Health and Welfare in Peterhouse

Whatever support you need during your time at Peterhouse, the welfare team are here to help.

This is a short guide to services offered by the College, the University and other organisations. It is not an exhaustive list, and the websites featured include links to many other charities and agencies.

If you are not sure whom to approach, please feel free to contact me for advice. As the welfare co-ordinator I am here for all students and staff, and I organise regular meetings with the rest of the College welfare team. Please call or email me for more information, or see my webpage for my drop-in hours.

Geoff Dumbreck
Welfare Co-ordinator & Assistant Chaplain

Web: www.pet.cam.ac.uk/chaplain-welfare
Tel: 01223 338249
email: geoff.dumbreck@pet.cam.ac.uk
Health and Disability

Counselling

Practical Advice

COLLEGE

The College Nurse is Kim Freeman.
Kim is your first port of call for all health-related issues. She holds regular surgery hours in Fen Court during Full Term.

Web: www.pet.cam.ac.uk/college-nurse
Tel: 01223 338222, Email: nurse@pet.cam.ac.uk

Outside these hours, First Aid can be administered by the porters (call 01223 338200).

If you’re feeling anxious or low you may want to speak to the Assistant Chaplain, Dean, Nurse, your Tutor, or a JCR/MCR Welfare Representative.

The College Counsellor is Panayota Manias; please visit www.counselling.cam.ac.uk/cbccouns/peterhouse to register. Sessions take place on Fridays in 1 SPT, room 4. Students are encouraged to apply to the University Counselling Service simultaneously and take the first available appointment. Out of hours you can talk to someone by calling 111.

The University Counselling Service is open to students throughout the university for individual and group sessions. Students are encouraged to apply to the College Counsellor simultaneously and take the first available appointment. There are also many self-help resources on the website.

Web: www.counselling.cam.ac.uk, Tel: 01223 332865
Email: counsellingreception@admin.cam.ac.uk
Address: 2-3 Bene’t Place, Lensfield Road, CB2 1EL

The Students’ Unions’ Advice Service offers free, confidential advice and support to Cambridge University students on a range of issues, including finance, academic problems and welfare. They also maintain a helpful directory of university services and support groups.

Web: www.studentadvice.cam.ac.uk, Tel: 01223 746999
Email: advice@studentadvice.cam.ac.uk
Address: 17 Mill Lane, CB2 1RX

UNIVERSITY

Students with disabilities or long term medical needs can contact the university’s Disability Resource Centre.

Web: www.disability.admin.cam.ac.uk
Tel: 01223 332301, Email: disability@admin.cam.ac.uk
Address: Keynes House, 24a Trumpington St, CB2 1QA

Students experiencing sexual harassment or bullying of any kind may wish to speak to their Tutor or the Welfare Co-ordinator, make an appointment with the University Counselling Service’s Sexual Assault and Harassment Advisor (www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor), and/or visit the University’s Breaking the Silence website (www.breakingthesilence.cam.ac.uk).

NHS

In a serious medical emergency, call 999 and tell the porters.

In other cases, you can get medical advice by calling 111, or by booking an appointment with your GP. New students should register with a local surgery as soon as they arrive.

Crime, Bullying and Harassment

Cambridge Police Station is at Parkside. Call 999 if someone is in immediate danger, otherwise call 101.

Students experiencing sexual harassment or bullying of any kind may wish to speak to their Tutor or the Welfare Co-ordinator, make an appointment with the University Counselling Service’s Sexual Assault and Harassment Advisor (www.counselling.cam.ac.uk/sexual-assault-and-harassment-advisor), and/or visit the University’s Breaking the Silence website (www.breakingthesilence.cam.ac.uk).

For up-to-date welfare information, please visit www.pet.cam.ac.uk/help, or email welfare@pet.cam.ac.uk