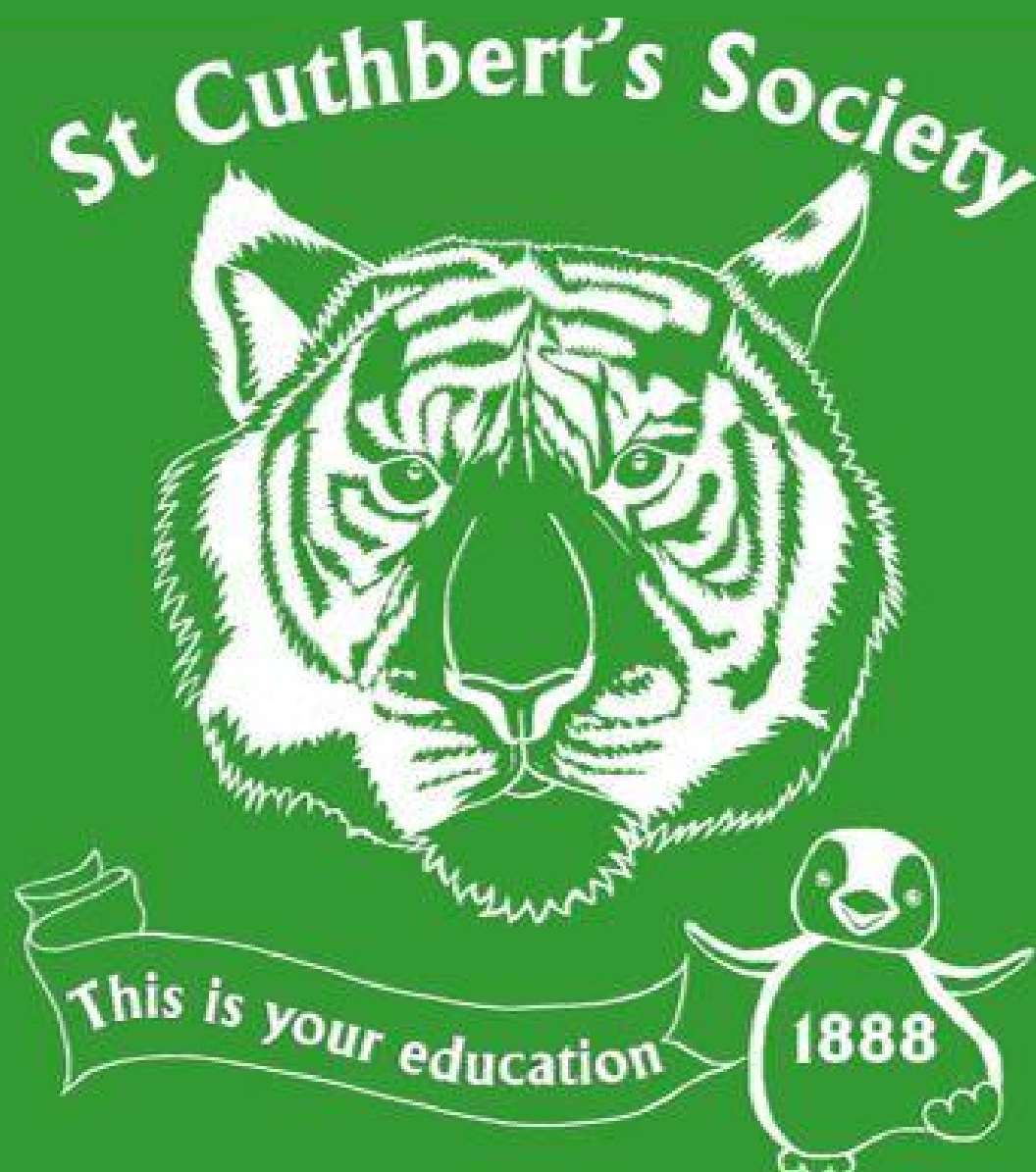


St Cuthbert's Society JCR Postgraduate and Mature Students' Handbook





Introduction and Welcome to Cuth's

Firstly, for those of you who are joining Cuth's this year, massive congratulations and welcome to St. Cuthbert's Society.



I'm Jack Simmonds, and this year I am the Postgraduate and Mature Student's Committee Chair. I have been at Cuth's for four years, studying my undergraduate degree in Criminology, my MA in Social Research Methods and I'm starting my PhD here this year. Cuth's has been a central part of my university experience and I hope you come to love it as much as I do!

In this handbook, I aim to introduce you to Cuth's JCR, the college, our sports and societies, facilities and postgrad life at Cuth's. The collegiate system in Durham may be a bit confusing if you have not studied here or at another collegiate university before, but this handbook will hopefully answer any questions you have about Cuth's. Given the current pandemic, things will look and feel different to us all, but the JCR is here to support you through it to the best of our ability!

I look forward to meeting you once term starts and throughout the year. If you have any questions about anything please contact me at pg-rep@cuths.com.



Key terms

JCR- The Junior Common Room is a charity dedicated to Cuth's students, run by Cuth's students. The JCR includes Cuth's sports, societies, events outreach programmes and student-led welfare services amongst much more.

JCR (Junior Common Room)是一個專門由St. Cuthbert's學院學生設立的慈善機構。其主要承辦的活動包括學院運動會，社團，慈善活動，以及其他相關學生福利事務等等。

JCR (Junior Common Room)是一个专门由St. Cuthbert's学院学生设立的慈善机构。其主要承办的活动包括学院运动会，社团，慈善活动，以及其他相关学生福利事务等等。

JCR Levy- This is the payment you make for your JCR membership. If you have previously studied in Cuth's and this is your 4th year, membership is free. If you are a PhD student, you only need to pay for your whole PhD study.

指JCR會員費。如果您以前就在St. Cuthbert's學院且現在是大四，則不用再交此費用。如果您是博士生，在您整個博士學習階段只需要交一次該費用（比如三年付一次等等）。

指JCR会员费。如果您以前就在St. Cuthbert's学院且现在是大四，则不用再交此费用。如果您是博士生，在您整个博士学习阶段只需要交一次该费用（比如三年付一次等等）。

Welfare- There is a student welfare service that is run by three student officers: the senior, female and male officers. Details on how they can be contacted are included in the welfare section.

Welfare指Cuth's學院學生福利事務，由三名學生事務官負責：總負責人（senior welfare officer），女生事務負責人（female welfare officer）和男生事務負責人（male welfare officer）。您可以在福利事務部分找到他們的聯絡資料。

Welfare指Cuth's学院学生福利事务，由三名学生事务官负责：总负责人（senior welfare officer），女生负责人（female welfare officer）和男生负责人（male welfare officer）。您可以在福利事务部分找到他们的联络资料。

Student support- This is the welfare service provided by the college staff. Charlotte Imlach is our student support contact and her office is upstairs in House 12 on the bailey (up the stairs next to the reception). Charlotte can also be contacted at Cuthberts.studentsupport@durham.ac.uk.

Student support (學生援助)指的是由學院工作人員提供的福利事務。Charlotte Imlach是我們的學生援助相關聯絡人。她的辦公室在Bailey的House 12的二樓(前門左拐上樓既到)。您也可以通過email的方式和她聯繫：Cuthberts.studentsupport@durham.ac.uk

Student support (学生援助)指的是由学院工作人员提供的福利事务。Charlotte Imlach是我们的学生援助相关联络人。她的办公室在Bailey的House 12的二楼 (前门左拐上楼即到)。您可以通过的方式和它联系：Cuthberts.studentsupport@durham.ac.uk

Nightline- Nightline is a confidential, non-advisory anonymous phone service which is available every night 9pm to 7am during term time.

Website: <https://durhamnightline.com/contact/>

Phone number: 0191 334 6444

Nightline安全熱線提供保密匿名的電話服務, 如果晚上9點到早上七點7點有急需, 您可以在撥打該電話。

網頁：<https://durhamnightline.com/contact/>

電話號碼: 0191 334 6444

Nightline安全热线提供保密匿名的电话服务, 如果晚上9点到早上7点有急需, 您可以在拨打该电话。

网页 <https://durhamnightline.com/contact/>

电话号码: 0191 334 6444

Durham Students' Union- They represent and support students across all colleges. They can be found in Dunelm house on New Elvet, next to Kingsgate Bridge.

