so if you want any text-books, we might be able to buy and loan them out to you! There's a book request form on [cuths.com](http://cuths.com) under the facilities section. Book orders can take a while to arrive, but as soon as they're processed, you can pick them up from the library.



## Loans and fines

Getting books out is easy – you can check book availability under the library section on DUO, and you can filter results to see if we have it in college. All books at Cuth's are lent out for three weeks, but you can renew loans online so long as it hasn't been requested. Fines can be paid online, but they can get expensive if your book is overdue, so make sure to remember when to return it.

# Outreach



Hello! I'm China, a second year English student and I am delighted to be your Outreach Chair for this year. Outside of Outreach, I enjoy all things creative, and particularly like to cook and to make my own clothes. When it comes to the role, I strongly believe in the concept of mutual aid and giving to others not as a means of voluntourism or charity, but as a kindness. I hope to be able to spread this message further than ever this year, and am very excited to meet all sorts of people along the way!

## Outreach Committee

Outreach Committee is a wonderful opportunity to help in the local and wider communities, through our volunteering and fundraising initiatives that offer hands-on experience in a multitude of different roles and settings. The ultimate goal of this year's Committee is to organise a trip to volunteer with Refugee Community Kitchen, an organisation which provides hot meals for displaced people in Calais. This, combined with reinstating our yearly Outreach events means that we are gearing up for a jam-packed year of Outreach fun, and with so many different positions, we could definitely use your help!



# CUTH'S EVENTS

## Events

Hi there! I'm Emma, a 3rd year Liberal Arts student studying History and IR, and this year's Social Chair. I've been a member of Social Committee for my entire time at Cuth's and so I'm so excited to help plan some incredible things this year. In terms of Freshers' Week, Social Chair helps the Head Frep to organise club events, bar themes and lots of other logistical realities of the week. More widely, Social Chair is responsible for organising balls and events throughout the year with the help of Social Committee. Major events in the Cuth's calendar are Michaelmas Ball, Feast, Summer Ball and Cuth's Day, which I'll be helping organise alongside your elected Ball Managers.



## Social Committee

Joining Social Comm in Cuth's is a great way to get involved in the college social life, meet people in all years of college, and to play an active role in shaping your college events. Social Committee helps organise balls, in-college events and way more- playing a crucial part in college life. The great thing about Social Comm is definitely the diversity of talents within the team. Regardless of if your talents lie in music, art or even just the more logistical side of things, there's a place for you in Social Comm. If this sounds like it could be for you, keep your eyes peeled in the week after Freshers' Week for how to apply!



## Dress Code

Most formal events at Durham, including Cuth's events, will state their dress codes in the invitation – either "Lounge Suit" or "Black Tie". Lounge suit entails a regular suit and tie, a jacket and non-matching trousers, smart shirt and tie, a dress, or most outfits as long as they are smart (for example don't wear jeans and a t-shirt). Black Tie is a bit fancier, some people wear a Dinner Jacket, a Dress Shirt, and a Bow Tie, others might wear gowns, cocktail dresses, jumpsuits, or trousers and a blouse. Variations on this are welcome, like traditional trousers, kilts, different coloured ties – as long as it looks smart and formal. Occasionally a Formal may be themed and request an element of fancy dress in your outfit. Dress codes are flexible, and you won't face any sort of punishment for not following them closely.

## Noting

At formals and most big events, people pass each other "notes" – this is a great tradition with a few rules. At its core, you're just being told to have a few big sips of your drink but it's important to remember the following rules:

*To Mr A Whillis, BA (Hons) (Dunelm), dLB. <sup>1</sup>  
(TABLE 2)<sup>2</sup>*

*2+1 digs<sup>3</sup> for being such an untraditional, ambitious, and most importantly, fun President of our Society<sup>4</sup>*

*Sincerely,  
Miss K McCann*

- 1 - Use Last names and honorifics on notes.
- 2 - At large events you should also add on table numbers, so people know what direction to pass the note.
- 3 - The quantity is in the unit of "digs" (short for digits) – approximately measured by placing your forefinger level with your drink. Because we are a civilised society, you can only give out digs in quantities of 1 or 2, so if you wish to hand out more than that you must use your Year 1 maths (Obviously, you are under no obligation to actually consume your beverage based on notes if you don't want to).
- 4 - You must give a reason for the note – otherwise we risk a descent into anarchy.
- 5 - Notes should never be passed while the catering staff are serving/clearing plates as it's massively inconsiderate to them and a potential hazard.
- 6 - Some events have pretty notecards to use on your table, but most formals don't so it's worth bringing a pen and some scraps of paper to them.

## Formals

Formals are smart, table-service meals that are held in the dining room. There are usually formals every other week of term, typically on Wednesdays. They often have a theme (like the Dining in the Dark formal where everyone is blindfolded), and will usually have our new Principal, Tammi Walker. Booking for formals is sent out by an email, which will contain information about the dress code. Most formals are either Black Tie or Lounge Suit, but there are occasional exceptions to this rule, including the Freshers' Christmas formal, which is Festive Casual. Some colleges wear gowns to formals, and while it isn't forbidden, it's very rare to see that at Cuth's. Your first formal will be in Freshers' week!



## Michaelmas Ball

Michaelmas Ball is usually the first big event of the year. It's held at a range of hotels near Durham. We organise buses there and back, and once you arrive you are treated to a three course meal, and then entertainment in the form of live music and lavish attractions. The event runs until 2 am. Tickets will go on sale a few weeks before the events, and usually cost somewhere in the region of £55 for a full entry ticket, and £25 for after dinner entertainment only (however if you're on the Durham grant, you can get a discounted ticket by emailing [fco@cuths.com](mailto:fco@cuths.com). This is also applicable for Summer Ball). We're planning for Michaelmas Ball to come back better than ever and in my first year it was incredible!



