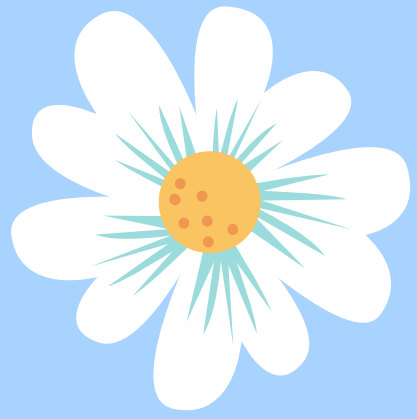
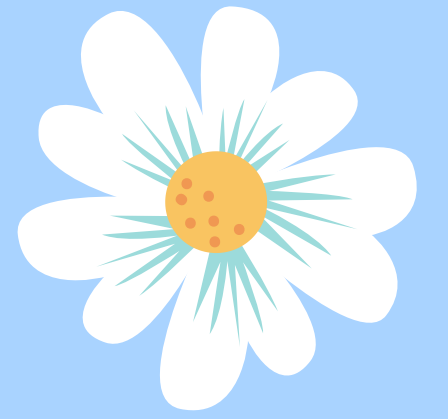




**NEWNHAM
COLLEGE
LIBERATION
HANDBOOK**



CONTENTS



LGBTQ+ Guide
Page 3

BAME+ Guide
Page 8

International Students Guide
Page 18

Class Act Guide
Page 23

Disability Guide
Page 26

LGBTQ+ FRESHERS GUIDE

JCR LGBTQ+ Officer = Gabriel Farge

Welcome to Newnham!

Hello! My name is Gabriel (they/them), I am the current LGBTQ+ officer, and I have written this short guide to navigate Newnham College and the University of Cambridge for all people who are part of the community. I am always free to chat in person, or by email/social media if you would prefer, and I am so grateful to have the opportunity to support and represent you in my time as LGBTQ+ officer. Me and my committee are here to make your experience as a queer student as enjoyable as possible. Please speak to any of us if there is anything we can do for you :)

Please feel free to message me if you have any specific queries about being queer at Cambridge/Newnham that aren't covered by this guide. No question is silly or weird :) If you have any suggestions for events you want to be held or other anonymous submissions, please use this link -

<https://forms.gle/yCbUX8X3nbufGW1QA>

"Women's College?" The Trans and Nonbinary Experience at Newnham

Newnham is well known for being one of the few "women"-only colleges in higher education across Europe, and while it is popular as a safe space for women, it is equally important as a safe space for LGBTQ+ people who do not ascribe to the label of "woman". The JCR strongly supports the place of trans, genderqueer and nonbinary people at Newnham College, and this community is very strong at Newnham in particular. Increasing the standing of transgender students at Newnham is a massive priority of mine. There are many people at Newnham doing amazing things to reinforce and strengthen the position and safety of trans, genderqueer and nonbinary students, and this community is very supportive. Both trans women and nonbinary people, as well as trans-masc people, should feel at home here, and I will do my best to help this remain a reality. If you have any specific queries about gender identity or any related issues, please do not hesitate to contact me :)



Changing Your Name

Using your preferred name and pronouns is widely accepted and encouraged at Newnham. After your place is confirmed, you'll have been invited to fill in your personal details on CamSIS, where you can put your preferred name if you choose to. This name will then be used by College and the University. If your name changes after you have input this data, then you can change your preferred name in the college system by emailing the tutorial office, which will amend your name on CamSIS (the Cambridge student information system). If you want, they will also let the head porter know so he can change your name on your pidge.

You can contact IT separately to have them change the name associated with your email, although you can't change your CrsID after it has been assigned, unfortunately. Your CrsID is the beginning of your Cambridge email address- it will be made up of the initials you give them at the start of the year and a number.

Contact: tutorial.office@newn.cam.ac.uk

The Gender Expression Fund (GEF)

Newnhamites have access to the gender expression fund, which reimburses students who purchase gender-affirming items. This fund can be used to buy binders, packers, concealing underwear or any other item that helps you feel more comfortable in your gender expression. It can also be used to pay for transport taken to Gender Identity Clinics during term time. Currently, this fund has a recommended maximum spend of £40 per individual per year, but this is flexible and can be increased depending on individual circumstances and the availability of funds. To apply, please fill out this form and email it to me, along with the relevant receipts of the purchase.

<https://docs.google.com/document/d/1bDiIHxwsf13oyXGLVBVwdbsskG3RfhgE/edit?usp=sharing&oid=100824087611800740329&rtpof=true&sd=true>

The JCR treasurer will also see your response. We're mandated to keep your details confidential, and they will not be shared with any other party- the Senior Treasurer and the Examiner of the College's Accounts will be sent the receipt of purchase but will not receive any other details. Please be aware that reform of the Gender Expression Fund is a priority of mine, so there may be some changes to the GEF in your first year, though these will be communicated to you.



The CUSU LGBTQ Campaign

Cambridge University Student Union

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

The CUSU (Cambridge University Student Union) runs several liberation campaigns for minority groups, including the CUSU LGBT+ Campaign. Their aim is to support and connect the LGBTQ+ community in Cambridge, and they hold regular Cambridge meetings and events, as well as sponsoring protests and lobbying for changes to the university's policy regarding LGBTQ+ students. Their website has advice for all things LGBTQ+ at Cambridge.

CUSU also has their own gender expression fund that you can apply to if you'd like, with a recommended limit of £50 per student for each academic year. Here is the link for further information <https://www.cambridgesu.co.uk/advice/gender-expression/>

CUSU LGBT+ campaign also runs a secret facebook group which you can access by emailing them, if you wish to remain closeted. Contact: lgbt-president@cusu.cam.ac.uk , lgbt-chair@cusu.cam.ac.uk

Alongside college LGBT+ parents, you can sign up for the CUSU's LGBT+ parenting scheme! <https://www.lgbt.cusu.cam.ac.uk/freshers/> - scroll down here and you'll find the form to fill in!



 @winnabefree  gf370@cam.ac.uk



Societies and Things to Do in Cambridge

There is a vibrant and thriving queer community in Cambridge so there is a lot to choose from, but here are some of the societies and queer events me and my committee love.

Butchsoc  [@butchsoc](https://www.instagram.com/butchsoc)

Butch Society was founded to be a space for celebrating Queer history and culture, centring butches, femmes, and trans people. They host a range of events for all the Queer community from bar nights and pool tournaments to film screenings and discussion groups to barbecues and teas. The committee elects new members annually and is open to anyone who feels like it's a space for them.



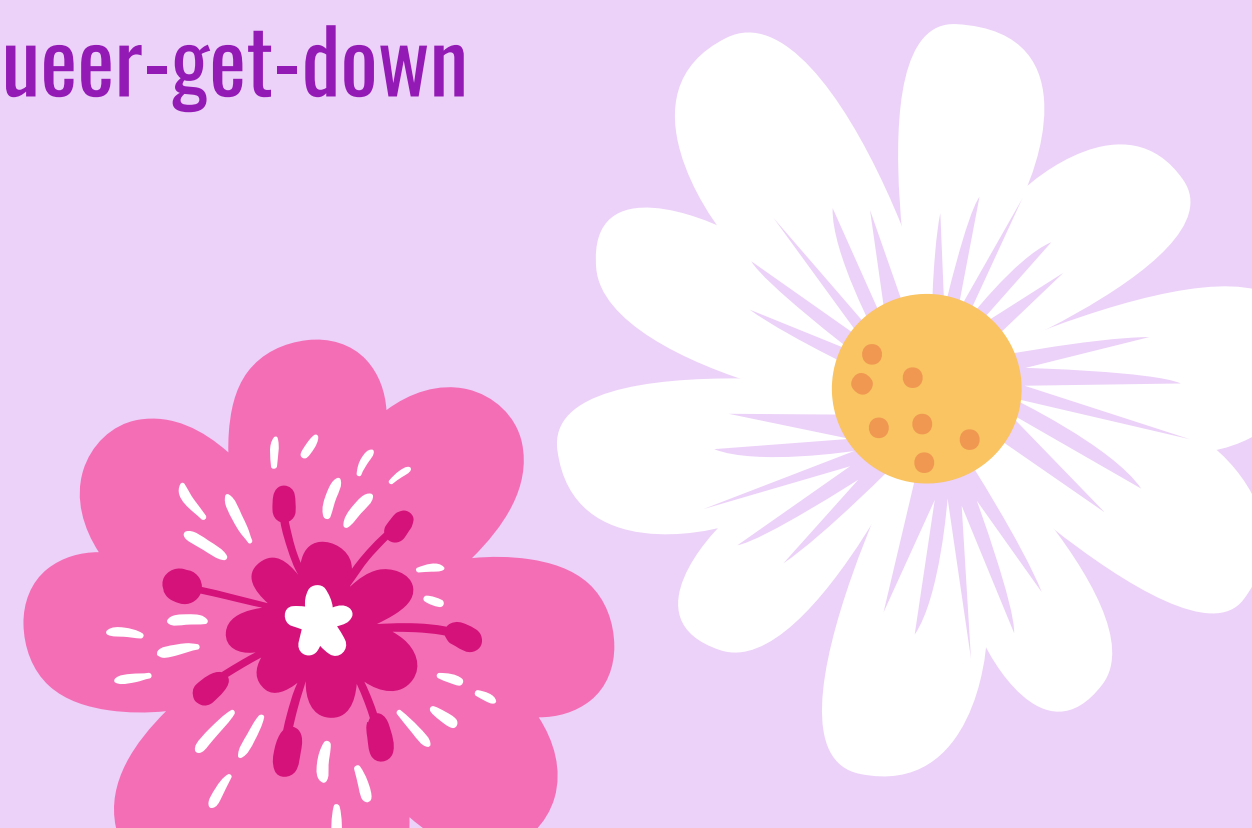
FUSE  <https://www.facebook.com/fusecambridge/>

FUSE is a society at Cambridge for Queer students of colour, one that organises and supports BAME and LGBTQ+ theatre, socials, and other events. FUSE highlights the necessity of spaces that recognise the intersection of Queer and BAME identities, and shares important resources for both people who identify with these minority groups, and those wishing to support these groups.

MASH Queer Get Down

“The campaign for students in Cambridge who identify as asexual, bi, gay, intersex, lesbian, queer, trans, or any related identities. We organise regular socials, nights out, speakers and welfare events; now collaborating with Mash Nightclub!” Queer Get Down is a not-for-profit organising group in Cambridge that runs LGBTQ+ events, creating safe spaces and “centring QPOC”. <https://mashcambridge.com/brand/queer-get-down>

 [@wnnabefree](https://www.instagram.com/wnnabefree)  gf370@cam.ac.uk



Newnham LGBTQ+ Subcommittee



Sarah Day she/they

hi! i'm sarah (she/they), and i'm super excited to start working with the committee and help with events and welfare to make sure newnham is a welcoming and supportive place as possible for all members of the community to feel seen and represented. if you ever want to drop me a message my email is sd980@cam.ac.uk, my instagram is @sarahda.y or i can usually be found in the iris! <3

Lottie Wood she/her

hi, i'm lottie (she/her) - lw730@cam.ac.uk

i'm excited to be on the lgbtq subcommittee this year to support the work of making the college a more inclusive place for the whole community, and to help organise some exciting queer ents in college and with other colleges! my instagram is @lottiewood if u fancy a chat or have any suggestions ! xx



Jude Taylor they/them

hi, im jude! (they/them) mjt214@cam.ac.uk

i'm part of the lgbtq+ subcommittee to make sure trans and gnc students can receive the support and respect they need from college. this includes reforming the GEF as well as supporting calls for self-id admissions and general awareness around college. i'm also hoping to create fun collab events with butchsoc!



