

Castle Freshers' Handbook 2023



Welcome to University College

The Junior Common Room (JCR) Student Guide



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Welcome to Castle!

Congratulations on your Durham offer!

The JCR (Junior Common Room) is the undergraduate community in University College studying here. Castle is unlike any other group of students, whether in Durham or elsewhere in that we are extremely lucky to be in such magnificent surroundings. But what truly sets us apart are the efforts by so many members of the JCR to ensure that this is the most vibrant place possible to spend your three or four years as an undergraduate.

This unparalleled sense of community is fostered by the huge numbers of positions within the JCR that you can be elected or selected to fulfil. These positions all make a real difference in our college experience. Whether it be a paid position working on the Undercroft Bar or the Castle Toastie Bar, or assisting in setting up one of our Balls, the options immediately open to you as an undergraduate are vast, so do get involved! There are so many sports and societies to get involved with, from mixed lacrosse to rugby to big band – there really is something for everyone.

More information can be found on the website castlejcr.com, or Instagram account [@castlejcr](https://www.instagram.com/castlejcr) and [@castlefreshersweek23](https://www.instagram.com/castlefreshersweek23). Look out for communications on these accounts and via email in September regarding how to join our Facebook group 'Castle Freshers 2023' – all information is posted there throughout the year so it's very important you join so you don't miss out!

Welcome from the University College Principle



Greetings Castle Freshers!

We couldn't be more thrilled to welcome you to our learning community, University College. Whether you're an undergrad or postgrad, from across the UK or from across the sea we're glad you've joined us at Castle. Inside this purposefully designed resource is a plethora of information your common room leaders believe helpful to you in this transition to Castle. I hope you'll take time to review and

digest what they've shared with you, as each of these leadership teams has your best interests at heart.

The executive officers, Freps, Welfare teams and other Committees of the JCR and MCR are filled with dedicated student leaders who volunteer their time to serve you and help build a vibrant and engaging community. They truly live our college motto – '*Non Nobis Solum*' – Not for Ourselves Alone. On your behalf, these leaders plan activities, facilitate services, advocate for student causes, and more. Those of us who serve as uni and college employees are honoured to partner with these student leaders and consider ourselves all part of the same college leadership team.

In addition to your student leaders, the college staff is comprised of student support, administrative, operations and catering colleagues. You'll see many of us introduced in this common room handbook as well as the Castle handbook distributed by college office. Please familiarise yourself with both to make the best use of the staff and services here for you. Together, we're striving to ensure a robust and inclusive learning community in which every student can feel a strong sense of belonging. We are aware that belonging is key to success, and your success is at the heart of our work. Let us know how we can assist you with your transition to Castle and take good care.

Floreat Castellum!

Castle flourishing forever

Wendy

Welcome from the JCR Executive Committee



Hi everyone, my name is Hannah Kisiala and I'm the Development Officer for this year. This means I'm the one in charge of overseeing your freshers' week, whilst also organising some fabulous evening events with Romy, our Social Chair! I have a team of 50 freshers' representatives (freps) that will be around & happy to help you throughout the week.

I'm a 3rd year Politics, Philosophy, and Sociology student and I have loved getting involved both in Castle life and Durham as a whole. When I'm not spending way too much time on theatre I can be found around college meeting friends old and new, so please do come up and say hello! It can be helpful to have a familiar face amidst all the new people you'll be meeting, so I'm happy to chat anytime.

My top tip is to take some time to relax and adjust to your new home during Freshers' Week. Meeting so many new people and being in a new environment can definitely be overwhelming. My aim is therefore to help you feel as welcome & comfortable as possible!

If you have any questions, please email me at castle.developmentofficer@durham.ac.uk or send an Instagram DM to [@castlefreshersweek23](https://www.instagram.com/castlefreshersweek23).

Hannah xx

To meet the rest of the JCR exec, check out the Fresher's week Instagram and the fresher's section of the JCR website. Check out the welfare handbook for more information on our welfare team



Emmett Ferguson
Welfare Officer



Ananya Prabhullan
Senior Student



Seb Braw-Smith
Ball Chair



Ella Banks
Services Manager



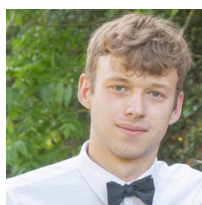
Romy Barratt
Social Chair



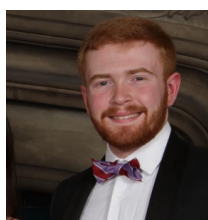
Olivia Adkin
Outreach Officer



Zak Moore
Treasurer



Robert Jansen-Spence
USO



Rob Almqvist
VSS



Elinam Dumor
Campaigns Officer

To run the student experience delivered during your time studying here, all colleges will charge a JCR levy for membership. For University College (Castle), this is £65 per year of study, if you decide to buy it year-by-year. If you are on a 3 year course you can buy a 3-year membership for a one-off payment of £165 at the start of your degree, or if you are on a 4 year course, you will pay £180 at the start of your degree for a 4-year membership).

For this fee, the JCR provides a huge amount for you to take advantage of. The levy enables us to run and manage the JCR financially. Without the levy carefully set at its current cost, it would not be possible to run the vast range of societies, activities and services that we provide.

We appreciate that £165, on top of all other necessary expenditures, at the start of your university experience may be a hefty financial burden. We are keen to ensure that financial pressures do not prevent incoming undergraduates from enjoying all of the wonderful services on offer in the JCR. As such, should you anticipate that you will be unable to pay the full levy amount upon your arrival to Durham, we encourage you to contact castle.treasurer@durham.ac.uk to discuss instalment schemes.

The Benefits of Opting-In: Paying the JCR levy allows you to be a part of our vibrant community, which will enrich you every day. It allows you to...

- Receive subsidised ticket fees when you sign up to Castle Formals.
- Attend JCR meetings and vote in JCR elections.
- Do paid work on the Undercroft, Toastie Bar or Tech Committee.
- Use welfare supplies and resources.
- Attend any college events and balls, e.g. June Ball, Castle Day, Arts Week, Hounds. This includes other Castle-only events in the Undercroft Bar.
- Use the JCR lounge and Moatside gym and erg room.
- Join any Castle club or society, including all sports, drama and musical groups.
- Volunteer with CCA (Castle Community Action) or any other Castle outreach division.
- Join any college committee, such as Ents, June Ball and Environment.
- Run for positions within the JCR, e.g. Freshers' Rep ('Frep'), Executive Committee, Welfare Officer.
- Be a member of the Castle Facebook page and receive weekly JCR emails.
- Purchase college clothing.
- Be part of JCR Welfare College Families.
- Attend JCR careers or alumni events.

The collegiate system is the heart and soul of Durham - and without JCR membership your time here will be severely limited. Becoming a member of the JCR is not like buying a service: we are a community that you can become an active part of, where you can express your views and realise your potential both within college and throughout the wider university. We do accept that £65 per year is a significant amount of money. It is however necessary to run the JCR's activities - in fact, it would be insufficient if we did not get additional financial support from the university. If you require financial assistance, please contact us: castle.treasurer@durham.ac.uk. We hope that you will opt into JCR membership. We again stress that the entirety of college life revolves around the JCR - the university's most vibrant community. If you have any questions or issues you would like to raise, feel free to contact us.

Get your levy here: <https://linktr.ee/castlefreshersweek> (this link can also be found in the bio of the @castlefreshersweek23 Instagram in the coming weeks)

JCR Meetings & College Roles

There are 4 JCR meetings across the year, and they are an essential part of college life. They give you an opportunity to tell the JCR Exec Team **how you think they should support the running of college**. You get the chance to vote in elections and it is at these meetings that you will be updated on the most important university issues, so attendance is strongly encouraged. We try to make these meetings fun and there are often free soft drinks and pizza!