## Fashion Show



The Charity Fashion Show takes place in Epiphany Term, and is as ridiculous as it sounds. It's normally held at Players, a club in town, but was held in a marquee at Durham Amateur Rowing Club this year; it is a truly unique event. Cuth's students model some high-quality clothes, and a couple of compères dish out some low-quality banter. Last year it raised over 12 grand for a local Durham charity, which is pretty impressive if you ask me. It's great fun to attend, and it's even more so to model at – auditions will be in first term - watch out for them! You can also get involved by helping run the event by signing up to be on their executive committee (Fashion Show is not run by Social Committee). For more information, like the page "St Cuthbert's Society Charity Fashion

Show" on Facebook, or follow @cuthsfashion on Instagram.

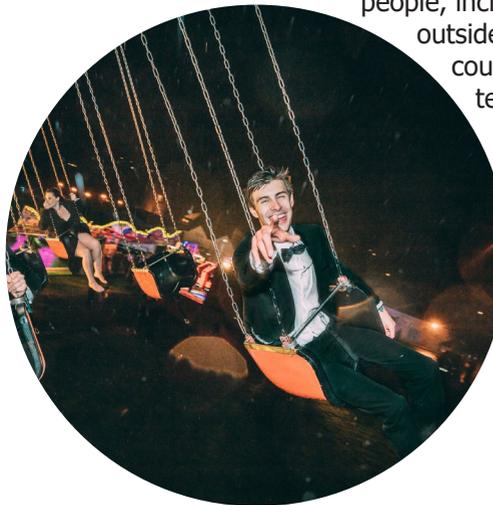
## Feast of St. Cuthbert

The Feast of St Cuthbert is not quite a ball, but is more lavish than a formal. It's held at the Cuth's Bailey site in Epiphany Term, and we put up a marquee so we have more space. Tickets cost about £40 for a full entry ticket, and £20 for after dinner entertainment only, and we can use the Bailey Bar for drinks, which is far cheaper than drinks at external venues. There is live music and entertainment, and then a silent disco to round things off. Themes have included Pop Art and the Roaring 20s in recent years, and you could have an influence on the next theme by running to be the Feast manager at the end of Michaelmas Term!



## Summer Ball

Summer Ball is the biggest event in the Cuth's calendar. Around 1000 people, including alumni and friends from outside Cuth's, come together for a three course meal, and then after dinner entertainment. Like Michaelmas Ball, the event runs until 2 am. In recent years the themes have included "A Midsummer Night's Dream", and "A Venetian Summer". It's held at Derwent Manor, which is a really lovely venue. Tickets are about £60, and slightly more expensive for people from outside Cuth's.



## Cuth's Day

Cuth's Day is a whole day celebration at the end of the year. It's held all through the Bailey site, in the gardens and indoors, and runs from 10 am to 2 am. There are inflatables, games, food stalls, various stands, and constant live music. The bar is also open all day. It ends with a silent disco, but many people like to round off the night by watching the sunrise on Observatory Hill. Tickets are £25, and Cuth's Day really is the perfect way to end the year.





# LOOKING AFTER YOURSELF

## Welfare Officers

Hello everyone! My name is Jade Gavigan, I'm a 3rd year Geography student and I am your senior welfare officer this year. My role in the JCR is focused on peer to peer student support, myself and the other welfare officers are here for you whatever it may be that you need. Welfare is here for you in a range of capacities, whether that's receiving information via our campaigns, ordering sexual health supplies (for free!), emailing an officer or coming to a drop in - welfare has got your back. I care a lot about Cuth's and the mental well being of our student body, I want every single person to know that no matter how difficult things get or how alone you might feel, welfare is there for you as a listening ear. There is no denying that it has been a tough year and absolutely nothing is too big or too small to come to welfare with, so please do approach us and get in touch with whatever you need. Can't wait to meet you all!



### Drop Ins



Our Welfare Officers hold drop-in hours every week, and our Minority Reps can do so on request. These are confidential, non-advisory, non-judgemental sessions, where you can be listened to, and our Officers can help you navigate the university support system. Drop-in Hours take place in the Welfare Room in Refounders. If you would like to talk to an officer, but can't make any of the drop-in times, then our officers are always available via their email and can make alternative arrangements.

Hi! I'm Thalia, a third year history student and your Female Welfare Officer this year! My role involves offering non-judgemental and confidential weekly drop-ins for students and you can also contact me by email. I supply sexual health supplies by order and stock the JCR toilets with any menstrual supplies you may need. Despite the title of my role, I am here to help students of any gender identity so if you need a friendly face or would like to have a chat about anything on your mind please feel free to reach out!



Hi, I'm Lewis, a second year Historian. As male welfare officer I provide weekly drop ins, along with supplying sexual health packages, aiding the campaigns team, and working alongside the welfare committee! My main priority is ensuring that drop-ins are both a safe and empowering space for you, but I'm also contactable via email. I'll be a friendly face around Cuth's, and you'll probably see me at Cuth's bar or the library – don't hesitate to say hi!



**Cuths Welfare have a Welfare Handbook which will be available on the Freshers' page on [cuths.com](http://cuths.com), Cuths Welfare Facebook Page, and the Linktree in our Instagram (@cuths\_welfare) bio with lots more information about support in College/University/Durham and the wider UK**

# Welfare Services

## Consent Workshops

Cuth's Welfare holds sessions in Freshers' Week to help develop your understanding of consent through written scenarios and the provision of essential information about the law and consent. These workshops are mandated by the university to help you understand the university position on consent and to make clear how seriously the university takes issues of consent. All incoming students are expected to attend these workshops, but understandably these topics can bring up some trauma and anxiety so there is the option to step out of the room if needed; you will be completely supported in doing so and no questions asked.



## Welfare Supplies

We provide free sexual health, period care packages, and more to all JCR members - this includes condoms, pregnancy tests, lube, dental dams, and more. All supplies can be ordered anonymously online and left in a welfare pigeonhole for you to collect at your discretion, only the welfare officers will process orders and you will be notified when your order is ready for collection. The order form is always available at [cuths.com/welfare/order-form/](http://cuths.com/welfare/order-form/). There are also free sanitary products in college toilets.

