

Pembroke College Graduate Parlour

Welcome Document 2023

Hello, and welcome to Pembroke College's Graduate Parlour!

The GP, as it's known, is not only a common room (accessible via Ivy Court), but also a community, in which we hope that you will soon feel very much at home! It is made up of all postgraduates in Pembroke, as well as 4th year undergraduates. Every year the GP elects a committee to represent them, the GPC or Graduate Parlour Committee. Broadly speaking we, as a committee, run events, provide welfare services, and advocate on behalf of postgraduates in college matters. The most important things to take from this document are that: 1) if you have *any* questions please [ask us](#), 2) make sure you are on the [mailing list](#) (you should already have been added to this) and 3) check the [Facebook group](#), and the [WhatsApp group](#) (new for GP members this year). If we don't have the answer to your question, we'll be happy to direct you to someone who does.

Cambridge can be an overwhelming and sometimes confusing place, but your college is here to help you find your feet and navigate the complexities of the university. In a nutshell, Pembroke is a residential community of scholars. It houses students and fellows, and takes care of your food, accommodation, utilities, financial hardships, and your mental and physical health. On top of this, Pembroke is a place to exchange ideas, meet people outside your field, and enjoy social events.

Concerning COVID-19, we ask all of you to abide by any regulations put in place by the College, the University, or the government in order to keep our community safe. The College is operating close to pre-pandemic normality for the time being, but please be aware that this could always change. If you have concerns about COVID-19 or about COVID precautions for events being run during Freshers' Week or subsequently, please do not hesitate to contact a member of the GPC.

You can contact the GPC via email ([below](#)), at one of our drop-in Q&A sessions, or any time you recognise us in our GPC jumpers around college. If you have any suggestions or feedback, please use our online [suggestion/feedback box](#). Finally, just to reiterate, welcome to Pembroke! We're looking forward to meeting all of you!

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Crucial Information

Important Things to Do

1. Sign up to the GP [mailing list](#), [Facebook group](#), and [WhatsApp group](#)
2. [Register with a Doctor](#)
3. [Get a UK bank account](#)

Key GP services

1. Welfare provision
2. Representing students' voices to College
3. Fostering a fun and active social environment by e.g. hosting regular events
4. Graduate Parlour space: TV room, study room, and the Pubboard

Key College services

Please see the College contacts list for information about all relevant staff.

1. Food - provided in "Trough" (see [here](#)) and paid for through [Upay](#)
2. Graduate Tutors (see [here](#))
3. Library and Study Rooms (see [here](#))
4. Health - College Nurse, counselling, sanitary products etc. (see [here](#))
5. Prayer spaces (see [here](#))

Glossary

Addenbrooke's: the main hospital in Cambridge.

B.A.: Bachelor of Arts.

B.A. Status: a graduate student who does not hold a Cambridge degree has B.A. Status in the university. Such a student wears a B.A. gown without strings.

Backs: a somewhat ill-defined area of Cambridge, around the river between Silver Street and Bridge Street.

Barlour: The 'Bar Parlour'. The kitchen area of the GP is turned into a bar for events and after/before Formal Halls, with drinks from the 'Pubboard' served at very affordable prices.

Bedsit: a single room combining the function of bedroom, study, and living room (a common term in Britain but apparently not in other English speaking countries).

Bedder: Cleaner. Vacuums and cleans your room once a week (but does not make your bed!).

BME: Students from a black or minority ethnic background. See Pembroke and You section [below](#).

Bop: "Breach of Peace" – an official college party!

Bumps: a form of rowing race where competing boats start simultaneously but at fixed distances from each other. The aim is to bump the boat in front before being bumped by the boat behind.

CamCard: University student card, used for access and college payments.

Cloisters: Covered walkway outside of the College chapel.

Courts: the areas enclosed by college buildings. Never referred to as quads (an Oxford expression).

CRSID: First part of your University email, i.e. the 'abc123' part of abc123@cam.ac.uk.

CUSU: old name for the Cambridge University Student Union - now Cambridge SU

Downing Site: a university site on Downing Street and Tennis Court Road.

Easter: The third university term, from April to June.

Fellow: An academic post in a college (as distinct from the university).

GPC: Graduate Parlour Committee.

GP: Graduate Parlour, which is (1) the community of graduate students at Pembroke, and (2) the name for the graduate common room in college.

GP: General Practitioner (medical doctor). We know that one acronym referring to two things is confusing - sorry!

Hostel: a college residential building outside the main college site.

Intermit: to interrupt an academic course, with the intention of resuming it later.

JP: Junior Parlour, which is like the GP but for Pembroke undergraduates

Lent: the second university term, from January to March.

LGBTQ+: Students identifying as lesbian, gay, bisexual, transgender, queer or as one of many other gender identities or sexual orientations not otherwise mentioned. See Pembroke and You section [below](#).

JCR/MCR: Junior/Middle/Mature Combination/Common Room. The name of the undergraduate/graduate community and common room in other colleges.

M.A. Status: a status achieved by a graduate student at age 24. Such a student may wear the M.A. gown without strings.

Matriculate: to become a member of the college and university.

May Week: a week of celebrations and events in June (another point of unnecessary confusion - sorry again!).

Michaelmas: the first university term, from October to December.

New Museums: a university site off Free School Lane and Pembroke Street.

NHS: National Health Service.

Old Schools: the buildings used in former times for university teaching, in which the administrative offices of the University are now housed.