杜倫學生會 - 該學生會為全學院的學生提供支援和服務。其位於New Elvet街上的Dunelm House裡面 (在 Kingsgate bridge旁邊)。

杜伦学生会 - 该学生会为全学院的学生提供支援和服务。其位于New Elvet街上的Dunelm House里面 (在 Kingsgate bridge旁边)。

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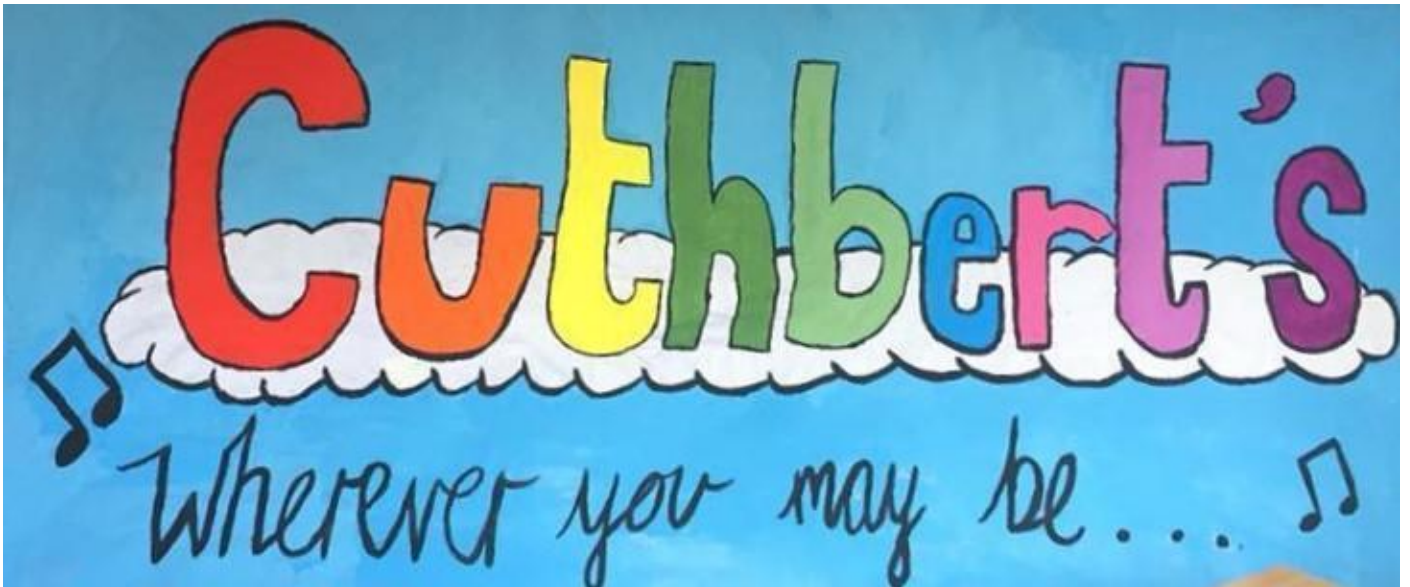
Cuth's JCR

Cuth's JCR (Junior Common Room) is the student body of Cuth's. The JCR runs and is responsible for our social events, sports, societies, welfare support, volunteering opportunities, facilities and representing the views of Cuth's Students. The JCR has an Executive Committee which I sit on as the PGM Chair. The Exec is led by our President and has a student representative for each of the main aspects of the JCR. We also have a wide array of committees and positions available for students to get involved in, ranging from Welfare Campaigns Manager to Webmaster.

There's plenty of opportunities to get involved with something you're passionate about (I'll talk about our committees, sports and societies later in the handbook). If you want to get involved a great way to see what Cuth's is about is our JCR Meetings. They happen at least three times a term in either of our bars or the dining hall on the bailey. In the meetings any member of the JCR can run motions, which may involve the creation of new societies, new positions or changing something about how the JCR currently operates. Meetings also involve hustings for the JCR positions open for election.

Cuth's JCR, unlike some of the other JCR's at Durham, is an independent charity which means we are completely run by students. The college part of Cuth's however is made up of staff including our Principal, Vice Principal, Student Support, porters, cleaners, secretaries and catering staff. The JCR and college work together to make Cuth's what it is, but have distinctive roles.

Often people new to Durham will ask why Cuth's is a society rather than a college. In our history Cuth's was established in 1888 by people who did not want the same college life as the other existing colleges (Castle and Hatfield). The college consisted of people who lived out and were often mature. Today, we operate in the same way as the other colleges but remain proud of our history and like to pride ourselves of our independence.



Postgraduate Committee

Postgraduate Committee is one of many committees in Cuth's. Its role is to organise social and academic events for the Postgrad community within Cuth's.

At some of the other colleges at the university in addition to their JCR, they have a MCR (Middle Common Room) which contains their Postgraduate Students. At Cuth's this isn't the case, all of our students are part of the JCR, and rather than an exec of an MCR representing the views of Postgraduate and Mature Students, we have a Postgraduate Committee within the JCR. This is just a bit of a technical difference with other colleges, but if you hear other people on your course talking about MCR's this should help clear up any confusion. Postgrad committee will put on events that are specifically aimed at you, as Postgrads and Mature Students, however all events put on by the JCR are open to you in the same way as they are to undergrads.

Postgraduate and Mature Student's Committee Chair - Jack Simmonds (He/him)

Hi, I'm Jack! I've been in Cuth's for four years and I'm starting my PhD here this year. My role involves representing the views of Postgrads and Mature Students on a variety of different committees within college, the JCR and the wider university. I also work alongside the PGM Committee to coordinate events that are tailored for Postgraduate and Mature Students. These



events range from academic events such as research forums to social events such as formal and quizzes.

Favourite Thing about Cuth's

The Cuth's community is amazing and the JCR promotes a really strong welfare culture with great minority representation, which I think is so important.

What would you recommend that people try out in Durham?

When it is up and running, I really recommend checking out the Hild Bede Cinema. They show films that have not long since left the cinema and the prices are really cheap. They also do free raffles for film posters!

Vice President of Postgraduate Committee - Joe Watson (He/him)

Hi, my name is Joe and I'm the Postgraduate and Mature Students' Vice President. My job is to help Jack out with organising the PGM Committee, making sure we put on plenty of events for you all throughout the year, while also ensuring your opinion is being heard at JCR level.

Everyone should get involved in the Postgraduate and Mature Students' Committee: we put on lots of fun and helpful events throughout the year, aimed at making your stay in Durham, and in Cuth's particularly, as enjoyable as possible. You can get involved on multiple levels – simply by coming to our meals, quizzes, karaoke nights etc., or by signing up to be part of the Committee team itself. If you join the Committee, you can make sure that we put on the sort of things which interest you and your friends.



Favourite Thing about Cuth's

My favourite thing about Cuth's is the genuine sense of inclusion and almost familial belonging which persists regardless of whether you're a first-year undergraduate or a final-year PhD student; we're all part of the same college.

What would you recommend that people try out in Durham?

If I could recommend one thing to do in Durham, it would be to experience the wonderful countryside we have around the city. If you're living in Brooks House,

you're a couple of minutes' walk from the beautiful Wearside Walk, and wherever you are in Durham, it's easy to escape into the stunning local landscapes.

Treasurer of the Postgraduate Committee- James Cochran (He/him)

Hi everyone, I'm James, and I'm the postgrad and mature students' treasurer for this year. I'm going into my fourth year of a PhD in physics, and I also studied at Durham for my undergrad, so I've been around for a while. As well as my involvement in the PGM community, I'm quite involved in the Cuth's climbing club and in our ale and cider society, and when I get the time I like to go walking or running in the nearby hills.



My job as PGM treasurer is (unsurprisingly) to manage the budget of the postgrad and mature students' committee, and just to generally help out, so you'll probably see me around at various events, and hopefully you'll get some benefit from how we spend our money. I look forward to seeing you guys soon!

Favourite thing about Cuth's

My favourite thing about Cuth's is how it feels like one big community, and there aren't really any divisions between groups of people (I'm actually living with two undergrads this year). As a postgrad at Cuth's, your social circle won't be limited to other PGs (unless you want it to be), and you'll be welcome at any and all of the fantastic societies and events that take place here.

What would you recommend people try out in Durham?

Under normal circumstances, I would recommend that while you're in Durham you try to go to one of the student balls and/or a formal, and I still highly recommend it if you get the chance, but that might be a little more difficult this year. What I'll recommend instead, is that at some point you head out of Durham city centre and go for a walk somewhere nearby (there are some really nice woods a few minutes' walk away from Parson's Field for those that are living there), as the North-Eastern countryside is really beautiful and very accessible.

Positions on the Committee

There are a number of positions on the Postgraduate Committee that will be open for you to run for in Michaelmas Term. These positions are all Method II elections which mean they are run in JCR Meetings, where you can give a three-minute speech and then those present at the meeting will vote.

Social Rep

Organises social events which can include meals out, pub quizzes and day trips.

Academic Rep

They will organise our academic events which will include our research forums and research slams.

International PGM Rep

They represent International students on the Postgraduate Committee and help out the rest of the committee. They also sit on the International Committee to represent Postgrads.

Mature Student's Rep

Represent Mature Students' on the committee and help the rest of the committee.

Postgrad Rep

Represent Postgrads on the committee and help out the rest of the committee.

Welfare Rep

Represents Postgrads and Mature Students on the PG and welfare campaigns committees.

Fourth Year Rep

Represents students on integrated masters' courses and those returning from a year abroad on the committee.

Why should you get involved in the Postgraduate Committee?

Getting involved with anything regarding the JCR can be very rewarding and a great way to get to know the wider Cuth's community. Any of the positions on the Postgraduate Committee will let you influence the type of events and activities that

we organise for Postgrads in Cuth's and across the university. If you're interested in knowing more about the postgrad committee or any of these positions please feel free to email me (pg-rep@cuths.com).

Postgrad Freps

In Fresher's Week, there will be approximately 60 students from Cuth's who will be your Freshers' Reps (Freps). Their role is to help run all the events across the two weeks and welcome you into the Cuth's community. In addition to these Freps, we have a group of Postgrad Freps who will be at all the events in Cuth's throughout Postgrad welcome week and Freshers' Week. If you have any questions about Cuth's or aspects of Postgrad life at Cuth's, talk to the Freps. They have volunteered to be involved in Fresher's Week because they love Cuth's and want to welcome you into the community.

Myself, Joe Watson and James Cochran will be joined by other postgraduate students to make up your Postgrad Frep team and we'll introduce ourselves when you arrive.

The JCR Exec

President – Alfie Whillis (He/him)

President@cuths.com

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!