Throughout the year, you can also run for JCR positions. These are integral roles that give Castle its character and maintain our college spirit: **Non Nobis Solum** (not for ourselves alone).

These positions are open to anyone (including all freshers) and running for them is a great way to get involved and is always an entertaining process. So don't be embarrassed to go for them; it's a fun experience!

U.C.S.S.F.C. (University College Sports & Societies Funding Committee) and **Standing Orders Committee Reps** are 2 really important positions that have a massive influence on College life. Other positions elected in these meetings are: Arts Week Director.

More College Roles:

These are some examples of our college's more informal roles, which are a really fun experience to both run for and receive! Here's some insight into what they involve and the history behind them...

College Elves - in charge of spreading holiday cheer in college during the month of December. Responsibilities can include but are not limited to: overseeing Christmas decorations; organising carol singing; organising Secret Santas; organising holiday craft sessions; attending a Christmas formal.

College Condoms: in charge of the distribution of sexual health supplies to any JCR members under the supervision of the Welfare Officer.

Purchases Manager ('Stash Captain') - responsible for organising college merchandise, known as 'stash'.

College Tandem: these are two members of the JCR who appear to be so closely attached to each other as to require such intimate modes of transport as the aforementioned tandem bicycle.

College Scaffold: the member of the JCR who contribute most to the profits of the Undercroft and is a constant presence there, such that they can be described as being the framework propping up the bar.

College Peter Pan: a person who has been a member of college for such a lengthy period of time that they clearly struggle to move on and grow into the real world.

Preventions Officer: traditionally, they were responsible for restricting how much Castle members (having started as an all-male college) conversed with women students on Palace Green. There were very strict hours for these interactions. In its current form, the Preventions Officer's role is to prevent people romantically exhibiting intimate contact in the JCR or Undercroft bar.

College 'Aunt Flo': Responsible for distributing free tampons and pads in the JCR toilets.

Our College

Welfare

As well as the Student Support Staff, Castle has one of the best student-run welfare teams of all the JCRs. There are daily “teatimes” for anyone to use as a work break, welfare events such as SHAG week (Sexual Health Awareness and Guidance) as well as the college family system to connect freshers to older students with similar interests for support throughout their time at Castle.

The Porters’ Lodge

The Porters are fantastic and knowledgeable both about Castle and what the students can get up to here! This is the place to go for general enquiries about what is going on in college, where rooms are and where people can be found.



The Great Hall

It’s amazing that Castle students get to eat so many meals in this beautiful space. This area is used for all livers-in meals, formals, and castle events and balls - from live music and silent discos to Castle’s Panto or dining for our balls! During the daytime and out of dining times, this area also gets used by students as a relaxed study space.



Minstrels’ Gallery

This area is located above the Great Hall and is used by students as a relaxed study space. It is next to Castle’s library and very close to the computer room and a kitchen area.

The Laundry Room

The Laundry Room is located between **Bailey Court** B and C blocks. Laundry is paid for using cards that are topped up online using a machine within; it costs **£3.50** for a wash and drying is free.

Music Rooms

We have 3 practice rooms located on the ground floor of Block D in **Bailey Court**, which are available for all Castle students. All contain a keyboard, chairs, and music stands. The capacity of each room are as follows: Room 1 - a large group of 15-20 people, Room 2 - an individual, Room 3 - a small ensemble or quartet. Room 2 can also be booked out with Room 1 to function as a recording studio.

The Lowe Library (and Computer Room)

The college library is a great place to get some work done. It’s **open 24/7** and is taken care of largely by Castle students. There is computer and printer access. Space for group work in the basement with the new sofas!

Castle's Chapels



Castle has 2 chapels, **Norman Chapel** (on the right) and **Tunstall Chapel** (on the left) – both are used regularly for services and they are also used for special events such as the carol service and Remembrance Sunday service. The chapels are also used in secular ways for theatre productions.



The Undercroft Bar

The 'Undie' is undoubtedly the **greatest college bar** in Durham. It is fondly used as a main social space in college, acting as a focal point where Castle students meet, chat, dance or relax (and even revise during the day in exam period). It is a really special place and has been transformed in the past for our Balls, Hounds and Freshers' Weeks as a party space. Student staff members are paid to work on bar and security each evening.

Castle Toastie Bar

The Toastie Bar is a relaxed evening social space, and quiet daytime study area located between the Undercroft Bar and JCR lounge in college, serving a variety of custom made savoury and sweet toasties priced from £2 depending on the number of fillings you choose! College toasties are a tasty, convenient and cheap evening snack if you're up studying in the college library or are spending the evening socialising in the Undie. They also serve other cold refreshments, e.g. crisps, popcorn and drinks, with different seasonal specials.

The Junior Common Room



The Junior Common Room Lounge (known as the 'JCR') is a fantastic multi-purpose space. You can sit back and relax in front of the **TV**; challenge a peer to **table football**; hold casual group study sessions – the room is available to all undergraduates for a range of activities! It also has a pool table, table tennis table and a wii.

The Gym

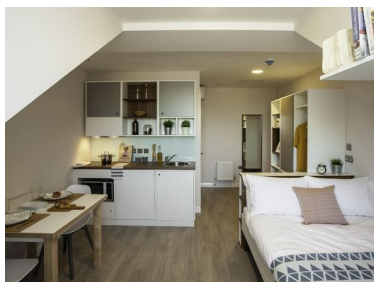
The college gym is on the ground floor of **Moatside S Block**. It is a small fitness suite where basic fitness facilities including running machines, fitness bikes, weights, cross steppers and yoga mats are freely available for the use of the JCR. We also have an erg room.

Durham University Sport Facilities:

The University playing fields are located at Maiden Castle and the Racecourse on the eastern side of the City, around a **15-20 minute walk** away. Membership for Maiden Castle Gym is also available.

College Accommodation

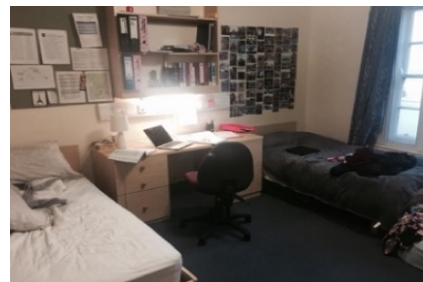
We offer **catered** and **self-catered** accommodation. Our catered accommodation consists of **The Castle**, **Bailey Court**, **Owengate**, and **Moatside**. The latter three are all within a five-minute walk of the Castle. These blocks all have common rooms and/or kitchenettes, which are great places for spending time with friends. These areas all have a microwave, sink, fridge and toaster and these are typically shared with your floor (which tends to be a maximum of ~15 people). Our self-catered accommodation for undergraduates is at **New Kepier**, a 10-15 minute walk from the Castle and a purpose-built student accommodation block. As you can see from the map below, all college accommodation is very close to the city centre. For room specs and more details, please see your licence agreements.