Part: a stage of Tripos examination, as in Part I or Part II. Tripos examinations are taken by undergraduates, however some Master's courses may be referred to as a Part III.

Pidge: Pigeon hole (in the mail room).

Plodge: Porters' Lodge.

Porter: A steward of the College. Your first point of call for any queries.

Puboard: The 'Pub cupboard' located in the GP, selling drinks from the 'Barlour' at cost-price.

Sidgwick: a university site between Sidgwick Avenue and the UL.

Trough: Pembroke's cafeteria, where breakfast, lunch and dinner are served.

UL: University Library;

Union: according to context, may mean (i) a college union; (ii) Cambridge SU; (iii) the Cambridge Union Debating Society.

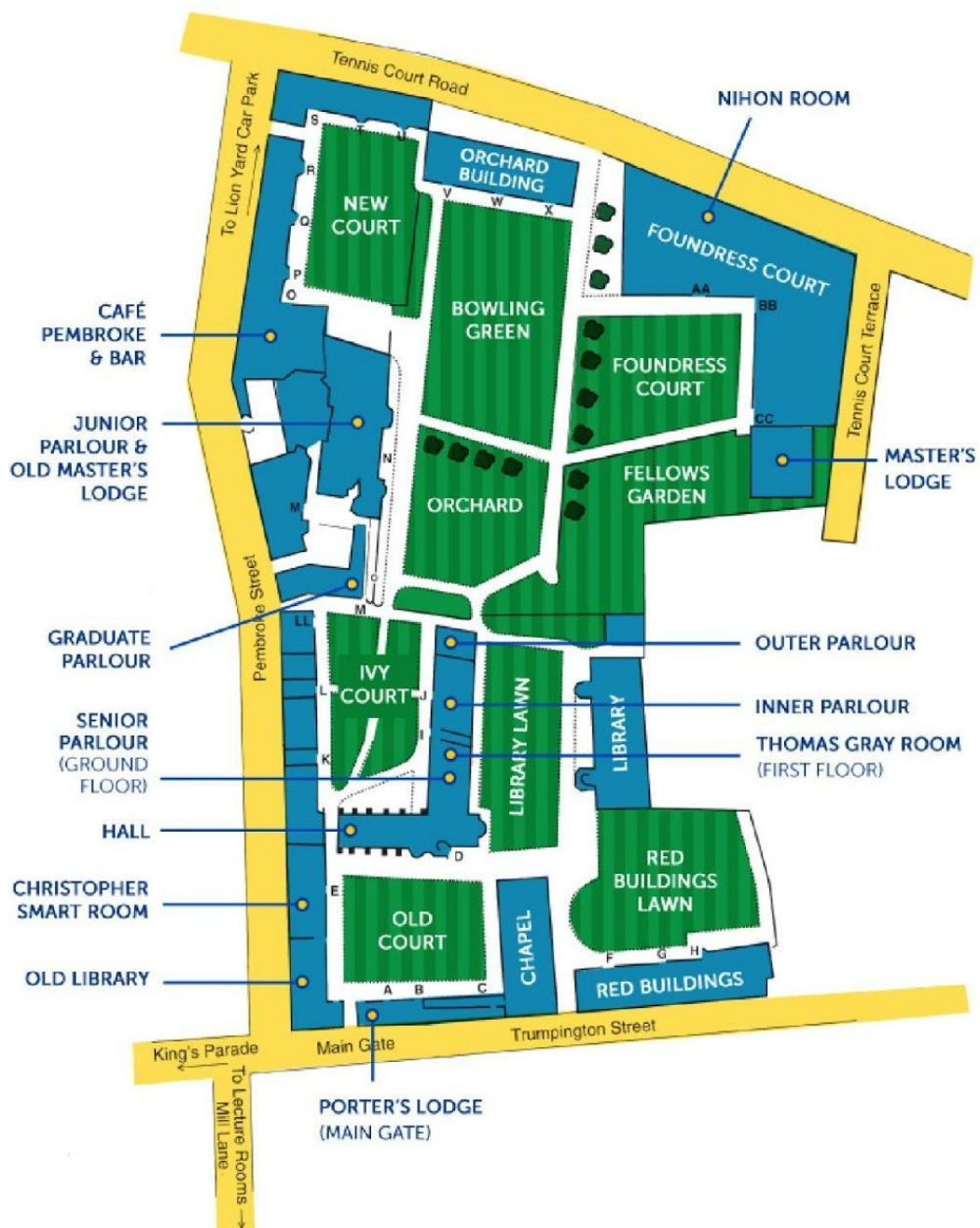
Valencian: A member of Pembroke College.

West Cambridge: university site where many scientific departments are located.

College Map

The College sportsground is accessible via Granchester Meadows and can be found here: <https://goo.gl/maps/pZahnXibC6ziPAbJA>

The College boathouse is located just across the river from Midsummer Common (accessible via a footbridge right next to the boathouse) and can be found here: <https://goo.gl/maps/HC8W4vPLLTiCcTY5A>



Note in the above map, letters label staircases. E.g. staircases I, J, K, L, LL and M are located in Ivy Court.

