

Welcome from the Principal

Welcome and congratulations on gaining a place at St Cuthbert's Society. You are joining one of the oldest and friendliest student communities in Durham.

At St Cuthbert's Society (generally known as Cuth's) we are proud to cater for a diverse range of students. Our welcoming and friendly atmosphere forms the foundations of our offer to you; a world class student experience, during which we will support you to achieve your maximum potential.



The student body at Cuth's, known as the Junior Common Room (JCR) is a fantastic way for you to meet new people and form lifelong friendships. It is the hub of our college and provides a warm welcome to all our new students. As an independent charity, Cuth's JCR is also unique, in that it is run for our students by our students. It is the heart of the Cuth's community, and its role is to ensure you receive the best and most rewarding student experience. From the moment you arrive at Cuth's you are part of the JCR family. As a member, you will be able to attend events, play in sports teams and join, or create societies; we currently have over 40 to choose from.

At Cuth's, we are passionate about our local communities, and we are always exploring new and innovative ways to enrich it, with a mix of outreach, volunteering, and charity activities. Cuth's also offers a wide variety of intellectual events that are open to all, including: interdisciplinary symposia, talks by our very own students and staff on their scholarly research, and lectures by distinguished visitors.

University will be the best time of your life, it is fun and exciting, but can also be a little stressful at times. I want to assure you that we take the health, wellbeing, and happiness of all our students very seriously. The College Officers, staff and welfare team will be here, always to provide the support you need, when you need it most.

As a place to live, study and socialise, Cuth's is a beautiful mix of the old and new and has college accommodation on two different sites. The historic Bailey site by the cathedral and city centre and the Parson's Field site on the outskirts of the Maiden Castle Wood with fabulous rural views of the river and surrounding countryside.

Lastly, Cuth's may lay claim to be one of Durham's oldest colleges, and we are strong on tradition, and proud of our heritage. But we are also a very modern forward-looking college, willing to do things a little differently and embrace change. We will provide the support you need to make the most of your student years at Cuth's and to enjoy Durham to the full.

We look forward to meeting you soon.

With very best wishes,

Tammi Walker

Principal of St Cuthbert's Society and Professor of Forensic Psychology

Welcome from the JCR President

Hi! I'm Ben. I'm the President of the Society for this year, having already been President last year as well. I graduated in 2022 with a History degree. Congratulations on getting into Durham and choosing St Cuthbert's Society!

Cuth's is rather unique amongst Durham Colleges. We are the only one to have been founded by students, by those seeking an alternative to collegiate life, rather than the University. In 1888 we were founded as a 'society', and we retain not only the name of the Society, but also its fiercely independent streak. We have never shied away from being different. We cherish our traditions, but are proudly forward-thinking and committed to change.



We like to consider ourselves 'traditionally untraditional'. This is still reflected in the way that Cuth's operates.

As the full-time elected President of the Society, I am employed by the JCR (Junior Common Room), which is a registered independent charity, rather than by College or the University. The JCR exists to provide experiences to students in Cuth's. This ranges from over forty sports and societies, our three annual balls, a music festival (Cuth's Day), welfare services, volunteering opportunities, charity fundraising, gyms, music rooms, and more. My job is to oversee all of these activities, and represent you to College and the wider university. The JCR is, apart from myself, entirely run by student volunteers - and we have over a hundred of them. We're entirely democratic, so get involved! Although I'm the President, we're a member-led organisation, so be the change that you want to see.

I'll be living in House 8 (on the Bailey) this year. Feel free to say hi, and you can always get in touch with me if you have any questions about who we are or what we do. Cuth's and the JCR exist to help you transition into University life, so never hesitate to reach out if you have any problems. Even if we can't help, we'll always be able to point you in the right direction. Coming to Durham really is unique - you're not just going to University, but to a College (or in our case, a Society). So throw yourself into everything, try something new, meet new people, and have some fun. Our community is what makes Cuth's so fantastic.

I can't wait to see you all in Durham very soon.

With best wishes,

Ben Thomas

President of the Society (2023-24)

St Cuthbert's Society Student Support

Scan the QR code for contact details.

The Student Support Team consists of Dr Lydia Harris (Assistant Principal), Mrs Alex Haigh (College Student Support Officer) and Tracy Robson (Administrator) - available to assist you with any queries or concerns that have the potential to affect your studies.



How can we help?

cuthberts.studentsupport@durham.ac.uk

- Disability Support
- Academic Concerns
- Personal Wellbeing Concerns
- Sexual Misconduct and Violence
- Health Concerns
- Financial Concerns
- Anything that affects your studies

In an emergency dial 999

Book a virtual or face to face appointment by emailing:

Cuthberts.studentsupport@durham.ac.uk

Or scan the QR code for further resources.

Out of Hours

Call the RSA (Duty Porter) on 0191-3343470

In an emergency call 999

Zero tolerance against bullying,
harassment, hate & sexual misconduct.

Report Support

report
incident

1



2

get
support



Centralised platform for
students and staff.

Report anonymously
or with contact details when
you've experienced an incident.

Or check out information and advice
on what support options are available.



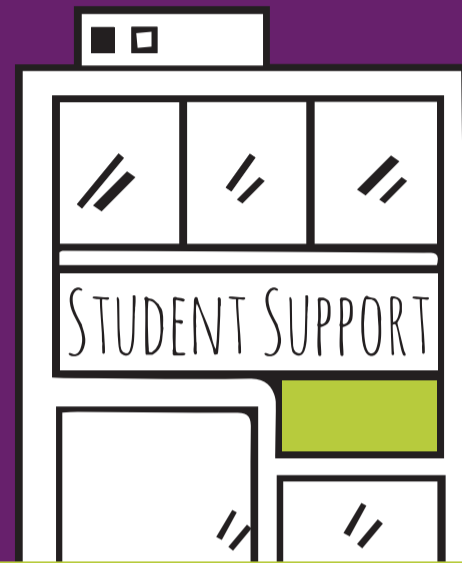
Scan me to
access the tool



Boundaries Respect and Positive Intervention CONSENT MATTERS



Accessing
support



Information for new students

Durham University recognises the significant impact of all experiences of sexual violence and is committed to promoting a culture in which sexual violence is not tolerated and will be addressed. To achieve this, all members of our University have a responsibility for upholding the principles of dignity and respect. Before the conclusion of Welcome and Orientation Week, all new students are therefore expected to complete the online course, 'Consent Matters; Boundaries, Respect and Positive Intervention', which is available on Oracle Learning before participation in College-based clubs, societies or committees, or activities with Experience Durham. Access to Oracle Learning will be available to you upon completion of University registration. You will also receive an email with a link to the course.