## Campaigns

Cuth's Welfare runs campaigns and events that tackle mental and sexual health stigma, as well as creating educational posters and documents on related issues. They tackle a wide range of issues which is informative and helpful! You can apply to be on the campaigns team or even run for Campaigns manager - keep an eye out for more information on the Cuth's Welfare Facebook and Instagram pages (@cuths\_welfare)



# Communities Committee

Communities Committee consists of all the minority reps and the assistant reps working together to put together events relating to minority groups in college, organising campaigns and events to ensure the wellbeing of all students. A chair is elected within the committee and they'll bring forward to the executive committee any issues relating to integration, special arrangements, opportunities and representation.



Hi! I'm Cat, a 3rd year Psychology student and I'm your LGBT rep. My role is to make sure that LGBTQ+ students feel welcome and supported throughout the year. I'll be working with the rest of the Communities Committee to ensure the JCR is as inclusive and friendly as possible. This means I get to hold socials, run campaigns on our social media pages and be there if you have any questions or want to have a chat.



Hi everyone! My name is Elena and I am a second year law student from Switzerland. As the JCR's international rep this year, I hope to ensure that all international students have the support they need and that their transitions to Cuth's and Durham run smoothly. Please feel free to reach out to me if you have any queries or just for a chat. Looking forward to meeting many of you!

Hi! I'm Poppy, the Ethnic Minority Rep for Cuths. I'm in fourth year, doing maths, and I've been involved with the JCR since my first year. I've been on finance committee, been gym manager, frepped twice and now I'm ethnic minority rep. My job is to represent the views of ethnic minorities in the JCR and campaign to raise awareness of issues affecting ethnic minorities. Please get in contact with me if there's anything I can help you with!



Hi, I'm Dite, a second-year law student and your Students with Disabilities Rep. My role includes representing the interests of and supporting SwD, ensuring the JCR considers disability, and making sure Cuth's stays a welcoming community regardless of background. I'll be holding in-person and online drop-ins throughout the year and please do get in touch with me by email, even if that's just for a chat – I'm passionate about lots of things from rowing to debating and Outreach Committee!



I'm Jack Neill and I'm a second-year history student from Northumberland. As your local students' representative this year I am responsible for representing students from the north-east. This is an important role as despite Durham being in the north-east only 7.8% of students are from the area and I know how alienating this can feel. Therefore, I am committed to making Cuths as inclusive and welcoming to local students as possible. Please feel free to email me any questions!



# Support from Durham

## College Student Support



College Student Support is managed by Charlotte Imlach and Jon Warren (who are paid college staff, not students), and it is your point of contact if you need day-to day support for issues you are facing. You should contact Student Support about problems of any kind affecting your academic progress including wellbeing concerns, health issues, financial issues, academic issues and sexual misconduct. The Office can be found above the Reception in House 12 on

the Bailey. If you are in need of a deadline extension, or miss formal academic commitments due to an illness, you should seek advice and contact College Student Support. You can book an appointment with them at [cuthberts.studentsupport@dur.ac.uk](mailto:cuthberts.studentsupport@dur.ac.uk)

## University Counselling Service

The University Counselling Service offers multiple support services, including a Psychological Wellbeing Service, Counselling Sessions, and advice from mental health specialists. You can self-refer by emailing [counsel.service@dur.ac.uk](mailto:counsel.service@dur.ac.uk), and you'll be contacted with an invitation to book an appointment or attend a drop-in session. If you need any help navigating the system, both College Student Support, and our JCR Welfare Officers can help you.



# Support from the SU

## Nightline



anonymous instant messaging service online at <https://durhamnightline.com/>

Nightline is a confidential, non-advisory, anonymous phone service that can be contacted every night during term between 9pm and 7am at 0191 334 6444 (this number can be found on the back of your campus card). They are purely a listening service and are there for anything from academic stress or relationship problems to even getting a taxi number or having a chat while walking home! They also offer an

## Advice

The Students' Union offers free, confidential, and independent guidance and support on anything you need help with. This could be anything from impartial advice for students and advocacy to students on university misconduct regulations and procedures, to advice on housing or financial support. You can visit them in the Students' Union building, contact them at [dsu.advice@dur.ac.uk](mailto:dsu.advice@dur.ac.uk), or go to [www.durhamsu.com/advice-and-support](http://www.durhamsu.com/advice-and-support), where you can access the Advice Hub.



## Pincident

Pincident is a mapping tool, so whenever the SU receives a report, a pin is dropped on the online map. This enables the SU to map incidents of harassment, violence, assault and discrimination within our community with the view to be more effective in tackling and challenging such behaviours. If you experience, witness or hear about any incidents of sexual misconduct, sexual violence or hate crime during your time at Durham, you can report the incident anonymously using the SU's online reporting tool, Pincident. You can find out more, see the map and report incidents using this link: <https://www.durhamsu.com/pincident>

# Cuth's JCR

Cuth's Junior Common Room (JCR) is the student body of Cuth's. It organises the vast majority of things mentioned in this handbook, from Summer Ball to Biscuit Appreciation Society. It's run by a series of committees, made up entirely of Cuth's Students, and it represents the interests of Cuth's Students across the university and within College. All of its representatives are elected, and work together to make Cuth's a better place. There are so many chances to get involved, and doing so can be a lot of fun (and can even look good on your CV).

Hi, I'm Isaac, I've just graduated in Classical Civilisations and I'm your FCO (Finance and Compliance Officer) for this year. I manage all of the JCR's money so that we can run all of our great events, societies, and facilities, while staying compliant as a charity. I also head up the finance committee which is a great way to get involved with the JCR and shape how we spend our money.

My main aim this year is to work towards making participation in the JCR as financially inclusive as possible. I will work on improving our participation fund and liaise with the working-class students' rep to organise relevant workshops regarding finding employment and money management.

I want to work with Alfie to make sure that we bounce back from COVID with an array of new events. As a Sabbatical Officer, I live at Brooks so don't hesitate to get in touch if you have any JCR-related questions, any financial concerns, or even just want a chat.