College Contacts

Who	Why to contact them	Contact
Emergency services	Emergency!	999,111 and the Porters lodge
Porters	24 hour guardians of the college, all-round source of knowledge, spare room keys	Porters lodge, 01223 (3)38100
Jan Brighting College Wellbeing and Disabilities Nurse	Advice about mental health and wellbeing, staff point of contact for students with disabilities	Office in G10 (Red Buildings), email to make an appointment. jan.brighting@pem.cam.ac.uk
Sarah Winder-Worsley College Nurse	Advice about physical health	Office opposite Jan's, email to make an appointment. sarah.winder-worsley@pem.cam.ac.uk
Becky Coombs College Registrar and Rooms' Tutor	Any queries regarding college administration, particularly accommodation and grants, and replacement CamCards	Office in LL staircase (Ivy Court) becky.coombs@pem.cam.ac.uk
Moira Hassett Postgraduate Administrator	Similar to Becky, coordinates postgraduate-specific administration	Office in LL staircase moira.hassett@pem.cam.ac.uk
The GPC	Any questions, comments, worries, or if you just want a chat	pem-gp-committee@lists.cam.ac.uk Plus individual emails (see "The GPC" section)
Dr Maximilian Sternberg Tutor for Graduate Affairs	General graduate queries, if the GPC is unable to help, or if the matter is sensitive	mjg75@cam.ac.uk
The Dean Dr James Gardom	For spiritual issues and general advice	jtdg2@cam.ac.uk
Prof. Robert Mayhew Senior Tutor	For issues relating to students at Pembroke, which can't first be resolved by the GPC	st@pem.cam.ac.uk

Dee Kunze Senior Tutor's Assistant	Overlap with Becky and Moira	Office in LL Staircase dee.kunze@pem.cam.ac.uk
Michaela Koseoglu Student Finance Officer	Financial queries relating to college bills	Finance Office, 74 Trumpington Street Michaela.Koseoglu@pem.cam.ac.uk
IT department	Any computer-related problems	Office in U10, help@pem.cam.ac.uk
Maintenance Department (Robert Griggs) Operations Manager	If something in your college accommodation needs fixing, first report it through RMS. If issue persists, contact Robert	https://www.pem.cam.ac.uk/current-students/accommodation/reporting-problem Robert.Griggs@pem.cam.ac.uk
Kevin Arrowsmith Head of Housekeeping	Housekeeping queries – moths, bedding, sanitizer etc.	kevin.arrowsmith@pem.cam.ac.uk
Catering	For conferences, food queries, and electrical equipment – projectors, microphones etc.	Office in Trough catering@pem.cam.ac.uk
	Formal hall/ society dinner / student catering enquiries	Office in Trough formal@pem.cam.ac.uk
Genny Grim Librarian	Library queries	Office in the library library@pem.cam.ac.uk
Trevor Munns Head Groundsman	Sports Ground enquiries	Lives at Sports Ground Pavilion trevor.munns@pem.cam.ac.uk
RMS Room management system	To book rooms for teaching, events, and guest accommodation as well certain sports facilities	https://app.casc.cam.ac.uk/rms_live/

What to do when you first arrive

GP mailing list and useful Facebook groups to join

- **The GP mailing list is the main way we can stay in contact with you;** please join [here](#) to stay up to date on all our events! *You are not on this list by default.*
- There's also a facebook group here:
<https://www.facebook.com/groups/pembrokegp/>
- And a WhatsApp group here:
<https://chat.whatsapp.com/I9eyMorAj4IBkJ7FqW5Ui0>

Registering with a Doctor

To avail yourself of the (free) National Health Service (NHS), you must register with a GP (General Practitioner of medicine). It would also be wise to register with a dentist in order to receive proper attention during an emergency, as many dentists can as of writing this treat their registered patients only. If you are already registered to a GP or dentist outside Cambridge but this city will be your home for the upcoming year(s), then you should also change to a local one to avoid any future inconvenience.

The process itself is very easy. First, you will have to locate the GP that is most convenient to visit from your own accommodation (or faculty/lab etc.), using the following link: <https://www.nhs.uk/service-search/find-a-GP>. For many of you, this will be [Trumpington St Medical Practice](#), just 100m from Pembroke. Then follow the directions on the Practice's website to register.

If you need more details on the matter, please see the following:

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/>.

Getting a UK bank account

If you do not have one already, we recommend you sign up for a UK bank account as soon as possible after arriving in Cambridge. To open a bank account, you may use Pembroke College as your main address (Pembroke College, CB2 1RF). You will need some form of identification (e.g. ID, passport or driving licence) and a 'proof of residence', which can be obtained by asking Becky Coombs (becky.coombs@pem.cam.ac.uk) for a 'bank letter' addressed to the bank of your choice.

A wide variety of banks are available in the UK and in Cambridge. The closest ones to Pembroke can be found on and around St Andrew's Street: you may explore on

your own or follow our scheduled city tours for more details! Alternatively, you can set up an account with a digital-only bank such as Monzo or Revolut, for which you can sign up directly on your smartphone and allow for fee-free purchases worldwide. An independent review of banks in the UK can be found here:

<https://www.which.co.uk/money/banking/bank-accounts/best-and-worst-banks-a3q5d8c6dj7y>.

We also recommend trying to *arrange an appointment with the chosen bank as early as possible*. Slots usually get filled up pretty quickly in September and October.

If you prefer an ethical choice when it comes to banking, you can find a guide [here](#).

Visas and Immigration

If you have any questions about coming to Cambridge from abroad, especially visas or immigration issues, have a look at the international students website ([here](#)) or the International Students Office ([here](#)). You can also contact the GPC International Officer with any questions.