During Welcome and Orientation Week, your College will require you to confirm that you have, or will, complete this course. Questions about the course should be directed to your Student Support Office who will be happy to discuss the course with any member of the College.

We hope that all students will find the course interesting and commit to maintaining our valued culture of respect at Durham University.

For more information, or to view Durham University's Sexual Misconduct and Violence Policy, visit durham.ac.uk/sexualviolence

USER GUIDE

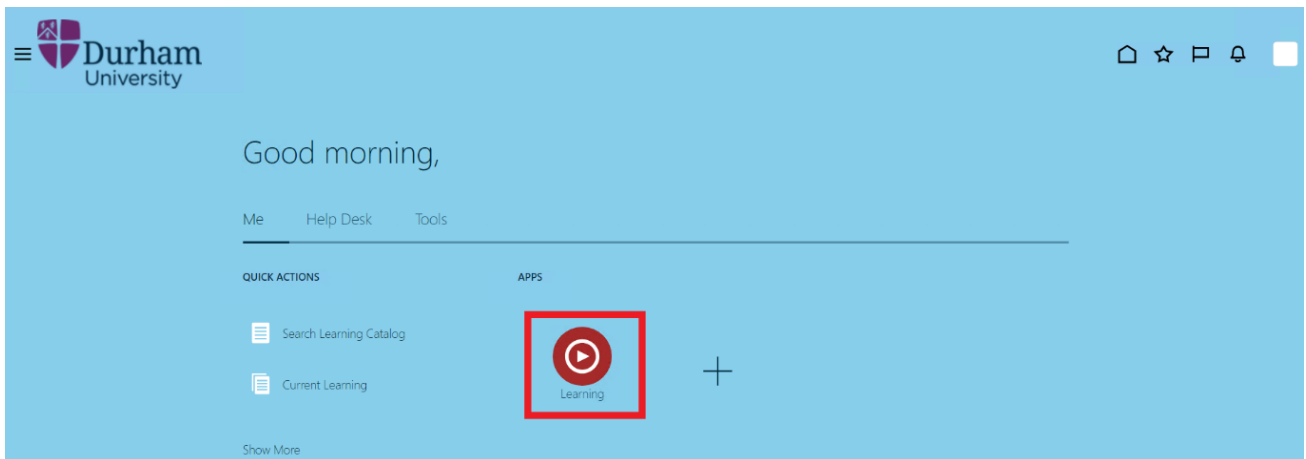
How to Access Consent Matters on Oracle Learning



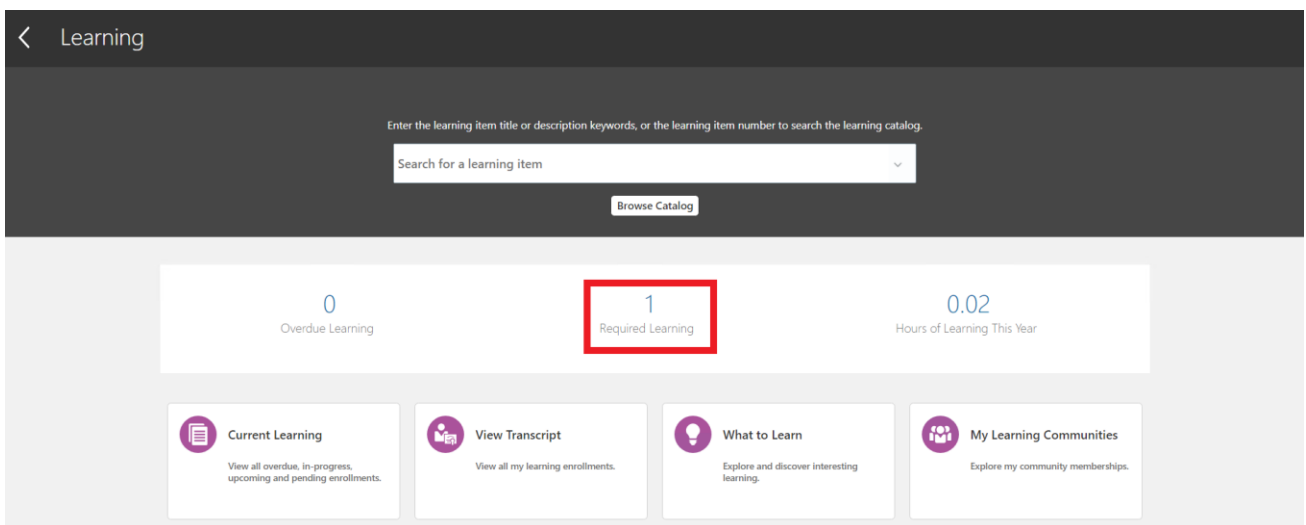
1. Sign into Oracle using the link below:

<https://ehjb.fa.em2.oraclecloud.com/homePage/faces/FuseWelcome>. (Please note you may have to use [multifactor authentication](#) when logging in).

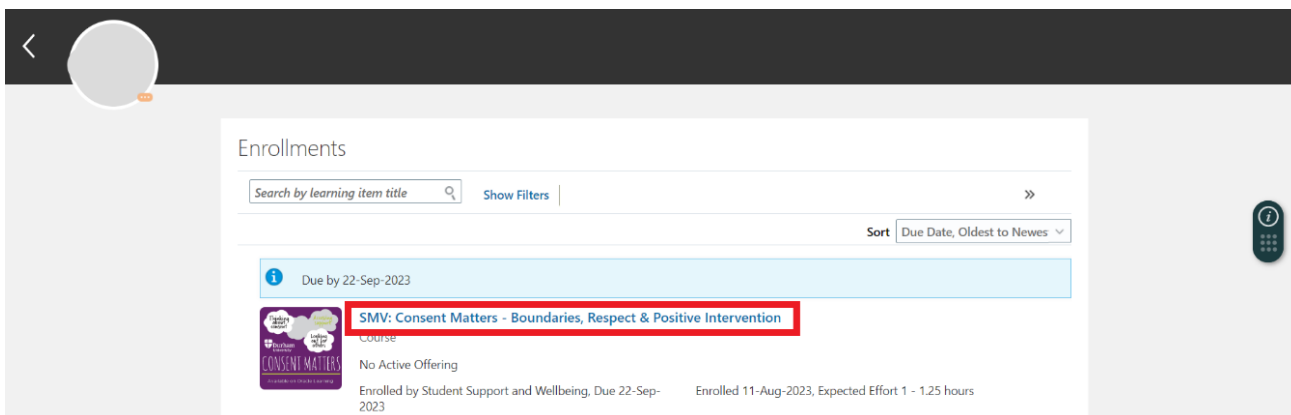
2. Click on the 'Learning' application.