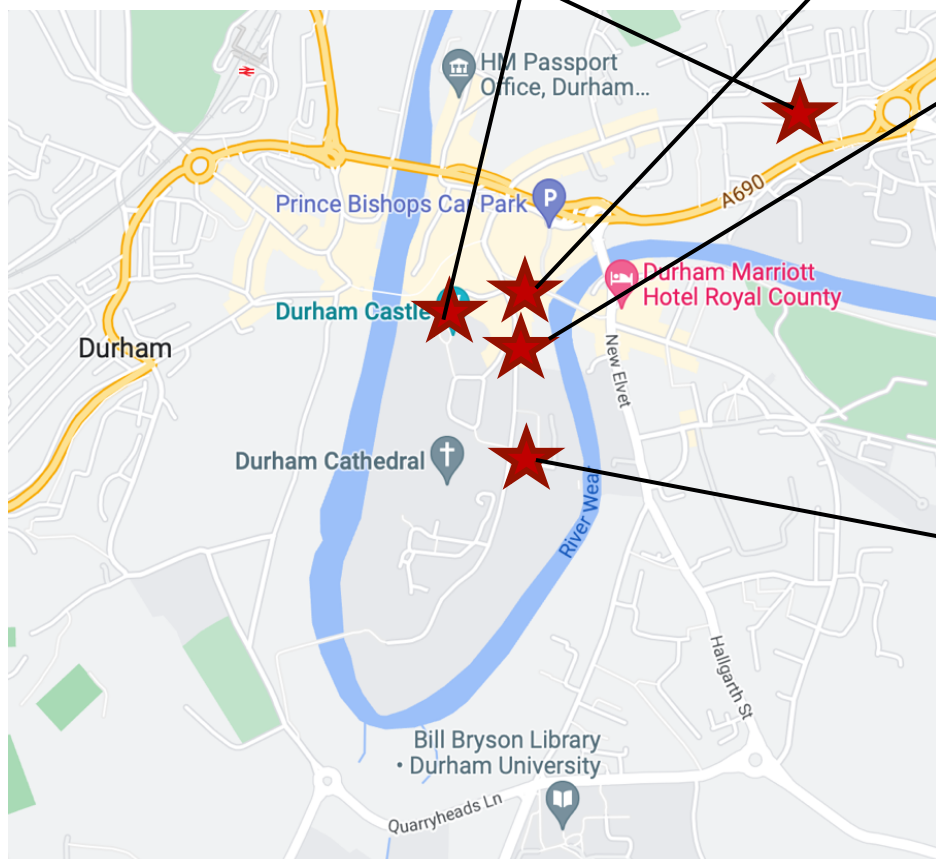
New Kepier



The Castle



Owengate



Moatside



Bailey Court



What to Bring

Here are some tips of what to bring with you to Castle.....

It is not a complete list - so don't forget things like underwear just because they are not written down! It aims to give you a hand in preparing to come here. While Durham may be small, it has some useful shops if you arrive and find you have forgotten something.

Important Documents

- A form of **ID** - e.g. passport or driver's licence.
- All **official university correspondence** - acceptance letter, details of accommodation and contract etc.
- All **student loan correspondence** (to keep track of when your loan is due, and so you can follow up if necessary)
- **Bank card**, account details and recent bank correspondence.
- **National insurance** details
- **Student discount cards** (e.g. 16-25 Railcard) and loyalty cards.
- **Insurance documents** (for international students, who may be required to take out health insurance)
- A screenshot showing you have completed the '**Consent Matters**' course on DUO.

Clothing

- **Casual clothes** - lots of warm stuff/thick clothes - it gets cold! A warm and waterproof coat is a must.
- **Shoes** - when it rains, it pours so maybe consider some waterproof shoes/ boots (you may also wish to bring some inexpensive and comfortable shoes for clubbing).
- **Smart evening wear** - events, formals and Matriculation will require formal wear, so make sure to pack a suit and tie/smart dress.
- **Fancy dress** - we love dressing up at Durham! There are lots of charity and fancy dress shops in Durham so it is easy to grab things like this when you're here!
- **Dressing gown and slippers** - particularly handy in the event of night fire drills!

Bathroom & Healthcare

- 2 towels - to avoid being caught out when one is dirty.
- Soap - for your personal sink.
- Personal medications and prescriptions
- Basic first aid kit
- Details of current GP and doctor's surgery. Please see the link on the '**Welcome to New Students**' page at www.durham.ac.uk/university.college for more information. **Note:** It is really important to make sure you re-registered with a local GP in Durham. Registering early will also save you having to wait for hours at a drop-in centre filling out forms when you actually become ill.
- Contraception

Bedroom

- Mattress protector
- Duvet, pillow(s), sheets & blankets - Note: Most of our beds are standard single ones, but please check your licence agreement carefully so you don't buy or bring the wrong bedding (there are a small number of beds in The Castle, Owengate and Rushford Court that have double beds)!
- Laundry bin

Other

- Electronics - make sure to check guidance on our JCR website to see what are allowed in college rooms. If in doubt, email univcoll.accomodation@durham.ac.uk to ask.
- Doorstop - one of the most underrated things to bring to university as they make your rooms so social!
- A mug, washing up liquid and bits of cutlery and crockery (there'll be a kitchen near your room with a sink, microwave, fridge, kettle and toaster).
- Tea, coffee and general snacks.
- Umbrella

A Note on Formal Gowns

- You will have the opportunity to buy your academic gown online before you arrive
- These gowns are part of the dress-code for formals in college and also for your Matriculation service as a fresher.
- You have the choice of being able to order a new or second-hand gown.
- **New** gowns are **£51** (there are a small amount of **second-hand** gowns available for less)
- The second-hand gowns have been owned by previous students who have now left the college. The gowns are of a good standard to re-sell.
- You will be able to collect the gown you have ordered when you are in Durham. We will give out information on the exact details of the gown collection when you arrive.
- Get your gown here [Buy Gowns Here](#)



JCR - The undergraduates of Castle (that's you!) constitute the "Junior Common Room". Members of the JCR are entitled to full use of JCR facilities, and any member may run for a position on the JCR Exec and vote in JCR meetings to shape your student community.

MCR - The "Middle Common Room" is the postgraduate community.

SCR - The "Senior Common Room" is made up of staff, mentors, members of academic staff, alumni and other professionals. The Common Room is located off Tunstall Gallery.

Floreat Castellum - This translates as 'let the Castle flourish'.

Non Nobis Solum - Our college motto, which translates as 'not for ourselves alone'.

Formals - These are a very old tradition and involve dinner in a formal environment. All students have the opportunity to sign up for our weekly formals. Smart dress and gowns must be worn on these occasions; you'll have a nice meal and a great time!

Matriculation - The ceremony held inside the Cathedral during Freshers' Week. This is an important occasion as it marks your instating as an official member of Durham University. You can pre-order your matriculation photo here <https://linktr.ee/castlefreshersweek>

Smenergy - Our college drink; only available in the Undie - legendary.

Castlemen - This refers to all Castle students of every gender. It is a former traditional for our students from pre-1987 when the college was all-male.

Levy - Your JCR membership fee, which is paid at the beginning of your time at Durham to cover your access to all of the JCR's facilities.

Standing Orders - These are the rules by which the JCR operates. They are available to be viewed online and they are constantly being updated to reflect the mood of the JCR.

Stash - The term coining any college or university merchandise, typically clothing displaying the Castle/ Durham crests.

College Parents - College families means that you have 2nd year or finalist married 'parents' and usually a 'sibling' - this is a way for you to meet people from other years and one of your parents typically will do your subject. It's a supportive system run by the JCR Welfare Team.

Michaelmas Term, Epiphany Term, Easter Term - first term, second term and third term

Ents - These are optional entertainments which occur throughout the year with different themes, e.g. our renowned balls - Ladies' Night, Halfway Hall and June Ball.

Hounds - Castle-only events held in the Undie.

Social Life in Castle

There is a lot of interest in 'Castle-only' social events and traditionally these have taken the forms of the following...

Formals: these formal dinners typically occur once a week in the Great Hall. Previously we have had:

- **Festive formals:** Christmas, Spring Festival, Diwali, Valentines, Burns Night and Halloween Formals.
- **Themed formals:** Unique Week, Mental Health Week, Cultures, and SHAG Week (Sexual Health Awareness + Guidance) formals.
- **Special Castle formals:** College Feast (held on Castle Day to celebrate our college) and Senior Student/ 'Colours' Formal (held to recognise and award colours to those who have contributed a lot to the college).