Adam Thorne he/him

Hello! My name's Adam, and my pronouns are he/him. I am very interested in improving the trans experience at Newnham and making it a more welcoming space for members of the trans community! I do not have social media (alas!) but you are welcome to send me an email (lct48@cam.ac.uk)! :)



BAME + Freshers Guide

Introduction from BAME Officer:

Hi, my name is Isabel (she/her) and I am a second-year HSPS student. I am currently Newnham's BAME officer and my role is to make sure that Newnham is a safe and inclusive place, whilst also trying to promote increased diversity. I come from a mixed background, with my mum being white and my dad being from Sierra Leone. Tackling white spaces (which Cambridge predominantly is) can be very challenging, especially coming from somewhere where you have a built up support network of people from your ethnic and cultural background. Newnham does have a BAME community that is increasing in strength every year, and it is my mission to connect people to one another and offer support so you do not feel alone. I am here to validate your experience as a BAME student, and I can direct you to other areas of support and also raise your concerns on behalf of the college. Always feel free to drop me a message, if it's for concerns, or ideas, or even just a friendly chat- I am here :)



✉ ib496@cam.ac.uk  Isabel Beresford-Cole

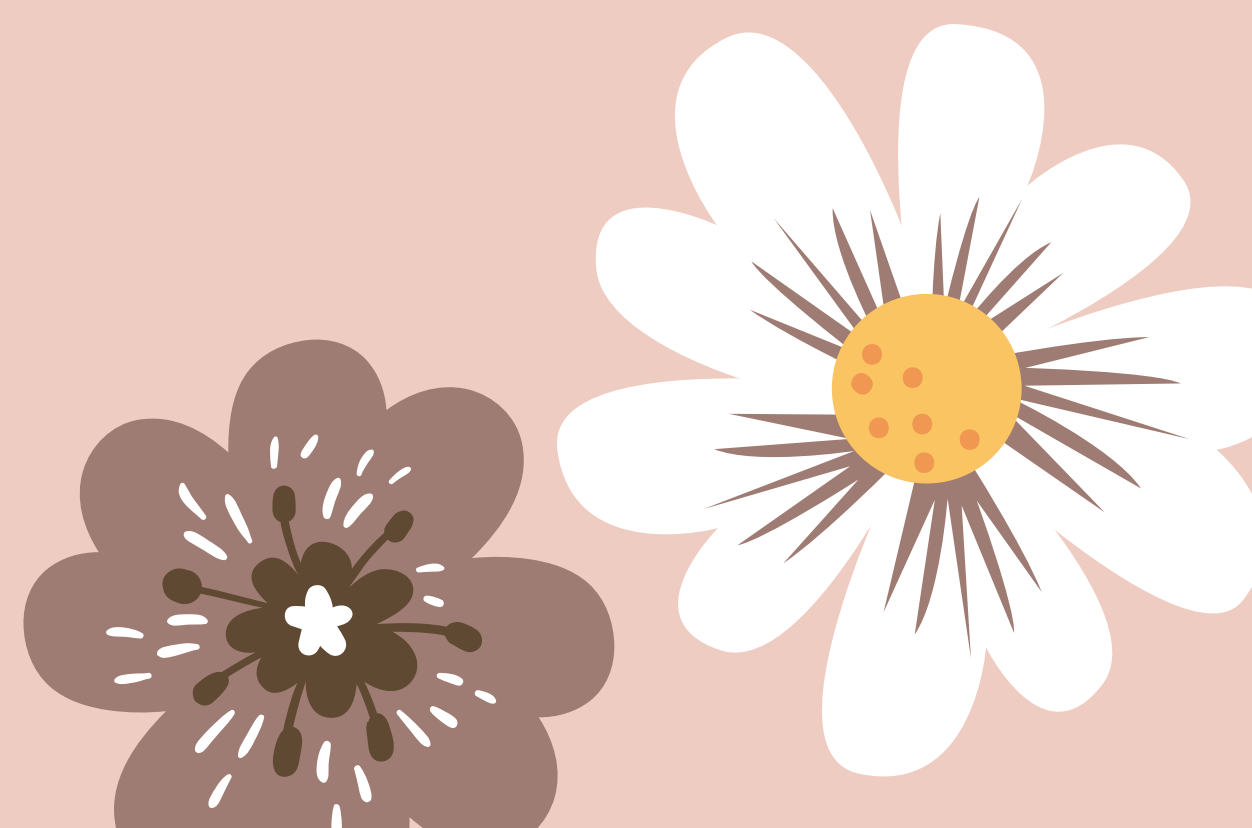
 @izzybex

Introduction to the BAME Sub-Committee:

Newnham has its very own BAME sub-committee that are further points of contact of welfare and support. They come from several different ethnic and cultural backgrounds, with the hope that you can find someone that can represent you and your background in JCR affairs. Please feel free to get in contact with any of the subcommittee members as they would love to chat with you, and they hope that they can help further build a BAME community for Newnham!

Newnham BAME Instagram Account: @newnhambame

Follow this account for updates, your BAME events term card, infographics and more! If you do not have instagram- don't worry- we will do a monthly newsletter sent on email with everything BAME related to make sure everyone gets access to information!



BAME Sub-Committee Members



Maithri Krishnan

Hey! I'm a second year Mathmo and Indian Tamil. Ever since coming to university, cultural societies such as Tamil soc and India soc, and being on the Brown Girl Linkup (BGLU) committee have helped me connect so much more with my culture, hence why I am so excited to be a part of our beautiful BAME community to help people from all backgrounds feel included in a predominantly white space. Please feel free to approach me with any questions, concerns or even for a chat/company - I'm always there to help! P.S. If you want to go to any of TSoc, IndiaSoc or BGLU but are just scared to go on your own, please message me! I'd be happy to go with you :)



mk2167@cam.ac.uk



Maithri Krishnan



@maithri.krishnan

Zinzi Mlotshwa

Hey!! I'm a second year Geographer originally from South Africa. I am so excited to be a part of this community and be a welcoming presence so please always feel free to message or approach me with any concerns or questions or even just for a chat (I am a part time barista so I make incredible coffees + snacks!) (she/her)



zmm23@cam.ac.uk



@zinzi.mlo



Zinzi Mlotshwa



Atika Begom

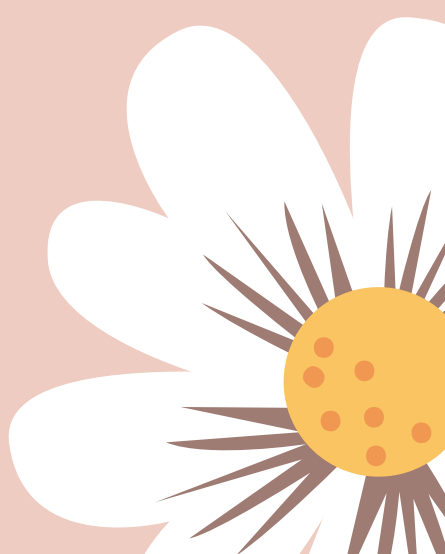
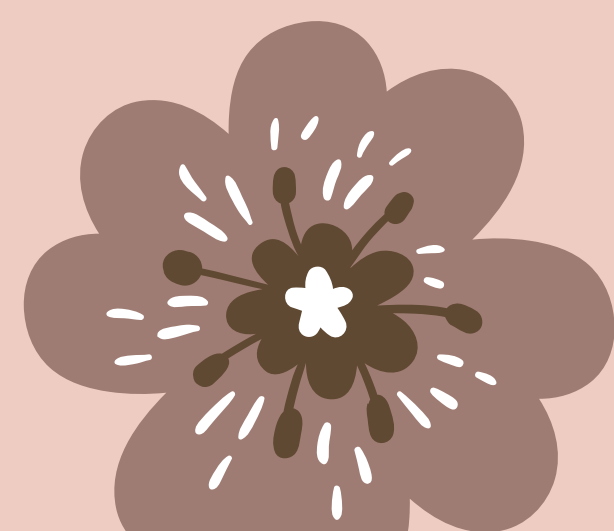
Hi! I'm a second year Lawyer and Bangladeshi. I'm the Muslim representative on behalf of Newnham Akhawaat (Newnham's own Islamic Society [NASoc]) where I also have the role as Co-Publicity Officer. When I'm not busy lawyering or messing around on Canva and Pinterest, you can find me at ISOC and NASoc events, BangaSoc brunches and at SomSoc events (with my College wife). If you ever have any questions and want to chat, you have me and the entire NASoc Committee to turn to. I hope both the BAME community at Newnham and NASoc can be places where you feel at home and can provide support for you during your degree. PS: I'm not the best at texting but I will try my best for you guys.



Atika Begom




ab2917@cam.ac.uk





Sophia Li


Hi, I'm Sophia, a first year mathmo! I'm ethnically Chinese and from Hong Kong, but have spent a lot of time in the UK as I have family here too. As a member of the BAME subcommittee and also the JCR International Students' Officer, my aim is to represent the views and interests of BAME and international students here at Newnham. Feel free to approach me with any questions/concerns or even if you'd just like to chat!

 sl2121@cam.ac.uk

 Sophia Li

AnJalee Desai

Heyy, I'm Anjalee and I'm a second year lawyer. I am Indian but have lived between the UK and Australia, throughout my childhood. I'm so excited to welcome you to the wonderful BAME community at Newnham and I hope that through this committee I can contribute to creating a college environment that is as inclusive and empowering as it possibly can be for you. Please feel free to reach out, if you have any questions, concerns or just want a friendly chat!


 ad2172@cam.ac.uk

 AnJalee Desai



Alyssa Sequera Martinez

Hey, my name is Alyssa, and I'm a second year Architect at Newnham! Originally I'm from Venezuela, but have also lived in America, Costa Rica and the UK- so I love to explore other cultures and celebrate them!! I'm so proud to be part of Newnham's beautiful BAME community and I'm so excited for you guys to see the amazing projects the committee have coming this year! I'm part of the very, very small number of latinos in all of Cambridge, but am very proud to represent latino talent and culture in these spaces!! Please don't hesitate to come to me with any questions, concerns or even for just a chat- I'd love to help :)

 as3321@cam.ac.uk

 @alyssamarie345

 Alyssa-Marie-Sequera





Meerab Ghani

Hi, I'm Meerab and I'm a second year Classicist at Newnham!! I'm Pakistani and from London :) I'm so excited to be part of this committee and act as representation for the small POC community in Classics! I've found Newnham to be an incredibly supportive and friendly environment, through NAsoc and just the general vibe at Newnham. I've really enjoyed going to ISoc and PakSoc events, as well as BGLU events over the past year, the latter of which I am on the committee for as Access Officer! I hope we can be a source of comfort to you at Newnham and I look forward to strengthening our BAME community here at Newnham. I'm always here for any questions or a chat!! :)

 mg2085@cam.ac.uk

 [@meerabg](https://www.facebook.com/meerabg)

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

Naalini Bird

Hiya! I'm a second year Bio Natsci and I'm Sri Lankan Tamil on my mum's side and English on my dad's side. I speak Tamil at home with my family and I've gone to a couple of TamilSoc/BGLU events, but something I'm working on this year is discovering how (as a white-passing woman), being BAME fits into my identity. I'm always up for a chat, so please get in touch if you have questions!

 nb688@cam.ac.uk

 [Naalini.Bird](https://www.facebook.com/Naalini.Bird)

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

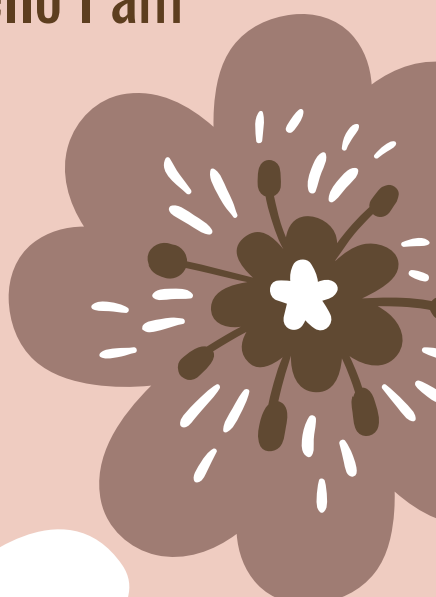


Halema Begum

Hi, my name is Halema and I am a third year BioNatSci. I am of Bangladeshi descent (and proud). One thing I love about Newnham is the ever growing BAME community. If you have any questions feel free to reach out and if you see me about college please do say hello I am always up a chat, I look forward to meeting you all.

 hb599@cam.ac.uk

 [Halema.Begum](https://www.facebook.com/Halema.Begum)



Clubs and Societies

Cambridge has hundreds of societies, with many representing different cultural and ethnic backgrounds. This is a great way to interact with different people across the university, and build a support network within and outside of Newnham. Here are a few that we really recommend, but we will attach a list of all cultural societies!