# THE JCR AND COLLEGE

## What's the difference between the JCR and College?

The JCR is an independent charity which is run by students, for students. Its charitable aims are to represent all students at all levels within the university, and enrich their experience here. College, on the other hand, is part of the university and is run by non-student staff who manage fees, facilities, accommodation, catering, and a Student Support service, and organise lectures, exhibitions, recitals, and debates..



## The JCR Levy



The JCR Levy is a one time payment of £160.50 for your entire time as an undergraduate (equivalent to £53.50 per year for a three year degree). If you can't pay it all in one go get in contact with our FCO and alternative arrangements can be made! It can be paid on our website at [cuths.com/levy](http://cuths.com/levy). The Levy funds our gyms, computer rooms, music room, social events, our sports teams, and our societies. It works out as very good value for money. Please note you won't be able to use these facilities, partake in Cuth's sports and socs, and do the majority of things mentioned in this handbook if you do not pay the Levy.

## The Participation fund

The participation fund is £2000 set aside by the JCR to help anyone in Cuth's pay for subs for both Cuth's and DU sports and societies. You can apply for up to £200, it's not means tested and no justification required – just keep an eye out for the form in first term or get in contact with Isaac.

# JCR Meetings

JCR meetings are where we talk a bit about what's going on in the JCR and make decisions on what we want to do in the future. Everyone is welcome to take part, propose motions, and vote. Meetings are held a few times a term and take place in one of the bars or the dining hall. There are two parts to each meeting, motions, and elections. There is always a free raffle with some questionable prizes but sometimes free pizza! The meetings are fun and informal, look out on the Freshers' Group for more information.

Hey folks, my name is Euan, I'm a 4th year physicist and this year I am the JCR Chair! This role means I'm in charge of running JCR meetings and looking after the Standing Orders, which are the documents that the JCR runs from. We have a few JCR meetings each term, and every member can come along to get involved- feel free to stop and ask me some questions if you have any! Outside of this I am involved as the home-brewing officer for our Real Ale and Cider Society (CRACAS), run away from Durham with the university hill walking society and occasionally find some time to do my degree.



Hi! I'm Abbie and I'm a second year History student and this year's Senior Returning Officer! The SRO role mainly entails running Cuths elections, advising people on available roles and how they can go about running for them, and ensuring all candidates adhere to the election rules. All of this comes hand in hand in ensuring that the elections are fair so that everyone gets their voice heard one way or another within the JCR! Alongside this, I work at the Cuths bar and volunteer at the Cuths library so I'm sure you'll see me around.

## Motions

Motions are how we make changes to what the JCR is and does. They allow us to alter the Standing Orders (basically the rules of the JCR), to create new societies or positions, to get the JCR to take an official stance on key issues, to allocate JCR finances, and more. Euan, our Chair can help you write a motion and will let you know the deadlines for when to get your motion in for it to be voted on in the JCR meeting. If it gets a majority, it will pass!

Motions can have up to 6 sections:

**This JCR Notes** – Provide entirely objective supportive facts

**This JCR Believes** – Outline the intention of the motion

**This JCR Repeals** – Parts of the Standing Orders that you wish to remove

**This JCR Orders** – New Parts to be added to the Standing Orders

**This JCR Mandates** – Describe actions that we want an individual or a group to take

**This JCR Resolves** – Basically anything else, like the allocation of funds



## Elections

After the motions sections we have the elections. You can run to be on one of the JCR committees, or to have any JCR role listed in this handbook. Candidates will stand up, give a quick hust (like a speech), and then depending on the position voting will be done in person by a show of hands or online. Before you run get in touch with Abbie, our SRO, and the previous position holder so you can find out more about what the role involves.



# JCR Committees

The JCR operates through a series of committees, whose responsibilities are outlined here. You can join most committees early in the year by running for a role in a JCR meeting, or by application. Make sure to keep an eye out for posts in the Freshers' Group for this! The JCR President sits on every committee, and they are all minuted by the Vice-President.

## Executive Committee

The Exec are responsible for the day to day running of the JCR, it is made up of the President, the FCO, Vice-President, Senior Welfare Officer, Social Chair, Outreach Chair, Postgrad and Mature Chair, Communications Officer, Librarian, Sports and Socs Chair, JCR Chair and Facilities Manager

## Finance Committee

Finance Committee approve all Sports & Socs budgets, and any other purchase the JCR makes, making sure they benefit JCR members. It's chaired by Isaac, our FCO, meets twice a term, and there are four more positions available on it.

## Social Committee

Social Committee organise and run Cuth's events. There are 10 positions available on it, and members of Social Committee get a 40% discount on tickets to balls, and guaranteed tickets. No experience is needed, but motivation and enthusiasm are encouraged.

## Governance Committee

GovComm are in charge of running JCR meetings and elections. It's chaired by Euan, our JCR Chair, and you can run for JCR Stool to help him run motions, or help Abbie, our SRO, run elections by becoming a Junior Returning Officer (JRO).

## Welfare Committee

Welfare Committee run Cuth's Welfare - that means organising Drop-in hours, providing Sexual Health Supplies, and more. It's made up of our Welfare Officers and Minority Reps. The roles of Working-Class Students rep and Trans & NB rep will be run at the first JCR meeting of term.

## Welfare Campaigns

Welfare Campaigns raise awareness for mental and sexual health issues by organising events, sharing info online, and more. All of Welfare Committee is on it, with the Assistant Minority Reps and 20 team members - Campaigns Manager will be run in the first meeting

## Outreach Committee

Outreach run volunteering and charity projects put on by college.

There are a number of roles available on it, such as Publicity Officer, Events Manager, Projects Officer, and four Committee Members.

## Communities Committee

Communities Committee organise campaigns & events which provide a community for people in minority groups, and educate JCR members on minority issues. All minority reps and assistant minority reps sit on it.

## Environment Committee

Environment Committee organises campaigns and spread awareness of environmental issues as well as putting together litter-picking events and assisting with green moveout. It is chaired by Georgie Musson and you can join first term!