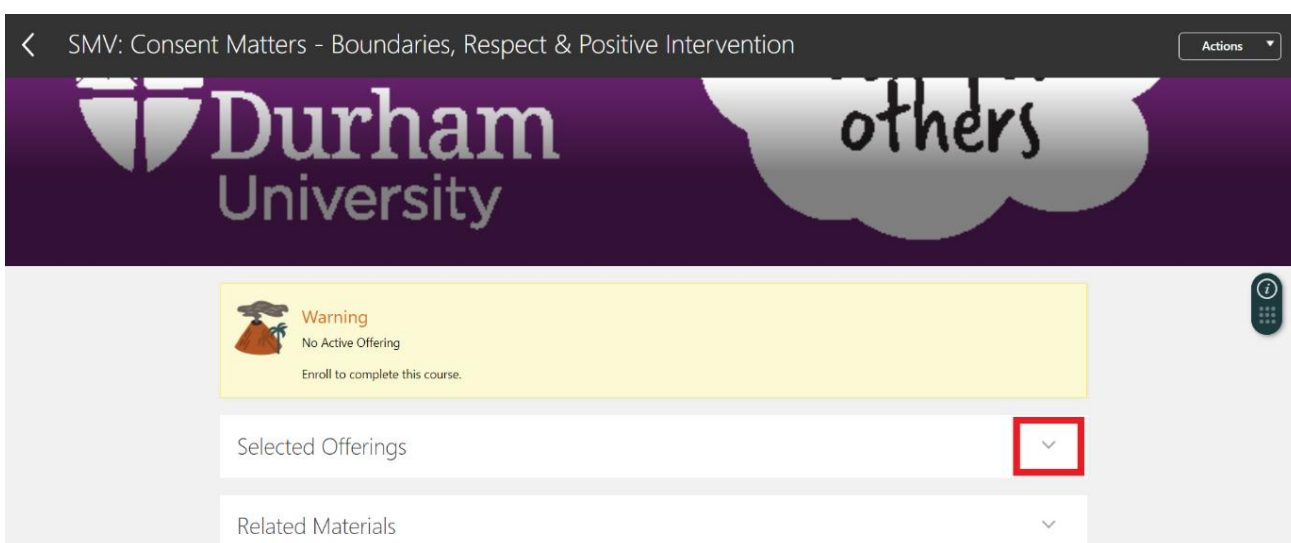
3. Click on your Required Learning count.



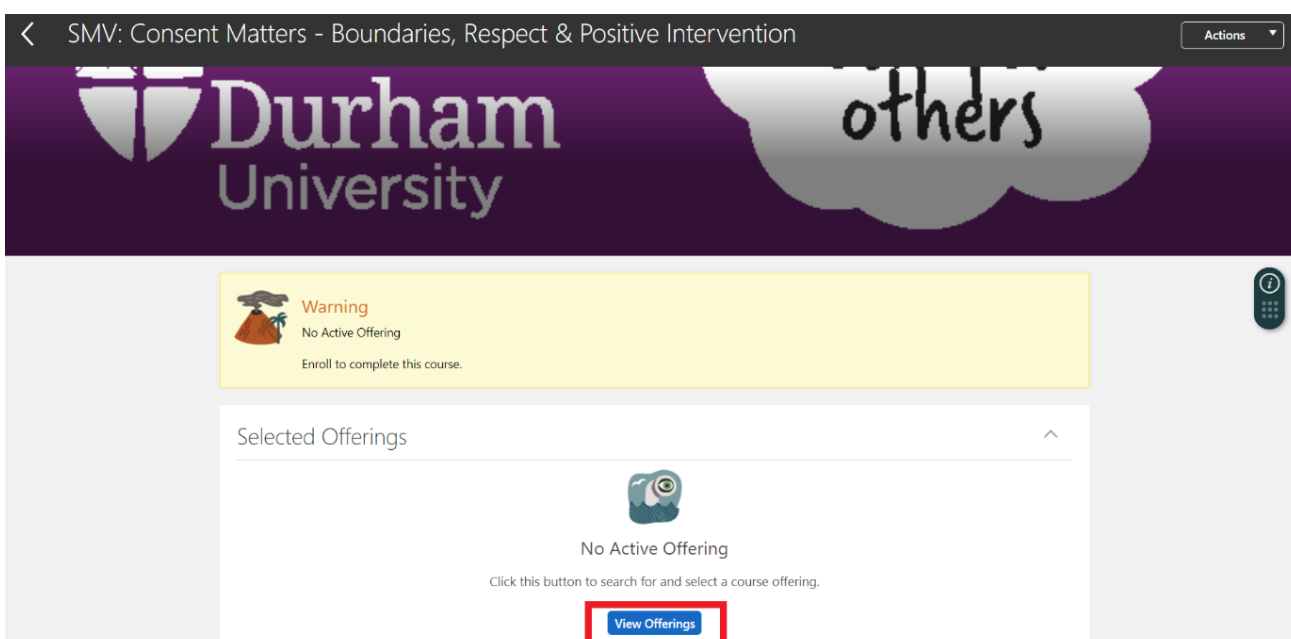
4. Click on the course title.



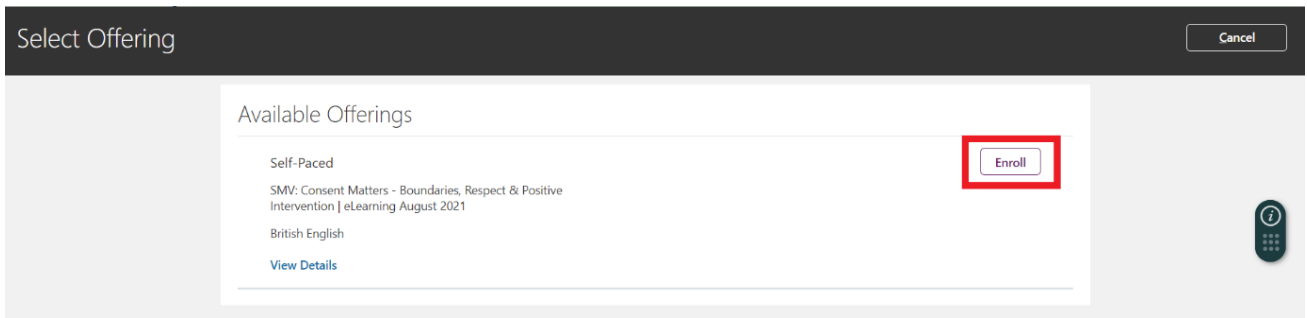
5. Click the downwards pointing arrow in the selected offerings area to open the section.