Hounds: traditionally, these evenings are held roughly twice a term (sometimes occurring with something festive, e.g. Christmas Hound) in the Undie. The Undie tends to get decorated and all years party together!

'Days': these involve celebratory days where the whole college gets together, e.g. Castle-Hatfield Day, Castle Sports Day and Castle Day.

Balls: Ladies Night (1st term); Halfway Hall (2nd term); June Ball (3rd term). Our balls at Castle are awesome - the entire college is opened up and decorated for the students to explore and there is plentiful music and other entertainment all night long. Being the pinnacle of our social calendar, June Ball is extra special. It is a 12-hour ball (7pm - 7am) and the 'survivors' get a group photo taken when the sun rises!

Contact castle.socialchair@durham.ac.uk or castle.ballchair@durham.ac.uk for more information!

Social Life in Durham

The amazing location of college accommodation means that the town centre is within walking distance wherever you live! Here are some places in town that are popular with the students:

Cafes – Something that Durham does amazingly is independent cafes: Cafédral, Leonards, Riverview Kitchen, Flat White Kitchen, Whitechurch, Vennels and Chapters to name but a few. There is also a Starbucks, Café Nero and Costa if you fancy something a bit more mainstream

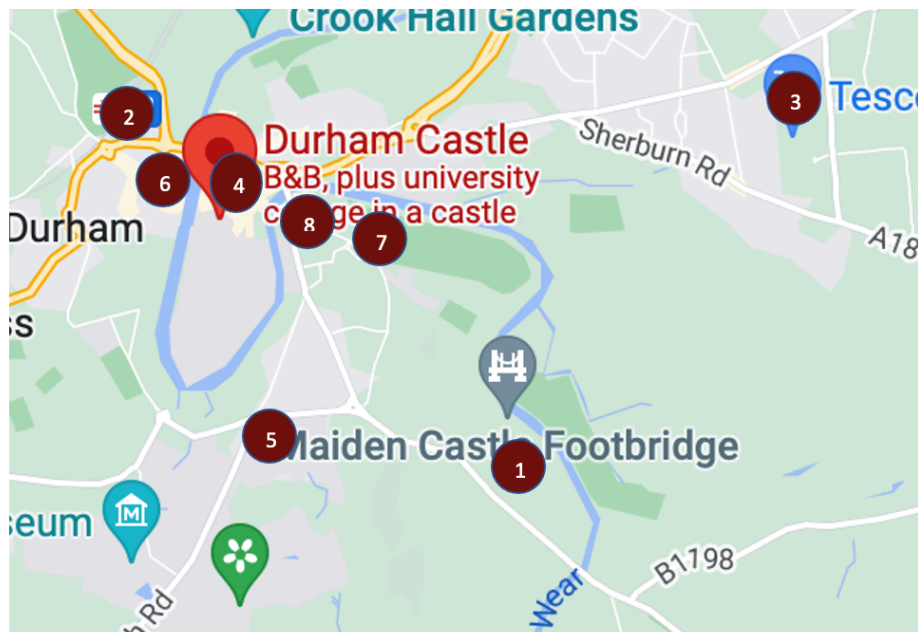
Daytime activities – There are some beautiful walks around Durham to keep you entertained during the day, as well as the brown boats (rowing boats), escape rooms and paddle boarding/kayaking on the river. You could also take a picnic to the racecourse or another park in Durham

Clubs – You will quickly find that clubs have particular nights of popularity, and on the contrary to what people think, there are many to choose from (and Newcastle is only a 10 minute train journey too!). Jimmy Allens, Klute, Wiff Waff, Bohemia, Babylon, Fabios and Osbornes always offer a great night out!

Pubs & Bars – The Undie (our college bar) and the other college bars are super popular due to the student atmosphere and cheap prices. The Swan, Shakespeare, Bishops Mill, The Half Moon, The Dun Cow, City Bar and Three Bridges etc are also student favourites

Restaurants – Flat White Kitchen, La Spaghetтата, Alishaan, Shaheens, Lebaneat, Nadon Thai, Uno Momento, Fat Hippo are all amazing restaurants found in Durham/the north east. Chain restaurants found in Durham include Dominos, Pizza Express, Bill's, ASK Italian, Greggs, Zizzi. Places such as Paddy's, Urban Oven, Pizza Uno, Subway and Stantons make a great food stop after a night out.

Useful locations in town



- 1 = Sports centre
- 2 = Durham train station
- 3 = Big supermarkets
- 4 = Town centre
- 5 = Bill Bryson University Library
- 6 = Bus station
- 7 = University health centre
- 8 = Police station

Durham is a relatively small city and so you find your way round very quickly once you arrive! If you need help finding anything during Freshers' Week, the freps and college staff will be able to give you directions.

Useful Contacts

Coming to university, you can often feel like you are being bombarded with information, so we have summarised some useful contacts for you here:

Members of College Office

- wendy.powers@durham.ac.uk (for **Wendy**, Castle's Principal)
- e.p.crabtree@durham.ac.uk (for **Ellen** Castle's Vice Principal)
- univcoll.studentsupport@durham.ac.uk (for Castle's **Student Support Office**)
- univcoll.accomodation@durham.ac.uk (for queries regarding your accommodation, including license agreements)
- univcoll.finance@durham.ac.uk (for queries to do with finance and payments)
- jamie.short@durham.ac.uk (for **Jamie**, our Catering Manager)
- stephanie.burette@durham.ac.uk (for **Stephanie**, our Chaplain and Student Support team member)
- joanne.moorhouse@durham.ac.uk (for **Joanne**, for queries to do with operations and organising events around the Castle)

The Porters Lodge - 0191 334 3800f

Welfare Contacts

castle.welfareofficer@durham.ac.uk (For **Emmett**, the Head of Student Welfare)

castle.campaignsofficer@durham.ac.uk (For **Elinam**, the Welfare Campaigns Officer)

UCWelfare: <https://ucwelfare.castlejcr.com/>

Castle Badminton

University College Badminton Club is open to people regardless of their badminton ability. We offer both social badminton as well as team training so if you've never picked up a racquet before and just want to enjoy a great sport or if you are keen to train more regularly and compete for our teams we are equally excited to have you. For the past few years we have been very successful, winning the Premiership League in the university with our Women's and Mixed As teams, winning the Varsity against York University with our Women's As and winning the Durham Festival of Sport! Join our success and our success will become your success!

Club President: Lucy Clennell lucy.c.clennell@durham.ac.uk



University College Basketball Club

Calling all current and potential ballers to join Castle Basketball, a fun and friendly community with competitive but welcoming men's and women's teams. Over the last couple of years our women's team have won a championship and our men's team have been promoted to the top league. We encourage anyone to join regardless of skill or experience. So, if you want to improve your game in friendly training and matches, or try something new join Castle Basketball!

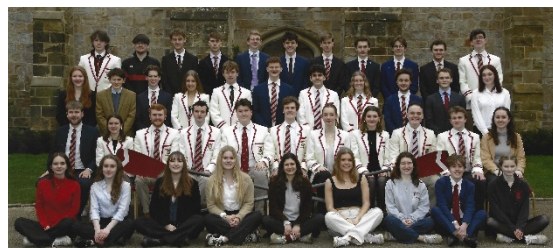
Club President: Kara Austin (3rd Year) kara.austin@durham.ac.uk



University College Boat Club

Welcome to the University College Boat Club (UCBC)! We are one of the oldest boat clubs in the North-East and one of the biggest societies in Castle. Whether you're a seasoned rower or want to give the sport a go - the club's novice and experienced squads cater for all levels of ability and desired commitment levels. You will see below introductions from our Men and Women's squad Captains, and we also have novice captains who run our learn to row programme. We aim to get all new rowers integrated by Christmas so they can join the squads racing! If rowing isn't for you, don't be afraid to join up with our active social section which starts next week with the annual Bailey Boat Race!