## Students' Union Committee

SUComm's job is to represent the views of JCR members to the Students' Union. It's chaired by Lara, our Publicity & Relations Officer, and you can run to be one of three committee members early in term.

## Year Out Committee

This won't concern anyone yet, but Year Out Committee help you stay in touch with college while you are off on your year abroad or year in industry. A lot of my friends have benefitted from it!

## Facilities Committee

Facilities Committee are responsible for JCR Owned Facilities - the gyms, the music rooms, sound systems, silent disco equipment etc. It's run by Tom, our Facilities manager.

## Library Committee

Library Committee are responsible for the upkeep of the Library, and you can be on it by volunteering at the library or working as a stock manager.

## Music Committee

Music Committee are in charge of overseeing all music societies at Cuth's, organising and promoting musical events, and looking after our musical facilities. If you're into music, you could run to be Music Rep, Assistant Music Rep or Music Events and Publicity Officer at the first two JCR meetings of the year.

## Board of Trustees

Since St. Cuthbert's Society JCR is a registered charity, we need to meet charity regulations. Our three elected Student Trustees make sure we do that, and generally oversee all elected officers, making sure that we don't do anything against the interests of the JCR.

# College

Tammi is the Principal of Cuth's meaning that she oversees all College staff and activities, as well as promoting Cuth's throughout the university and beyond, and strategically developing College. Her office is upstairs in House 12 and you'll often see her at formals and other college events. Tammi divides her time between Cuth's and the Psychology department, where she specialises in forensic psychology.



## College Events

College organizes many events throughout the year that are both intellectually stimulating and enjoyable. These include lectures, exhibitions, recitals, and debates. College also invites interesting guests to Formals and other events.



## College Mentors

You'll automatically be assigned a college mentor as an undergraduate student, who will then try to answer any queries you have and listen to any concerns. You are expected to meet with your mentors at least once a term, and respond to their emails.



**College produce their own handbook too which is full of important information, this is the JCR handbook so make sure you also read the college handbook!**

## Careers Angels

Career Angels is a service which allows Cuth's students to get careers advice from Cuth's Alumni working in a range of different sectors. You can sign up by and be assigned a relevant Alumni by completing a form which can be found by googling "Cuth's Career Angels"



Jon's role has strong strategic and developmental emphases, aimed at furthering the college and wider university strategies, especially in relation to the personal development of students and the future development of the college community. The Vice-Principal helps to ensure that St Cuthbert's Society offers a supportive and stimulating environment for academic study, cultural and developmental activities and social interaction and engages students, staff, SCR members, visitors and alumni.



Charlotte's job is to support Cuth's students during their time here, particularly when they encounter problems. The student support services can help with deadline extensions, adverse circumstances and departmental issues and provide signposting and support for non-academic issues. Student Support is there for you guys. If you get ill and don't think you can make a deadline and need an extension, need someone to talk to about personal issues at home, or are even just a little overwhelmed by your move to university, then Student Support is your go-to!



## The SCR

The Senior Common Room has a diverse membership that includes academic staff from all of the university's faculties as well as some support staff, local alumni and members of the wider community in Durham (for example, from local schools and the Cathedral). It's here to support and enrich the life of the college and one way they do this is by cutting across the traditional boundaries between subjects and across the academic hierarchy. Their events range from the scholarly to the social and almost all are open to students. The SCR also supports Cuth's students by funding a scheme of grants for the performing arts and by awarding an annual prize for voluntary and charitable work.



As President of the SCR, I am keen to expand the range of our activities and especially to promote interactions with members of the JCR. Please look out for invitations to SCR events and feel free to contact me if you have ideas for joint projects. I look forward to meeting many of you over the coming year.



Mark Miller joined Durham University and St Cuthbert's Society in 2013. He is an Associate Professor of Chemistry and works on computer simulation in the interdisciplinary field of soft condensed matter. Mark's non-academic interests include keyboard and choral music, hiking, photography, and food & wine.

# BEYOND CUTH'S

## The Students' Union

First set up in 1899, Durham Students' Union supports and represents all students at the university (you're automatically signed up when you enrol). It runs over 250 student groups, holds countless events, and it runs a bar and Café in Dunelm House. The SU is led by a team of 5 sabbatical officers, three of whom were in Cuth's last year. They liaise with the university, colleges, the local community, and the National Union of Students (NUS). Additionally, they also organise the course rep system, which represents you on matters academic. For more information, you can get in touch with reception by emailing [info@durham-su.com](mailto:info@durham-su.com)



Hi I'm Lara, a second year geography student who you can always find at Monday night Osbournes or talking about earthquakes. Most importantly, I'm your Publicity and Relations Officer. My role takes on a lot of the tasks that aren't covered by other exec roles. I cover "publicity" (the newsletter, streaming JCR meetings, overseeing parts of social media and the website) and "relations" (I sit on Students' Union Assembly, representing Cuth's). I also give the housing talk in October and write the livers-out handbook.

If you want an event published in the newsletter, have questions about how the Students' Union's can represent you, or need signposting about housing, get in contact!

# SU Associations

The Students' Union runs 8 Associations that provide a space where self-defining students can come together, discuss the issues affecting them, and campaign to improve the Durham student experience. They are all led by a President and executive committee, who are all Durham students elected into their positions by fellow self-defining students. They put on events, plan campaigns and provide support for their members. If any of this sounds interesting you can join for free at <https://www.durhamsu.com/associations>



Durham Women's Association



People of Colour Association



International Students' Association



LGBT+ Association



Students With Disabilities Association



Trans Association



Working Class Students' Association



Mature Students' Association

# Student Groups

## Team Durham

Team Durham runs both college sport competitions and university sport. Some people will already have been contacted about pre-season training with a university team, but there will hopefully also be try-outs in Freshers' Week, which you shouldn't be afraid to get involved with.