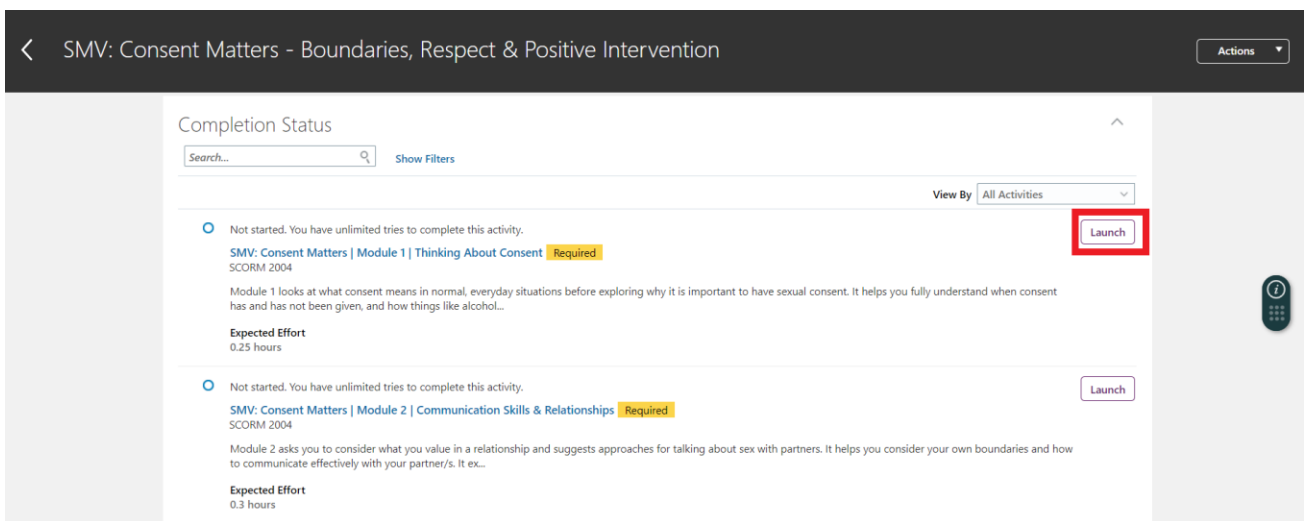
6. Click the 'view offerings' button.



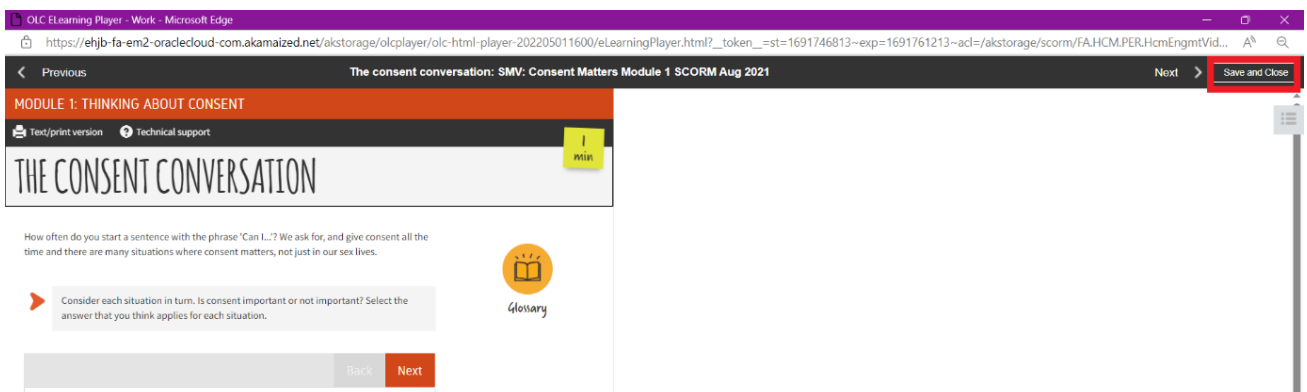
7. Click Enroll on the available offering.



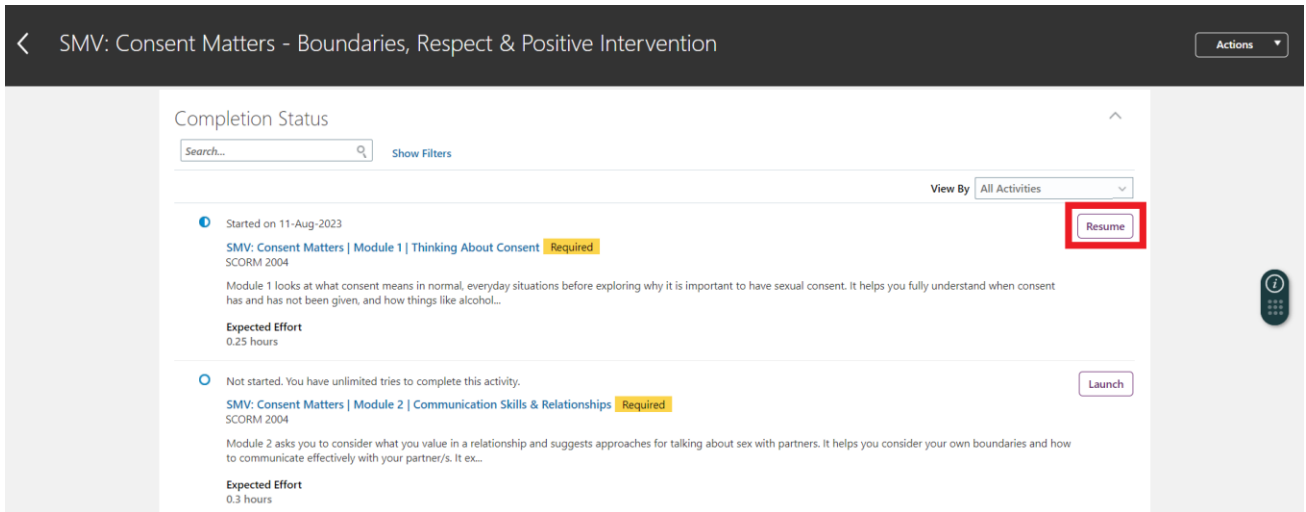
8. Scroll down to the 'completion status' section. There are 4 separate eLearning packages to complete. Please complete these in order. To open an eLearning package click the 'Launch' button.