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.



Favourite thing about Cuth's:

My favourite thing about Cuth's is our history. Whilst we're much like a college now, we're still proudly a "society", reflecting our founding in 1888 as an alternative to elitist and expensive colleges. You can see that independent spirit live on in the boldness of our identity, the creativity of the students here, and our reputation in Durham. Traditionally untraditional...

What would you recommend people try out in Durham?

I'd recommend going to see (or even getting involved in) some student music! From the jazz jam at Fabios, to concerts in the Cathedral, to club night on the river cruiser, Durham has some of the highest standard student musicians in the country, so don't miss the opportunity to see it all.

Vice President – Kirstin McCann (She/her)

Vice-president@cuths.com

Hey I'm Kirstin, a third year maths student and I'm the Vice-President this year meaning I'll be the one organising the termly stash orders, writing the Fresher's handbook, and putting together the agendas and minutes for JCR meetings and many other committee meetings.

Favourite thing about Cuth's

My favourite thing about cuths is definitely the people - there's so many interesting people with cool ideas and that makes cuths as a whole so much better with a new society, or a new position, or new way of doing things.

What would you recommend people try out in Durham?

Durham has so many great independent cafes and I'd really recommend trying their coffees - Leonard's is a must try in my opinion for great coffee.



Finance and Compliance Officer (FCO) – Isaac Costello (He/him)

fco@cuths.com

Hi, I'm Isaac and I'm the JCR's Finance and Compliance Officer for this year. In my role I'm in charge of all of the JCR's finances and assets so a lot of my job this year will be managing our accounts so that we can run all of our great societies and events. I'm the chair of a student finance committee that helps me in this role and makes decisions on how the JCR uses its money. The compliance part of my job involves making sure that everything the JCR does is in line with its charitable aims and charity law. To make sure of this I'll be scrutinising all the contracts we make throughout the year and monitoring our GDPR Compliance. I'm a Classical Civilisations graduate and a bassist. If you see me out of work, it'll probably be when I'm playing in a load of different bands around Durham.



Favourite thing about Cuth's

I love Cuth's independent and contrarian history that sets it apart from the colleges.

What would you recommend that people try out in Durham?

I'd definitely recommend that people try and find some live music at pubs like The Angel and Big Jug which have bands on every now and then.

Senior Welfare Officer – Jade Gavigan (She/her)

Senior-welfare@cuths.com

My name is Jade Gavigan, I am a 3rd year Geography student and my family is from Scotland but I grew up in the Middle East so I don't sound very Scottish! I love many things but in particular I love reading, doing yoga, listening to Nicki Minaj and watching horror movies! (And of course I love Cuth's Welfare). I've missed going to Cuths bar a lot so if you see me there please don't hesitate to come up and say hi!

As senior welfare my role is focused on providing one to one student support in drop ins, improving awareness of important topics within mental and sexual health through welfare campaigns as well as Moreover, along with the male and female welfare officers, we supply free sexual health supplies, give consent workshops in freshers week and provide sanitary supplies in all bathrooms. As senior welfare my role is focused on ensuring that students know there is always support there for them when they need it, no matter what there is a listening ear here at welfare for you.



Favourite thing about Cuth's

My favourite thing about Cuth's has to be the way we all look out for each other. I've met some amazing people here who always look out for those around them and are always eager to learn and grow to ensure that Cuth's remains a welcoming and safe environment. The welfare support network in Cuth's is really amazing and I am so proud to be able to be your senior welfare officer to continue that legacy.

What would you recommend people try out in Durham?

I really recommend you try out treats cafe! It's a little door right next to Mountain Warehouse and it's a lovely spot with good value for money (their vegan full english breakfast is so so good)

JCR Chair – Euan Martin (He/him)

Chair@cuths.com

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 homebrewing 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.



Favourite thing about Cuth's

My favourite thing about Cuths is probably formals- they are a great way to spend an evening, get dressed up and have a nice meal with friends.

What would you recommend people try out in Durham?

My recommendation for something to do in Durham would (rather backwardly) be to get out of the city if you can- be that to the coast, up to Newcastle, the living history museum Beamish, across into one of the lovely outdoor spaces of the north or even just a nice walk along the river to Shincliffe!

PR Officer – Lara Halıcı (They/them)

PR@Cuths.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 can represent you, or need signposting about housing.

Favourite thing about Cuth's

Cuth's bar. Although I also love the welfare team. They're always eager to help and are the loveliest people.



What would you recommend people try out in Durham?

Make use of the taster sessions and try out as many clubs in the SU and Cuth's as you can! You might find your new favourite hobby

Outreach Chair – China Luckman (She/they)

Outreach@Cuths.com

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 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!



Favourite thing about Cuth's

Aside from the legendary frogs, my favourite thing about Cuth's is our legacy of independence and students providing for students.

What would you recommend people try out in Durham?

If you find yourself with a little cash to splash do yourself a favour and go to cosy club for a meal! Lush atmosphere, great food and lots of veggie options.

Social Chair – Emma Whiley (She/her)

Events@cuths.com

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. Social Chair is responsible for helping the President and Head Frep to organise Fresher's 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 to organise alongside your elected Ball Managers.



Favourite thing about Cuth's

My favourite thing about Cuth's is definitely the community spirit. Even just walking into the main buildings, the sense of community and happiness is tangible. It follows through into all of our events, societies and students, and is definitely my favourite thing about being a student here.

What would you recommend people try out in Durham?

I recommend people try (if possible) to get to the beach at some point during their time at Durham. It's a little further out, but we are so lucky to have a choice between several beautiful beaches within a short distance, and they're perfect if you need a little breather.

Sports and Societies Chair – Julian Ward (He/him)

Sports-and-socs@cuths.com

I'm a fourth year Arabic and Spanish student and have just returned from my Year Abroad in Madrid! I am half Italian and am passionate about learning new languages and exploring cultures. I am also a keen runner, as well as a member of Cuths Boat Club and have competed with Durham Uni Volleyball.

My role as Sports & Socs chair is to coordinate and assist our sports and societies. 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 Cuths' 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 Cuths naked calendar for charity.



Favourite thing about Cuths

For me it has to be the vast array of sports and societies we offer, in addition to the fact that we readily welcome the formation of new societies. We pride ourselves in Cuths by having 40 different Sports and Societies, and this number is growing.

Something to recommend in Durham

Personally, I would recommend exploring the countryside surrounding the city. Literally just a 10-minute walk from the viaduct you can find yourself in the countryside, which is great to get a bit of peace and quiet away from the city.

Librarian – Zoe Hiscutt (She/her)

librarian@cuths.com

Hi, I'm Zoe, a third-year English Literature student. Through my time at Cuth's I've gotten more involved - in first year I was a volunteer librarian, went to ArtSoc on Sundays (a wholesome time), and for my whole time at Durham I've sat on the English Studies SSC. I was VP of Cuth's Climbing last year and President this year, and we climb on Wednesday afternoons. It's one of the most social societies but also very chilled, so ask if you want to get involved in anything!



Being librarian means I get the joy of running Cuth's Library! This is everything from cataloguing books and organising volunteers to managing shelves and keeping it tidy - generally everything to keep it open. I also do a book order at the start of every term, and co-run Book Club.

Favourite Thing about Cuth's

How inclusive it is - Cuth's is so friendly and as soon as I joined I felt at home. There are so many JCR positions to get involved through your time at Cuth's, whether that's from the very beginning or later on.

What would you recommend people try out in Durham?

Explore along the river! Feed the alpacas behind the Old Durham Gardens, play fetch with the border collies, and finish at the Shincliffe garden centre - there's nothing better for the soul than a good river walk.

Facilities Manager – Tom Bowers (he/him)

facilities@cuths.com

Hi, I'm Tom, your facilities manager this year. My job is to oversee a number of the JCR's facilities including the music room, the green machine (our events tech) and our two gyms. I'm a fourth year computer science student who is actively involved in a number of Cuth's societies as well as being president of our running club!



Favourite Thing About Cuth's

My favourite thing about Cuths along with its welcoming atmosphere and excellent bars has to be our silent discos which end most major events on the Bailey, conveniently it's now my job to set these up!

What would you recommend people try out in Durham?

I recommend actually getting out of the city and exploring some of the other amazing places in County Durham and making the most of living in a county full of nature.

Important Non-Exec Roles in the JCR

Female Welfare Officer – Thalia Agoglossakis-Foley (She/her)

Female-welfare@cuths.com

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!



Favourite thing about Cuth's

I found Cuth's so welcoming when I first arrived, and I hope to be a part of this experience for other students.

What would you recommend people try out in Durham?

I recommend trying out the Botanical Gardens if you need a chilled afternoon break (it's free for students!).

Male Welfare Officer – Lewis Mullin (he/him)

Male-welfare@cuths.com

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!



Favourite thing about Cuth's

My favourite thing about Cuth's has to be the frogs. Vile, but economical.

What would you recommend people try out in Durham?

Riverview. Enough said.

SRO

sro@cuths.com

The SRO is responsible for running and advertising elections in the JCR. These are conducted in JCR meetings.

Head Frep – Jack Reeves (He/him)

Headfrep@cuths.com

Hi I'm Jack - a fourth year Computer Scientist and this year's Head Frep. My main job is to organise all Freps (or 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 boat club, 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!



LGBT+ Rep – Catherine Hamm (She/her)

I'm Cat, a 3rd year Psychology student and I'm your LGBT rep. I'll be working with the rest of the Communities Committee to ensure the JCR is as inclusive, supportive 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.