## Palatinate

This is the official student newspaper and it's always looking for new writers, editors and online content managers. Keep an eye out for vacancies and also the free copies, which are handed out in our JCRs and all around Durham

## Music Durham

Music Durham is an umbrella organisation for university music societies. They have a weekly newsletter which advertises auditions, concerts, and workshops. They run loads of auditioned and non-auditioned ensembles across the classical and jazz spectrums, so get involved!

## DU Volunteering & Outreach

DUVSO is a student-led, community-focused volunteering organisation which responds to the needs of the local communities in Durham, and gives opportunities for the students of the university. It's a great way to gain experience and meet people

## Purple Radio

Purple Radio is the Durham Student Radio Service, and has something for everyone, from in-depth discussions with high-profile guests, to environmental documentaries. If you'd like to get involved in radio, be it in tech, production, on air or much more, they'd love to have you on board.



## Durham Union



The Union is the oldest and largest student society in Durham. They even have their own bar at 24 North Bailey. They host Debates, Speakers, and Social events. Lifetime membership is £65, and last year they hosted Sir Vince Cable among other big names.

## DUCK



Durham University Charities Committee is the fundraising arm of the SU. They support students to raise hundreds of thousands of pounds each year for over 200 charities, as well as organising a huge range of events and expeditions around the world.

## Durham Student Theatre



DST is an umbrella organisation for the ~25 theatre companies in Durham. It's a union for about 700 members who love the performing arts, and signing up for it will make sure you are informed of auditions and off stage opportunities throughout your university career.

## Palatinalps



Palatinalps is the UK's largest single-university snowsports event. Every year, over 1,500 Durham Students make the pilgrimage to France for a week of Alpine Antics. While tickets can be quite dear, people do seem to really enjoy it, both on and off the slopes.

## SU Societies



While Cuth's has loads of Societies and you can find new ones quite easily, the SU has over 250 societies, so you can find a student group for almost any interest, from Catholicism to Calisthenics.

# Other Colleges

Not everyone was fortunate enough to get into Cuth's or even had the good taste to put us down in their choices, and you will bump into people from the other 16 colleges at some point. So that you're adequately prepared here's some info on these colleges:

## University College (Castle)



Partially located inside of the Castle, University College was the first to be founded, and is still usually the most over-subscribed college. Allegedly the rifles in their Great Hall are loaded in case of a Scottish Invasion – probably not a great idea to try to check though.

## Hatfield



Hatfield sits at the end of the Bailey and was the second Durham college. They were also the first college to introduce mixed dining, instead of having butlers bring food to people's rooms.

## Saint Mary's



The closest Hill college to Cuth's, Mary's was initially a women-only college, and the final college to become mixed (in 2005). Princess Elizabeth laid the foundation stone of their Fergusson building in 1947.

## Saint Chad's



Chad's is a tiny college just opposite the cathedral. A bit of a maze to navigate, but they have a fancy marble-lined foyer which leads into an equally exquisite glass-roofed courtyard and then into their bar, which is one of the finest college bars in Durham (still nowhere near Cuth's Bar).



### Saint John's

John's was founded in 1909 as a theological college and is well-known as one of the most Christian colleges. Less well known, however, is that their mascot, Olav the Alligator, has his very own Facebook page and even did the Ice Bucket Challenge back when that was in vogue. A student at John's founded the Fair Trade movement which is very cool!



### Saint Aidan's

Aidan's has the second largest parquet floor in Europe. They were also meant to have a chapel built in their inner garden but then the university ran out of money, so they don't have that – just lots of steps to go up before reaching them.



### Grey

Grey's mascot is a Phoenix, referencing the fact that their college literally burnt down 8 months after opening. In the 60's their JCR tried to set up a "Campaign for Nuclear Disarmament Society" – perhaps we have Grey to thank for the peaceful resolution of the Cuban Missile Crisis.



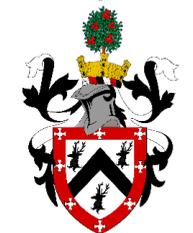
### Van Mildert

Named after the founder of the university, Van Mildert is known for having their own lake and their annual music festival that takes place by it. Their promotional video "Van Mildert Open Days 2015!" on YouTube is a true cinematic masterpiece.



### Trevelyan

Treves are an odd lot, living in a strange network of hexagons on the Hill. They are also super musical and have great facilities for it. What appears to be a drowning horse on their crest is actually a swimming hippocampus (a mythical creature).



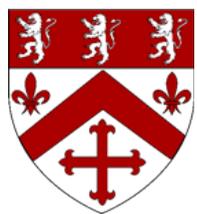
### Collingwood

Located on the Hill (just next to the Botanic Gardens), Collingwood was the second mixed college after Cuth's. They are known for being super sporty, having football teams from A-M and winning the overall college competition pretty much every year.



### Hild Bede

Hild Bede was originally two colleges (St Hild for women and St Bede for men) but is now blissfully united just off the Gilesgate roundabout. It's got a splendid Bar, the Vern, with two pool tables, and extensive grounds.



### Stephenson

Until recently, Stevo were at the Stockton campus, but have wisely relocated to actual Durham. Their motto is "One day I will astonish the world" which is something their namesake wrote in a letter to his pals. Truly inspirational stuff.



### John Snow

John Snow (named after the Physician, not the Journalist, the Cricketer, or the Game of Thrones Character) also recently moved from Stockton. Somewhat strangely they have a College Bugler to announce their students at Matriculation and high tables at formal.



### Josephine Butler

Being established in 2006, JoBo is one of the youngest. Just in case being so far up the Hill wasn't quite enough, JoBo also have a strange "mound" with a bench on the top (their mascot is therefore a mole). They have a pretty large and modern bar which is actually quite nice.



### Ustinov

Boomer Alert, I repeat, Boomer Alert. Ustinov is for postgraduate students only, so you might meet fewer of them than people from other colleges. They used to be located in Parson's Field, until we took it over in 2005.



### South College

South College is only one year old, so no fun facts as of yet but they embarrassingly have 'Southfess' - their own Durfess. It claims that its site is a "stunning example of purpose-built modern architecture". If that doesn't give you an adrenaline rush, I don't know what will.