Newnham Akhawaat



Newnham Akhawaat is a college society that represents Muslim students at Newnham. They are an amazing support network and they also hold events such as potlucks, games nights and movie nights!

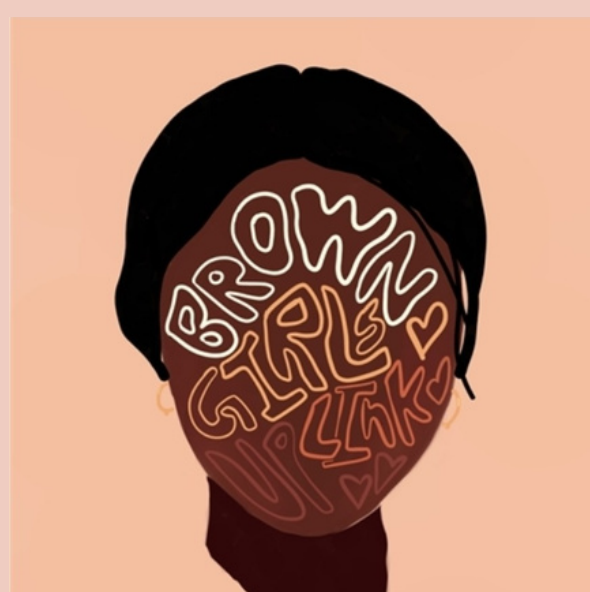
 @newnhamakhawaat

Newnham College Boat Club



Newnham College Boat Club is committed to promoting diversity, regardless of general rowing stereotypes. We are known for being the friendliest club on the Cam and part of this is being as inclusive as possible! All club members can expect BAME outings and also socials to achieve this, and we will be working with the BAME committee to ensure all feel welcome and supported within NCBC. If you would like to have a chat with us about this please email ncbc.lbc@gmail.com - nothing is too big or too small!

Brown Girl Link UP



Brown Girl Link Up is a society with the purpose of promoting unity among women and NB people of South Asian descent, aiming to create a safe space amongst the community and foster a culture of empowerment. They share thoughts and concerns in meetings as well as hosting enjoyable events. Membership is free and we encourage you to sign up to their mailing list and come along to events!

 @browngirlinkup

Cambridge University Islamic Society (ISoc)



ISoc serves the social, spiritual and academic needs of Muslim students, and, most importantly, fosters feelings of brotherhood and sisterhood amongst each other. The result is a vibrant and inclusive society which is based on mutual beliefs and strengthened by friendship. Absolutely everyone is welcome, whether you're Muslim, interested in Islam or simply looking for a friendly face! isoc.co.uk

Fly Girls of Cambridge



FLY (Freedom. Loving. You.) is a network and forum for people of colour from marginalised genders at Cambridge University. They hold open forums to discuss issues facing women of and non-binary people of colour and also hold fun socials such as pizza nights, brunch and cookie decorating

 @flygirlsofcambridge

FUSE

FUSE is a society for queer students of colour at the University of Cambridge. They host a multitude of events, including Queer Get Down, games and movie nights, book clubs and yoga!

 @fuse.cam

 Fuse Cambridge



SU BME Campaign



The SU BME Campaign campaigns for an inclusive Cambridge. They organise events (such as movie nights, panels and forums and socials) to build communities of care and compassion for BME students. This is the link to their fresher's youtube video: <https://youtu.be/bYHhYHucsYg>

 CambridgeBME

 @cambridgebme



All Cultural Societies

African Society of Cambridge University

- Association of British and Chinese University Students
· [ABACUS]

- Black Cantabs Research Society
· Cambridge Afghan Society

- Cambridge Middle East and North African Forum
- Cambridge University South African Society
· Cambridge Taiwanese Society [CTS]

- Cambridge University African-Caribbean Society
- Cambridge University Anglo-Japanese Society
· Cambridge University Arab Society

- Cambridge University Bangla Society
- Cambridge University Bhangra Society
- Cambridge University Brazilian Society
- Cambridge University Chilean Society

- Cambridge University Chinese Cultural Society [CUGCS]
· Cambridge University Chinese Society [CUCS]
· Cambridge University Columbian Society
- Cambridge University East African Society
· Cambridge University Filipino Society

- Cambridge University Ghanaian Society [CUGhS]
· Cambridge University Hip Hop Society
- Cambridge Union Hispanic Society-
Cambridge University Hong Kong and
China Affairs Society [CUHKCAS]

- Cambridge University Hong Kong Postgraduate Scholars
· Association [CUHKPGSA]

- Cambridge University India Society [CUIS]
- Cambridge University Kazakh Society [CUKS]
- Cambridge University Korean Society [CUKS]

- Cambridge University Kurdish Society [CUKurdSoc]

- Cambridge University Malaysia and Singapore Association [CUMSA]

- Cambridge University Malaysia Society [CUMaS]
- Cambridge University Mexican Society [CUMexSoc]
- Cambridge University Middle East Society [CUMES]
- Cambridge University Nigerian Society [CUNS]

- Cambridge University Pakistan Society [PakSoc]

- Cambridge University Palestine Society

- Cambridge University Persian Society [CUPS]

- Cambridge University Somali Society

- Cambridge University Southeast Asian Society [CUSEAS]

- Cambridge University Sri Lanka Society [CUSLSOC]

- Cambridge University Sudanese Society

- Cambridge University Tamil Society [CUTamilSoc]

- Cambridge University Telegu Society

- Cambridge University Thai Society [CUTS]

- Cambridge University Turkish Society

- Cambridge University Yemen Society [YemenSoc]

- Egyptian Society of Cambridge University [ESCU]

- Love East Asia [LEA]

- Iraqi Society

- Sakhya: Cambridge Friends of India [Sakhya]

- South African-Global Scholars Union [SA-GSU]

- The Cambridge University Vietnamese Society in

- Cambridge [VSC]

- University of Cambridge Venezuelan Society (CUVES)



Welfare and Support

Welfare and support for BAME students is really important to us and is a priority. But sometimes it can be hard to know who to go to. I have made a list of people you can go to if you need welfare, if there has been an incident of racial harassment or microaggressions or mental health support, so it is all in one place for you to refer back to.

Welfare and Support in Newnham

BAME Officer- Isabel Beresford-Cole

I am a point of contact for welfare concerns. I am here to understand and validate your experience and then can direct you to other means of support if you so need it. However it is important to note that I am a listening ear and a signpost for information, while I have received some training, I cannot give specialist advice and guidance so please note that things cannot be strictly confidential if your safety and wellbeing is at risk.

BAME Sub-Committee

If you have concerns that you want to talk to someone of the same cultural background (other than me) with, feel free to get in touch with committee members. But to reiterate the point above, they do not have specialist training so may point you elsewhere if need be.

Welfare Officers- Georgia Hewett & Anna Metzger

They advocate for the welfare of all Newnham Students, providing support and advice, whilst also organising welfare events such as free ice cream giveaways, welfare teas etc.

College BAME Advisor- Professor Manali Desai

Professor Manali Desai is our new BAME advisor. If you would like to raise any issues you have encountered about race and BAME identity in College, talk confidentially about how to report racial harassment, or talk through your experiences and feelings, she is available to advise and support.

Email: md644@cam.ac.uk

Newnham College Counsellor- Isha Mehta

There are two college counsellors that you can go see. Isha identifies as BAME so if you would prefer to talk to someone BAME, she is happy for you to talk to her. Isha is available Fridays 10:00 – 16:00. All students are able to book a one-off, 30-minute “check in” session with either Counsellor to offload and seek support. These sessions can either be in person (in Pfeiffer G07), or over the phone / video call – you will be able to confirm this with the Counsellor before your session. You will be able to book up to three one-off sessions; if more sessions are required after this, you can access additional, longer sessions at College (weekly or fortnightly) by liaising with the Counsellor.



Welfare and Support in Cambridge

Black Advisory Hub

The Black Advisory Hub has been established to help build a diverse and inclusive community for all students and staff members at the University of Cambridge as part of institutional action to improve Black students' outcomes at Cambridge.

They have useful links to welfare, academic, financial and career support.

Website: <https://www.blackadvisory.hub.cam.ac.uk>

University Counselling Service (UCS)

The UCS offers support and therapy for students who have personal, relational or academic concerns. You would need to complete an online referral form and you will get a guaranteed 75 minute appointment within 10 working days. You are able to request to see a counsellor that is BAME identifying.

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

Student's Advice Service

The Student Advice Service offers free, confidential, and impartial advice and support to all Cambridge University students - undergraduate, graduate and postgraduate - from any College or course. You can come to the Student Advice Service with any issues or problems you might experience as a student. I can set up an appointment on your behalf if you so wish.

Website: <https://www.cambridgesu.co.uk/advice/student-advice-service/contact>

Email: advice@cambridgesu.co.uk

Newnham Walk Surgery GP- Dr Yin Zhou

The University encourages all students to register with their local GP. If you would feel more comfortable speaking to a BAME identifying GP, you could request an appointment with Dr Yin Zhou.

Societies

Most societies have their own respective welfare officers. If you have a problem specific to a particular group/activity/cultural society, it could be helpful to speak to them.

Welfare Outside of Cambridge

Brave Space Collective

They offer funded therapy sessions (with trained professionals) for students, focusing on women and non-binary people of colour, dealing with racist and sexual assault concerns. It is an independent project led by students and staff at Goldsmiths, SOAS and University of Cambridge, supported by a staff member at SOAS SU.

Website: <https://www.bravespacecollective.org.uk>

The Black, African and Asian Therapy Network

The largest independent organisation to specialise in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian and Caribbean. They can provide a list of BME therapists near you, and they offer a list of free services.

Website: <https://www.baatn.org.uk/>

Reporting Racial Incidents

Racism can take place in many different forms, and it is important to understand the differences between these to be able to identify if it is happening to you.

Racial harassment

A person harasses another if they engage in unwanted behaviour related to a relevant protected characteristic (race is a protected characteristic) and the behaviour has the purpose or effect of violating the other person's dignity, or creating an intimidating, hostile, degrading, humiliating or offensive environment for that person. (Equality Act 2010)

Discrimination

This could be direct (being treated worse than another person on the grounds of your race), or indirect (a policy/rule that disadvantages a particular group of people)

Micro-aggression

A micro-aggression would not be counted as racial harassment under the Equality Act, but is more than reasonable grounds for reporting as a racial incident. A micro-aggression is "brief, everyday interactions that send denigrating messages to people of colour because they belong to a racially minoritized group. Compared to more overt forms of racism, racial microaggressions are subtle and insidious, often leaving the victim confused, distressed and frustrated and the perpetrator oblivious of the offence they have caused" (Rollock, 2012).

If you feel like you have been victim to any of the racial incidents above, you can speak to myself and the BAME subcommittee informally and we can help you sort out the situation, but here are some options if you wish to report through more formal means.

Report for Racial Incidents:

Please find below a link to the report form for anyone in Newnham to report any concerns, incidents of racial discrimination, or racial microaggressions which they have experienced. The event may be reported anonymously or including your name, so that you may be contacted and follow up with the status of the action taken:

Link: <https://forms.gle/hkJtzttsC28aAHSY9>

BAME Advisor: Dr Manali Desai

College Harassment Advisors:

Dr Kate Fleet, Postgraduate Tutor

Rev Dr Arabella Milbank Robinson, College Chaplain

Professor Helen Bao, College Tutor

Office for Student Conduct, Complaints and Appeals (OSCCA)

They provide procedural oversight for student complaints.