Shopping guide

If you are arriving to Cambridge from abroad, there will undoubtedly be a range of essential items that you will need to buy upon your arrival so we have put together this guide to help you find what you need. Below are some of the most useful shops in the local area and some of the essential items you can buy from each:

- **Sainsbury's** (Sidney St) Groceries, limited cutlery, toiletries, plates etc.
- **Wilko** (on Fitzroy St): Bedsheets, Pillows, Duvets, Toiletries, Kitchen Appliances, Cutlery, Plates, Glasses, Extension Leads, Travel Adaptors and much more
- **WH Smith** (on Market St): Stationery, Notepads, Printers and much more
- **Rymans** (on Sidney Street): similar to WH Smith
- **Boots** (on Petty Curry): Prescription medicine, Painkillers, Sunscreen, Grooming and Hygiene products and much more
- **Superdrug** (on Sidney Street): similar to Boots

For more guidance join our Useful Tour of Cambridge in Freshers' week.

Buying a bike

Cambridge has the highest number of bike users per capita in the UK. Being flat and with excellent bike parking facilities, it is no wonder that many students use bikes as their main method of transport - we highly recommend you get a bike on arrival. Apart from online platforms, there are numerous shops selling good quality second hand bikes, such as Lensfield Road Cycles near Pembroke. We highly recommend purchasing a strong lock as bike theft is a common occurrence, and certainly a proper helmet. It is mandatory for you to register your bike with the Porters' Lodge if parking in college, and to use bike lights if cycling at night.

College life and services

College provides a lot of services for students. The best place to find information is the [College website](#), but we've gathered a few key ones here.

Accommodation and RMS

Pembroke aims to provide accommodation for all of its students. Rooms are below-market rates, however have limited cooking facilities, communal areas and customisation. The weekly price is determined according to a range of criteria such as size, sinks, proximity to college. These are grouped into on-site rooms, and off-site hostels. Accommodation is segregated between undergraduate and postgraduates, and first year students (almost) always live together too.

[Room Management Service](#) (RMS) is a portal for reporting issues with your accommodation to maintenance, and booking rooms and spaces in college. You can login to this service through Raven, with your University CRSID and password.

If you happen to be residing in private accommodation, feel free to contact our Welfare officer (gp-welfare@pem.cam.ac.uk) for more information about how to feel integrated with the graduate community whilst living out of college.

Food

There are five parts to food in College:

1. Eating in 'trough'
2. Cafe and Bar
3. Gyp rooms
4. Paying - Upay and Student Facilities Charge
5. Formals and BA dinners

Eating in trough

'Trough' is our affectionate name for the Pembroke cafeteria. You can either take food from trough through to the dining hall or get it in a takeaway container and sit outside or in the Graduate Parlour. As a college member who pays the termly Student Facilities Charge you can use your CamCard to pay with a 35% discount. You can also pay for one additional guest using your CamCard.

There is a dedicated allergen-free dish every day labelled 'Simply Pembroke', along with vegetarian and vegan options. If you have other needs, contact Catering to discuss options (catering@pem.cam.ac.uk)

Menus are published daily here:

<https://www.pem.cam.ac.uk/college/catering/information-students/servery-menu>.

Opening hours can be found [here](#).

Students get a 10p discount on takeaway food and drinks when using their own reusable container or keepcup. You can purchase a reusable container from the servery for £6.25.

Cafe and Bar

Located beside the Junior Parlour (but open to everyone), the Pembroke cafe stocks lunches, snacks and coffee. At night it turns into the Pembroke Bar. Keep an eye out for opening times from catering, as it has not yet re-opened with its pre-COVID frequency.

Gyp Rooms

College rooms have shared kitchen facilities, which may be a full kitchen or a limited 'gyp room'. The former are equipped with an oven and stove; the latter have a stove only. Rooms on the main College site have gyp rooms whereas College hostels have full kitchens.

Paying - Upay

Your account starts with a £0 balance and purchasing items will result in a negative balance. You can go as low as -£100 and then will need to pay some of this off by topping up your card. The amount on your card at the end of term will be added to your College bill, with positive amounts reimbursed to you.

You can 'top up' your card through Upay (<https://www.upay.co.uk/>) using your full university email address and password (provided by College). On this website you can check your card balance, make top-ups using your personal debit card, set up automatic top up, and purchase tickets to formal dinners.

At the College's discretion, anyone living further than one mile away from college can pay a 50% reduction on the Student Facilities Charge. To discuss the Student Facilities Charge please contact Becky Coombs (becky.coombs@pem.cam.ac.uk).

Formal hall and BA dinner

Formal Hall is a 3-course dinner regularly held in the Dining Hall during term time, at 7.30pm. (Formal Halls occur several times a week, but the exact frequency for next term is not yet decided.) You can arrive from 7pm onwards. Water is provided, and you can bring your own wine or soft drinks. The dress code is 'formal' (students often wear a jacket and tie or a formal dress), and academic gowns are required. The hall has step-free access, with the nearest step-free toilet facilities located in M staircase.

Tickets must be booked in advance and they go on sale a week before the event. Tickets cost about £10 for Pembroke students, who pay the Student Facilities Charge and about £20 for guests and non-Student Facilities Charge paying Pembroke students. For details on booking, see the 'Upay' section above.