# Cuth's Postgrads

# MORE INFO

Hi, I'm Jack, your Postgraduate and Mature Students' chair for the upcoming year. This means I represent Postgraduate and Mature students in the JCR, college and the wider university. I also work with the postgraduate committee to put on events in college for these students. If you have any questions about postgraduate study in Cuth's or Durham in general, please email me at [pg-rep@cuths.com](mailto:pg-rep@cuths.com). I also have a postgraduate handbook, so make sure to check that out also for an insight into the postgraduate community in Cuth's!



## PG&M Committee

Most other colleges have an MCR (Middle Common Room) for their Postgraduate Students. At Cuth's though, everyone is part of the JCR, and rather than an MCR representing Postgraduate & Mature Students, we have a Postgraduate Committee within the JCR. This is just a technical difference, but it is worth knowing to avoid confusion with other Postgrads at Durham.



# Jargon Buster

|                          |                                                                                        |
|--------------------------|----------------------------------------------------------------------------------------|
| <b>Alumni</b>            | Former Students of the university                                                      |
| <b>Big Tesco</b>         | The Tesco in Gilesgate                                                                 |
| <b>Billy B</b>           | The main university library, the Bill Bryson Library                                   |
| <b>Campus Card</b>       | Your university ID, for borrowing library books, accessing facilities and college bars |
| <b>Cardiac Hill</b>      | The steep hill that connects the upper and lower parts of the science site             |
| <b>Chad's Tree</b>       | The tree opposite St Chad's College, sometimes jumped through by the brave/foolish     |
| <b>Circuit</b>           | The company who run Laundry at Cuth's                                                  |
| <b>CIS</b>               | Computing and Information Services - they run the university's IT                      |
| <b>CIS Login</b>         | Your 6 letter code in the format 'abcd12', which can be found on your campus card      |
| <b>DU Sport</b>          | Sport played at a university level (i.e. vs other Universities)                        |
| <b>DUCK</b>              | Durham University Charities Kommittee, the Charity wing of the Students' Union         |
| <b>Dunelm</b>            | A convenience store opposite to Dunelm House                                           |
| <b>Dunelm House</b>      | The Students' Union building, a brutalist "masterpiece"                                |
| <b>DUSVO</b>             | Durham University Student Volunteering & Outreach                                      |
| <b>Ents</b>              | After Meal Entertainments at a ball/event                                              |
| <b>Experience Durham</b> | An umbrella organisation that runs various Durham Student Groups                       |
| <b>FCO</b>               | Finance and Compliance Officer , Isaac Costello                                        |

|                                     |                                                                                        |
|-------------------------------------|----------------------------------------------------------------------------------------|
| <b>Hill and Bailey</b>              | Colleges that are on the Hill beyond the science site, or on the Bailey                |
| <b>JCR</b>                          | Junior Common Room, the Student body of Cuth's                                         |
| <b>JCR Member</b>                   | Anyone currently at Cuth's who has paid the JCR Levy                                   |
| <b>Jimmy's</b>                      | Jimmy Allen's nightclub                                                                |
| <b>Mary's Challenge</b>             | Running from St Mary's Bar to the Bailey with a shot in your mouth, really nasty stuff |
| <b>Matriculation</b>                | Ceremony that marks your official entry to Durham                                      |
| <b>MC</b>                           | Maiden Castle Sports Centre, the main university sports area                           |
| <b>Michaelmas, Epiphany, Easter</b> | The three academic terms                                                               |
| <b>Palatine Centre</b>              | A building on the science site that has various important administrative offices       |
| <b>PG &amp; M</b>                   | Postgraduate and Mature Students                                                       |
| <b>RON</b>                          | Re-open Nominations - for if you don't like any candidates in a Student Election       |
| <b>Science Site</b>                 | For most science/social science lectures, the Billy B, and the Palatine Centre         |
| <b>Stash</b>                        | Cuth's (or other) branded clothing                                                     |
| <b>Summative, Formatives</b>        | Different types of assignments. Summatives count to your degree, Formatives don't      |
| <b>SwD</b>                          | Students with Disabilities                                                             |
| <b>Varsity</b>                      | Inter-colligate or inter-university sports competition                                 |

# Social Media

Make sure to join the “Official St Cuthbert’s Society Freshers 2020-21” group on Facebook - really important information will be posted on it throughout your time in Durham

## Cuth’s Facebook Groups/Pages

| PAGE/GROUP NAME                            | DESCRIPTION                                                                      |
|--------------------------------------------|----------------------------------------------------------------------------------|
| Cuth’s JCR                                 | Updates from across the JCR                                                      |
| Cuth’sElections                            | Information about current and upcoming elections                                 |
| Team Cuth’s                                | Updates from Cuth’s Sports & Societies                                           |
| Cuth’s Outreach Committee                  | Updates on Volunteering Oppourtunities & Charity Events                          |
| Cuth’s JCR Welfare                         | Information about Welfare Services and Campaigns                                 |
| Cuth’s LGBT                                | Updates from our LGBT+ Society                                                   |
| Cuth’s Bleeds Green                        | Advice on how to be eco-friendly                                                 |
| Cuth’s Bar                                 | Information about upcoming events at the Bars                                    |
| Cuth’s Library                             | Updates from the Library                                                         |
| Cuth’s Tenants Support Group               | Advice on Issues faced by Student Renters & Activism                             |
| Cuth’s Housing Network                     | Resource for looking for Housemates for next year                                |
| St Cuthbert’s Society Charity Fashion Show | Updates on Auditions, Exec Applications, and Tickets, photos from previous years |
| Cuth’s Music                               | All things Musical                                                               |
| St Cuthbert’s Society - Durham University  | Official College Page                                                            |