Email: studentcomplaints@admin.cam.ac.uk Or: OSCCA@admin.cam.ac.uk

End Everyday Racism

There is an anonymous reporting tool specifically for reporting racist incidents at Cambridge, run by members of the Department of Sociology. This is a research project that aims to inform the work of anti-racist activism in the University. Please note, it will not address or solve any specific incidents, as it is anonymous. You may wish to report a racist incident via this tool, to give a bigger picture of the issue, in addition to making a formal complaint

Link: <http://racismatcambridge.org/>

International Freshers Guide

International Students Officer – Sophia Li

Hi, I'm Sophia (she/her), a second-year Maths student from Hong Kong and your International Students' Officer for this academic year! First and foremost, I'd like to congratulate you all on meeting your offers - give yourself a pat on the back. Can't wait to meet you all in a few months :) Whether or not you've lived in a foreign country before, moving into college can be daunting. Not to worry, Newnham is an extremely welcoming community of students and staff alike; plus, you'll be in the same boat as fellow international freshers.

Hopefully, this guide will prove useful in your transition to being a student at Newnham. Of course, you can always come to me with any questions or concerns too, or just for a chat!

 jcr.international@newn.cam.ac.uk or sl2121@cam.ac.uk

Packing List

The following lists highlight extra items that international students should remember to pack. For a more comprehensive packing list, refer to the section in the main freshers handbook.

Documents

- Passport
- CAS statement (the university will send this out later)
- Visa decision letter
- Passport sized photos (preferably recent)

Food

- Food pastes/sauces from home! (note that there are small Chinese and Korean supermarkets within walking distance from Newnham).
- Rice cooker or similar (can be bought in the UK but more expensive and less choice).

Travel

- Travel adapters (UK uses G plug type, 230V 50H).
- Powerbank

Toiletries

- Bathroom slippers (ones with drainage holes are very useful if you have a shared shower).
- Any important medication along with doctor's notes/prescriptions

Do NOT pack your whole house! It's often easier for internationals to buy items such as kitchenware in the UK; plus it can all be stored in college over the summer!

Clothes

Autumn (Sep - Nov)

- Light coat
- Sweaters
- Cardigans
- Long-sleeved shirts
- Waterproof coat (preferably longer if you plan on cycling)

Winter (Dec - Feb)

- Puffer jacket (you could also buy a college puffer when you get here, approx £45-65)
- Gloves
- Scarf
- Winter boots
- Inner thermal wear
- Beanie

Spring (Mar - May)

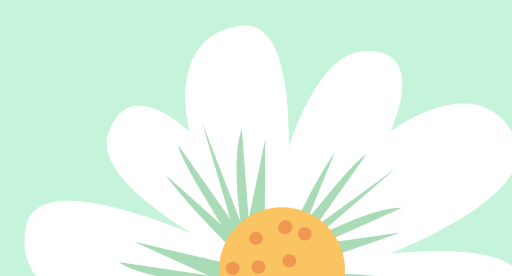
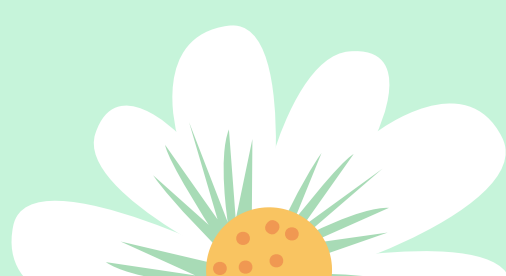
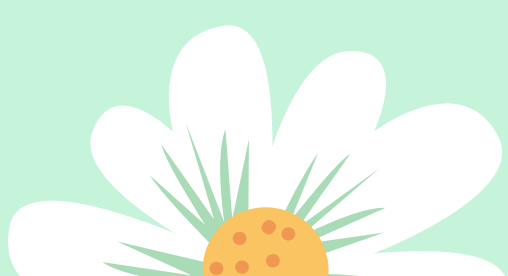
Similar to autumn with occasional hot days where you can wear t-shirts and shorts. Nights remain chilly.

Notes:

- you can always buy/thrift clothes in Cambridge, so at the very least just bring clothes suitable for autumn (which is when you arrive!)
- All rooms have internal heating / radiators.
- Formals - There are quite a number of formals/balls/galas throughout the year, so pack some of your favourite semi-formal/formal wear!

Getting To Newnham

Type	Pros	Cons
Taxi	Easiest- especially if you don't know how public transport works Fastest- takes about 1.5 hours from Heathrow to Newnham Can go directly to Newnham College Porter's Lodge Lots of baggage room	Expensive- can cost approx. £100, but if you are travelling with others you can split the cost (can be arranged in freshers chat groups).
National Express Coach	About £30	Has baggage limit- but you could pay extra for more allowance Stops at Cambridge City Centre (by Parker's Piece)- about a 20 min walk to Newnham



Type	Pros	Cons
London tube & national rail	Cheap if you travel during off-peak hours on the Tube and buy your ticket early	Inconvenient- have to change from the Underground tube to the train Hard to maneuver when carrying heavy luggage (some stations only have stairs from the platform to concourse)

Banking

Popular banks include HSBC, Barclays, Lloyds and NatWest. They're all in the same area in Cambridge so distance isn't really an issue. Some international banks (e.g. HSBC) allow you to set up an account in your home country so you can immediately activate it when you're in the UK. It may also be worth checking out digital bank accounts linked to an app (e.g. Monzo, Revolut).

What you need to set up a bank account

- Passport
- UK visa
- BRP (if applicable)
- Letter from college proving your address
 - The tutorial office will send you this at the start of term

Note: it may take up to a month (or longer) to get a bank appointment so it would be useful to have bank cards from home that you can use internationally. Most students pay with credit/debit card (widely accepted) so don't bring too much cash.

Mobile data carriers

Different networks have different reception coverage in Cambridge so check network coverage maps before you pick a provider. Major carriers: EE, O2, Three, Vodafone
There are also student-oriented services: giffgaff (under O2), VOXI (under Vodafone)

How to get a sim card:

- (a) Order online from the company's website (usually arrives within 1-2 working days).
- (b) Buy from a physical shop. Most are located in the Grand Arcade/Lion Yard (shopping malls in Cambridge).

Storage

In Newnham, you have the option of paying for a continuous license or a termly license. Currently, college only provides storage for the summer and it is quite generous (4 boxes, 20kg each). However, there is no storage over the Christmas or Easter breaks.

Continuous

Most international students pick this option, as you can still stay in your room over the term breaks. More expensive than termly as you are paying for rent over the holidays too.

Termly

You have to empty your room at the end of each term. Might be worth it if you're going back home every break, but you would have to find somewhere to store all your items (lots of companies available).

Shops

Household items

- Argos
- Primark
- Wilko
- TK MAXX
- John Lewis (closest to Newnham)

Stationery

- Ryman
- WHSmith

Pharmacy

- Boots
- Superdrug
- Holland & Barrett

Groceries

- Sainsbury's (most popular)
- Tesco express (Lion Yard)
- Co-op (a bit closer than Sainbury's but small and out of town)
- Marks & Spencer
- Aldi (budget option)
- Jiamart (Chinese supermarket)
- Oseyo (Korean supermarket)





Support at Cambridge

Financial



Admittedly there isn't as much financial aid for international students compared to home students. However, there are certain grants that are available to all (e.g. book grants, emergency hardship grants).

Here is a list of grants available!

<https://newn.cam.ac.uk/admissions/undergraduates/bursaries-grants/>

Note: if you are struggling financially, do reach out to your tutor as a first point of contact.

Social

International Students Campaign (ISC)

ISC is the international student community for Cambridge. They will be organising activities during Freshers Week!

<https://www.facebook.com/internationalstudentcampaign/>
https://www.instagram.com/isc_cambridge/

Your country's student association

<https://www.cambridgesu.co.uk/opportunities/societies/>

Last Words!

I hope this helps! Any other questions just let me know.

If you would like to be part of the Newnham Internationals 23' whatsapp group, here is the link to join: <https://chat.whatsapp.com/Hc64hrIXbjEHnb3lmkdLc1>

That's all for now and I can't wait to meet you all soon!

Lots of Newnham love,
Sophia

Class Act Guide

JCR Class Act Officer - Cazra Gaznavi

Class Act is intended to support, represent and campaign on behalf of students from working class, low income, first generation and state comprehensive school backgrounds, as well as care leavers and estranged students.

In college, there is me - Cazra - the class act officer. My email is cg811@cam.ac.uk. I'm here to chat, hear your issues and ideas/wants for class act in Newnham :)

Uni wide, there is the SU Class Act Campaign - <https://www.cambridgesu.co.uk/organisation/6054/>

Writing Resources

Royal Literary Fund Writing Fellow

She is in 2 days a week during Full Term. The assistance is for weekly essays, structure, grammar and syntax. NOT specifically for editing or proofreading, special needs like Dyslexia or those who speak EL as a second language, but of course you're still welcome to use this service if you are in any of the groups, only the help will not be specialised to the group.

This resource is helpful given there is less feedback at a University level.

Claudine Toutoungi: Claudine.toutoungi@rlfeducation.org.uk
to make an appt

Financial Resources

Bursaries, Grants, Scholarships

Check with your Tutor about your eligibility on grants. This varies from person to person, but if eligible, there is no need to pay back.

Scholarship Link: <https://www.student-funding.cam.ac.uk>

International Students: refer to <https://newn.cam.ac.uk/admissions/undergraduates/costs-funding/funding-for-overseas-students/>

Some examples of resources available are below; for full details, <https://newn.cam.ac.uk/admissions/undergraduates/bursaries-grants/>

Rent Bursaries and Newnham Based Grants

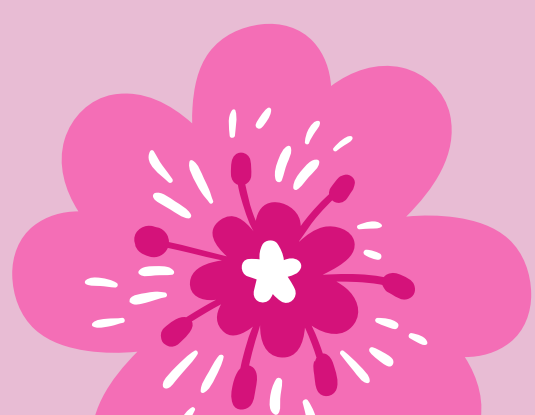
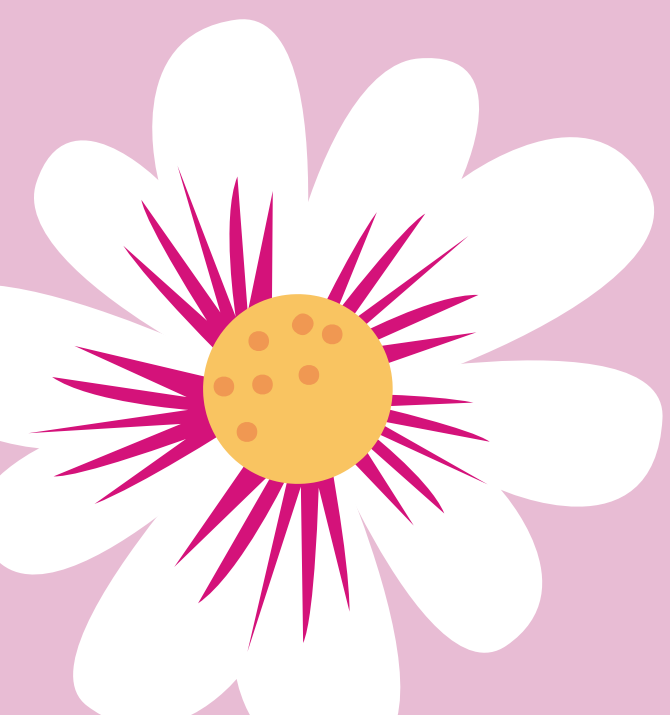
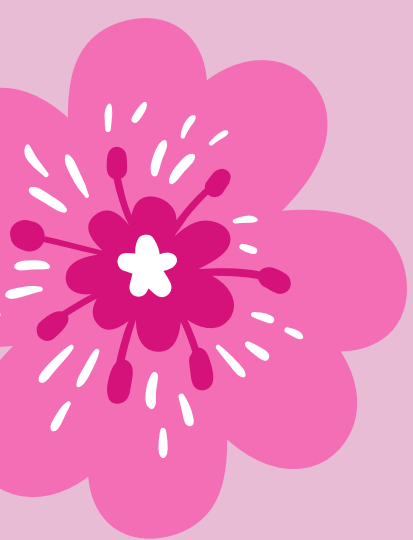
Home Students with household income of less than £62,215 will be awarded £25 per week for rent.