Here are the college guidelines for Formal Hall:

<https://www.pem.cam.ac.uk/college/catering/information-students/formal-hall-procedure>

Grads are welcome to all Formal Hall dinners, but in addition, every Thursday, there is a formal specifically for graduate students called BA Dinner. BA Dinners are usually in the Old Library, but occasionally held in the Hall (for example, the first and last BA Dinners of term). The dress code is formal, but gowns are not worn, unless the dinners are held in Hall. Again, tickets must be booked in advance. Before most BA Dinners there is a 'Pembroke Papers' talk given by a graduate student on their research or other topic of interest, and free drinks are served. The Barlour is open in the GP after dinner, where both soft and alcoholic drinks can be purchased.

Several times a term, we offer you the opportunity to attend Formal Hall at other colleges: these dinners are called 'swaps', and your External Events Officer will be in touch by email at the beginning of term with details on how to sign-up. There are also several opportunities every term to attend High Table with the Fellows, and your GPC secretary will be in touch (again by email) at the beginning of term with more details.

Gowns

Gowns at Cambridge are a confusing business! They are worn for formal occasions, including matriculation ceremonies and formal dinners at most colleges. The SU provides [helpful guidance](#) on which gown you need. In short, you should wear a [B.A. status gown](#) if you are under 24, and a [M.A. status gown](#) otherwise. The rules vary if you already have a degree from Cambridge.

Gowns can be hired or purchased from the [SU](#) or [Churchill Gowns](#). They can also be purchased from [Ryder & Amies](#) (there is a shop in town next to the Market Square).

A question many people ask is whether it is worth hiring/buying a gown, rather than borrowing one from a friend every so often. The answer is yes it is worth it, if you are planning on attending a few formals over the course of the year. They are easy to re-sell at the end of the year if you choose to buy one.

The GP has a few gowns hanging on hooks that people can wear to formal, but we ask you to please return these after every single use. We advise you to act ASAP with getting your gown, because they sell out very quickly in October! In an emergency on matriculation day, ask a continuing member of the GP if you can borrow their gown.

Graduate Tutors

College will assign you a Graduate Tutor. This is a College Fellow who can act as a personal advisor and help with pastoral and academic problems as required. They also act as a type of 'lawyer' within college to advocate on your behalf in academic or disciplinary matters.

Grants and financial support

Various grants are available through the College. For postgraduates, these include a £100/year book grant and up to £1500 to help with research and conference expenses incurred by PhD students, or up to £400 for similar expenses incurred by one year Masters students. More information can be found here:

<https://www.pem.cam.ac.uk/current-students/finance-information/financial-support-available>

There are also a variety of University wide financial hardship funds ([Overview of Financial Support | Cambridge students](#)). These include the Crane's Fund for medical treatment not easily available on the NHS (this includes medical, surgical, or psychiatric treatments), more information here: [Medical Support Fund \(Crane's Charity\) | Cambridge students](#). In order to access these funds, the first step is usually to speak to your College Tutor, who will put an application into the funds on your behalf if they support your request.

Internet

Two Wi-Fi systems are available in college:

1. **Eduroam** is a world-wide system to allow academics to connect to the internet in any institution. There is extensive eduroam coverage around the city and in all libraries. For information on connecting to eduroam, please see the University Computing Service's wireless webpage: <https://help.uis.cam.ac.uk/service/wi-fi>.
2. **Pembroke** is a network specific to Pembroke College. Only registered devices can access this network. To connect to the college network, enter the

access key that IT should have emailed you. Email IT if you have any issues connecting help@pem.cam.ac.uk.

The University will send you information about your CRSID and how to access your email.

Library and study rooms

Graduates may work in the Pembroke library, which is open daily from 8am to midnight. The majority of the library is wheelchair accessible, with a lift to each floor and accessible toilet facilities on the ground floor. There's also the 'bat cave' (ground floor of M staircase), a set of 2 study rooms and a kitchenette area with coffee and tea facilities.

The Graduate Parlour Space

The Graduate Parlour (GP) is a social, inclusive space for graduate students, and is your common area here in college. All graduate students should have access to the room with their camcards. The GP is located on the ground floor of M Staircase and there is an accessible toilet located next door. In the GP there are facilities to make tea and coffee, along with a steady supply of biscuits - you are welcome to make use of these at any time. If you use the Nespresso machine, please put 50p in the honesty box per capsule so we can replenish them.

As it is a shared space, the tidiness and cleanliness of the GP is all of our responsibilities. Please make sure to tidy the space up after you have used it. And importantly, we ask that any cups or crockery used are placed in the dishwasher in the GP kitchen, or washed by hand if the dishwasher is running. If you notice the dishwasher has finished its cycle, please do take a moment to put the items in there away in the cupboards, as without you or anybody else taking this initiative, the kitchen gets very messy very quickly!

On top of kitchen facilities, we also have a supply of board games, books, sports supplies, music supplies, the list goes on! Please remember to return anything you borrow so the rest of the graduate community can enjoy it. The GP also has a TV that may be used by anyone, and which will be used for film screenings throughout the year. If you are going to screen your own film, why not let the rest of the graduate community know on the facebook page (<https://www.facebook.com/groups/pembrokegp>) or the WhatsApp group, as others may wish to come and join you!

You may of course use the GP as an area to study, however as this is a social space, one cannot expect quiet from other members, and the library or the bookable study rooms are available for silent study. These can be booked via RMS.

There is an annexe to the GP in rooms M5a/b, affectionately known as the 'Bat Cave', accessed by leaving the GP via the door next to the kitchen and walking across the court with the bins. The Bat Cave comprises two study rooms and a small gyp room. These rooms are for everybody to use and cannot be booked for private study. If you take mugs in here, please bring them back to the GP!

