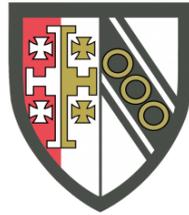


Selwyn JCR's Cost of Living Helpbook



A message from the president:

Hi all,

We know that the cost of living crisis will be affecting many students and your families, and are aware this may be a stressful time. Although we in no way want to imply that financial hardship can be entirely mitigated by making individual choices, we hope that this guide may offer some reassurance, and act as a tool for what resources are available to help. We know that the resources are out there, but can be hard to find so we hope this makes navigating this more accessible.

As ever, we want to ensure that all students at Selwyn have an equal and fair opportunity to thrive at university. If you have any concerns, or suggestions as to how the JCR can best help you then please get in touch via jcrpresident@sel.cam.ac.uk to email Bella, any other officer, or via our anonymous forms

JCR love x

Bella (she/her) - President

jcrpresident@sel.cam.ac.uk

<https://forms.gle/hmg7oLhLEXq7d11a7>

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Support from the University

The Cambridge Bursary

The Cambridge Bursary is a recently implemented scheme of non-repayable bursaries awarded to home students from low to middle income families. Eligibility is determined by the information given to SFE (or SFWE, SFNI, or SAAS) on your yearly household income (before tax). The current amounts awarded are as follows:

Household income	Awarded amount
£0	£3,500
£20,000	£3,500
£25,000	£3,500
£30,000	£3,043
£35,000	£2,586
£40,000	£2,129
£45,000	£1,672
£50,000	£1,215
£55,000	£759
£60,000	£302
£62,215	£100

This money gets paid directly into your bank account (that you gave to your respective student loans company).

Education Premium

Students in receipt of a Cambridge Bursary who also have been eligible for free school meals (funded by their local authority) will receive the Educational Premium which is an

additional non-repayable bursary of £1000 per year. Students will need to send a letter from their school or college confirming this to their Cambridge college once they have confirmed their place

For more information, see:

<https://www.cambridgestudents.cam.ac.uk/cambridgebursary>

The Medical Support Fund (Crane's Fund)

Who can access it?

- "The Crane's Charity provides financial assistance to any student of the University who needs treatment for physical or mental illness and who can demonstrate financial need. In all cases, treatment should not be conveniently or readily obtainable under the NHS."

How much can I access?

- Applications for up to £1800 can be made

How can I access it?

- Talk to your College Tutor about applying
- Read the eligibility criteria above to ensure you are eligible
- Read the application guidance available on the website

For more information, see the below link:

<https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/medical-support-fund-cranes-charity>

Disabled Students Allowance

Who can access it?

- If you are a **home student** and have an impairment, health condition (including a mental health condition), or Specific Learning Difficulty like dyslexia, you may be entitled to claim DSAs.

How much can I access?

- Your Disability Adviser will be able to advise on which funds may apply to you.
Please [contact the ADRC](#) to arrange an appointment

How can I access it?

- Contact the ADRC to arrange an appointment.

See the below link for more information:

<https://www.disability.admin.cam.ac.uk/students/financial-support/disabled-students-allowance>

Reasonable Adjustments Fund (RAF)

Who can access it?

- 'Home' disabled students

How much can I access?

- The fund covers the costs of human support such as:
 - Note-takers
 - Study assistants
 - Proofreading
 - Specialist study skills
 - Specialist mentoring

How can I access it?

- Contact the ARDC to arrange an appointment to discuss options.

See the below link for more information

<https://www.disability.admin.cam.ac.uk/funding-your-support-0/uk-nationals/reasonable-adjustments-fund-raf>

Support from the College

The college has just added a section to the handbook explaining some of the bursaries awarded as Selwyn, but we've also broken them down below.

[Student Finance Support 2022.pdf \(cam.ac.uk\)](#)

Your college bill explained

Paying the college bill can be confusing. Usually, your rent and money spent in college since your last bill (e.g in hall or at the bar) is paid at the start of every term. You will be sent reminders when to do so, and there is a late payment fee (beginning at £15, more details can be found here

<https://www.sel.cam.ac.uk/ughandbook/finance/summary-undergraduate-fees-charges>). It is advisable to pay early to know how much of your student loan is left until the next payment to budget from. However, if you are unable to pay, speak to your tutor who can explore options for support or late payment. Many of the bursaries offered by the college go straight onto your bill as a minus amount, rather than being paid directly onto your bank account. This can mean you end up in credit!

Selwyn bursary (top up bursary)

Who can access it?