Hardship - up to £250 for unexpected / emergent scenarios

Student Book - for essential course books purchased (with receipt), up to 60% of price reimbursed.

Research/travel-to-US - subject specific: Eg Ann Duncan Fund for MML Students who travel to improve speech

'Newnham's travel grants for academic- or career-related travel range in value from £300-£750, with a small number of awards of up to £1000 available for particularly interesting and ambitious projects'



Culture

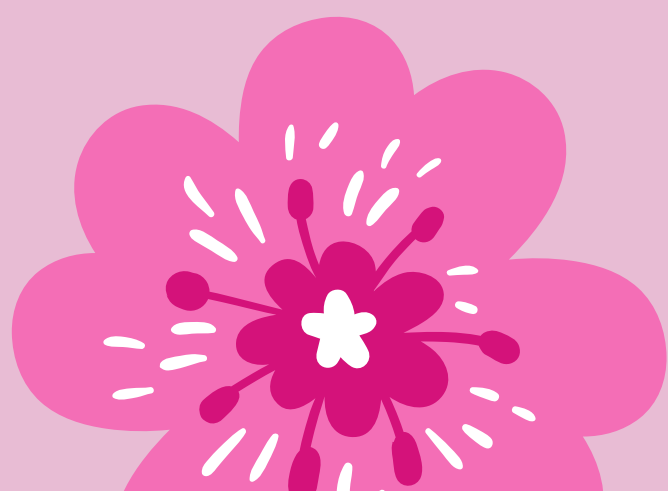
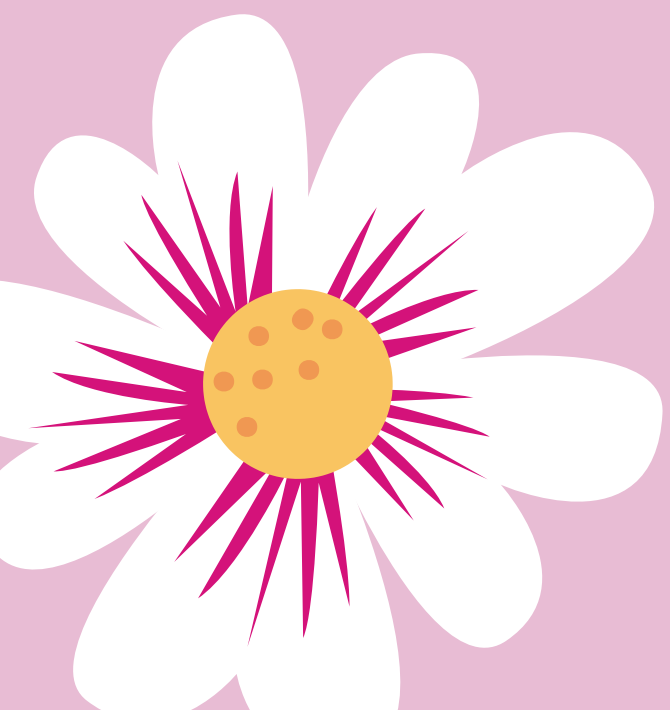
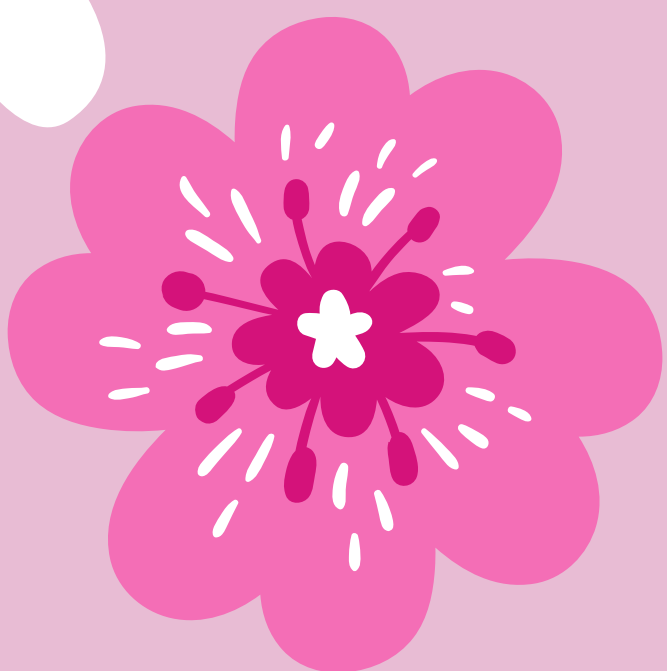
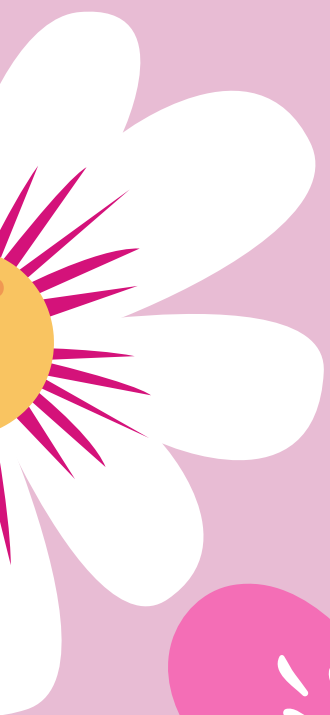
Generally, I think University has more independent study than school and this is something that varies significantly from school. But everyone is new to this, so you are going to adjust well. A challenge is what we want, anyway :) The Uni environment is academic, but it is also full of activities and fun.

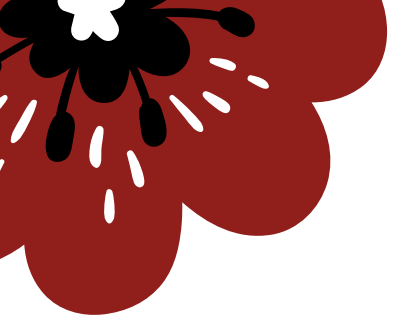
Lectures and Supervisions

Lecture Hours are dependent on your subject, but content wise, they tend to follow your supervision content. It is an explanation and run through of important concepts, while supervision reading is more detailed and in-depth. Supervisions take place with a few other students, usually a maximum of 3. You will be asked to discuss questions (usually provided in the supervision sheet) and submit some writing work.

If you feel your tutor is racist/sexist/classist, you should always go to one of the following:

- a. Senior tutor / personal tutor
- b. Relevant JCR Member, i.e. Class Act officer, BAME officer





Disability Guide

written by Roz Delap, DSO 21-22, adapted for 2023 by
Claudia Mura, DSO 22-23



Hello! I'm Claudia - a third year linguist and Newnham JCR's disabled students' officer! Doing a Cambridge degree is hard as it is, and managing a disability, chronic illness, specific learning difficulty or mental health condition can make it trickier at times. This guide is here to help you know where to look to find support.



This is me! Claudia Mura on Facebook, cm2081@cam.ac.uk

Groups and Group chats

Newnham's disabled community have two official group chats - a main disability chat and a neurodiversity/specific learning difficulty chat. If you would like to be added to either or both of these drop me a message! The disabled community outside Newnham is generally headed up by the student union's disabled students' campaign (DSC). These groups tend to be less social and more informative - it can be useful to ask questions to people who have been in your situation! Feel free to join as many of these groups as you feel comfortable.

Cambridge SU DSC community (for all disabled students)

<https://m.facebook.com/groups/286817838816877/>

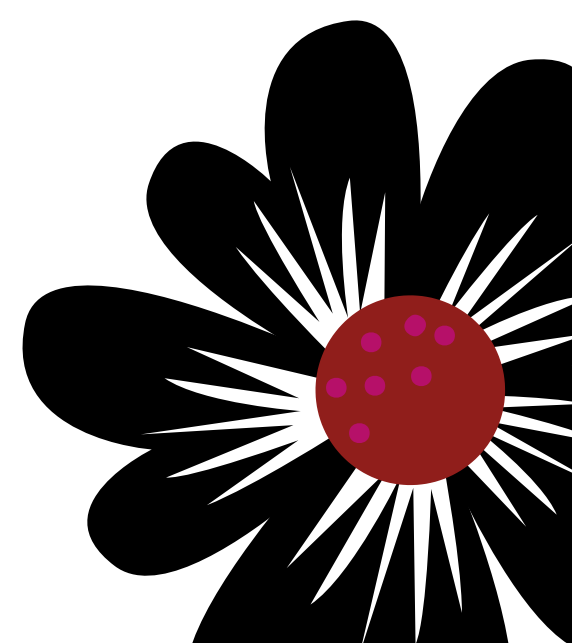
DSC SpLD/ASD/neurodivergent community

<https://m.facebook.com/groups/238494370172205/>

DSC chronic pain &/ fatigue community

<https://m.facebook.com/groups/281961269083908/>

DSC/SMC mental health issues support community






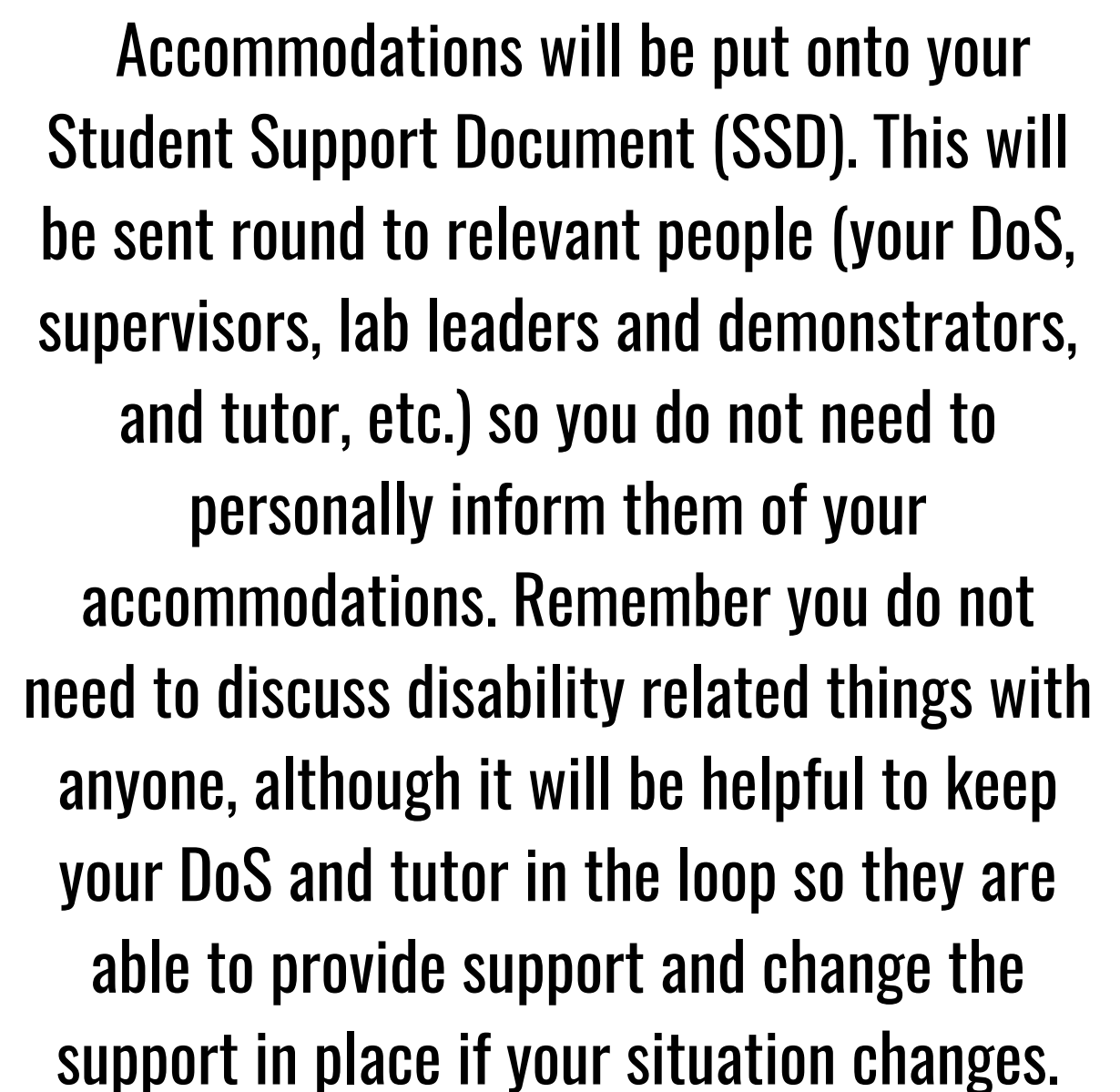
The DRC

The Disability Resource Centre (DRC) is a service within the university designed to provide support to its disabled community. You will need to make an appointment with Newnham's disability advisor, Rachel Demery. This is done via "DRC appointments" course on Moodle. In this appointment you will discuss your disability and how it may impact your ability to study. During this meeting Rachel will discuss with you the things you might struggle with, so she is able to put the right support in place. She will suggest things (you don't need to know what you will need!) and these accommodations might include:

- submitting essay plans for supervisions instead of full essays
- access to lecture notes in advance
- supervisions located in college
- deadline and library loan extensions

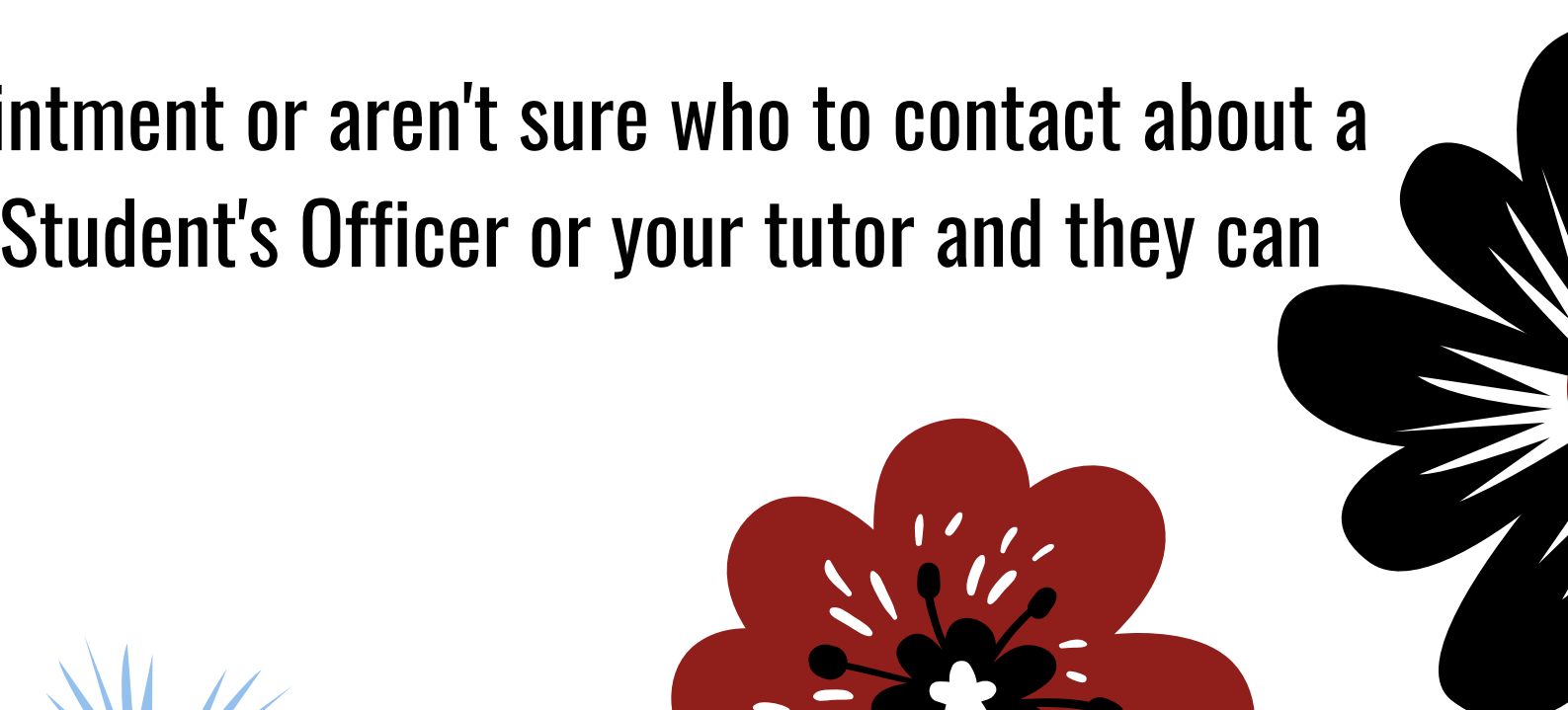


Unfortunately, the DRC has very long waiting times. Book an appointment as soon as possible (including before term starts) to make sure support is in place.



Accommodations will be put onto your Student Support Document (SSD). This will be sent round to relevant people (your DoS, supervisors, lab leaders and demonstrators, and tutor, etc.) so you do not need to personally inform them of your accommodations. Remember you do not need to discuss disability related things with anyone, although it will be helpful to keep your DoS and tutor in the loop so they are able to provide support and change the support in place if your situation changes.

If you are having trouble with making an appointment or aren't sure who to contact about a disability-related issue, speak to the Disabled Student's Officer or your tutor and they can help direct you to the right place.



Accommodation

Access needs for your accommodation can be more diverse than you think! You already have a room for this year, but keep in mind your possible needs for future years. Accommodations can include:

- a sink or en-suite
- living with or near friends
- a smaller household
- a larger kitchen
- a fridge in your room
- more natural light
- lift access or ground floor access
- closer to the Porters' Lodge/buttery/Iris/library
- a quiet, out of the way room, far away from kitchens and bathrooms

During the year you may discover your current room does not meet your access needs. It is possible to change rooms during the academic year. First you must identify an empty room available that meets your access needs - this can be done yourself, through the college nurse or by emailing the tutorial office

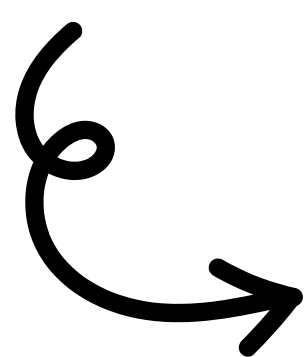
tutorial.office@newn.cam.ac.uk

You may need to provide medical evidence to make this move. En-suite rooms are almost always occupied, so you may need to wait some time for one to become available.



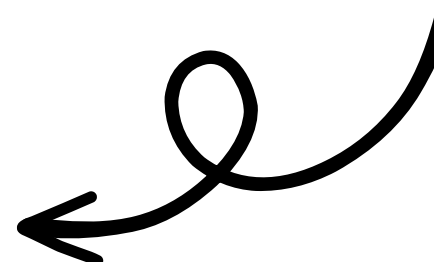
Exams

While exams may seem far away right now, time seems to move at a different pace in Cambridge. By getting exam adjustments sorted as soon as possible, you will reduce your stress during exam term!

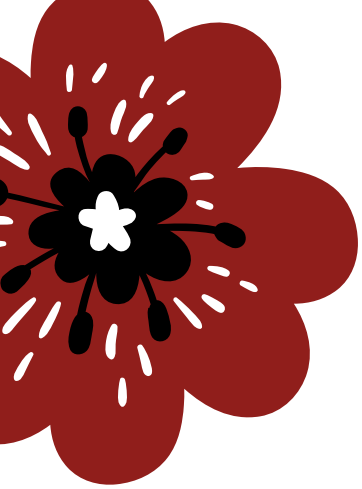


Adjusted Modes of Assessment (AMAs) are the technical name for sitting exams in a different format. This could include oral exams, splitting papers in half to sit over two days or doing coursework rather than exams. These are applied for through your tutor, who submits evidence to the Exam Adjustment and Mitigation Committee (EAMC) if you, the DRC, your DoS or anyone else thinks this will be needed.

Standard exam adjustments are changes to how you sit an exam to help with your needs. They can be applied to both online and in-person exams. Many people have these to some degree. These will be sorted out with your tutor/DRC advisor and are often listed on your SSD. Some examples include:



- additional time
- use of a word-processor (typing your exams)
- supervised rest breaks
- sitting an exam in college or another alternative location
- Sitting exams in a room alone
- being able to have food or drink
- a scribe, prompter or reader



Disabled Students Fund

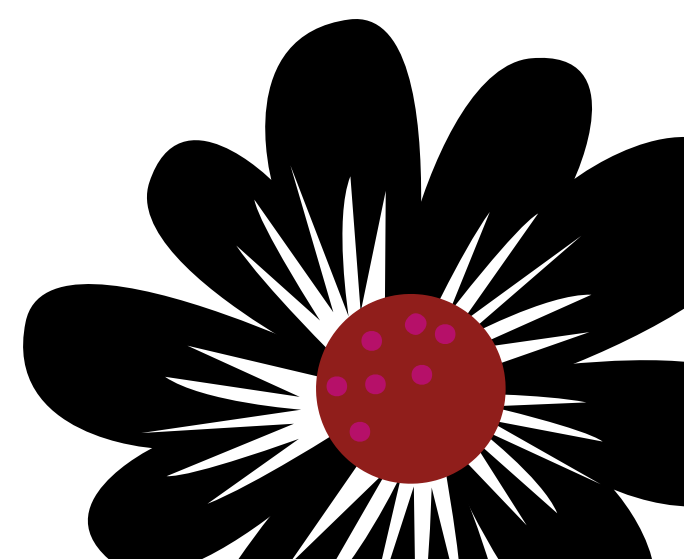
The disabled students fund was set up by my predecessor, Roz, as a source of financial support for disability-related purchases. These purchases can range from mobility aids like walking sticks, braces for unstable joints, laptop desks, earplugs, and more.

If something can help you manage your disability or chronic condition but you can't find another source of funding, remember the DSF!

The fund is non-means tested, which means you don't have to qualify for it: everyone who needs it is entitled to the fund, regardless of your income, savings, or other elements of your financial situation.

The application form will be sent out in the JCR president's weekly email. You can fill in this form with details of the disability-related purchase you have made. The form will be sent only to the Disabled Students Officer (that's me!) so your details will be anonymous to the rest of the JCR.

Because the fund has a limited budget, we may not be able to provide compensation to cover the entire purchase, particularly with more expensive items, but we will try our very best to make sure everyone has access to the things they need. If you need any help filling in the form, or questions about whether a particular purchase qualifies, or anything else related to the DSF, drop me a message and I will be more than happy to help.



Options if you are struggling

Anne Schumann is the college Nurse. If you have a disability, you may see her more often than others. Sending her a quick email or popping in for an appointment if you're having any disability-related problems is something I would recommend! She can direct you towards relevant services such as your GP, make referrals to University-based support such as the Mental Health Advisors or get in touch with others in college such as the tutorials office. She was a great help to me during my first year, and I saw her every week for a few months. She can be very helpful about lots of different things!

As well as the College Wellbeing Advisor, Sineidin, who you can arrange a chat with, the college has two part time counsellors, Sue and Isha (Isha identifies as BAME). You can book online for a one-off, 30-minute session with either of them, in person or over the phone/video call. You can find more info on Newnham specific health support here:

<https://newn.cam.ac.uk/student-life/support/health/>

The college counsellors are generally used for shorter-term problems, so if you have an ongoing mental health condition for which you need regular support, it may be better to sign up to the University Counseling Service. Generally people are allocated 6 sessions, weekly or every two weeks. Reach out if you need help!

The DRC may advise that you receive guidance from a nonspecialist mentor. On my SSD I was entitled to 28 hours from a mentor and this has been very helpful! The benefit I have received from it is almost indescribable. Having an impartial person to turn to and get advice from has been amazing. Further, my mentor has really helped me get tasks done that I otherwise wouldn't have because of executive dysfunction. If the DRC offers you a mentor, absolutely try it out!