Favourite thing about Cuth's:

My favourite thing about Cuths is the enthusiasm everyone has for the college. Whether we need a few extra numbers for a sport fixture, frepping or putting on the Panto, everyone is willing to chip in when needed.



What would you recommend people try out in Durham?

I'd recommend people explore some of the walks around Durham. There are some beautiful sights and it's a great way to get away from uni life for a bit.

Ethnic minorities Rep – Poppy Azmi (She/her)

Hi, I'm Poppy! 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. Outside college and the JCR, I've been really involved with the Labour Club, I've helped to run that society since my first year.

My job as ethnic minority rep 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!



Favourite thing in Cuth's

My favourite thing about Cuths is how inclusive and forward thinking it is, e.g. non gowned formals, race workshops

What would you recommend people try out in Durham?

I'd really recommend a visit down to the Durham Indoor Market- they have loads of stalls where you can buy anything you need, from a weekly grocery shop to a birthday present!

Students with Disabilities' Rep – Dite Bagdonaite (She/her)

Hi, I'm Dite! I'm a second-year law student involved with quite a few things around college, like rowing, Outreach, and volunteering in the library. Outside of uni stuff, my passions include cinema, classic books and answering questions about where my weird name is from.

Simply put, my job is to represent the interests of members of the Cuth's community with disabilities, as well raising awareness and encouraging consideration of disability within the broader JCR. I'll be holding drop-ins weekly online and (hopefully) in-person but please email me to arrange something outside of my hours – no question or problem is too small! My role is to distribute resources about, and signpost you towards college, university, and government support – I'll be happy to answer questions on and help with any part of studying as a student with disabilities from deadline extensions to applying for Disabled Students' Allowance to engaging with Welfare.

Favourite thing about Cuth's

The Bailey bar encapsulates what I love about Cuth's – you can have some questionable drinks (namely Frogs) and it's always lively and full of the brilliant people from our college. As an amateur pub quiz participant, they're worth a trip to Brooks Bar too, promise.

Something you recommend people try out in Durham

If you make it at a time when it's *actually open* I think you'll struggle to find a better coffee shop than Leonard's. Also, as overdone as it might be, a tour of the castle is totally worth it to stand in the Norman Chapel which is almost a thousand years old (disregarding my biases as someone employed to give tours, lol).

International Students' Rep – Elena Meier (she/her)

Hi, I'm Elena and I'm the international rep this year. The international rep sits on the communities committee and represents the interests and concerns of international students in the JCR. They also consult with the communities officer and head frep to arrange international Freshers' Week events.

Favourite thing about Cuth's

My favourite thing about Cuth's is that everyone is so welcoming no matter your background and interests. Cuth's truly is the epitome of *gratia gratiam parit*.



What would you recommend people try out in Durham

I recommend exploring the outskirts of Durham and its beautiful surrounding nature - walking to Finchale Priory is a must!

Working Class Students' Rep- To be elected

wcs-rep@cuths.com

The working class students' rep's job is to make sure that working-class students are represented within college and help to make Cuth's even more inclusive and welcoming.

Trustee – Ben Thomas (he/him)

Hi, I'm Ben. I'm just entering my third and final year of my History degree, and I've been heavily involved in Cuth's throughout my time here. This year, I'm the President of Cuth's Real Ale and Cider Appreciation Society (CRACAS), a small but very active society who meet regularly to taste new and exciting beers and ciders, visit local breweries, and even brew some of our beverages as well - so do get involved if you're interested! I'm also the Treasurer of Cuth's Climbing Club, a much bigger society who meet on Wednesday afternoons to go bouldering at our local climbing centre if that's more your cup of tea. I'm also involved in Cuth's Running Club who meet regularly for parkrun every Saturday morning, and other events too. If I'm not doing anything in Cuth's, you can probably find me arguing about history, brewing beer, or drinking in the bar.



I'm a Student Trustee which means that I sit on the Board of Trustees for Cuth's JCR, along with Keely and Neave (my fellow student trustees), Alfie, the JCR President, and six external trustees. The Board work together to run the JCR as a charity, making sure that the exec, our charity compliance, and the overall strategic direction of the JCR stays on track. I'm Vice-Chair of Trustees which means that I have some additional responsibilities, but I'm here to ensure that the Board is responsive to student voices, so I'm always available for a chat if you want to get in touch!

Favourite thing about Cuth's

The sheer range of opportunities available through the JCR. There are so many voluntary positions (with many aimed specifically at postgrads), societies, sports, and outreach opportunities, so there's always ways to get involved!

What would you recommend people try out in Cuth's

Take a walk to Finchale Priory, it's a really easy way to escape the Durham bubble!

Trustee – Keely Brown (she/her)

Hi, I'm Keely and I'm one of Cuths' Student Trustees for this year. Whilst involving a whole range of things, my role is essentially to make sure that our society is keeping to its charitable status, staying both legally and financially compliant. Making sure that student opinions are heard is also a key part, representing you and any concerns you might have.

Besides being a trustee, I'm a 2nd Year Languages Student here at Cuths. I'm really passionate about issues such as women's rights and access to higher education, as the Vice President of Durham's 93% Club, and was also the Environment Committee Chair last year.



Favourite thing about cuth's

Whilst as a member of the bar staff I want to say it's our college drink The Frog, it has to be how welcoming of a community it really is. Inclusive and diverse, you can make friends with students in any years, and everyone has each other's back.

What would you recommend people try out in Durham?

If I had to recommend something in Durham, it would be the market on Saturdays.. from incredible cookies, clothes sales, and a plant stall, it's a perfect morning out with friends.

Trustee – Neave Taylor (she/her)

Hi, I'm Neave! I am a second year law student, specialising in commercial/corporate law. I am a serial watcher of Mamma Mia (1&2) and my go to book recommendation is The Kite Runner by Khaled Hosseini. I am a student trustee. Essentially my job is to advocate on behalf of Cuth's students at trustee meetings to help create a fitting environment for all members.

What is your favourite thing about Cuth's?

My favourite thing about Cuth's is the sense of community that has been created. I especially love the encouragement and support the JCR offers.



What would you recommend people try out in Durham?

I would absolutely recommend you hire out a boat, and row along the river with some of your less coordinated friends and see how far you get.

College Staff

Principal – Professor Tammi Walker



Tammi is our Principal which means she oversees the college staff. She also works to represent Cuth's throughout the University and work towards developing our college community. Her office in college is in House 12. Tammi is also a Professor in the Psychology department. It will be Tammi's first year in Cuth's as principal this year, so we look forward to welcoming her to the Cuth's community.

tammi.walker@durham.ac.uk

Vice Principal- Jon Warren

Jon helps to ensure that at Cuth's we have a supportive community for people from all cultural backgrounds and ensuring that the environment we have at college allows academic development. He also ensures that our students, staff, SCR members, visitors and alumni all benefit from interacting from each other either through college or activities within Cuth's.

cuthberts.vp@durham.ac.uk



Assistant Principal – Charlotte Imlach



Charlotte is our Assistant Principal in Cuth's. If you're having a problem Charlotte is the person to go to, whether you're ill, worried about deadlines or need to talk about some personal issues Charlotte is there for you.

Cuthberts.studentsupport@durham.ac.uk.

Other Staff

Cuth's is also made up of a number of catering, cleaning, ports and admin staff who play an integral part of Cuth's, even though some of it is behind the scenes.

The SCR

The SCR is our Senior Common Room. The SCR is a voluntary organisation composed of members from the University and the wider community who are interested in supporting the college. Membership is usually by invitation, but any member of the SCR can recommend a suitable person, and all College Mentors are automatically offered free membership. Their members include academic staff at the university, local alumni and some members of the local community in Durham. The Senior Common Room, like the Junior Common Room, works with College staff in order to maintain the college community. Members of the Senior Common Room contribute to Cuth's in a variety of ways: many of them serve as College mentors, give talks about their research or other activities, or run Student Development and Employability events. Some of their recent events have included the annual JCR vs SCR cricket match and Mead tasting and the history of alcohol.

SCR President – Mark Miller



Mark is an Associate Professor in the Chemistry department and has been SCR President for a few years now. As SCR President, Mark runs SCR Committee which has a number of positions occupied by SCR Members as well as College Staff attending as ex-officio members. The SCR put on a number of events throughout the year to help enrich experiences in Cuth's, and almost all of these events are open to students. They also fund a grant for performing arts for students and award a prize for voluntary and charitable work.

Facilities in Cuth's

Bailey Bar and Brooks Bar

At Cuth's we like to pride ourselves in our unique qualities, and one of them is that we have two bars rather than one. The Bailey Bar is located in House 12 and Brooks Bar is located Brooks House on the Parsons Field site. Like all college bars the prices are great. Throughout the year social events will be hosted at both bars including Karaoke nights, acoustic nights, Cuth's does Eurovision and JCR meetings.

The Bailey Bar is one of the social centres of Cuth's and has a great atmosphere to hang out in and for socials. It definitely has the traditional pub feel about it, especially on a busy night.

Brooks Bar is a more of a casual place to hang out. It's a great place for some drinks with groups of friends, and for those of you who are living in Brooks, very convenient as it's only a walk down stairs for you. Brooks is also a good place to work during the day.