- If your household income is under a certain amount, you will be automatically eligible. The college takes the information given to your respective loan company to find out who is eligible

How much can I access?

- The amount varies depending on your household income.

How can I access it?

- Usually, you will receive a letter from the Senior Tutor some time in Michaelmas detailing your eligibility. This money will be put onto your college bill in two instalments, one at the start of Lent and one at the start of Easter and show as 'top up bursary'

Elgar matriculation grant:

Who can access it?

- All undergraduates, with further grants to students on a Cambridge Bursary

How much can I access?

- All students will be given £100 in their first term of residence, with an additional £150 made in the second term to full Cambridge bursary holders, and £100 to partial bursary holders

How can I access it?

- This will be put onto your college bill and show as 'Elgar Matriculation Grant'

Elgar vacation residence grant

Who can access it?

- It "offers the opportunity to stay in Cambridge during the Easter vacation to students for whom financial considerations may be a barrier to doing so"

How much can I access?

- Dependent on circumstance

How can I access it?

- Speak to your tutor if you wish to stay in residence outside of term time.
- When paid, the grant is added straight onto your college bill and will show as 'Elgar grant, res out of term'

Elgar finalists' grant

Who can access it?

- Students eligible for the Cambridge bursary

How much can I access?

- In your final year of study (alongside 3rd year medics and vet meds), eligible students receive a grant of £300 to cover costs such as application fees, interview travel and other expenses

How can I access it?

- This money is paid directly onto your college bill as credit.

Elgar Formal hall grants

Who can access it?

- Students eligible for the Cambridge bursary

How much can I access?

- 6 free tickets a year

How can I access it?

- Eligible students should order tickets in the usual way and the College will ensure that tickets up to the specified limits will be paid for from Elgar funds, shown as credits on the student's bill alongside the charge for the ticket. These tickets may not be transferred to others. Email the bursar to ensure that you are reimbursed for this.

Again, If you are in need of extra financial support, your first port of call is your tutor. They should signpost you to finding the correct support, and they will also support any application made for extra funding. They may ask you to fill in the 'Student Support Application Form'. It does ask for some details about your finances that can seem invasive, but this is to ensure they can offer the correct amount of money.

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Support-form-for-2020-21_editable.pdf

The energy supplement explained:

“Due to unprecedented increases in energy costs, this year we are having to add an extra 3% energy supplement to rents”

Students eligible for the full Cambridge Bursary scheme will receive a grant paid directly onto your college bill in Lent term of £180 (about £6 p/w), which covers the energy supplement in all rent code rooms.

Students on a partial bursary will receive a grant of £100 (£3.33 p/w) paid onto your college bill in Lent term, covering half the supplement in a rent band 8 room.

Subject related funds/ travel funds

For more information on each fund, see the link

<https://www.sel.cam.ac.uk/ughandbook/finance/grants-academic-projects-vacation-placements>

The Master's Fund for Summer Projects

- **Purpose:** Internships, dissertation research, research or other projects

- **Eligibility:** All subjects, undergraduates and postgraduates
- **Deadline:** 22nd April
- **Supporting statement from:** DoS and Tutor

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Masters-Fund_0.docx

The Bassetts Fund for dissertation-related travel

- **Purpose:** Dissertation research
- **Eligibility:** Undergraduates
- **Deadline:** 22nd April
- **Supporting Statement from:** DoS

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/The-Bassetts-Fund-for-dissertation_0.docx

Architecture, Devonport Fund

- **Purpose:** Course-related expenses
- **Eligibility:** Undergraduates studying Architecture
- **Deadline:** No deadline - fund open year-round
- **Supporting Statement From:** DoS and Tutor

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Architecture-Devonport_0.docx

Engineering, Ball 1987 Fund

- **Purpose:** Course-related research or other projects
- **Eligibility:** Undergraduates studying Engineering
- **Deadline:** Start of Easter Full Term
- **Supporting Statement From:** DoS

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Ball-Engineering_0.docx

Geography and Land Economy, Ball Fund

- **Purpose:** Internships, dissertation research, research or other projects
- **Eligibility:** Undergraduates and postgraduates studying Geography or Land Economy

- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Ball-Geography_0.docx

German, Gebauer Fund

- **Purpose:** Internships, dissertation research, research or other projects related to German and Germany
- **Eligibility:** All subjects, undergraduates and postgraduates studying German(y)
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

[https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/German-Gebauer.d](https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/German-Gebauer.docx)

HSPS, Ashcroft Fund

- **Purpose:** Dissertation research, research or other projects related to HSPS
- **Eligibility:** Undergraduates reading HSPS
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