Club President: Aidan Dike-Lawler hpwh74@durham.ac.uk



University College Cricket Club

University College Cricket Club is undoubtedly one of the most exciting clubs at Castle. As a side, we emphasise having fun and being good blokes above being overly serious - welcoming all abilities. In the second term we play indoor cricket and in third term we play outdoor. With renowned socials, it is well worth getting involved in some way. Club President: Edward Raftery edward.raftery@durham.ac.uk



Castle Croquet Club

One of the most popular sports during Easter term at Castle, Croquet acts as a well-needed break from revision for students during the university's busy exam period. Whether played in Fellow's Garden with a group of friends or in the Castle Courtyard as part of the society's annual college doubles tournament, come along during Easter term and give Croquet a try!

Club President: Joshua Gosling cmbv75@durham.ac.uk

University College Darts Club (Men's)

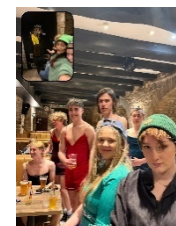
Whilst other societies are weighed down by the competitive selection of players and high intensity training, darts has seen through this needless stress and created a utopian community, a perfect organisation where everyone is equally terrible at their hobby of choice, delighting themselves with their own mediocrity. Once a week on Monday, the illustrious members of UCDC gather to play against another Durham College.

Club Presidents: Jamie Gorst jamie.gorst@durham.ac.uk

University College Darts Club (Women's)

The Castle Women's Darts Team is known for excellent chat, raucous socials and limited darts playing. We're in the bottom league, so NO darts experience is required (please, we all lack skills). Darts was a large part of last year's Fresher experience, encouraging a competitive atmosphere among other colleges. Darts is a drinking sport, with straws and vinos aplenty, and an occasional trip to Newcastle. Basically, we've got bevvy's, matching outfits and a slight arm workout;) what more could you want?

Club Presidents: Lucia Luing Turnbull and Anousha Treon (lucia.luing-turnbull@durham.ac.uk and anousha.treon@durham.ac.uk)



Castle Hockey (Men's & Women's)

Castle Hockey Club (UHC) is a mixed club made up of a men's and a women's team. Whether you've played hockey before or you're just interested in giving it a go, UHC caters for everyone. Players of all standards are welcome at training, whether they want to improve their hockey skills or just fancy a bit of fun! Both teams train once a week and have matches most weekends. Social members are always welcome!

Club Presidents: Max Kibblewhite max.kibblewhite@durham.ac.uk and Floren Kay wdmn73@durham.ac.uk



University College Men's Football Club

Castle AFC has always been one of the college's largest and most successful clubs. We field four teams in various divisions of the 11-a-side league setup meaning there is a chance for everyone to get involved; in the past we have seen countless examples of both exceptionally gifted players knocking on the door of the better DU teams, as well as those who have never played competitively but fancy a kickabout. Each team plays around 15 league matches each season, in addition to taking part in two cup competitions. Last year proved especially successful, with our A team reaching the semi-finals of the cup and finishing 4th in the premiership. Off the pitch, our infamous socials provide a great opportunity to make friends with people from different years, as well as memories and stories to last a lifetime.

Club President: Thomas Locke thomas.e.locke@durham.ac.uk



University College Women's Football Club & Castle Women's Futsal

UCW AFC is undoubtedly one of Castle's most successful teams, winning Club of the Year and reaching the Floodlit Cup Semi-Finals. We're a very inclusive and friendly team, aiming to celebrate women in football and throughout college. Anyone is welcome to come and have a go regardless of experience and ability, but if football isn't your thing we always welcome social members! It's a great way to meet a variety of people across the year groups and become a part of the best team in college. Feel free to follow us on Facebook and Instagram (just search 'ucwafc') to stay updated on all things women's football.

Club President: Iona Dixon iona.dixon@durham.ac.uk



Castle Mixed Netball

Castle Mixed Netball is welcome to everyone whether they have previous experience in netball or none at all! Interest in mixed netball has grown significantly in the last two years drawing athletes across a range of Castle sports such as Women's Netball, Basketball, Squash, Hockey and Football. Mixed netball has always provided a great team ethos and last year we beat Hatfield convincingly during the college varsity 'Castle-Hatfield Day'. Myself and Roddie can't wait to meet you all at the Fresher's Fair!

Co-Captains: Saffron Hancock and Roddie Turner
saffron.hancock@durham.ac.uk and roderick.g.turner@durham.ac.uk



University College Volleyball Club

UCVC has developed rapidly over the past few years thanks to the hard work of its members. The club is open for anyone who wants to play competitively or just for fun! We aim to have one session per week, at a suitable time on the weekend (hopefully) with league matches starting in the second term. There will be social events sprinkled throughout every term culminating with our charity volleyball tournament in the summer!

Club President: Matthew Kavanagh jqli32@durham.ac.uk



University College Hild-Bede X Castle Cheer

Castle x Hild Bede cheerleading is a new club this year. Castle has merged with the existing Hild Bede team to form a new club: Bears! We have Co-Ed and All girl cheerleading teams which compete annually at the Durham intercollegiate cheer competition in the main routine, pom and stunt divisions. Everyone is welcome!

Club President: Annabella Hudson xlzr27@durham.ac.uk



University College Golf Club

Taking the ClassLasdun-Berto-Povey approach to the game of ball and club, UCGC will take any and all abilities and transform them into spectacular social golf members through the use of Durham's incredibly average variety of nearby driving ranges and courses. We look forward to seeing you in the Rough 🐾.

Club President: Scott Povey scott.w.povey@durham.ac.uk

University College Mixed Lacrosse Club

"Castle Mixed Lacrosse is one of the most popular and fun college sports teams. We welcome everyone to get involved – from experienced players to those who had never even considered playing before! Training sessions are fun and sociable, and a great way to get to know other freshers and people in older years. We also have weekly intercollegiate matches (weather permitting...) in which enthusiastic players can get involved.

Table Tennis

Castle Table Tennis is a small club which is open to anyone in the JCR. We meet once a week in the JCR for some casual play, and occasionally play against other colleges. Castle Table Tennis club is also well known for having some of the best socials in Durham. Join the facebook for updates!

Club President: George Smith george.s.smith@durham.ac.uk



University College Pool Club

Castle pool is for anyone of any ability to play a simple and relaxing game and have some fun. Though the college does not currently have a servicing pool table, we aren't downhearted. It'll take some balls (red, yellow and black to be exact) so come join us at the SU and have a go.

Captain: Thomas Bainbridge thomas.bainbridge@durham.ac.uk



Castle Rounders

Castle rounders is a very relaxed and fun sport, and is a great way to relax with friends and meet new people after exams. Rounders only runs in **third term**, and we play roughly 5 matches, so it doesn't require a lot of commitment. We also normally hold 2 or 3 socials in third term which happen after the matches.

Club President: Tallis Hill tallis.hill@durham.ac.uk



University College Netball Club

Welcome to UCNC, and whether you are an active member or a social one, we have plenty to offer. We have 4 teams (A, B, C and mixed) of mixed ability, so whether you've played before or not, there is something for all to get involved in. We train once a week at Maiden Castle which involves warming up together and then training in teams with captains running drills and game play, followed by matches on the weekend against other colleges. As well as this, an equally important part of UCNC is our socials which allow all teams and years to integrate, getting you involved in Castle's large college network. Come along and get involved!