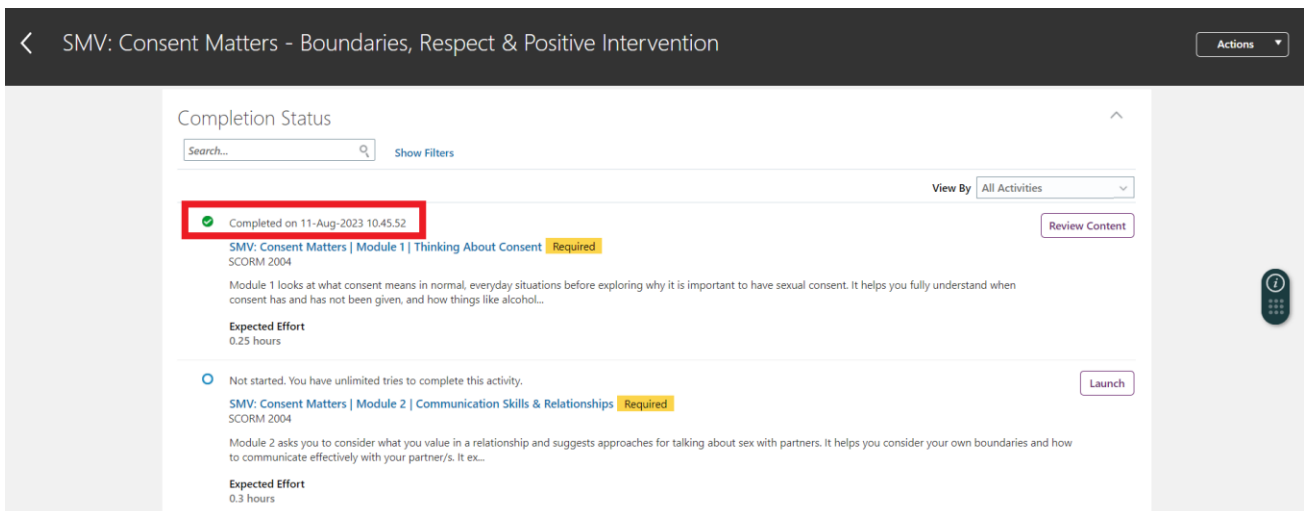
9. You can save and close whenever you like. Click the 'Save & Close' button whenever you leave the eLearning package.



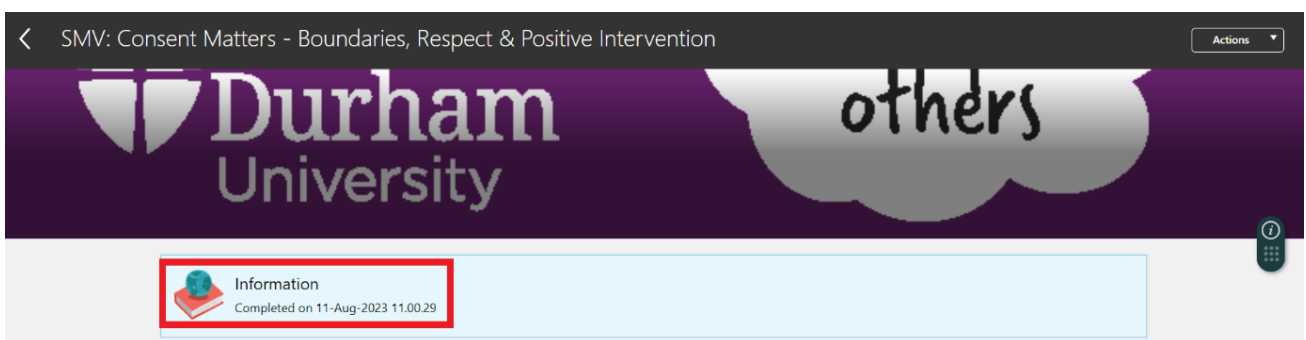
10. If you save & close before completing the eLearning, a resume button will appear in the 'completion status' section. Click resume to re-enter the eLearning package. You will resume where you left off.



11. If you save & close at the end of the eLearning package, you will be marked as complete for that module.



12. Once you have been marked as complete for all four modules, you will have completed the course.



Spiking Information

Student representatives have worked with support staff and external agencies to develop the following important messages regarding spiking. To read these messages in full please visit:

<https://reportandsupport.durham.ac.uk/support/spiking>

What is Spiking and who is responsible?

Spiking a drink with substances such as alcohol or drugs or spiking by injection (regardless of any motivation, e.g. sexual violence/theft) are serious criminal offences with a maximum sentence of 10 years in prison and also constitute serious disciplinary offences within the University with sanctions including expulsion or dismissal. There is no excuse for spiking and all guilt and responsibility lies with the perpetrator. The victim is never to blame.

Safety Advice

Do not add any substance (including alcohol) to another person's drink without their consent. Doing this can cause serious and dangerous health consequences for the victim along with emotional and psychological trauma.

There are no guaranteed ways for individuals to prevent another person from spiking. The following actions may help make it more difficult for a perpetrator to spike a drink. Perpetrators will spike any type of drink, including non-alcoholic drinks, and spiking can occur at any venue, public or private, including parties in houses. If your drink is spiked, it is not your fault.

- Watch your and your friends' drinks being served.
- Use an anti-drink spiking device, such as a Spikey or lid cover.
- Never leave drinks unattended - keep them in your hand or in sight.
- Do not accept drinks from anyone that you don't know.
- If you are unsure about your drink, don't drink it.

How to be an Active Bystander

As an active bystander, if you hear your friends or peers joking about or planning drink spiking or see something that is concerning, you can intervene if it is safe to do so. Remember the 4 D's of intervention: Direct intervention, Distract, Delegate (ask someone else to intervene) or Delay. If you suspect your friend has been spiked:

- Stay with them and keep talking to them.
- Don't let them go home on their own or leave them with someone you don't know or trust.
- Try to prevent them from drinking more alcohol as this can worsen their condition.
- Call an ambulance if their condition deteriorates or if you are unsure, call 111 to seek advice.