Options if you are struggling

If you are struggling a lot and accessing support has not helped, you may need to look into some bigger changes.

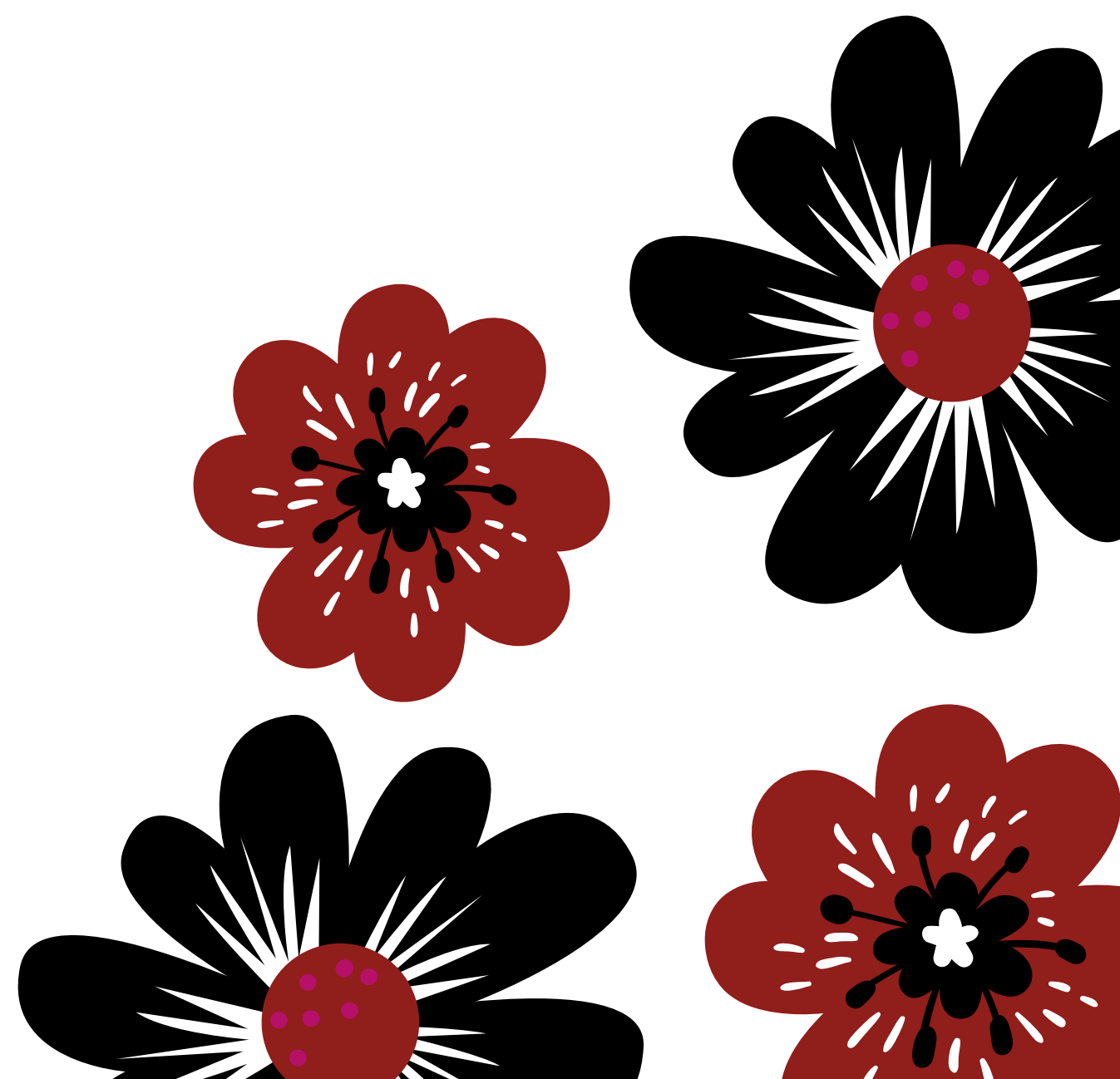
Intermission is the formal word for taking time out of your studies, usually for health reasons. Lots of people intermit - you will meet several people who have done so. There's a Facebook group for intermission solidarity and support - this can be useful if you are considering intermission, currently intermitting or if it has been suggested to you.

<https://www.facebook.com/groups/intermissionatcambridge>

Intermission can be very helpful if you are having health issues that are interfering with your studies that could be improved by taking time out to recover. The first thing to do if you think intermission would be helpful is to get in touch with your tutor or the college nurse to have an honest discussion with them about your situation. The DSC have an intermission guide which is a useful resource to learn more.

<https://www.cambridgesu.co.uk/disabled-students-campaign/resources/intermission/>

If you're unsure about reaching out or anything to do with intermission, drop me a message!



Options if you are struggling

'Double Time' (DT) or Extended Mode Of Assessment is technically an AMA, although this is different to a lot of other AMAs.

This is where you spread one year of study over two years this is usually done by taking half the modules for a year over one year, then the other half over the second year. It is designed to still be a full-time course as it is for those who aren't able to work for as long or for those who take substantially longer to complete work.

Double-Time could be a good option for you if Intermission is unlikely to resolve your problems - a chronic illness is unlikely to go away over a year out. Unlike other AMAs, this can be applied for over the summer so it is in place for the next year. This will go through your tutor and you will need to submit medical evidence for it.

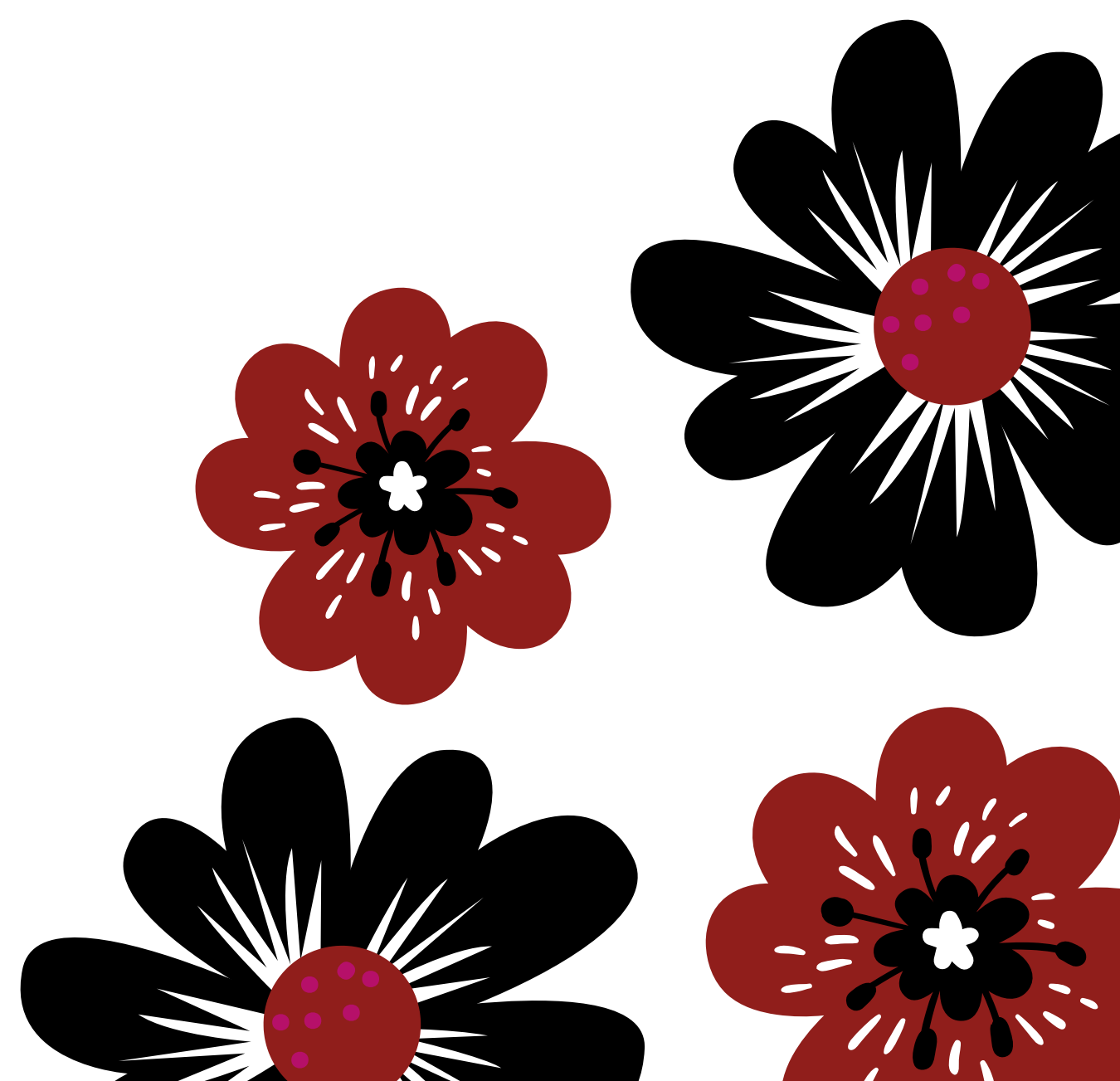
If you have any questions about this (as it can be a bit difficult to find information on this), I'd love to answer them, or put you in touch with someone who can. The DSC have a double-time officer who is very knowledgeable about this topic.

DT is not very common - it's possible your tutor will not have heard of it yet. The DSC have a double-time guide which may be useful to send to them. The DSC also have a double-time officer who is very knowledgeable about this topic.

<https://www.cambridgesu.co.uk/disabled-students-campaign/resources/double-time/>

There is a lot of information across these pages, so here's a summary:

- Anne Schumann is the college nurse (pg.7)
- Erika is the college counsellor (pg.7)
- Intermission is an option to take a year out of your studies (pg.8)
- Double-Time is an option to reduce the intensity of your studies (pg.9)

