

KCBC Welfare Pathway

Rowing with KCBC is intended to be a fun activity complementing your studies, but sometimes academic and extracurricular pressures can be mentally & physically difficult, and many people may need advice and support. The Club's Welfare Pathway, detailed below, is to help members whenever they need it.

If you're having a tough time and would like some advice...

You can speak to any of our Captains. The Captains have much experience with the Club, so feel free to reach out to any of them for advice, regardless of your level of involvement and the side of the Club you row with. The Junior Committee are also available for advice - see <https://www.kingsboatclub.com/committee/>

Women's Captains		Men's Captain
Jasmine Rush	Olga Krivdina	Tobias Allen
		
kings.women@cucbc.org		kings.men@cucbc.org

If you're struggling and would like some support...

- The KCSU Welfare Officers are available to talk: welfare.a@kcsu.org.uk / welfare.b@kcsu.org.uk
- Your College Tutor is available to offer support and advice on financial, academic, or health issues
- The College Nurse will be able to support you and refer to others who can help
- Your GP Practice is for support for both your physical and mental health

If you, or someone you know, need help urgently...

- Call NHS 111 and select option 2 for the first response service
- Samaritans are available at 116 123 at all hours for free confidential support
- Speak to a College Porter or ask a friend to do so on your behalf at 01223 331100

King's College -
Health & Wellbeing

<https://www.kings.cam.ac.uk/intranet/health-wellbeing>



Cambridge Student Union -
Advice Service

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