[https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Ashcroft-HSPS_0.d](https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Ashcroft-HSPS_0.docx)

Law, Macpherson Fund

- **Purpose:** Projects relating to the Law
- **Eligibility:** Undergraduates reading Law, about to change to Law or considering a legal career
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

[https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Mcpherson%20Fun](https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Mcpherson%20Fund%20for%20Law.docx)

Law and Land Economy, Stephen Tromans QC Fund

- **Purpose:** Internships, dissertation research, research or other projects relating to Legal subjects
- **Eligibility:** Law and Land Economy undergraduates and LLM students
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Law-and-Land-Economy-Tromans-and-Stevens_1.docx

Mathematics, Beker Fund

- **Purpose:** Support for those studying Mathematics and Mathematics more generally
- **Eligibility:** Maths undergraduates and postgraduates and Fellows
- **Deadline:** No deadline, funds available all year
- **Supporting Statement From:** DoS and Tutor

<https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Mathematics-Beker.docx>

Medical Elective Fund and Steinacher Fund for Medicine

- **Purpose:** Support for Medical Elective Projects, whether travel or research
- **Eligibility:** Clinical Medical Students preparing their elective
- **Deadline:** 22nd April
- **Supporting Statement From:** Tutor

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Medical-Elective-Fund_0.docx

Sigmund Munz Asian Travel Fund

- **Purpose:** Travel to Asia
- **Eligibility:** Undergraduates who have not previously been able to visit Asia
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

<https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/The%20Sigmund%20Munz%20Bursary%20for%20Asia%20Travel.docx>

Natural Sciences, Walters Kundert Physical Sciences Summer Studentship Fund

- **Purpose:** Sciences internships, dissertation research, research or other projects

- **Eligibility:** Undergraduates studying Chemistry, other Physical Natural Sciences and Engineering
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Walters-Kundert_0.docx

Natural Sciences, Davies Fund for Biochemistry and Zoology

- **Purpose:** Sciences internships, dissertation research, research or other projects
- **Eligibility:** Undergraduates studying Biochemistry and/or Zoology
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS

<https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Davies-Biochemistry-Zoology-Fund.docx>

Russian, The Sarah Adams Fund

- **Purpose:** Internships, dissertation research, research or other projects [awards may not be made in 2022]
- **Eligibility:** Undergraduates and postgraduates studying Russian and those with Russian studies interests
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS and Tutor

https://www.google.com/url?q=https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Russian-Adams-Fund_0.docx&sa=D&source=docs&ust=1663087021101984&usg=AOvVaw1M9LLZYLVIWtUNP8vUbaUM

Jamie Netschert Veterinary Studies Fund

- **Purpose:** Clinical Veterinary Electives
- **Eligibility:** Clinical veterinary students preparing an elective
- **Deadline:** 22nd April
- **Supporting Statement From:** DoS in Veterinary Medicine

https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Jamie-Netschert-Veterinary-Sciences-Fund_0.docx

Music awards

Around six **Choral Exhibitions** (£100 per annum, normally tenable for three years) are offered each year, for all voices.

Instrumental Awards (£100 per annum, normally tenable for three years) are offered every year for certain instruments. Instrumental award holders also receive professional ensemble coaching and subsidies for their instrumental lessons

Organ Scholarships (£450 per annum, normally tenable for three years) are offered in two out of every three years. The Organ Scholar's responsibilities include playing for chapel services, both choral and non-choral, and assisting the Director of Music in the preparation of all services and rehearsals

Sports awards

The link for further info on grants to individuals can be found here

<https://www.sel.cam.ac.uk/sites/default/files/assets/5.8.1%20link%20Grant-application-further-particulars.docx>

The application form can be found here:

<https://www.sel.cam.ac.uk/sites/default/files/assets/current/UGHandbook/Grant-application-form-1.doc>

Miscellaneous

Orpen fund

Who can access it?

- The Orpen fund is open to all children of clergy in the church of England

How much can I access?

- This is assessed by the college after you fill in the application form.

How can I access it?

- If you have questions about eligibility, or the fund, please contact the college chaplain.

JCR Funds

If you have any questions about JCR funds, please get in contact at jcrtreasurer@sel.cam.ac.uk

Cycle Safety Fund

Who can access it?

- All Selwyn students are able to be reimbursed

How much can I access?

- Bike lights, 2 claims a year, up to £10 per claim.
- Helmets, 1 claim a year, up to £15 per claim.
- Bike locks, 1 claim a year, up to £15 per claim

How can I access it?