Last but not least, the committee hosts regular social events in the GP, including serving cheap drinks from the Barlour. A free welfare tea and cake event is held every Sunday during term time.

Recycling

Most items suitable for recycling will have a recycling symbol on them.

College accommodation:

- The college provides large black crates for the collection of mixed dry waste in all kitchens.
- Spent batteries can be recycled at the Porters Lodge.

Private accommodation:

- If you are living in private accommodation, your waste will be collected by the City Council.
- Mixed dry recycling goes in blue bins.
- Food and garden waste goes in green bins; a green caddy bin can be collected for free from the Cambridge City Council building on Regent Street.
- Waste for landfill (anything that can't be recycled by the council) goes in black bins.

A list of items that can be recycled through the City Council can be found here:

<https://www.cambridge.gov.uk/what-goes-in-which-bin>

Social life

The GP is always open, so drop by any time and you'll usually find people there (see Graduate Parlour Space section). In addition, during term, your events officers will organise at least one event every week. These include low-key events like film

nights, as well as 'bops' – i.e. dance parties. Some events which run every week during term:

- Every Thursday evening Pembroke Papers runs talks in the Nihon Room. A graduate, alumnus, or external speaker will discuss their research or an interesting topic, with free drinks provided. Keep an eye on your emails and the facebook page for information on what will be presented that week!
- BA dinner, the graduate-only Formal Hall, occurs weekly in the Old Library or the Hall.
- 'Tea and Cake' takes place every Sunday at 4pm in the GP, where free tea, cake, fruit, savoury snacks and home-baked goods are served.

Societies

Pembroke has a wide range of sports clubs and societies, largely run by the undergraduates in which you are very welcome to get involved. If you wish to start your own society within college, the GP has funding available for this purpose!

GP-run societies include:

- The Pembroke Bouldering Club, which coordinates indoor climbing sessions and other activities like slacklining. Contact Bella Boyles for more information crb69@cam.ac.uk. Facebook group here: <https://www.facebook.com/groups/1226753641138081>.
- The Chess Club (known as the 'Pembroke Pawnhub'), which puts on friendly games and is open to players at all levels. Contact Molly Rowlands for more information msr51@pem.cam.ac.uk. Facebook group here: <https://www.facebook.com/groups/1422482111567435>.
- There is also Yoga organised through the GP - keep an eye on your emails for information about this throughout the year.
- The Pembroke Gardening Society takes care of the college allotment (see [below](#)).

Sports facilities and clubs

Pembroke has its own Sports Grounds, located in Grantchester Meadows. The facilities there allow for football, rugby, basketball, cricket, netball, tennis and squash to be played. For booking tennis, football (on astroturf), basketball or squash, please use the RMS system.

In addition, Pembroke has its own Boathouse on the River Cam near Midsummer Common, primarily used for rowing. This is the home of the Pembroke Boat Club. You can find out more about rowing in Pembroke and get involved at the taster session held at the Boat Club during freshers week.

The College has an extensive number of sports clubs that compete against other Colleges and local schools at all experience levels. To join any of these, find them at the JP Sports and Societies Fair during Freshers' Week (Friday 7th Oct 4-5pm in New Cellars) or contact the relevant captains via email. These will be circulated after you have arrived at College.

Health

General

In an emergency, dial 999 and then inform the porters who are trained in first aid, and can direct ambulance staff on arrival. There's also a 24hr NHS advice line, where you can be advised on appropriate action to take – dial 111. The college nurses, Jan and Sarah (details [above](#)) have offices in G staircase and you can attempt to drop in or email them to make an appointment.

Sexual Health

The nearest NHS Reproductive and Sexual Health Clinic is iCASH (<https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>). Contraception, pregnancy tests and other welfare items are also available for free in the Welfare box above the GP lockers. Menstrual products are provided in the women's/non-binary bathrooms next to the GP.

Counselling and Mental Health

Looking after your mental health is very important while undertaking your degree. For some, this need can be met through welfare events, and conversations with friends, family, a Graduate Tutor, the College Nurse or Chaplain, or a GP officer. In particular, if you have questions about the support network the College can offer, or would just like a chat, drop the GP welfare officer a line (gp-welfare@pem.cam.ac.uk).

On top of this, the University Counselling Service (<https://www.counselling.cam.ac.uk/>) allows students to talk confidentially with professionally trained and accredited counsellors and therapists. Sometimes it can be helpful to seek support away from the college environment, and this service allows you to seek help from a third party who is otherwise completely uninvolved

with what you might be struggling with. The team is experienced in helping people from different backgrounds and cultures. Additionally, Pembroke has its own accredited counsellors with whom you can arrange to meet: see <https://www.pem.cam.ac.uk/current-students/health-welfare-support/personal-and-emotional-problems> for more details.

Finally, your general practitioner is able to discuss with you any mental health concerns, big or small, that you might have.

Welfare Contacts

The GPC Welfare team is here to help with any concerns you may have. As well as being available for confidential conversations, they can liaise with relevant college contacts, to ensure you receive the support you need.