## Cuth’s Instagram Accounts

| PAGE/GROUP                   | DESCRIPTION                                                  |
|------------------------------|--------------------------------------------------------------|
| @cuthsjcr                    | Updates from across the JCR                                  |
| @cuths_jcr_elections         | Information about current and upcoming elections             |
| @teamcuths                   | Updates from Cuth’s sports and societies                     |
| @cuths.outreach              | Updates on volunteering opportunities and fundraising events |
| @cuths_bleeds_green          | Advice on how to be eco-friendly                             |
| @cuths.pres                  | Updates from our Fun President, Alfredo                      |
| @cuths_library               | Updates from the library                                     |
| @cuthsyearabroadandplacement | Cuthspeople on tour                                          |
| @cuths_welfare               | Info about welfare services and campaigns                    |
| @cuthsfashion                | fashion show - a hot feed                                    |
| @cuthspg                     | Info for and about postgrads at cuth’s                       |

# Contacts

| NAME                | ROLE                                  | EMAIL                              |
|---------------------|---------------------------------------|------------------------------------|
| Alfie Whillis       | President of the Society              | president@cuths.com                |
| Isaac Costello      | Finance&Compliance Officer            | fco@cuths.com                      |
| Kirstin McCann      | Vice-President                        | vice-president@cuths.com           |
| Jade Gavigan        | Senior Welfare Officer                | senior-welfare@cuths.com           |
| Julian Ward         | Sports&Societies Chair                | sports-and-socs@cuths.com          |
| Lara Halici         | Publicity and Relations Officer       | pr@cuths.com                       |
| Emma Whiley         | Social Chair                          | events@cuths.com                   |
| China Luckman       | Outreach Chair                        | outreach@cuths.com                 |
| Euan Martin         | JCR Chair                             | chair@cuths.com                    |
| Tom Bowers          | Facilities Manager                    | facilities@cuths.com               |
| Zoe Hiscutt         | Librarian                             | librarian@cuths.com                |
| Jack Simmonds       | Postgraduate & Mature Students’ Chair | pg-rep@cuths.com                   |
| Jack Reeves         | Head Frep                             | headfrep@cuths.com                 |
| Abbie Brindle       | Senior Returning Officer              | sro@cuths.com                      |
| Keely Brown         | Student Trustee                       | keely.brown@cuths.com              |
| Ben Thomas          | Student Trustee                       | ben.thomas@cuths.com               |
| Neave Taylor        | Student Trustee                       | neave.taylor@cuths.com             |
| Lewis Mullin        | Male Welfare Officer                  | male-welfare@cuths.com             |
| Thalia Agoglossakis | Female Welfare Officer                | female-welfare@cuths.com           |
| Cat Hamm            | LGBT+ Rep                             | lgbt-rep@cuths.com                 |
| Poppy Azmi          | Ethnic Minority Rep                   | em-rep@cuths.com                   |
| Dite Bagdonaite     | Student with Disabilities Rep         | swd-rep@cuths.com                  |
| Elena Meier         | International Rep                     | international@cuths.com            |
| Jack Neill          | Local Students Rep                    | local.students.rep@cuths.com       |
| Seun Twins          | SU President                          | su.president@dur.ac.uk             |
| Tammi Walker        | College Principal                     | cuthberts.principal@dur.ac.uk      |
| Charlotte Imlach    | Assistant Principal (Student Support) | cuthberts.studentsupport@dur.ac.uk |
| Jon Warren          | Vice-Principal                        | cuthberts.vp@dur.ac.uk             |
| Mark Miller         | SCR President                         | cuthberts.scr-president@dur.ac.uk  |
| Sue Cole            | College Operations Manager            | s.m.cole@dur.ac.uk                 |

| SERVICE                                           | CONTACT DETAILS              |
|---------------------------------------------------|------------------------------|
| Students' Union Information                       | info@durhamsu.com            |
| Students' Union Advice Service                    | dsu.advice@dur.ac.uk         |
| University Counselling Service                    | counsel.service@dur.ac.uk    |
| IT Service Desk                                   | itservicedesk@dur.ac.uk      |
| Disability Support                                | disability.support@dur.ac.uk |
| Nightline                                         | 0191 334 6444                |
| Paddy's Taxi                                      | 0191 386 6662                |
| Baliley Reception<br>Joanne Franklin<br>Kath Dodd | 0191 334 3400                |
| Brooks Reception<br>Kath Randell                  | 0191 334 6596                |
| Cuth's Porters (24/7)                             | 0191 334 3470                |

## Postal Addresses

**Parson's Field  
Brooks House  
Old Elvet  
Durham  
DH1 3JP**

**The Bailey  
12 South Bailey  
Durham  
DH1 3EE**

## Term Dates

**Freshers' Week  
Michaelmas Term  
Ephiphany Term  
Easter Term**

**27th September - 3rd October  
4th October - 10th December  
10th January - 18th March  
25th April - 24th June**



# Angels

Our unofficial College anthem is a slightly modified version of Robbie Williams's Angels. It's always the last song played at Cuth's events, and I'd recommend getting acquainted with the lyrics

I sit and wait, does an angel contemplate my fate?  
And do they know, the places where we go, when we're grey and old  
'Cause I have been told, that salvation lets their wings unfold  
So when I'm lying in my bed  
Thoughts running through my head And I feel the love is dead  
I'm loving **Cuthbert's** instead  
And through it all, she offers me protection  
A lot of love and affection, whether I'm right or wrong  
And down the waterfall, wherever it may take me I know that life  
won't break me  
When I come to call, she won't forsake me I'm loving **Cuthbert's**  
instead

When I'm feeling weak, and my pain walks down a one-way street I  
look above, and I know I'll always be blessed with love  
And as the feeling grows  
She breathes flesh to my bones  
And when love is dead I'm loving **Cuthbert's** instead  
And through it all she offers me protection  
A lot of love and affection, whether I'm right or wrong  
And down the waterfall, wherever it may take me I know that life  
won't break me  
When I come to call, she won't forsake me  
I'm loving **Cuthbert's** instead

(Guitar Solo)

And through it all she offers me protection  
A lot of love and affection, whether I'm right or wrong  
And down the waterfall, wherever it may take me I know that life  
won't break me  
When I come to call, she won't forsake me  
I'm loving **Cuthbert's** instead.