Club Presidents: Saffron Gill and Susie Norrish saffron.gill@durham.ac.uk and susanna.r.norrish@durham.ac.uk



Castle Squash Club

Castle Squash carries out training sessions for people of all abilities, from beginners hoping for some casual play to competitive matches against other colleges. We have plenty of equipment for members to use and aim to make squash as accessible and enjoyable as possible. Last year the Men's team won the Premiership League and the year before that, so did the Women's team, so you will be joining a team with many successes already under their belt!

Club President: Louis Hargreaves louis.hargreaves@durham.ac.uk



University College Rugby Football Club

University College Rugby Football Club (UCRFC) is one of the college's oldest sports teams. If you want to play rugby at a decent standard, without the crazy commitment of university rugby, and go on some cracking socials then we are the club for you.

Club President: Elliot Jackson elliott.a.jackson@durham.ac.uk

Castle Mixed Ultimate Frisbee

Open to trying something new? Castle Mixed Ultimate is consistently at the forefront of intercollegiate sport having previously spent 3 years unbeaten. Open to men and woman of all abilities - most people have never played before they start. We have training every wednesday and matches over the weekends, join the facebook for information!

Club President: George Smith george.s.smith@durham.ac.uk



Castle Running Club

Welcome to Castle's Running Society, a group of enthusiastic runners that train every week. Starting outside the Castle and going all around Durham on various different routes, we do a weekly social run, open for all abilities.

I ran competitively when I was younger and currently run with Durham City Harriers. I sought out the society in Freshers' Week and found it such a great experience to meet others and get a physical and mental break from work! Running along the river or through the fields (with a visit to the dogs and alpacas every now and again) can get quite addictive in a city with views like Durham - it's an amazing way to explore more of the city. This year, me and the rest of the executive committee are aiming to get involved with inter-college events, the Parkrun, and many socials along the way.

Whether you want to get fit, already train regularly, or run competitively, everybody is welcome to come along - lace up your trainers and join us!

Club President: Olivia Grace Smith (Liv) hmt55@durham.ac.uk



University College Tennis Club

Castle tennis is a very social and open club, and is a great way to relax during term time. We mainly train in summer term with 1 or 2 sessions a week, but we do have a couple of sessions in 1st and 2nd term (weather dependent!!). Training sessions are open to anyone regardless of ability. We have a A and B team for people who want to play competitively with college matches happening weekly.

We are planning some socials this year so keep your eyes peeled!

Club President: Natalie Wilmhurst natalie.wilmhurst@durham.ac.uk



Castle Societies

If sport isn't your thing, there are so many societies to join in Castle including Debating, Dance, Inclusion society, Castle Tech, Palatinalps (the university ski trip) – or you can even start your own society!!!

Castle Big Band

Castle Big Band is a welcoming and inclusive space for any and all instrumentalists or singers to just come and have a good time! We play a lot of Jazz and Pop from artists like Frank Sinatra, Stevie Wonder and many more. The band is non-auditioned and promotes a friendly, social atmosphere with weekly rehearsals on Saturdays and an abundance of fun socials to help get to know other members of the college. This all culminates in two major concerts at Christmas and the end of the academic year alongside other smaller performances. If you have any kind of musical inclination, there's no excuse not to come and have a go!

President: Anivarth Gopikrishnan anivarth.gopikrishnan@durham.ac.uk



Castle Chamber Choir & Orchestra

CCO (Castle Choir and Orchestra) is a musical society within the college for musicians of all abilities. We rehearse weekly for the choir and orchestra in Durham Castle and both of these groups do not require any auditions. This year we have also introduced two new auditioned groups within CCO - a string quartet and a flute ensemble! We are a fun and friendly society who perform in multiple concerts within college, have lots of socials and will be taking part in outreach and external performances throughout the year!

President: Bella Rossington xkkg65@durham.ac.uk



Castle Chapel Choir

Our chapels hold services on a weekly basis, most often with our wonderful Chapel Choir, performing a vast repertoire, from Gregorian chant, early modern acapella music, glorious organ-accompanied choral music, to twenty-first century compositions.

The College offers 16 choral scholarships, 2 organ scholarships, and a director of music scholarship (all are auditioned). Auditions take place during Freshers Week (check out our Facebook @CastleChapel and Instagram pages @CastleChapelDurham). Our choir is one of the finest in Durham, regularly sings at the Cathedral and goes on tours during the summer break. Any question, please contact the Chaplain at stephanie.burette@durham.ac.uk

Krishna Consciousness Society

"It is a new society with the goal of promoting spiritual well-being and providing a platform for students to explore and discuss Eastern philosophy, specifically focusing on the teachings and literature of the Vedic tradition. The primary objective of KCSoc is to introduce students to the science of spirituality, helping them become conscious of who we are and how life actually works. It offers a welcoming environment where students from all backgrounds can come together to discuss and delve into topics such as relationships, habits, lifestyle, and faith. The intention is to find spiritual solutions to the challenges they face, while also promoting the principles of simple living and high thinking to help students navigate material problems, including social and academic pressures.

Presidents: Edwin Herrera and Riya Lilani edwin.a.herrera-chacon@durham.ac.uk and riya.lilani@durham.ac.uk

Christian Union

University College Christian Union aims to give every Castleman the chance to hear and respond to the gospel of Jesus Christ. We meet every Friday at 6:45 for a small Bible study and to catch up with each other. Occasionally we organise larger events (last Christmas, for example, we held a 'Myth or Manger' talk with a guest speaker, looking at evidence for Jesus' existence), and most of our members are actively involved in the University CU as well. Everyone is welcome, no matter who you are or what you believe!

President: Brendan Griffith lwnh23@durham.ac.uk



University College Social Committee

Every College at Durham hosts numerous events throughout the year, however, The Social Committee is what makes our events stand out from the rest! Whether it's Castle Day, Hounds, Freshtival and much more, The Social Committee - headed by Romy Barratt (the 2023/24 Social Chair) - are at the heart of planning every aspect, from the food, to the aesthetics, entertainment to publicity. What's more, working together throughout the year makes this Committee a truly tight-knit group of people and it's not simply all work and no play; we have Socials also to make sure there are plenty of embarrassing photos for our promo material by the end of the year! If you would like to join us, simply apply when the Social Chair releases applications for whatever role you would like, whether you are the next Picasso for our aesthetics team, a financial wiz for dealing with our budgets, there's a place for anyone and everyone!

Head: Romy Barratt castle.socialchair@durham.ac.uk

Ball Committee

Every college at Durham hosts numerous events throughout the academic year. What many people say is so special about these at Castle is the location; attending balls in a UNESCO World Heritage Castle is somewhat magical.



The Ball Committee works to plan all three balls throughout the year - Ladies Night, Halfway Hall, and the June Ball. Traditionally, Ladies Night is attended by both first and third (finalists) years, and Halfway Hall is attended by Second years, although anyone is welcome! The June Ball is Castle's signature event, with finalists given priority to attend, alongside approximately 600 other guests. The June Ball is renowned across the country having featured in Tatler's Bystander, The Guardian's 'Top 100 things to do before you die', and Mastercard's 'Top Events Money Can't Buy', and as such, applications for both tickets and for spots on the Ball Committee are highly sought after.

As one of the larger societies within college, The Ball Committee has a lot to offer – positions on the team include sourcing aesthetics, logistics, budgeting and administration, seeking sponsorship, selecting food and drink, and recruiting bands for entertainment. Being a part of such a large committee enables students to develop key skills for graduate jobs whilst simultaneously meeting lots of other students within college- that's goes without even mentioning the socials...