JCR Rooms (Brooks and House 12)

Like the number of bars we also have two JCR rooms at Cuth's, one at each site. The one on the Bailey is located in House 12 (it's the room you go through to get to the dining hall). It has a couple of sofas and chairs, as well as a piano. The one at Parsons is also located in Brooks, and is located next to reception and the bar. It includes a TV and a pool table. These spaces are a more chill spaces you can hang out in.

The Library

Cuth's Library is located in House 8 on the Bailey; it is easily identifiable with its lion head door knocker. The library is a great place to work, if the Bill Bryson Library isn't your cup of tea. Speaking of, the library has tea, coffee and biscuits readily available for those of who work there. You can also order any book you want to Cuth's library, so if there is something you would like to read, either something for academic purposes or a novel, keep an eye for book orders at the beginning of the term. You can also volunteer to work at the library so keep an eye out for more information if you're interested. After a few terms of working there you can also apply for a role so you can get paid.

Gyms

We do seem to have two of everything in Cuth's. The cardio gym is located in Refounders on Parson's Field. The weights gym is located on the ground floor of House 8 on the Bailey, as you enter, it is on the left hand-side opposite the study room. To use the gyms, you need to have a gym induction which will be arranged at the beginning of term. Also throughout the year to use the gyms, you must be in the gym with a minimum of one other person for safety reasons.

Tennis Court

Cuth's has its own tennis court which are located behind House 12. You can book it through contacting Reception.

Henry Tudor Conference Room and Study Room

On the Bailey there are two rooms which you can use for studying. The study room as I've already mentioned is located opposite the Bailey Gym in House 8. The Conference Room is also located in House 8, if you go through the library you can find it on your right.

House 8 can be a bit of a maze when you first go through so if you're not sure where to find it, the librarian on duty will be able to direct you. The conference room can be booked out on Cuth's website. It can be used by anybody either for group study, committee meetings or societies.

Kyle-Langley Music Room

Cuth's music room is located in Fonteyn Court at Parson's Field. It is sound proof and has a number of musical instruments and equipment in the room. The room can be booked out for practice.

Computer Rooms

Both Parson's and Bailey also have computer rooms. The Parson's one is located in Refounders House and the Bailey one is located in House 8 next to the library. If your course requires specialist software that the university provides you with, they will be available on these computers. Or you can just use them for regular work.

Dining Hall

Our Dining Hall is located in House 12 on the Bailey. For those of you who've opted in for the Meal plan you'll spend a fair amount of time there. It is also worth mentioning that even if you're not signed up for the Meal Plan you can go into college (even if you're living out) and pay on the door if you fancy eating in college. You can pay at the counter in the Dining Hall.

Sports and Societies

Sport/Society	Email	Social Media
Art	cuthberts.art@durham.ac.uk	Facebook: www.facebook.com/cuthsart Instagram @cuths_art
Badminton		Facebook: www.facebook.com/groups/137004793070301/
Basketball		Facebook: www.facebook.com/groups/1664530560484266/
Big Band		Facebook: www.facebook.com/CuthsBigBand/ Instagram: @cuthsbigband
Boat Club	Cuthberts.boatclub@durham.ac.uk	Facebook: www.facebook.com/cuthsbc/ , Instagram: @scsbc Twitter : @cuthsbc
Bod Con		
Cheerleading		
Choir		Facebook: www.facebook.com/stcuthschoir/
Climbing	climbing@cuths.com	Facebook: https://www.facebook.com/groups/1185029491703848/
CRACAS (Real Ale & Cider)	cracas@cuths.com	Facebook: https://www.facebook.com/groups/233242816808597/
Cricket		
Darts		https://www.facebook.com/groups/375740305836126
Drama	cuths.drama@durham.ac.uk	Facebook: https://www.facebook.com/12SouthTheatreCompany
Fashion Show		Instagram: @cuthsfashion
Feminist society		Facebook: www.facebook.com/cuthsfemsoc/
Football (Men's)		

Football (Women's)		Instagram - @scswfc
Futsal (Men's)		
Gardening		Facebook: www.facebook.com/groups/1345693425493460/
Hockey		
Karaoke		Facebook: www.facebook.com/Cuths-Karaoke-Club-628718880817455/
Law Society		
LGBT+	LGBT-rep@cuths.com	Facebook: https://www.facebook.com/stcuthbertslgbt/
Mixed Lacrosse		
Netball		Instagram - @cuthsnetball
Orchestra		
Pool	cuths.pool@durham.ac.uk	
Ripped Off	cuthsrippedoff@cuths.com	
Rounders	Jack.simmonds@durham.ac.uk	Facebook: www.facebook.com/groups/634409983730986/
Rugby (men's)		Facebook: https://www.facebook.com/scsrfc/
Rugby (women's)		Instagram @scswrfc
Running		Facebook: www.facebook.com/groups/1188526171263009/
Squash		Facebook: www.facebook.com/groups/340866792928838/
Swimming	swimsoc@cuths.com	Facebook: www.facebook.com/groups/459448197521390/
Ultimate Frisbee		Facebook: www.facebook.com/groups/200775976599904/

JCR Committees

As already mentioned, there is a wide range of committees within Cuth's you can get involved with.

Governance Committee – Governance Committee upholds the constitution and the standing orders of the Society, in addition to running all student elections. The committee is chaired by the JCR Chair who is in charge of JCR meetings and running motions, and is assisted by the Stool. The SRO also sits on the committee and is in charge of running elections and is assisted by the three JRO's. The President and Vice President also sit on the committee.

Finance Committee – Finance committee manages the JCR's finances and getting involved is a great way to see how the whole JCR operates. The FCO chairs the meetings and is also attended by four other Finance committee members along with the President and Vice President.

Welfare Committee – Welfare Committee aims to cater to the welfare needs of all Cuth's students, and provides the link between College and JCR welfare structures. The committee is chaired by the Senior Welfare Officer, and is also attended by Female and Male Welfare Officers, Welfare Campaign Officers, President and, Vice President.

Welfare Campaigns Committee - Welfare Campaigns Committee organises the Welfare Campaigns which happen throughout the year. It is made up of the members of Welfare Committee and Welfare Campaign Team Members.

Communities Committee - Communities committee is centred around minority representation within the JCR. The committee is composed of the LGBT+ Rep, Students with Disabilities' Rep, Ethnic Minorities' Rep, Working-Class Students' Rep, International Students' Rep, Transgender and Non-Binary Rep, Local Students' Rep, Assistant Reps, President and Vice President.

Social Committee – Social Committee runs all JCR social events that take place each year, including Freshers Week, Cuth's Day, Summer Ball, Michaelmas Ball and the Feast of St Cuthbert. The committee is chaired by Social Chair and is composed of nine other members of social comm who are chosen via application, along with Vice President and President. Each big event also has its own manager.

Students' Union Committee – Student Union Committee represents the views of the JCR in consultations with the university. The committee is chaired by the

Communications Officer and is comprised of three SU Committee Reps, Minority Reps, a Postgraduate Rep, International Rep, President and the Vice President.

Outreach Committee – Outreach Committee organises charitable ventures of Cuth's JCR. The committee is chaired by Outreach Chair, every member of the committee has their own role such as Project Manager or Event Manager. They work with the DUCK Representatives and SCA representative to provide opportunities to our students and support local, national and international charities.

International Committee – International Committee represents the views and requirements of all overseas students in Cuth's in addition to running various International events each term. The committee is chaired by International Rep; the rest of the committee is selected in Michaelmas term through interviews.

Postgrad Committee – Postgraduate Committee represents all postgraduate members of the JCR as well as running postgraduate events including postgraduate welcome week. The committee is chaired by the Postgrad and Mature Student's Committee Chair.

Environment Committee - Environment Committee aims to raise awareness of environmental issues and reduce the carbon footprint of the JCR. It is chaired by the Environment Rep.

Postgrad Events

PG Welcome Week and Fresher's Week

Information about freshers week events will be emailed out to you before your arrival. You can also find all the information for freshers week (and the rest of the year) on our Facebook group: <https://www.facebook.com/groups/694627940612389>. If you can't access this group, please get in touch and we can arrange alternative methods of communication.

Wristband Information

To attend JCR Fresher Events (not the Postgraduate Events in the first week), you will need to buy a wristband. There are two tiers, the first allows entry into all JCR Events and Club entry, the other wristband is cheaper but only allows entry into JCR Events.

Events throughout the Year

Social Events

Postgrad Committee organises a number of casual social events throughout the year. These include meals out, nights in brooks bar, bar crawls, quizzes and going out for coffee.

Academic Events

Our Academic Rep will organise a couple of Research Forums each term. At these events a couple of people will speak about their research interests. This usually involves members of the SCR, postgrads and final year undergrads.

We also have Research Slams which are an informal research forum which allows people who haven't finished their research to get casual feedback on their work.

Inter-MCR Formals

MCR Formals occur across Durham colleges and are open to anyone from another MCR, or equivalent, so for Cuth's this any Postgrad, Mature Student or a Fourth Year Student. Most of formals will have a theme; we've had a murder mystery formal for the last couple of years which has proven to be very popular.

JCR Events

Formals

Formals are held in Cuth's, usually once in a fortnight. There are often themes for formals such as a Dining in the Dark formal or Burn's Night.

The dress code for the formal will either be Lounge Suit or Black Tie. Lounge suit means regular suit and tie and dresses or other smart clothing such as jumpsuits. Anything more formal than jeans and a t-shirt would be acceptable for a formal. It is less fancy than Black tie so you'd be a little overdressed in a full lengthened dress. Black tie is dinner jackets, bow ties and dress shirts. It also means posher dresses; however, they do not need to be full length. Compared to the balls, formals are less fancy regarding the clothing. We're also not a gowned college for formals.