Although some welfare positions in the committee are currently vacant, you can contact the following committee members to discuss specific issues:

General Welfare: gp-welfare@pem.cam.ac.uk

Women's Officer: gp-womens@pem.cam.ac.uk

BME-related issues and questions: gp-bme@pem.cam.ac.uk

LGBTQ+ Officer: gp-lgbt@pem.cam.ac.uk

International Officer: gp-ints@pem.cam.ac.uk

Disabilities-related issues and questions: gp-disabilities@pem.cam.ac.uk

Key college welfare contacts outside the GPC:

Jan Brighting (College Wellbeing and Disabilities Nurse):

jan.brighting@pem.cam.ac.uk

Robert Mayhew (Senior Tutor) : senior.tutor@pem.cam.ac.uk

Loraine Gelsthorpe (College Fellow and accredited counsellor and therapist):

lrg10@cam.ac.uk

James Gardom (Dean and Chaplain): jtdg2@cam.ac.uk

National Welfare Helplines:

Samaritans 116 123 (24hrs): provides crisis support to anyone in emotional distress, struggling to cope or at risk of suicide

Refuge 0808 2000 247 (24 hrs): for victims of domestic abuse

Cruse Bereavement Care 0808 808 1677

Beat 0808 801 0677: for those struggling with eating disorders

Alcoholics Anonymous 0800 917 7650 (24hrs)

Graduate Parlour services

Associate membership

If you're moving to Cambridge with a partner, for a small fee they may be interested in Associate Membership of the GP. Associate members are typically Pembroke alumni who have recently graduated and would like to continue engaging with the graduate community, or partners of GP members.

As an associate member, you are entitled to:

- A swipe card, that will allow full access to the GP (provided access to the College can be obtained), and can be used to buy food at "trough".
- Free tea and coffee in the GP kitchen, and access to a selection of national and international newspapers and magazines in the GP.
- Attendance of any GP social events or activities organised by the GP Committee, with the same GP subsidies that full members are entitled to.

If you would like more information about Associate Membership or a copy of the application form, please contact the GPC President(gp-pres@pem.cam.ac.uk).

Note: Partners of GP members are always welcome to use the GP and are very much encouraged to attend our GP events as well, regardless of whether they are associate members.

Helping Student Refugees in Cambridge: The GP and College are developing an Associate Membership scheme to benefit students (who may not necessarily be members of the University) living in or around Cambridge who have had to flee their homes or have otherwise been subjected to extreme circumstances. In such cases, we encourage the student to reach out to a member of the committee (they can email the GPC Vice President Campbell at gp-vice@pem.cam.ac.uk). We hope to be able to offer them access to the GP community via associate membership with a fee waiver (i.e. free of cost), and access to some college services. For more details, please contact gp-vice@pem.cam.ac.uk.

Getting involved with the GP

There are many ways of getting involved in the Graduate Parlour throughout your time at Pembroke. The most obvious way is by joining the Committee, for which we hold elections at least two times a year (end of Michaelmas Term in November/December and end of Lent Term in June). There are a number of

positions available, for which the role descriptions can be found here:

<https://gp.pem.cam.ac.uk/the-gpc/roles/> .

Every term, we also hold at least one Open Meeting, where agenda points or referenda relating to the GP community are discussed. All GP members are encouraged to attend and voice their opinions. Alternatively, if you would like to discuss an issue more urgently with the Committee, please contact the president (gp-pres@pem.cam.ac.uk) or the vice president (gp-vice@pem.cam.ac.uk) and come along to a regular Committee meeting to discuss the item.

We also have an [online suggestion/feedback box](#) which we encourage you to fill in with any suggestions relating to the running of the GP/what you would like to see!

Allotment

The GP has its own allotment (a plot of land for growing vegetables) located in Grantchester Meadows, adjacent to the Pembroke Sports Ground. There is also a Pembroke College Gardening Society, which was set up to maintain and take care of it. This society is not as active as it was in the past, but the opportunity is still available to you to get involved in some gardening. On top of the benefit of having a break from studying, learning about how to grow your own food and meeting some new people, you will be able to take home whatever tasty produce you grow over that season! If you are interested in coming along or would like more information about the allotment, then please contact our Environmental Officer.

Pembroke Punt

Pembroke has a punt that can be rented using RMS

(https://app.casc.cam.ac.uk/rms_live/default.aspx?ReturnUrl=%2frms_live%2f)

Pembroke and You

BME

We, at Pembroke, seek to ensure racial equality for all students and stand against any nature of discrimination based on colour, ethnicity or racial background. Further, we acknowledge that racism exists in all forms within and outside the institution and therefore it's our constant endeavour to make Pembroke a more safe, inclusive and welcoming place for its students.

In order to extend support to our Black and Minority Ethnic students, we regularly organise BME mixers, welfare events and informal coffee chats to specifically address the issues/concerns of the community in Pembroke at the graduate level.

We understand that BME students face unique pressures, including alienation, structural discrimination, stigma and unconscious bias within the institution. In order to cater to these specific needs of the community, we have a BME counsellor within college named Ishtla Singh (UKCP registered and accredited psychoanalytical psychotherapist) who is available on request. In order to speak to the BME counsellor, please drop an email to Loraine Gelsthorpe directly at lrg10@cam.ac.uk who will help direct your request to the counsellor. Alternatively, students can specifically request for a BME counsellor while accessing the University Counselling Services.

At the University level, one can seek support from the Cambridge University Students Union- BME campaign which exists to cater to the needs of, and improve the educational and social environment for BME Students.

For any other concerns/issues/information regarding BME campaigns/available resources within the University, please feel free to contact the Ethnic Minorities Officer.