Durham SU delivers Active Bystander Training to Common Room Freps, and is working to expand this training to student groups across the University. If your student group would like to express interest in this training, please contact su.welflib@durham.ac.uk

Click here <https://reportandsupport.durham.ac.uk/support/spiking> to learn about the signs of Drink Spiking.

What you can do if you suspect you were spiked:

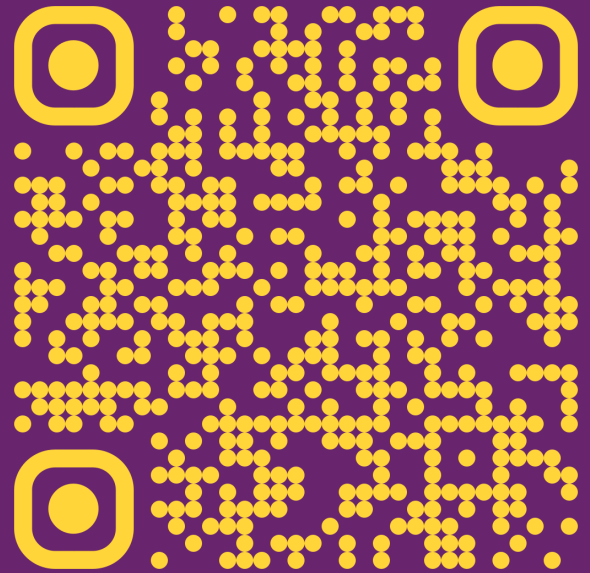
- **Get help** from a trusted friend or a member of staff at the venue; many venues in Durham now have trained welfare staff.

- **Seek medical advice.** If seriously unwell, someone you trust should take you to your nearest A&E department; otherwise call 111 or consult your GP. A&E **do not** offer toxicology tests and will only perform tests for drugs when it is necessary to determine medical treatment.
- **Report to the Police.** Call 999 if at risk or 101 if in a place of safety. Police can test blood, urine, hair, drinks and vomit for drugs. The Durham Police also offer rapid result urine tests.
- **Go to a safe place.** The Hub at St Nicholas' Church in Durham Market Place is open on Wednesday, Friday and Saturday evenings 8pm until 3am. The facility is staffed by support workers who can provide assistance, or simply offer a safe place for people to wait for friends or the police if a crime has taken place. Rapid testing for drugs is also available.
- **Get safe transport.** The SU 'Night-Cab' scheme provides a safe and secure way for students to get home or travel to A&E. The Night-Cab operates within a 2-mile radius of Durham City Centre, and costs just £2. There is no fixed timetable and, just like a normal taxi service, you can arrange to be picked up by calling the service on 07922 648802.
- **Get help from the Drug and Alcohol Recovery Service.** If you believe you have been spiked you can contact the Drug and Alcohol Recovery Service in Durham. This is a non-judgemental, free and confidential service that will provide you with rapid drug testing, information and advice. You can go along with someone that you trust, such as a friend. Services operate Monday to Friday between the hours of 9am and 5pm. Email: cddars.uni@humankindcharity.org.uk or Phone: 03000 266 666.
- **Report to the University** through the [Report + Support](#) tool to access support from College Student Support Office staff and specialist services. The University will then contact you to discuss your report and supporting options further before taking any action.
- **Get a test.** Some drugs leave the body in a very short time (within 12 hours), so it is important to test as soon as possible. Other drugs remain in the body longer, so testing will still be considered up to five days after an incident (increasing to seven for some drugs). The Police can test and in Durham this includes rapid result urine tests. Rapid result testing is also available from the **Drug and Alcohol Recovery Service** and at **The Hub** (see details for both above).
- If you have been subjected to rape or sexual assault (or other forms of sexual violence), you have additional reporting and support options available to you. The North East SARC Support Service offers advice, support, counselling, sexual health screening referrals, confidential forensic medical examination and the support of an Independent Sexual Violence Advisor (ISVA). You can approach them in confidence, whether or not you wish to make a formal report to the Police or University. To request an appointment call 03333 44 8283 or visit <https://sarc-support.uk/>
- Additional information on reporting and support options can be found at <https://www.dur.ac.uk/sexualviolence/getsupport/> or through the [Report + Support](#) tool. Specialist case managers are available to speak with you.



Durham
University

This QR code will direct you to a sway outlining what you can do prior to attending Durham University to support your mental health and enhance your experience during your studies.



At Durham University we believe mental health difficulties should not be a barrier to enjoying your time at university, and reaching your academic potential. We understand starting university can be daunting, but our support services help students with mental health difficulties to achieve success. Our Mental Health Advice Team offer advice and guidance to students with diagnosed and undiagnosed mental health difficulties.

If you have questions or need further advice, please email:

mh-advisor@durham.ac.uk

(This inbox is monitored Monday to Friday during the working hours of 9AM-5PM)

Bank Account and Medical Registration Information

Bank Account

HSBC International Student Bank Account	Apply online or in branch with passport and letter of banking introduction. Account can be opened without a room number on banking letter.
Lloyds Classic Account	Apply online using BRP - this should/may enable the student to open an account. If they apply online but are unable to open an account this way (for example they have provided inaccurate details) they can call into branch (no appointment required) with their passport and BRP to complete the process. They no longer need to provide a banking letter from the university.
Barclays Bank Account	Apply using the app, with ID plus proof of address - Council Tax letter (from DCC, not university) or their non-UK bank statement with their UK address updated added on by their bank.
NatWest	Apply online with proof of ID and proof of address - HMRC document or Bank statement from an existing bank which is now addressed to your new UK address (this does not need to be from a UK bank).

Medical Registration

All students (home, European, and International) are entitled to use the National Health Service (NHS). Registering with the local GP is highly recommended while you are a student in Durham to ensure you can access medical care. The College will be hosting medical roadshows to register for both UG and PG students. These will be held on Monday 9 October from 17.00-19.00 in the JCR at 12 South Bailey and Wednesday 11 October in the Brooks Bar from 17.00-19.00.