Michaelmas Ball

This is our big event of the first term. It is held at a venue usually somewhere around or just outside Durham and will be a black-tie event. There will be dinner tickets for the three-course meal, and the entertainment after. Or you can buy ents tickets for just the entertainment. The entertainment usually involves fairground rides, live music and my personal favourite candy floss.

The Feast of St Cuthbert

The Feast is a long tradition in Cuth's and is held within college in honour of St. Cuthbert in Epiphany Term. Again, there are dinner and ents tickets available. In the past we have themes of Charlie and the Chocolate Factory and a 1920s Feast.

Summer Ball

Summer Ball is a new thing to Cuth's but over the last couple of years has grown into Cuth's biggest social event. It is held in third term after the exam period.

Cuth's Day

Cuth's Day is another event that happens after exams. Often students will call Cuth's day the best day of the year. The event involves live music all day in the gardens of Cuth's. There is then a range of food vans around college and a number of entertainments on our Bailey site. Last year we had a number of inflatables in the gardens and mini golf in the dining hall.

Other Events

We also have other social events in Cuth's which happen throughout the year. One of the favourites is Cuth's Does Eurovision where everyone goes to the bar on Eurovision night. Karaoke nights also always attract a good crowd.

Postgrad Life at Durham

Enrolment and Registration

Enrolment and registration will open around eight weeks before the start of your programme. You need to accept your offer from Durham and have accepted your place before being invited to enrol and register.

You will get two separate emails with your username and password for DUO (Durham University Online).

You can then log on into DUO. You can then access Banner Self Service. On this you can select Registration and Enrolment.

On the enrolment page you will be asked to upload a photo, this will be used on your Campus Card. Your Campus Card will be then ready to collect at Cuth's during Fresher's Week (as long as you enrol a couple of weeks before Fresher's Week).

Module Registration

Your departments will contact you about module selection which you can choose on DUO. When you go on to Banner Self Service, you will be able to choose your modules there. However, don't rush into picking your modules as your department may contact you about how you should go about selecting your modules.

Academic Departments

You will all be a member of an academic department or school that will oversee your education.

If you want to get involved in the department each department will have a Student Staff Consultative Committee which consists of members of academic staff and elected student reps. The committees involve discussions amongst its members about issues and ideas arising within the department.

Research Institutes

Durham has nine research institutes which host events and may interest your own research interests.

Biophysical Sciences Institute

Durham Energy Institute

Institute for Computational Cosmology

Institute for Particle Physics Phenomenology

Institute for Data Science

Institute of Advance Study

Institute of Hazard, Risk and Resilience

Institute of Medieval and Early Modern Studies

Wolfson Research Institute for Health and Wellbeing

Institute for Medical Humanities

You can find out more information about each of the institutes here:

<https://www.dur.ac.uk/research/institutes/>

Libraries around the University

Bill Bryson Library – The Main University Library which is located on the Mountjoy site (otherwise known as the science site), which is located at the bottom of the hill.

Leazes Road Library – Has sources for students of the School of Education

Business School Library – has specialist resources for Business Students

Palace Green Library – hold specials and local collections.

Borrowing Books

Taught postgraduates can borrow up to 30 items – standard loan is 3 months

Research postgraduates can borrow 40 items with standard loans of 6 months

Work Spaces for PG

There are workspaces all over the Durham University for all students to work at including the main libraries, the DSU, some departments and in the colleges. However, there are some spaces that as PG students you will have access to that undergraduates won't have access to. It is worth contacting your department about this as this varies across subjects.

I have listed some of the available rooms for study, however this list is not extensive.

- Arts and Humanities Postgraduate Students have access to two large study spaces
 - o 50 North Bailey
 - o Elvet Riverside
- The Bill Bryson Library has a dedicated study room for postgraduate research students on Level 4
- Leazes Road Library has a designated study room available to all postgraduates on the first floor

Durham Students' Union

Durham Students' Union supports students across Campus at Durham. The Union has five sabbatical officers who were elected in the previous year. Three of this year's officers are Cuth's graduates! The officer positions are President, Opportunities Officer, Welfare and Liberation Officer, UG Academic Officer and PG Academic Officer. The Student's Union helps oversee Durham sport and societies, puts on a number of events; campaigns and elected reps represent us at NUS.

The DSU can be found in Dunhelm house which is located on New Elvet next to Elvet Riverside 2 and you can see it when walking over Kingsgate Bridge.

DSU Contact Info

Contact reception on 01913 341777 or by emailing info@durhamsu.com

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

Twitter: <https://twitter.com/durhamSU>

Instagram: <https://www.instagram.com/durham.su/>

Cuth's SU Rep – Lara Halici – pr@cuths.com

Officer emails:

Seun Twins – President – su.president@durham.ac.uk

Jack Ballingham – Opportunities – su.opportunities@durham.ac.uk

Jonah Graham – Welfare and Liberation – su.welflib@durham.ac.uk

Declan Merrington – PG Academic – su.pgacademic@durham.ac.uk

Charlie Procter – UG Academic - su.ugacademic@durham.ac.uk

Advice from people who've been a Postgrad in Durham

Seb Aycock (MA in Archaeology)

What advice would you give to people about to undertake a Postgraduate degree at Durham?

- *Make sure you make time for social stuff even if the work seems all-consuming!*

Is there anything you wish you knew before starting your Postgrad degree that you would like new Postgrads to know?

- *Take advantage of the new postgrad family system.*

What would you recommend someone who is new to Durham tries out?

- *It doesn't matter what, but just to try stuff early as social groups can become solidified quickly.*

Jonathon Abdal (MA in Philosophy)

What advice would you give to people about to undertake a Postgraduate degree at Durham?

- *Organise everything you can about your life and make sure to schedule days off.*

Is there anything you wish you knew before starting your Postgrad degree that you would like new Postgrads to know?

- *Busses in the west villages don't run as frequently as the eastern ones. Be prepared to taxi if you want to have a night out and live in a western Durham village.*

What would you recommend someone who is new to Durham tries out?

- *Check out the People's Bookshop*
- *Enjoy the exhibits at Palace Green*
- *Take in the beauty of walking along the river*

Helen Clifford (PhD in English)

What advice would you give to people about to undertake a Postgraduate degree at Durham?

- *Get involved in groups like the PGs in your college, and try to make friends outside of your department - it's good for perspective.*

Is there anything you wish you knew before starting your Postgrad degree that you would like new Postgrads to know?

- *It's very normal to feel that you don't know what you're doing in your first term and throughout your first year! There is no set way to do a PhD (at least in the Arts and Humanities) so do discuss with your peers but try not to be intimidated if they're doing things in a very different way to you.*

What would you recommend someone who is new to Durham tries out?

- *Explore the colleges and college bars - the collegiate system is part of what makes Durham unique so do visit some of them.*

Mature Students

In Cuth's

All the colleges at Durham welcome Mature Students and hope they integrate within their communities; however, you may find as a Mature Student you are in the minority. We have a Mature Student's Rep Position on our Postgraduate Committee to represent your views and coordinate events that will appeal to you. The position will be open at the beginning of term so if you're interested in running for it keep an eye on the JCR elections coming up.

University Wide

Across the university, there is a Mature Student's Association which represent Mature Students.

Durham University's Mature Student's Association

'Our ethos is open-minded and inclusive. Whether you are a mature student living in, a young liver-out, or a busy, local parent; whether you're joining Foundation or finishing your PhD, you are very welcome. We understand that older students often struggle to integrate their existing commitments with their university life; consequently, we aim to open many of our events to families and partners of our members. We hold regular socials and events for our members, signpost to useful organisations and services, and represent mature student's interests within the university.' - MATSA

You can find out more about the association on the DSU website and their Facebook page.

DSU Website: <https://www.durhamsu.com/groups/mature-students-f11e>

Facebook Group: www.facebook.com/groups/DUMSA/

Facebook Page: www.facebook.com/MATSADC/

Email: du.matsa@durham.ac.uk.

Other Colleges

Collingwood College



Collingwood was founded in 1972, and is located on the Hill, just past the Science/Mountjoy Site. It is one of the largest colleges in Durham and is generally known for being sporty amongst Durham Students. The college is named after Sir Edward Collingwood who was a mathematician and a former chair of the Council of Durham University.

Grey College



Grey College was established in 1959 and was named after Charles Grey, who was Prime Minister at the time of the University was founded. A few months after the college opened, a large part of the college set on fire, but Grey recovered and has since adopted the phoenix as their mascot.

Hatfield College



Hatfield College is the second oldest college in Durham as it was founded in 1846 and is located on the Bailey. The college is named after Thomas Hatfield, who was the Prince-Bishop of Durham in 1345-1381.

John Snow College



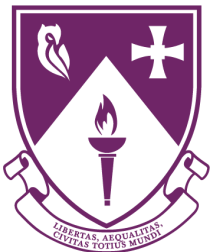
John Snow was established in 2001 and was originally one of the Stockton colleges before they moved over to Durham last year. The college is named after Dr John Snow, who was a Yorkshire physician (and not a member of the Night's watch).

Josephine Butler College



Josephine Butler was founded in 2006 and is named after a feminist campaigner from the Victorian Era. There is much debate amongst Durham students whether their college should affectionately be called JoBo or Butler, students of Josephine Butler favour the latter whereas other students tend to use JoBo. The college is located at the top of the hill and is near the new sites for John Snow and Stephenson.