- Email a copy of your receipt, with your account number and sort code to jcrtreasurer@sel.cam.ac.uk

Disabled Students Fund

Who can access it?

- The JCR Disabled Students' Fund was created so disabled students at Selwyn can get anonymous reimbursement of items they need.
- Examples of potential claims include: adaptive clothing, disability-related apparatus and accessibility software. The fund may also be used for any other disability or illness-related expense (including medications).
- No questions will be asked and no medical evidence or proof of disability will be required to claim from the fund.

How much can I access?

- The JCR Disabled Students' Fund has a cap of £40 per student per term

How can I access it?

- This form is completely anonymous and the only JCR Officer with access to the information you submit will be the JCR Disabled Students' Officer. The JCR Treasurer will then transfer the money for your claim to your bank account.

[Link: https://www.sel.cam.ac.uk/protected-jcr-funds](https://www.sel.cam.ac.uk/protected-jcr-funds)

Emergency Medical Fund

Who can access it?

- All students can access the fund
- The emergency travel fund covers unexpected medical costs you may encounter at university. This can include, but is not limited to: the morning after pill, expenses from sports injuries etc.

How much can I access?

- Each student is entitled to access £20

How can I access it?

- Use your raven login to access and fill in this anonymous form with your bank details, and a copy of the bank receipt. The JCR treasurer will then make a reimbursement

<https://forms.gle/mLdyWCncJyJHZ3mF7>

Emergency Transport Fund

Who can access it?

- All students
- If you're ever feeling unsafe and need to get back to college, or require transport to A&E in an emergency, the JCR will cover the costs of your journey.

How much can I access?

- The cost of your journey

How can I access it?

- Send a copy of your receipt/ a brief explanation of the situation with your account number and sort code to jcrtreasurer@sel.cam.ac.uk for a reimbursement

Gender Expression Fund

Who can access it?

- The Gender Expression Fund offers to reimburse students for items which they might use in making themselves more comfortable with their gender presentation, such as (but not limited to) wigs, binders, concealing underwear and so on.

How much can I access?

- Each student can access up to £60 per term

How can I access it?

- To access this fund, please contact our LGBT+ Officer at jcrlgbt@sel.cam.ac.uk, or fill out the anonymous form at the link below:

<https://www.sel.cam.ac.uk/protected-jcr-funds>

Menstrual Hygiene Fund

Who can access it?

- Any student who wishes to purchase a reusable period product

How much can I access?

- Up to £25 a term per student

How can I access it?

- Email the Gender Equality Officer on jcrequality@sel.cam.ac.uk with a copy of your receipt and your sort code and account number for a reimbursement.

Selwyn Femsoc in conjunction with the JCR continues to provide single use products in all bathrooms in college. Please feel free to use the anonymous form if you have any feedback on the scheme or if there are bathrooms without products.

https://docs.google.com/forms/d/e/1FAIpQLSzfCa5KZLqfud-SRS2UqjjA_1QJIAUBSyKX9SCTSBc7Y0taA/viewform

There are also boxes of single use products kept in the JCR which any student may take without question.

Sexual Health Fund

Who can access it?

- All students.

What can I access?

- Condoms (extra safe, extra large, snug fit, latex free, ribbed and dotted)
- Lube (water-based)
- Pregnancy tests
- Dental dams (strawberry, grape)
- Femidoms (latex free)
- Rape alarms

How can I access it?

- <https://www.sel.cam.ac.uk/protected-jcr-funds>

Discounts

Exercise

- Join a college or university sports team for training & access to sports facilities
- The college gym is free and open to access for students
 - A reminder of our access ours:
 - Women's and marginalised genders- Wednesday 4:30-6:00
 - Men's and marginalised genders- Thursday 4:3-6:00
- Welfare yoga sessions
 - TBC- This year, the weekly free yoga sessions are being run by our lovely Disabled Students Officer, Maisy. These will take place in the Diamond every Thursday 5:00-6:00. Keep an eye out on the @selwynjcr instagram for updates.