Further information about registering can be found through the QR code:



Student Email, Enrolment, and Registration

UNIVERSITY ENROLMENT and REGISTRATION PROCESS

All students should complete the following to enrol with the University and to enable them to be registered as students at Durham. If you do not complete Enrolment, there may be an impact on the following:

- Accessing your University email, exam information and results;
- Getting a campus card.

ON-LINE ENROLMENT

Update or confirm your personal information and accept the University's regulations. All students must complete Enrolment each year. It is vitally important that you complete this before arriving in Durham (in particular your personal details and tuition fee information).

Students will receive two messages, 24 hours apart, over the next week, to their personal e-mail address provided on their application from no.reply@durham.ac.uk. This will be up to a week after you accept your place at Durham. Please ensure that you keep your personal email address up to date with us! One email contains your username; the other shows you how to derive your password.

Once you receive both emails:

- Visit our Change Password page and update your password: <https://www.durham.ac.uk/about-us/professional-services/computing-information-services/support/passwords/#d.en.1010686>
- Set up Multi Factor Authentication: <https://www.durham.ac.uk/about-us/professional-services/computing-information-services/support/multi-factor-authentication-mfa/>
- Log in to Banner Self Service to enrol with the University: https://ssb.durham.ac.uk/BLIVE/twbkwbis.P_GenMenu?name=bmenu.P_MainMn
- Complete online Enrolment and upload a photo for your campus card as soon as possible.

You will need the following information to hand to complete enrolment:

- Term-time address;
- Emergency Contact Details;
- How your tuition fees will be paid;
- A photograph to upload so that your campus card can be prepared ready for collection when you are Identified during the College Registration.

MODULE REGISTRATION

Your Department will send information about registering for your programme and optional modules and give you advice on modules choices. Do not begin this element of the process before 1st September and you have received advice from your Department. If you have not received information about modules by 1st September, or have questions about module registration, please contact your Department. Once you have received the information from your Department, we ask that you complete Module Registration by 20th September, if possible.

VERIFICATION OF IDENTITY

This is completed at the College Registration event. Don't forget to bring your Passport, Photo Driving License or your current Biometric Residence Permit with you to Durham. You will then be able to collect your campus card during the College Registration at your designated College.



St Cuthbert's Society

Meal Times (Term Only)

12 South Bailey Dining Hall

Monday – Friday

Continental Breakfast: 8.00-10.00

Lunch: 12.00 – 13.30

Dinner: 17.00 – 18.45

Weekends

Continental Breakfast: 9.00 – 10.00

Saturday/Sunday Brunch: 11.30 – 13.00

Saturday/Sunday Dinner: 17.00 – 18.30

Meal Packages

Fully Catered:

30 week package (21 fixed meals) £2,760.00

Partially Catered:

30 week package (10 flexi meals)* £1,578.00

Pay As You Go

Breakfast £5.35/meal

Lunch £6.75/meal

Dinner £7.70/meal

* 10 meals per week, for 30 weeks (can be used for Breakfast, Lunch, and/or Dinner)



St Cuthbert's Society

Important College Information



Welcome to St Cuthbert's Society

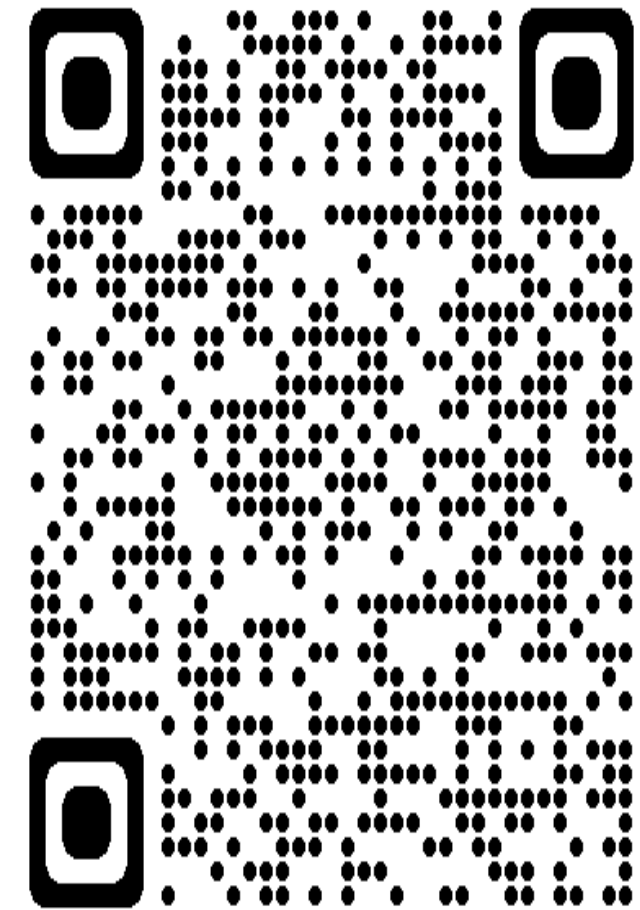
Please scan the QR code to access the College sharepoint hub

It can also be directly accessed

<https://durhamuniversity.sharepoint.com/teams/StCuthbertsSocietyHub>

The hub lists essential information about living in college accommodation including:

- Out of hours and emergency contacts, first aid, safety and wellbeing support.
- Student Support and Student Development.
- Heating provision
- Lost key policy
- Prohibited items
- How to report maintenance issues



IN THE EVENT OF AN EMERGENCY PLEASE CONTACT 999

THEN THE R.S.A. (0191 3343470).

FOLLOWED BY UNIVERSITY SECURITY (0191 334 2222)

Items Prohibited in Study Bedrooms

To keep us all safe, the following items are prohibited from all Durham University study bedrooms:

- **Cooking and cooling** items such as: toasters; kettles; George Foreman grills; rice cookers; microwave ovens; cookers or hot plates; coffee machines; toastie makers; omelette makers; deep fat fryers; pressure cookers; slow cookers; popcorn machines; fridges*; freezers*
- **Other electrical** items such as: block adapters (fused extension boards only); incense burners; plug-in air fresheners; irons; portable heaters*; electric blankets*; fans*; air conditioners*; dehumidifiers*; mains-operated fairy lights; clothes dryers; any electrical items without a CE mark or kite mark; clothes washers
- **Other fire hazards** such as: anything with a naked flame such as candles, tea lights etc.; any equipment which uses a gas canister; incense sticks; shisha pipes; flammable liquids
- **Other items** such as: pets including goldfish; door wedges
- **Items prohibited on all University premises** such as: drinking game and drug paraphernalia; shisha pipes; fireworks; barbeques

These lists cannot be considered exhaustive, and college officers may remove other items if they are considered to be a danger. If in doubt, please seek advice from the Operations Manager first.