Contact: Seb Braw-Smith at castle.ballcommittee@durham.ac.uk

Castle Theatre Company

Castle Theatre Company is part of the wider society of Durham Student Theatre, and is the oldest theatre company in Durham! We put on an array of plays and events throughout the year, including a black tie event in the great hall called Comedy Cabaret; both Durham and guest comedy acts perform sets for students from all colleges.

We have just completed our 44th annual Shakespeare tour of both the UK and USA with A Midsummer Night's Dream, which is performed every Summer in Fellow's Garden.

President: Eleanor Sumner castle.theatrecompany@durham.ac.uk



Castle Chess Society

Weekly chess club for Castle JCR members. A very sociable society for all levels of experience.

President: Xander Spencer-Jones mmnb94@durham.ac.uk

Quiz Society

Quiz society is in its first year, and hopes to quiz competitively be that in the undie on a Sunday night or if we get more uptake potentially a college challenge between different colleges. Get excited!"

President: Oliver McAninly gxw48@durham.ac.uk

Floreat

Floreat' is Castle's very own undergraduate college magazine. Headed each year (at least since last year) by the Vice Senior Student, Floreat provides a more light-hearted and less academic look at every possible aspect of college life: sports, events, the weird and wonderful, the salacious – you get the idea.

Whether you've been involved with a magazine before or you're just a budding comedian, we'd love to hear from you. We're keen to recruit writers, artists, graphic designers, content creators – no previous experience is required! If you wish to join the editorial board for this academic year, please do not hesitate to get in touch with our Vice Senior Student (Castle.vicesenior@durham.ac.uk).

The Fellows

University College's society of the year 2022/23, The Fellows is Castle's official function band. We are an auditioned band consisting of drums, bass, guitar, keys, vocals and horns. We play at college events including a weekly gig in the undie called 'mundie in the undie' and Castle Day amongst others. The Fellows also play at uni wide events including other college's balls (such as Hatfield's infamous Lion in Winter), formals; charity events raising money for the Never Give Up and Durham Music Trust charities; and Society events including for Music Durham.

The repertoire is tailored to the interests of the band and previously we have played a lot of rock and roll, pop and jazzy tunes. There is a compulsory 2h30 rehearsal every week as well as many gigs throughout the year which require a substantial time commitment. Being a part of this band is a valuable experience creating close friendships, undertaking roles of responsibility and a way to experience many events around the university that you may not have the chance of doing otherwise!

If you have any questions please contact Romy (President), Athena (Musical Director) at castle.thefellows@durham.ac.uk or Bella at castle.music@durham.ac.uk



First Generation Society

Many students who are the first in their families to attend university feel underrepresented within the college community and there is the need to create a more open and inclusive environment. We aim to make college more accessible for those from diverse backgrounds as well as celebrating first generations achievements of attending Durham University.

Head: Amelia Dawson amelia.dawson@durham.ac.uk

Castle Feminist Society

"Castle Feminist is an intersectional, inclusive and welcoming group which focuses on issues surrounding gender equality within and beyond Durham. We run discussions, events and talks on a regular basis, and will be introducing a newsletter with book, article and media recommendations this year. We hope to create a non-judgemental and empowering environment so that we can also help those less fortunate than ourselves by working with charities and other groups within Durham.

Head: Rosie Bell rosie.a.bell@durham.ac.uk

Castle Committees

Castle Community Action

Castle Outreach encompasses all of the student led **volunteering opportunities** and projects that Castle students run and participate in. Castle Outreach is made up of Castle Community Action (CCA) and its various division: **Homelessness, Elderly Care, Primary/Secondary Ed**, Community Days alongside the Environment and Charities divisions. There are so many ways to get involved in the volunteering projects, with weekly community meals, tutoring opportunities, visits to elderly care homes, a chance to help look after our Castle allotment, be on a team to raise money for charity and CCA. Some of the divisions, specifically Primary/Secondary Ed do require **DBS checks**, so keep a look out for the scheduled DBS sessions throughout the year.

The CCA Charities Committee is a great way to get involved in college and within the wider community. Each year, the college chooses two main charities to support, voted for by staff and students. We then do our utmost to support these charities through a range of events. This includes occasions like themed formals, activity days, guest speakers, bake and stash sales, and sponsored college sports. The committee plan and carry out these events throughout the academic year, hopefully making a difference in the local and wider community!

Head of CCA: Olivia Adkin castle.outreach@durham.ac.uk

Castle Tech

Castle Tech is one of the few jobs available here in Castle. No interview or previous experience is required - just learn on the job! In just a few shifts you'll be able to setup a wide range of lighting, sound systems and stages! Working for Castle Tech is a very rewarding and fun experience where you'll meet lots of people from different year groups.

You'll be able to work with the Ball Committee, Castle Community Action and many other groups to help produce all of the events that we have in college. Just join the Castle Tech 23/24 Facebook group and look out for shift sign ups!

Email Josh at castle.tech@durham.ac.uk for more information



International Committee

The International Committee is home to all international students, providing practical support and information while also being responsible for International Freshers' Week, International Welfare Officer's drop-in sessions, social events and various other activities throughout the academic year. The International President and the International Welfare officer are the heads of the committee and they work with the JCR and Welfare Team to organise a variety of events (usually two per term) for home and international students. From themed formals, cultural exchanges, festivals, and liaised events with other college's International Societies.

castle.internationalcommittee@durham.ac.uk

President: Max Pilkington

Castle Dresses and Tails

Castle dresses and tails is a student-led sustainable fashion initiative allowing castle students to borrow a ball dress for free!! With over 130 dresses in a range of colours and styles ranging from size 4 to 22 we strive to promote body inclusivity and are confident there is something for everyone. Our committee is one of sustainability and empowerment, with numerous socials throughout the year. Members of the committee are involved in sustainably sourcing dresses, running of shop open days and the website. This is a very relaxing environment, great for socialising and meeting people from all years. Castle tails is the suits division, launched at Ladies Night 2022, this scheme allows castle students to borrow different components of the black-tie ensemble. Applications to join the Castle Dresses committee will be released in October/November. If you are eager to get involved or have any questions please email or message on Facebook the **Head: Mopsy Peel at tzgd26@durham.ac.uk**



The Toastie Bar Committee

The Toastie Bar Committee are the driving force behind our very own, much-loved Castle JCR-managed Toastie Bar! Open every evening of the week, the Toastie Bar is the perfect spot to enjoy a delicious toastie whether you're un(die)winding in the college bar, socialising in the JCR or finishing a last-minute summative in the Lowe. Applying to work as part of our team is a great way to earn some money alongside your studies, meet lots of fellow Castle folk and go on some lively socials. We hire only once a year so make sure not to miss out by checking the Castle Freshers Facebook page for announcements. Sorry for being cheesy but we'd be grilled to have you!

If you have any questions please feel free to email Isabel Sweeney at castle.toastiebar.manager@durham.ac.uk



The Undercroft Committee

The Undercroft committee is the term for the 60 strong committee of students who work on the Undercroft Bar. During term time the Undercroft Bar is managed by the Undercroft Exec which is made up of the Undercroft Chair and Undercroft Vice Chair. Bar workers not only pull pints but also help to create the warm friendly atmosphere that the Undie is renowned for. The role of our college bar is to provide employment for students, to provide a safe drinking environment, and all whilst creating a small profit that in turn benefits the whole college and JCR. The Undercroft committee is a tight knit team renowned for their strong sense of community and their unbelievable socials. We are undeniably the most fun committee in college so make sure to apply when applications open later this year!



J.C.R. Archive Committee

"The J.C.R. Archive aims to record and engage with the vibrant, diverse and occasionally (frequently) drunk history of Castle students.

