Wellbeing support for Hughes Hall students (5.11.20)

Hughes Hall is committed to protecting the health, wellbeing, and safety of its students. We appreciate this is a difficult time for you and we are here to support you. The information below is intended to support your wellbeing needs during this period of national restrictions, and beyond. Thank you for helping to protect your fellow students, and others in our community, by following the new laws and guidance correctly. As always, you are welcome to contact your tutor with any questions or concerns.

Useful wellbeing links and contacts
The University signposts to a great deal of COVID-19 wellbeing support here and here. The Cambridge Student Wellbeing Pages are available here and the University’s Counselling Service can be accessed here. Check out the links to see what might work best for you, as well as the Hughes Hall welfare page.

For students finding it hard, CPSL Mind and Cambridge University are offering weekly wellbeing support sessions, Good Mood Cafes, every Thursday at 2pm on Zoom, offer informal support and a positive and safe space to talk about student mental health and wellbeing. Open Door Calm Spaces take place every Wednesday at 3pm on Zoom and provide a safe space to learn self-help techniques such as breathing exercises and mindfulness, which can help reduce stress and anxiety.

Your MCR Committee will be sharing details of their virtual events for this lockdown and, as ever, MCR social media channels on Facebook and Discord are available for you to use for virtual socialising, game nights, quizzes and more. Virtual ‘Tea and Cake’ will be resuming on Sunday 8th November at 3pm. As during the first lockdown, our student community will come together to help one another, and Committee members are available if you have any questions or need support.

The University’s Sports division has launched new activities aimed at helping everyone maintain physical and mental fitness. These include a ‘Couch to 5 Km’ programme for novice runners, and a daily 15 minute drop-in online meditation session run by the University’s Mindfulness team. LinkedIn Learning, available to all University students, has useful guidance on practical subjects like working remotely, digital literacy and wellbeing, as well as mini-courses on non-work-related topics.

Health and wellbeing concerns
If you are worried you may have symptoms of COVID-19 visit here, follow the steps here, and inform the College Porters. Note that you are in the care of NHS111. Any change in your symptoms, and any need for medical assistance should be checked online via NHS111 - or by calling 999 in an emergency.

Your main point of contact in the UK for other (non-COVID-19) specialised help or treatment is your General Practitioner (GP). If you haven’t already registered with a local GP, please do – see how to here and a list of local GP practices here. We also have a College Nurse who works part-time – you can make an appointment with Maria to discuss your health or wellbeing concerns here or by email.

A new College Counsellor will be offering counselling sessions every Wednesday afternoon, starting on 11th November. Until the Moodle booking system is live, please contact our Equality Officer, Corinne Roughly who will gladly book an appointment on your behalf.

Other Useful Links
- For health information from the National Health Service (NHS) including symptoms and isolating.
- The Stay Safe Cambridge Uni campaign has comprehensive information regarding COVID-19.
- For information regarding the national COVID-19 situation from the UK Government.
- Hughes Hall’s COVID-19 guidance section can be accessed here.
- For information on the national restrictions brought in on 5th November 2020.
- You may also find these College contacts useful.

PS why not try online fitness, yoga sessions, or daily guided mindfulness. And don’t forget to call friends and family regularly. If you use social media, you could follow us here:  

Facebook, LinkedIn, Twitter, Instagram.