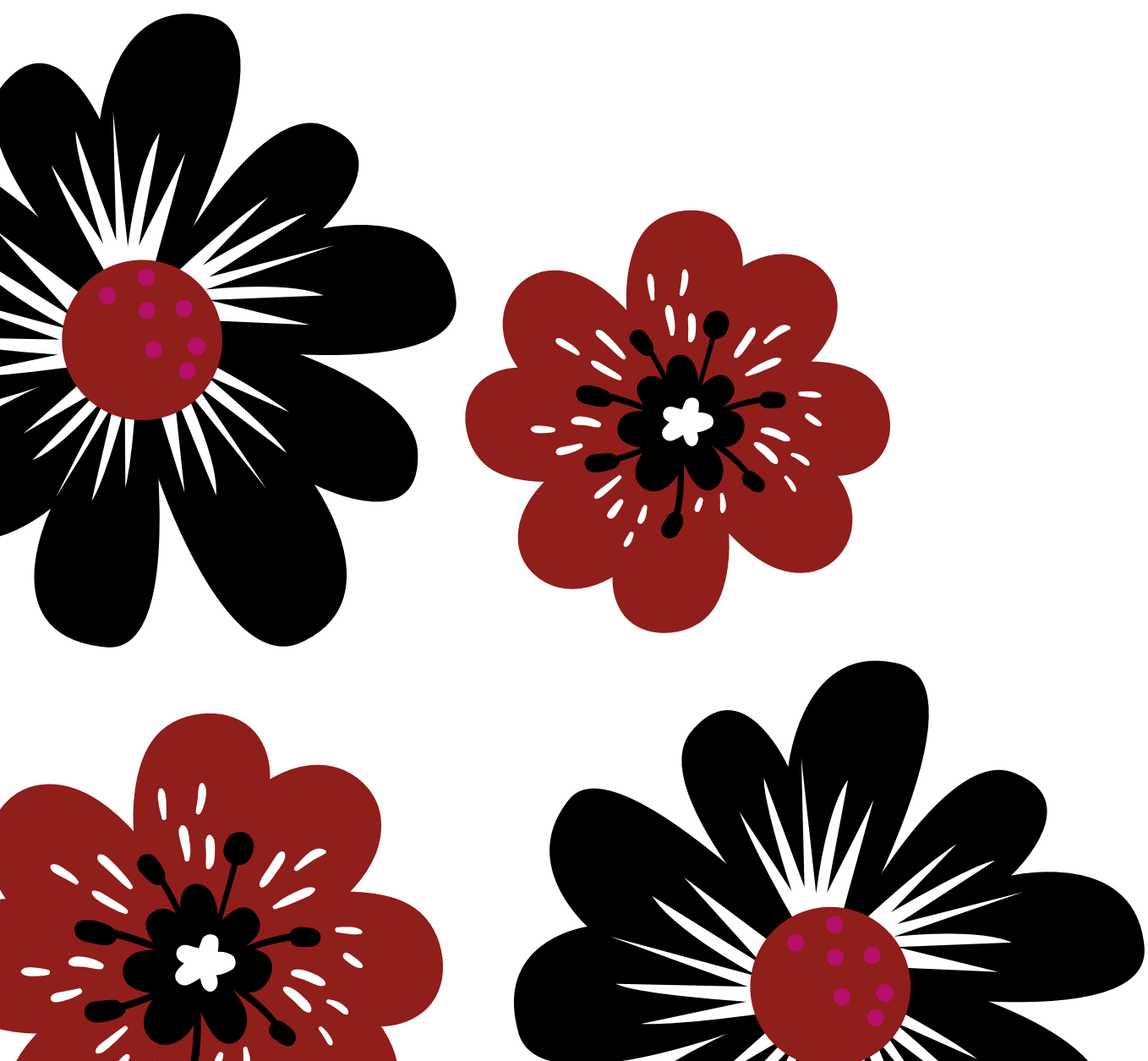


Access around town

As an old town and university, some parts of Cambridge are not the most accessible. AccessAble is a website and app that has accessibility audits for all of the central university buildings (such as departments and lecture halls) as well as many other commercial buildings in Cambridge. This includes lots of information and photos of each site. If you are asked to go somewhere new you can find out if it is accessible to you before you get there, possibly avoiding an unnecessary trip. This might also be a useful tool to give to a supervisor so they can ensure they are scheduling supervisions in an appropriate place.

<https://www.accessable.co.uk/>

Newnham have a mobility fund if you find yourself struggling and needing to take lots of taxis. This is applied for through your tutor. If you are in receipt of DSA college may be less able to give it to you, ask about taxi funds in your DSA assessment if you are able. This fund is retrospective, meaning you submit receipts to your college tutor who applies for reimbursement on your behalf.



Access around College

Some things in college are more difficult to find. There'll be a chance in Freshers' week to be shown around or explore some things, but here's an overview

To the left is a map of all the lifts in college. Here is some basic access information for different parts of college:

DG - accessible by either X or Y lift

Fawcett and Sidgwick - accessible via X or Y lift and walking through clusters 1 and 2

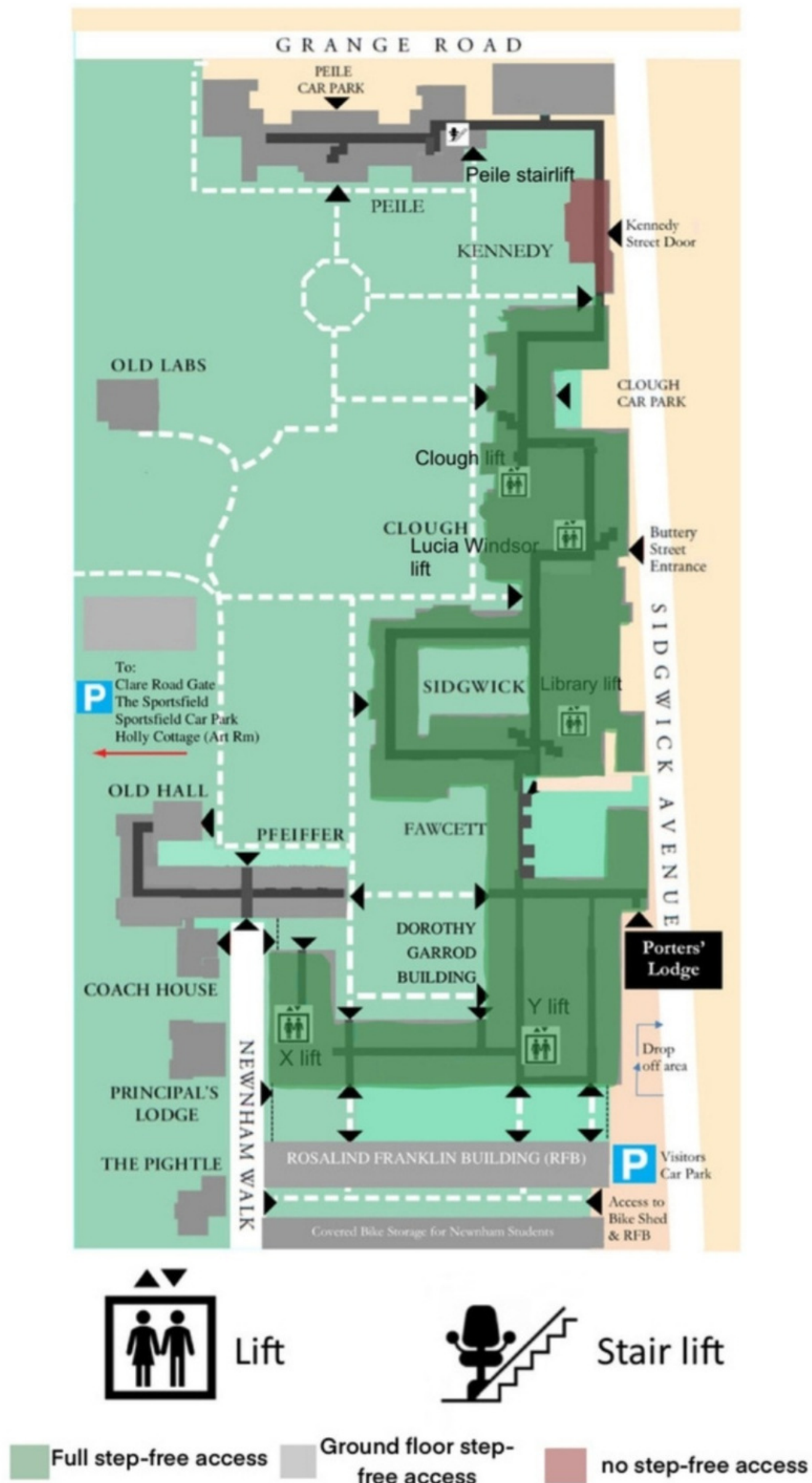
Library - all floors accessible by lift

Clough - 1st floor accessible by Lucia Windsor and Clough lift. 2nd floor accessible by Clough lift only

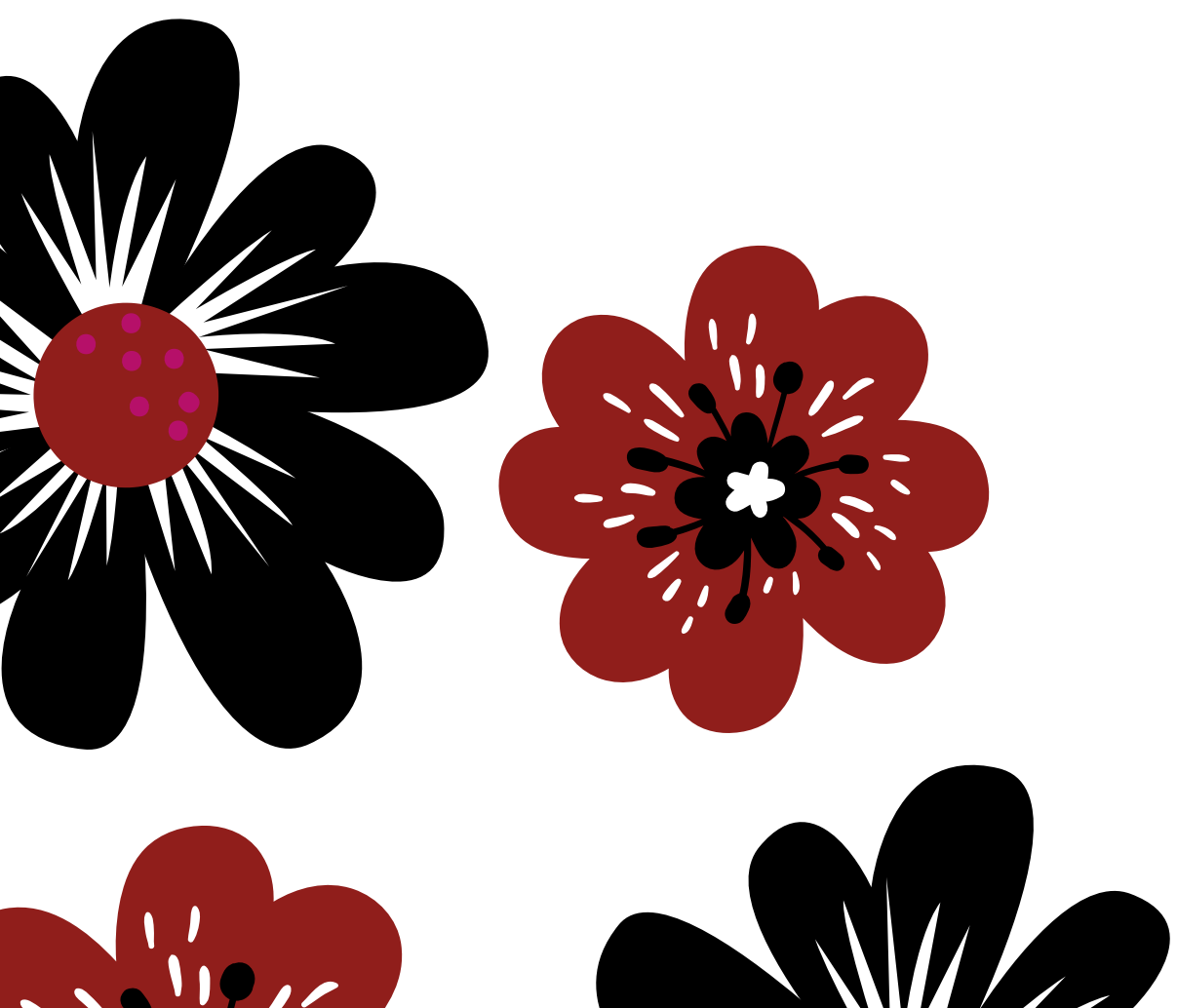
Kennedy - ground floor access via one step from corridor

Peile - ground floor accessible by new stairlift or external ramp (wheelchair users will need help to get up this)

Old Hall, Pfeiffer and RFB - ground floor access only across gravel paths



The pigeonhole room is pretty small - if you find accessing your pidge difficult it can be moved for you. The fire alarm is tested on Saturday mornings - if you have sensory issues have headphones to hand!



Last notes

Crane's fund can cover medical costs for treatment not easily available on the NHS such as costs of diagnostic assessments for ADHD and ASD or specialist psychotherapy

If you are looking to get a specific learning difficulty (ADHD, dyslexia etc.) diagnosis, the DRC can give you information about educational assessments. These will not give a formal medical diagnosis, but will allow you to have adjustments in exams and added to your SSD. They are not sufficient to get ADHD medication.

Mental health advisers are mental health nurses that work in the University Counselling Service (UCS) that work with students with severe/complex mental health problems or neurodivergent students. You can be referred by the college nurse.

There is a psychiatrist at UCS who you can be referred to if needed

Sending emails can be difficult, especially when they are about disability-related things. I will be organising some disability admin sessions in Michaelmas term so you can come along and get some help writing those emails. I will also be happy to help whenever I can, just drop me a message!

I think that's everything I've got to say! Please shoot me a message on Facebook, email or by messenger pigeon or feel free to stop me in the corridor; I'm pretty difficult to miss! I can usually be found in the Iris if you want to chat, rant or ask questions. I look forward to meeting you all at some disability events!!

