



**Murray Edwards
College**
University of Cambridge

From the Tutorial Office
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Important Information about College Welfare and Wellbeing Support

Dear Murray Edwards Fresher,

Hello, my name is Sooz, I am the Head of Wellbeing in the College. I am making contact prior to your arrival to give you some information about welfare and wellbeing support in College. We have a great welfare team at Murray Edwards, who are here to support you throughout your time with us.

Tutors

During your studies at Murray Edwards, you will be assigned a personal Tutor, who will be your advisor for welfare-related, personal and financial matters. Tutors are academics who are not involved in any of your teaching. The name of your Tutor will be sent to you soon, and you will be introduced to them on the day of your arrival (at a time advertised in the Freshers' Programme, which you will receive in due course).

Head of Wellbeing

I am available to meet to talk with you about your wellbeing and can offer 1-to-1 support. I can also advise and help you access further support, if needed, in college or the wider university. My office is in the Wellbeing Centre on the lower ground floor of Fountain Court. Please do pop by if you would like to chat. If the door is open, just drop in. If it's closed, then please email me to arrange a time to meet.

College Nurse

We have a college nurse who is available to help you with medical advice and a wide range of health needs. The nurse's office is also in the Wellbeing Centre. The nurse holds regular clinics during term time and you can make an appointment through the college website or by email.

We will contact you again in September and ask you to fill in an online health form. It's really important that we have this information from you before you arrive so that we can put any health-related support in place for you by the time term starts. When you receive the form from us, please complete it as soon as possible.

Counselling

We also have a college counsellor who is available for confidential counselling in term-time and can see students for one-off appointments or up to 6 sessions.

If you are unable to attend sessions on the days the counsellor is available, or you would prefer to have counselling outside of college, the university also offers counselling through the University Counselling Service (more details can be found on their website [University Counselling Service | Student Counselling \(cam.ac.uk\)](https://www.cam.ac.uk/counselling))

Disability support at Cambridge

The University's Accessibility and Disability Resource Centre (ADRC) supports access to teaching and learning for all disabled students. The ADRC uses the term disabled students to include all those who experience barriers in accessing education due to having or being considered to have an impairment. This includes students with specific learning difficulties such as dyslexia, dyspraxia or AD(H)D, students with mental health conditions, physical or sensory impairments and autism spectrum conditions.

If you declared a disability on your application, the ADRC should already have contacted you to offer an appointment to discuss your support requirements. If you haven't already done so, please respond to them as soon as possible, so that appropriate support can be put in place by the time you start your course. If you wait until you arrive in Cambridge, this may be delayed by several weeks.

If you think that you might benefit from the ADRC's support during your studies or from seeking a diagnosis, you can find out about the support that the ADRC offers students, and instructions about how to contact them here [Student Information Form | Accessibility and Disability Resource Centre \(cam.ac.uk\)](https://www.cam.ac.uk/adrc). The sooner you're able to make contact, the more likely it is that your support requirements will be met by the time you arrive.

Wellbeing Activities

There is a wide range of wellbeing activities you can get involved in at college throughout the year, so feel free to try out as many of these as you like. If there's something you would like us to offer that we don't currently, please do get in touch and let me know. I'm always happy to hear suggestions!

You can find more information about welfare and wellbeing on the college website ([Health and wellbeing | Murray Edwards College - University of Cambridge](https://www.murrayedwards.cam.ac.uk)). If you need any welfare or personal support or advice before term starts, or have any queries about welfare and wellbeing support in the College, please do not hesitate to contact me by email at: susan.imrie@murrayedwards.cam.ac.uk

I look forward to welcoming you to Murray Edwards soon.

With best wishes,

Susan Imrie

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