South College



South College opened last year making it Durham's 17th college. It is the newest college to open since Josephine Butler College in 2006. South prides itself on combining collegiate traditions with twenty-first century inclusivity.

St. Aidan's College



St Aidan's College was founded in 1947 as St. Aiden's Society however changed to a college in 1961. The college is named after St. Aidan of Lindisfarne and is located on the hill. To get to their college you have to go up the Aidan's Steps, all 85 of them.

St. Chad's College



St. Chad's college was founded in 1904 and named after St. Chad of Mercia who was a bishop in the 7th Century. Chad's is an independent college (both the JCR and staff) meaning it is not

governed or maintained by the university. The college is one of the smaller colleges in Durham and is located on the Bailey.

College of St Hild and St Bede



Hild Bede was founded in 1975 as the colleges of St Bede and St Hild came together. The college of the Venerable Bede was originally for men and St. Hild's College for women. It is located on the banks of the River Wear, if you walk up to Gilesgate you'll pass it. It is also where the education department is located.

St. John's College



St. John's is also an independent college and like Chad's is one of the smaller colleges in Durham. John's was founded in 1909 and named after St. John. The college is located next to Cuth's on the Bailey. Within John's there is also a Cranmer, which is a Church of England theological college. Cranmer is named after Thomas Cranmer, the Archbishop of Canterbury during the reign of Henry VII.



St. Mary's College

St Mary's was founded in 1899 and was originally an all-women's college. The college is located on the hill, although it previously was located on Claypath and then moved behind Durham Cathedral which is now a Chorister School before it found its home on Elvet Hill.

Stephenson College



Stephenson was also one of the former Stockton colleges before they moved over last year. Its new site is located next to John Snow and Josephine Butler. The college was founded in 2001 and named after George Stephenson who was a 19th century railway engineer.

Trevelyan College



Trevelyan (known as Trevs) was founded in 1966 is also located on the hill. Its buildings are well known for their hexagonal architecture. The college is named after George Macaulay Trevelyan who was the Chancellor of Durham University from 1950-57.

University College



University College, more commonly referred to as Castle by their students, which is located on the Bailey next to Palace Green and the Castle. The college was established in 1832 making it the oldest college in Durham.

Ustinov College



Ustinov was originally a society when it was established in 1965 but became a college in 2003. The college is Postgraduate only and is the only college like this in Durham. The college used to be located near Josephine Butler but has recently moved to Sheraton Park in Neville's Cross. It is named after Peter Ustinov who was chancellor of the University when it became a college.

Van Mildert College



Van Mildert was founded in 1965 and is well known for the Mildert Ducks who live near the college. The college is located on the Hill and is named after William Van Mildert who was Prince-Bishop of Durham from 1826-1836 and helped to found the University in 1832.

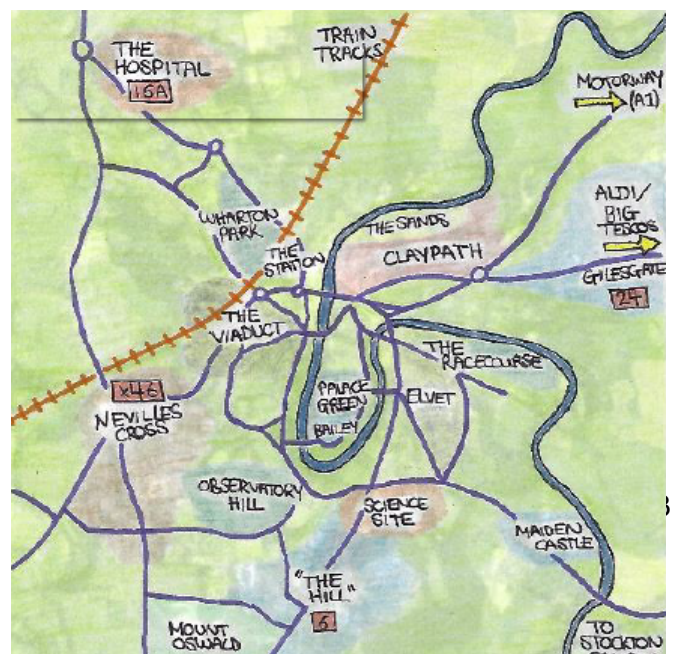
Map of the Colleges



Some Useful Things about Durham City

Areas of Durham

Claypath is basically the street leading up to Gilesgate from the Marketplace, and doesn't really deserve its own map. It's literally a stone's throw from the City Centre and home to the Gala Theatre. This is particularly handy therefore for cinema goers. I'd recommend you check out the library opposite the Gala for the immensely cheap rental of the vast CD collection.



Local Pubs include O'Neill's and, slightly swankier, The Jug. Late night food fixes can be obtained from Rajpooth or Pizza King. The John Duck is an excellent real ale and cider pub and a favoured haunt of the real ale and cider appreciation society (CRACAS).

Gilesgate is one of the more residential areas of Durham, located at the top of Claypath. Cheaper rates of rent mean taxis and buses are easily justified in a student's budget. It does boast many facilities, however, Sainsbury's for shopping and The Woodsman Inn, which serves a vast range of pretty cheap beer.

Neville's Cross A little further out, so a bike may be in order, but near Langley Moor which has a post office, Lidl, Tesco, a 24 hour garage shop, a decent butchers, a number of takeaways and some other smaller shops.

The Viaduct Accessible via North Road or Crossgate. The Viaduct is dominated by student housing. North Road provides close proximity to shops including Tesco Express, Sainsbury's, Iceland as well as Poundland alongside Studio and Loft. It is also very close to both the train station and bus station so perfect for accessing public transport. There's a park just up by the train station that's great for a kick around, and has an awesome view from the observation point.

For those living on Hawthorne Terrace, or its offshoots, if you walk up the Coronation street style back alley between Lawson's Terrace and Laburnum Avenue and carry straight on until you can touch the railway fence, there's a small community area that's perfect for BBQs and late- night/sunrise views of the Cathedral.

Food Shops

Food Shopping in Town

Tescos in Market Square.

Robinsons – Located on 5 North Road. Student get 10% off.

North Road Foods – the other side of the road to Robinsons – a good option for inexpensive and fresh fruit and veg.

Tescos Express – 17 North Road – ideal if you're living in the Viaduct area and want to do a quick shop. Open until 11pm even on a Sunday.

Golden Pearl – 19 North Road – Asian Supermarket – you can also eat there!

Sainsbury's – 3 North Road. Also open until 11pm even on Sunday.

Iceland- 4-5 North Road.

Green grocers in the market – cheaper than Tesco and not far away.

Butchers in the market – much better quality than Tesco and very reasonably priced.

Durham Food Store – 83 Claypath. Newsagents which sells food, ideal if you live in Claypath and want a quick shop.

Dunhelm Food Stores – 29 New Elvet – Newsagents, good location if you live the Elvet area or want to grab something between lectures.

Supermarkets further Out

Sainburys, on Sunderland Street at the top of Gilesgate is very handy for those who live in Gilesgate, or downhill on Claypath, and there is also a giant Tesco at the far end of Gilesgate.

Other Options

If you have a car, then big Tesco is very useful. If you head out towards Neville's Cross (A690 and onto the B6352). Then onto front Street and then right onto Abbey Road there is the Arnison Centre with Sainburys. The Arnison Centre can also be reached by the number 64 bus in around 15 mins from the bus station. Also, up in Dragonville there is Durham City Retail park which has massive B & M and B & Q.

Livers Out Handbook

Our PR Officer, Rowan, has put together a comprehensive Livers Out Handbook, so if you're living out it may be worth consulting that.

Welfare

Cuth's Welfare

Cuth's Welfare provide support for all students in Cuth's whether a first year undergraduate, mature student or a Postgrad. We have three Welfare Officers in Cuth's who will hold drop in hours each week. Our minority reps will also be holding some drop ins this year. The wider welfare team will be running campaigns throughout the year. Welfare also provides free contraceptives and pregnancy tests upon request.

Jade Gavigan – senior-welfare@cuths.com

Thalia Agoglossakis – female-welfare@cuths.com

Lewis Mullin – male-welfare@cuths.com

www.facebook.com/cuthsjcrwelfare/

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

Student Support

As already mentioned, Charlotte Imlach, is Student Support in Cuth's. If you have any issues that want to discuss with someone whether academic, wellbeing or personal please feel free to contact Charlotte. Her office is located upstairs in House 12.

Cuthberts.studentsupport@durham.ac.uk.

University Counselling Service

Durham University also offers a counselling service. The counselling service is there for you if you are finding it hard to manage at university and it is affecting your work.

0191 334 2200

Counsel.service@durham.ac.uk

Nightline

Nightline is a confidential, non-advisory anonymous phone service which is available every night 9pm to 7am during term time.

Nightline Website: <https://durhamnightline.com/contact/>

Nightline Phone Number : 0191 334 6444

Nightline Skype username: durham.nightline.

Health and Welfare Contact Info

Belmont and Sherburn Medical Centre: 0191 3009 661.

Claypath Medical Centre: 0191 374 6888.

NHS non-emergency: 111.

Samaritans: 116 123.

University Health Centre: 0191 386 5081

University Counselling Service: 0191 334 2200 or counsel.service@dur.ac.uk.

Discretionary Student Funding

University Hardship Funds

The University provides limited support to students who had a sound financial plan in place before they start their studies; which was then compromised by circumstances beyond their control. If you find yourself unexpectedly in need of financial support, you can apply to the University Hardship Fund.