If you love Castle and want to be a part of its near 200-year history then get involved! Our work involves finding materials of historic interest and keeping them in a secure and fully-catalogued archive within the castle. We also work to bring the J.C.R.'s history to life for current students with our instagram account (@castle.jcrarchives), regular exhibitions in the castle and contributions to other aspects of college life, such as the college magazine.

We could always do with some extra help so if that sounds interesting to you then please don't hesitate to email us at castle.jcrarchivist@durham.ac.uk.

Your Freshers' Week 😊

The Freps (Freshers' Representatives) are a team of our students dedicated and excited to welcome you into our college! From the moment you arrive, they will be there to help you settle in and will remain present for the duration of your Freshers' Week to ensure it goes as smoothly as possible. They will be running activities, available for welfare support and around to answer any and all of your questions, so don't hold back!



Freps are the epitome of our college motto: *Non Nobis Solum*
(not for ourselves alone)

- We have so much planned to keep you entertained throughout the week and help you make new friends! A full timetable will be emailed to you closer to the time, and released on our social so keep an eye out!! In order to take part in all of the activities, please purchase a fresher's week wristband for £39 (the link can be found [here](#)) The wristband gives you entry to all the amazing events planned for the week, as well as a college t-shirt and water bottle, so **IT'S A MUST-HAVE FOR THE WEEK!!**

Here is a sneak peak of what is planned...

- Daytime activities include subject / sports / societies fayres, arts and crafts, walks around beautiful Durham, college workshops, welfare teatimes, and more!
- Evening activities include a silent disco and inflatables in the castle courtyard, bingo bonanza, Casino Night, White Tshirt party, film nights, board games and parties in our college bar
- We also have a club booked for each night bar Friday, where we'll have a huge College party ahead of the big club night on Saturday...
- 'Tea & Toast' is available every night from 10pm-2am in the Owengate kitchen. Our fabulous welfare team provide some great snacks for after the club nights, or if you fancy a clubbing alternative – NOT to be missed!!!!
- FRESHTIVAL is a huge party that happens at the end of freshers' week. It is the first time students from all years at Castle get together. (tickets released during freshers' week)
- Petting Zoo and Destress Dogs!

Welfare

College Welfare is a student led signposting service that works alongside College Office to ensure that everyone in Castle is always supported throughout their time at Durham. Our particular College is known for providing some of the best pastoral care which range from confidential drop-ins, our renowned tea and toast evenings among other activities, and some of the best campaigns across the University.

Many people assume that Welfare is only for those who have an 'issue', and while we are ultimately a support network, we also form a community in College which does not just comprise of the Welfare Team – it is everyone who comes to our teatimes, engages in our campaigns and everything in between. We aim to provide lots of fun and varied ways to de-stress, educate and support the positive wellbeing of all those at Castle, liaising closely with College Office for more serious concerns. The team itself comprises of 10 students from 2nd-3rd year typically, co-headed by the two Welfare Officers. The Welfare Team run a listening and signposting service through daily teatimes (drop-ins), one-to-ones, provision of free sexual and reproductive health supplies, and are readily accessible, contactable and discreet.

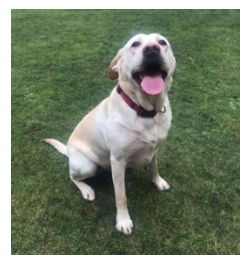
Our campaigns are 100% student-led and are centred around issues most pertinent to Durham students and our college community. In recent years, campaigns have ranged from Mental Health Awareness Week, to SHAG (Sexual Health and Guidance) Week and form a central part of our event calendar in college. In October we would like to continue the same momentum by running even more campaigns such as a dedicated POC week working with the Durham People of Colour Association, steering welfare away from food-based events, and focus on the intersectionality of our Castle community.

Welfare is an incredibly welcoming and open environment for everyone in College to be a part of, and we love seeing lots of new faces popping into teatimes and coming along to our activities/ campaigns events. If you have any questions at all just drop us a message at castle.welfareofficer@durham.ac.uk and castle.campaignsofficer@durham.ac.uk – we'd love to hear from you (and think about applying at the end of first year!)

We have a team consisting of Welfare and Campaigns officers, as well as the following team members:

- Livers in representative
- Livers out representative
- Working class officer (applications reopening in Michaelmas)
- Northern officer
- Disabilities officer
- People of colour officer
- LGBTQ+ representative
- International officer

Details of these roles and their contact details can be found on the welfare section of the JCR website and in the **WELFARE HANDBOOK** which will be sent to you alongside this one!



General Hints & Tips

Everybody will be in the same position as you. Therefore, there's no other time like Freshers' Week where you'll be able to go up and talk to anyone you want, so be confident and make the most of it.

Download Facebook and Instagram – even if you don't want to use it to message your mates, they're crucial to making the most of your time at Castle and not missing out on events and opportunities! Join the group "**Castle Freshers 23/24**" on Facebook when you receive an email with the password. Also check out our student Instagram "**castlejcr**" and our freshers' week account "**castlefreshersweek23**".

Sign up for numerous clubs/societies during Freshers' Week. They're an easy way to meet lots of people quickly and will prove very enjoyable. Keep in mind, you're allowed to drop out of something if you're not enjoying it/haven't got enough time!

Don't forget the **University Freshers' Fair** during your first week, where you'll be exposed to what feels like thousands of clubs. However, don't hand over any money until you are certain you want to commit, mainly because college sports clubs/societies usually prove more popular.

Some people don't enjoy Freshers' Week, that is just the way it is sometimes. You wouldn't be unusual if you're one of them. It can be overwhelming because it's designed to introduce you to a lot of new people. That's why the Welfare Team is around, to have a chat. However, as you find your circle of friends, you'll only have more and more fun as the term goes on.

Check with your parents whether your **home insurance** covers you in Durham, if not then look into viable options, or ask our advice on arrival.

Make sure you've set up a **student bank account**; normally they will offer around £1000 interest free overdrafts. If you are an international student, we'll help you during International Freshers' Week! Have some sort of budget - students often hit their overdraft quickly, but rest assured that it's not mandatory for having a good time.

Your **loan may arrive late**; therefore try to have enough money in your account to legislate for this. However, please speak to us if there is a problem, we're here to help and the University and college has procedures to help you out.

Go to your lectures / tutorials! It may sound obvious, but it's what you're here for! Without lectures you'll not know the nature of your modules, meaning that you'll be struggling come the exam period. Unexplained absence can also trigger an Academic Progress Notice. The Vice Principal (**Ellen Crabtree**), and College Mentors are here to support you if you struggle with your academic work. Many departments also have Academic Advisors/ Tutors as well.

Year groups are relatively **immaterial** at Castle. There's a good chance that some of your closest friends will be members of different years. This integration happens so well here because of our college sports teams, societies and committees, so make the most of those! Also, as you go through university life, you constantly have the opportunity to meet new people and make new friends - **embrace this!**

Your time here will fly by. While Castle will always be your home, you have to soak up every single second and make the most of everything being here offers. Not many people get to call a stunning World Heritage Site their home - you are part of something very special here.

As we near the end of this handbook, we just want to ask that you **respect** your accommodation and college. Our staff, who are an important part of the college community, look after your room and facilities. Out of **courtesy**, please clean up after yourself and be **friendly** towards everyone. We are very lucky to have such a brilliant group of staff to support us and they are an **integral** part of our college community.

That brings us to probably the most valuable tip in this handbook: make an effort to get to know the **Castle Community**. It is what we stand for as a college and, as students, we are fundamentally supported every day by the members of College Office, the Porters and the cleaning and kitchen staff.

See you soon!



~ Non Nobis Solum ~