If you have any ideas of other sports/ activities you would like to see hosted at Selwyn, please get in contact with vicepresident@sel.cam.ac.uk

UniDays

- <https://www.myunidays.com/GB/en-GB>
- Free to sign up. Gives you access to hundreds of online and in store discounts
 - Bill's- 20% off total Bill Sunday-Thursday
 - Pizza Express- 30% off food Sunday-Thursday
 - Las Iguanas- 30% off food Sunday-Thursday
 - Yo Sushi- 20% off Sunday-Friday
 - Zizzi- 20% off food Sunday-Thursday
 - Domino's- 35% off if spending £25
 - Franco Manca- £9.95- Pizza & Soft Drink/ £11.95 Pizza & Wine/Beer

Cafe's

- Caffè Nero - 10% off. Must verify student email through the app then pay with app

Food

- Itsu- 15% off
- Tortilla - 10% off

Pubs

- All Greene King pubs have 10% off with student discount on Greene King app - the code is 6600400004215
- The Mill & Cambridge Brew House- 10% off via City Club app

Miscellaneous

- Waterstones- 5% off (with Waterstones Plus Student Card)
- Superdrug- 10% off (with Superdrug Health & Beauty Card)
- Boots- 10% off (with Boots Advantage Card)
- Botanic Gardens- Free with CamCard
- Apple Education Discount [discount varies, research how much, can be stacked with the refurbished discount to get ~40% off]
- Notion - offers free education pro accounts when you register with your .cam.ac.uk email.

Grand Arcade

- To claim student discounts all year-round, please show your student ID in store. Please check T&Cs with each store:
<https://www.grandarcade.co.uk/offers/student-discount/>

Money saving tips

Martin Lewis provides really good money saving tips for students, so have a look at :
<https://www.moneysavingexpert.com/students/student-guide/> 's advice on how to save.

HC1 form for free prescriptions and dentistry

- You can claim free prescriptions on the NHS If you meet the criteria by filling in this (rather long) HC1 form.
- <https://www.nhsbsa.nhs.uk/sites/default/files/2019-11/HC1%20December%202019.pdf>

Mental health support

We understand that financial hardship can impact your mental health. There are resources for anyone who is struggling, please don't hesitate to reach out for support. We've compiled a list of resources that may be of help to you.

Help lines:

When life is difficult, Samaritans are here – day or night, 365 days a year. You can call them for free on 116 123, email them via jo@samaritans.org or visit www.samaritans.org to find your nearest branch.

If you are experiencing mental health issues, there are sources of support that exist to help you. Call NHS 111 and choose option 2 to speak to a first response service for people experiencing a mental health crisis.

If you need long term support, you can speak to your GP, however wait lists for support can often be long.

Shout is a free and confidential text messaging support service for anyone who is struggling to cope and people who are anxious, stressed, depressed, suicidal or overwhelmed and need immediate support. Open 24 hours a day, 365 days a year. Text: SHOUT to 85258

Support within the University

The University Counselling Service offers both 1 to 1 counselling, or group sessions. You can find more information here:

https://www.counselling.cam.ac.uk/?_gl=1*7sa27u*_ga*MTM5MjY2NDUwMi4xNjUyNjA1NDM3*_ga_P8Q1QT5W4K*MTY2MjIxNzg2OC4xLjAuMTY2MjIxNzg2OC4wLjAuMA..

To arrange an appointment for individual counselling, you must fill in the **Complete Student Pre-Counselling Form online**

The current waiting time for the UCS is 2-3 weeks, although this may change.

The college nurse, Lucy, is also available to meet with you. The best way to contact her is via nurse@sel.cam.ac.uk to make an appointment.

Support from your peers

The Welfare team:

BAME Officer: Jasleen (she/her)

jcrbme@sel.cam.ac.uk

Welfare hours: Contactable via email

Disabled Students Officer: Maisy (she/her)

jcrdisabilities@sel.cam.ac.uk

Welfare hours: Wednesdays 5.30-6:30pm

LGBT+ Officer: Rach (they/them)

jcrlgbt@sel.cam.ac.uk

Welfare hours: Sunday 1:00-2:00pm

Welfare Officer: Ted (he/him)

jcrwelfarea@sel.cam.ac.uk

Welfare hours: Saturday's 6:00-7:00pm

Welfare Officer: Ellen (she/her)

jcrwelfareb@sel.cam.ac.uk

Welfare hours: Sundays 3:00-4:00pm

Welfare hours take place in the bar, unless stated otherwise. There is wheelchair access.

There is padded seating, an accessible toilet, and a gender neutral toilet. This isn't a hearing loop, a BSL interpreter, or a designated quiet space.

If you have any questions about access issues, please contact Maisy (she/her), our Disabled Students Officer via jcrdisabilities@sel.cam.ac.uk

If you have specific financial concerns, please contact

Treasurer: Matty (he/him)

jcrtreasurer@sel.cam.ac.uk

Access Officers: Em (she/her) & Olivia (she/her)

jcraccess@sel.cam.ac.uk

Melina (she/her) - Vice-president

jcrvicepresident@sel.cam.ac.uk