Cuth's Funding

Cuth's also has funding available for people who require help. The participation fund is there for you if you want to take part in any kind of sport or society but you're struggling financially with it. More information about how to apply to this will be released later in the year so keep an eye out if this for you, or contact president@cuths.com for more information.

History, Trivia and Some Fun Stuff about Cuth's

History

St Cuthbert Society was founded in 1888 as a non-residential community for mature and local students who did not want to live in the two existing colleges which were Hatfield and University College (Castle). Cuth's therefore was established as society which distinguished it from the other two societies. Rather than a Principal, we had a Censor, who was a member of University staff, to oversee Cuth's.

Initially, Cuth's did not have any space of its own, and its students reportedly spent a great deal of time monopolising the chairs by the Union Society fire, much to the annoyance of others. The situation came to a head in 1892, when the St Cuthbert's Men were having difficulty finding a place to hold their meetings. After a collective letter to the Journal outlining their grievances, they were granted access to St Cuthbert's Room in University House, now Cosin's Hall, on Palace Green. It became home to St Cuthbert's for over fifty years.

After the Second World War, in 1946, the St Cuthbert's Society was 're-founded' and the University appointed the first Principal, a member of academic staff, to manage the community. In 1947 St Cuthbert's was allocated a room on Owengate, beside the Castle, along with 30 Church Street, so that it could offer its members more space to meet. But with over 200 students belonging to Cuth's, it was still impossible to entertain everyone in the new premises.

It was not until 1951 that St Cuthbert's Society settled at 12 South Bailey, which still serves as its administrative headquarters. Originally, 12 South Bailey contained the Principal's Office, a Junior Common Room, the first ever Senior Common Room, and accommodation for six students. The rest continued to live in houses in the local community. This was the first time that members of St Cuthbert's had ever had accommodation on University premises, and it was in high demand. More accommodation was acquired on the Bailey over the next thirty years, and most recently at Parson's Field on Old Elvet. The college now comprises approximately 1,300 students.

Today, St Cuthbert's Society still retains the independence of spirit that was the hallmark of its founders, but is able to offer its students all the advantages associated with being a college of Durham University. In 2008, the University agreed to allow Cuth's to retain the title 'Society' as a reflection of its heritage.

Our coat of arms features the shield of St. Cuthbert in the centre. Above it is an eider duck, while St. Cuthbert was living on the Farne Islands he instituted special laws to protect the birds nesting there. The ducks have since been known as cuddy ducks.

Trivia and Fun Stuff

Notable Alumni

- Andrew Buchan – actor – Broadchurch/The ABC Murders/All the Money in the World
- Rod Clements – musician – Lindisfarne ‘Meet me on the Corner’
- Kate Silverton – journalist – BBC news
- Charlotte Riley – actor – Wuthering Heights/In the Heart of the Sea/Edge of Tomorrow
- Justin Hill – novelist – Shieldwall /The Drink and Dream Teahouse/Passing Under Heaven
- John Pugh – politician – Liberal Democrat MP for Southport
- Michael Knighton – businessman – Involved in Manchester United and Carlisle United
- Leo Blair – barrister and father of Tony Blair
- Nina Hossain – journalist – ITV News
- Anthony Payne – composer
- Matt Barber – actor – Downton Abbey/Dracula/Bert & Dickie

Noting

At our formal events, including formals and balls, we send notes to each other. However, it is important to note (no pun intended) we have some rules for noting that should be used.

- Notes should always be addressed using people’s last names and if you have graduated include appellations and postnominals– eg. Miss S. McAllister BA
- Then include the number of digs – this refers to the amount you would like the recipient of the note to drink (obviously this is all for fun so you don’t have to do it). Digs are measured by placing your forefinger at the top of your beverage and count down the amount of digits.
 - o When putting the number of digs you may only use 1 and 2 – you can put 2+2+1 but never 5.
- After you’ve put the digs – you should put a reason why, this is normally some kind of in joke between the people sending notes
- Then sign it in the same way you addressed it

This may seem a little complicated but once you’ve been to an event with noting you’ll get the hang of it.

Top tip – always take some paper and pen to formals. Only so many notes can be made by ripping up menus, and using napkins is just tacky.

College Songs

‘Angels’ by Robbie Williams is our college song. If you don’t already, you’ll probably know the lyrics by the end of Freshers’ Week. Most colleges have their own college song, some colleges also have angels as theirs so if you’re in their company make sure you sing ‘I’m loving Cuthbert’s instead’ louder than them.

We also have a song called ‘Thank God Van Mildert Didn’t Want Me’ that is still sung at some occasions- including our JCR Meetings.

There are some other college traditions but I'll let you find them out for yourself throughout the year.

Contact Information

JCR on Social Media

Freshers Groups

If you are a Postgrad Fresher you may want to join the Fresher's group on Facebook which will advertise all events going on the JCR.

Postgrads

To keep up to date with Postgrad life in Cuth's we have a Facebook group and an Instagram.

Facebook – 'St Cuthbert Society Postgrads' –
www.facebook.com/groups/694627940612389/

Instagram - @cuthspg

St Cuthbert's Society JCR

Like this page and follow the Instagram account to keep up to date with what's happening with college.

www.facebook.com/cuthsjcr/

@cuthsjcr or www.instagram.com/cuthsjcr/

Cuth's JCR Twitter – @CuthsJCR/ www.twitter.com/CuthsJCR

St Cuthbert's Society (College)

St Cuthbert's Society – Durham University –
www.facebook.com/st.cuthberts.society/

St Cuthbert's Society Twitter – @CuthsSociety/www.twitter.com/CuthsSociety

Cuth's JCR Elections Page

www.facebook.com/CuthsElections/

Keep up to date with JCR meetings where you can find out what positions are available to run for, when the meetings are and keep up to date with who is running.

Team Cuths

www.facebook.com/TeamCuths

Follow this page to keep up to date with everything happening with our sports and societies.

Cuth's Outreach Committee

www.facebook.com/cuthsoutreachcommittee

Like this page to keep up to date with the work of the outreach committee as well as opportunities you can get involved with yourself.

Cuth's Bar

www.facebook.com/browniebomber/

Like this page to keep up to date with the bar

Cuth's Library

www.facebook.com/Cuths-Library-132787526779184

Keep up to date with the library

Cuth's LGBT+

www.facebook.com/Cuths-LGBT-180892015947907/

Like this page to keep up to date with the LGBT

Cuth's Bleeds Green

Follow these accounts for environment society:

www.facebook.com/cuthsbleedsgreen

[@cuths_bleeds_green](https://www.instagram.com/cuths_bleeds_green/) or www.instagram.com/cuths_bleeds_green/

JCR Email Addresses

Alfie Whillis – President – president@cuths.com

Kirstin McCann – Vice President – vice-president@cuths.com

Isaac Costello – Finance and Compliance Officer – fco@cuths.com

Jade Gavigan – Senior Welfare Officer – senior-welfare@cuths.com

Jack Simmonds – Postgraduate and Mature Student’s Committee Chair – pg-rep@cuths.com

Lara Halici – PR Officer – pr@cuths.com

Emma Whiley – Social Chair – events@cuths.com

China Luckman – Outreach Chair – outreach@cuths.com

Zoe Hiscutt – Librarian – librarian@cuths.com

Julian Ward – Sports and Societies Chair – sports-and-socs@cuths.com

Euan Martin – JCR Chair – chair@cuths.com

Tom Bowers – Facilities – facilities@cuths.com

Senior Returning Officer – sro@cuths.com

Jack Reeves – Head Frep – headfrep@cuths.com

Thalia Agoglosakis – Female Welfare Officer – female-welfare@cuths.com

Lewis Mullin – male-welfare@cuths.com

Poppy Azmi – POC Rep - poc-rep@cuths.com

Catherine Hamm – LGBT+ Rep – lgbt-rep@cuths.com

Dite Bagdonaite – Students’ with Disabilities Rep – swd-rep@cuths.com

Working Class Rep - wcs-rep@cuths.com (To be elected)

General Advice

The University Accommodation Office: +44 (0)191 334 6910 /
accommodation.office@durham.ac.uk

DSU Advice Centre: 0191 334 1777 / dsu.advice@durham.ac.uk.

Academic Registrar: 0191 334 6136 / academic.registrar@durham.ac.uk

DSU – info@durham.ac.uk

Specialist Advice

Council Waste Management Department: www.durham.gov.uk/recycling

Gas Emergency Number (National Grid): 0800 111 999

Police (non-emergency): 0845 6060365

Water: 0800 393 084 for burst water mains or 0800 328 7648 for sewer issues.

Durham County Council: 03000 26 0000.

DSU's Living Out Advice Page:
www.durhamsu.com/articles/living-out-in-our-community

University Contacts

University Security: +44 (0)191 334 2222 and security@durham.ac.uk

Careers Advisory Service: 0191 3341437

IT Service Desk: 0191 334 1515

Bill Bryson Library: 0191 334 3042

Student's Union General Office: 0191 334 1777

St. Cuthbert's Society Reception: 0191 334 3400

University Emergency: 0191 334 3333

International Office

Webpages: <http://www.dur.ac.uk/international/>

Email: international.office@durham.ac.uk Telephone: 0191 334 6328

Location: Palatine Centre, Stockton Road, Durham

Opening Times: Monday to Friday 9.00 am – 5.00 pm