Consent

At Pembroke, we operate a zero tolerance policy when it comes to sexual harassment and assault. We understand that these issues can be complex and multi-faceted and are not always helped by interactions with governing authorities such as colleges and universities. The welfare team is here to assist and advise you when it comes to these matters, and act as the link between you and the college. We are also happy to represent individuals should they wish for it.

If there are any matters you wish to discuss please do not hesitate to contact either our Welfare Officer, (gp-welfare@pem.cam.ac.uk) or Women*'s Officer, (gp-womens@pem.cam.ac.uk).

LGBTQ+

There is a specific LGBTQ+ mailing list and a Facebook group, where we advertise social events and other opportunities. If you would like to be added to either, please contact our LGBTQ+ Officer, (gp-lgbt@pem.cam.ac.uk).

The LGBTQ+ Officer represents and supports the LGBTQ+ grad community at Pembroke, as well as organising social events for self-identifying LGBTQ+ students within the college. These events usually include pub trips and film nights, along with occasional inter-college mixers.

Disability

If you would like to disclose a disability, your first point of call should be the Disability Resource Centre (DRC) <https://www.disability.admin.cam.ac.uk/>. They will allocate you a disability advisor and work with you to create a Student Support Document (SSD) that outlines reasonable adjustments that College and your Department are bound to make. With your permission, this document will be confidentially circulated with staff members on a need to know basis.

Cambridge can be a physically and mentally strenuous environment to navigate, and because the collegiate university is decentralised, reasonable adjustments provision can be quite slow. Useful points of contact outside of the DRC and Department are your college tutor and Jan Brighting - the college nurse who acts as a point of contact and support for disabled students at Pembroke. Jan will aim to make contact with every student who declares any disability to college or the DRC and can assist in ensuring a smooth transition into college and the provision of appropriate support throughout your studies. You can email her at any time on jan.brighting@pem.cam.ac.uk.

On a university level, the Student Union's Disabled Students Campaign runs events and has a large number of resources for students (including accessibility guides for University buildings/social venues and email templates that you can use to liaise with University Staff) <https://www.disabled.cusu.cam.ac.uk/>.

Partners and families

Partners of GP members are always welcome to use the GP and are highly encouraged to attend our events. With a small fee, they can also opt to join as [Associate Members](#) of the GP. Members with families who need additional advice and support can contact any member of the GPC committee. We will do our best to address your queries and put you in touch with individuals, groups or communities who can be of help. The university also provides extensive resources, information and support for individuals with families. More information can be found here: <https://www.childcare.admin.cam.ac.uk/parents>

Prayer spaces

The [Chapel](#) is open 24 hours a day for visiting and prayer, and as a place to light candles and to leave prayer requests. The antechapel is equipped with prayer mats. Members of the community of all faiths or none are invited to use the chapel for peace, prayer and meditation. For those who need a less public space to pray, the Chapel Office is available, with a key obtainable from the porters Lodge.

If you want to discuss alternative prayer spaces, religious celebrations, or general pastoral support please contact the Dean, James Gardom (jtdg2@cam.ac.uk). He keeps a list of the mosques, temples, synagogues and churches of Cambridge, and is always happy to have a conversation with new members of the community about their needs.

Life beyond Pembroke

Phone Contracts

All mobile networks in the UK offer SIM-only plans which can be used with an unlocked phone. The main networks are EE, O2, Vodafone and 3/Three. For those not wishing to be tied to a long-term contract, 'pay as you go' options are available on all networks, all of which can be set up online/in-store. GiffGaff and Voxi are cheap online alternatives.

Cambridge Student Union (SU)

The Cambridge Students Union (SU) comes from the merging of the old graduate and undergraduate unions. It is a registered charity offering a wide range of services that can benefit you in many ways. Check out their website for more information:

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

Pembroke College is in close contact with the SU to exchange updates and to make sure you are provided with the best college and university experience possible. We do not currently have a GP external representative, who would normally liaise with the SU, but for any questions about the SU or similar issues, please email the President, Freya (gp-pres@pem.cam.ac.uk).

University societies, sports facilities, and sports clubs

There is of course a wealth of clubs and societies in the University catering to everything from archery to zero-carbon. A full list can be found at

<https://www.societies.cam.ac.uk/>.

All societies welcome graduates (although will likely have a majority of undergraduates). During Freshers week the Students Union will hold a number of fairs where you can find more information regarding these and how to join. Competing for a university sports team can win you a ['Blue'](#) - which earns you a highly sought-after blazer and membership to the University's sportsperson club, the Hawkes Club. Many sports also compete in an annual Varsity match against Oxford.

Working whilst studying

Many graduate students wish to undertake paid work during their studies. This can include supervisions and lab demonstrations among other types of work related to your degree of study. However, students **must not** rely on such work to generate essential income for their studies and should check the terms and conditions of their

funding sources before undertaking paid work. In general, work is expected to be related to your studies, and approved by your supervisor (or similar department contact). More information can be found here:

<https://www.cambridgestudents.cam.ac.uk/your-course/graduate-study/your-student-status/working-while-you-study>

Supervisions are small group (1-4 students) lessons for undergraduates that recap lectures and work on problem sets or essays. Supervising is paid well per contact hour (although you will likely spend quite a bit of time preparing/correcting). It can also be a good way to brush up on a topic, and gain valuable teaching experience. If you are interested, get in contact with the Pembroke Director of Studies (DOS) in the course that aligns with your expertise [here](#). There may also be opportunities to supervise through your department.