Medical Exemptions

The items above marked with an asterisk may, in exceptional circumstances, be permitted in study bedrooms with medical exemption. Applications for medical exemptions should be made to College Office, and may require the submission of supporting evidence provided by your own GP or the University's Disability Services.

Where additional heating is required for those with medical exemptions, then these will be provided by the College.

Items Prohibited in Pantries (Non-Full Kitchen Facilities)

To keep us all safe, the following items are prohibited from all pantries in Durham University catered colleges:

- **Cooking and cooling** items such as: George Foreman grills; rice cookers; cookers or hot plates; coffee machines; toastie makers; omelette makers; deep fat fryers; pressure cookers; slow cookers; popcorn machines
- **Other electrical** items such as: block adapters (fused extension boards only); incense burners; plug-in air fresheners; irons; portable heaters; fans; air conditioners; dehumidifiers; mains-operated fairy lights; clothes dryers; any electrical items without a CE mark or kite mark; clothes washers
- **Other fire hazards** such as: anything with a naked flame such as candles, tea lights etc.; any equipment which uses a gas canister; incense sticks; shisha pipes; flammable liquids
- **Other items** such as: pets including goldfish; door wedges
- **Items prohibited on all University premises** such as: drinking game and drug paraphernalia; fireworks; barbeques

These lists cannot be considered exhaustive, and college officers may remove other items if they are considered to be a danger. If in doubt, please seek advice from the Operations Manager first.

Items Prohibited in Full Kitchen Facilities

To keep us all safe, the following items are prohibited from all kitchens in Durham University non-catered colleges:

- **High-Risk Cooking** items such as deep fat fryers
- Rice cookers may only be used if provided with a CE marked lead, which are available from the college. Please ask at Reception
- Generally students' own cooking devices (such as toasters, toastie machines etc.) must be PAT tested. Please ask at reception
- **Other electrical** items such as: block adapters (fused extension boards only); incense burners; plug-in air fresheners; portable heaters; fans; air conditioners; dehumidifiers; mains-operated fairy lights; clothes dryers; any electrical items without a CE mark or kite mark; clothes washers
- **Other fire hazards** such as: anything with a naked flame such as candles, tea lights etc.; any equipment which uses a gas canister; incense sticks; shisha pipes; flammable liquids
- **Other items** such as: pets including goldfish; door wedges
- **Items prohibited on all University premises** such as: drinking game and drug paraphernalia; fireworks; barbeques

These lists cannot be considered exhaustive, and college officers may remove other items if they are considered to be a danger. If in doubt, please seek advice from the Operations Manager first.

If there is any uncertainty as to what constitutes a full kitchen facility, please discuss with your College Operations Manager.

Cooking and Cooling

	Study Bedrooms	Pantries	Full Kitchens Facilities
Toasters	x	✓	✓
Kettles	x	✓	✓
George Foreman grills	x	x	✓
Rice cookers	x	x	UK mains lead provided
Microwave ovens	x	✓	✓
Cookers	x	x	✓
Hot plates	x	x	✓
Coffee machines	x	x	✓
Toastie makers	x	x	✓
Omelette makers	x	x	✓
Deep fat fryers	x	x	x
Pressure cookers	x	x	✓
Slow cookers	x	x	✓
Popcorn makers	x	x	✓
Fridges	x *	✓	✓
Freezers	x *	✓	✓

Other Electrical

	Study Bedrooms	Pantries	Full Kitchens Facilities
Block adapters	x	x	x
Incense burners	x	x	x
Plug-in air fresheners	x	x	x
Irons	x	x	✓
Portable heaters	x *	x	x
Electric blankets	x *	n/a	x
Fans	x *	x	x
Air conditioners	x *	x	x
Dehumidifiers	x *	x	x
Mains fairy lights	x	x	x
Clothes dryers	x	x	x
Non-CE marked items	x	x	x
Clothes washers	x	x	x

Other Fire Hazards

	Study Bedrooms	Pantries	Full Kitchens Facilities
Any naked flame	x	x	x
Candles	x	x	x
Tea lights	x	x	x
Gas canister equip.	x	x	x
Incense sticks	x	x	x
Shisha pipes	x	x	x
Flammable liquids	x	x	x

Other Items

	Study Bedrooms	Pantries	Full Kitchens Facilities
Pets inc. goldfish	x	x	x
Door wedges	x	x	x

Items Prohibited on All University Premises

	Study Bedrooms	Pantries	Full Kitchens Facilities
Drinking games	x	x	x
Drug paraphernalia	x	x	x
Fireworks	x	x	x
Barbeques	x	x	x

These lists cannot be considered exhaustive, and college officers may remove other items if they are considered to be a danger. If in doubt, please seek advice from the College Operations Manager first.

College Operations Manager will be responsible, in conjunction with Estates and Facilities, in determining the classification of each college facility taking into account size, suitability and load capacity. Kitchen classification to be clear communicated to residents on occupation.

Medical Exemptions

The items above marked with an asterisk may, in exceptional circumstances, be permitted in study bedrooms with medical exemption. Applications for medical exemptions should be made to College Office, and may require the submission of supporting evidence provided by your own GP or the University's Disability Services.

Where additional heating is required for those with medical exemptions, then these will be provided by the College.



POSTGRAD FRESHERS' WEEK

Wednesday 20th - Saturday 23rd September

WEDNESDAY 20TH SEPTEMBER

During the Day	Move-Ins	Brooks House
7.30pm	Pub Quiz for PGs & International Students	Bailey Bar

THURSDAY 21ST SEPTEMBER

11am	Walking Tour of Durham	Meet at Brooks
3pm	'Big Tesco's' Shopping Trip	Meet at Brooks
8pm	Games Night	Brooks Bar

FRIDAY 22ND SEPTEMBER

2pm	Induction Talk	Tom Percival Annexe
3pm	PG Consent Workshop	
6.30pm for 7pm	Postgraduate Welcome Formal	Dining Hall
Evening	Bar Open after the Formal	Bailey Bar

SATURDAY 23RD SEPTEMBER

11am	Newcastle Trip	Meet at Brooks
Afternoon	International Student Picnic	Botanic Gardens
Evening	Brooks Bar Open	Brooks Bar

No wristband is required for any of these events