



**GREY COLLEGE**

**ALTERNATIVE  
HANDBOOK**

**2024**



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# -Useful Links-

## Emails

President - [grey.president@durham.ac.uk](mailto:grey.president@durham.ac.uk)

FACSO - [grey.treasurer@durham.ac.uk](mailto:grey.treasurer@durham.ac.uk)

Senior Frep - [grey.frep@durham.ac.uk](mailto:grey.frep@durham.ac.uk)

Vice President - [grey.vicepresident@durham.ac.uk](mailto:grey.vicepresident@durham.ac.uk)

Welfare - [welfare@greyjcr.co.uk](mailto:welfare@greyjcr.co.uk)

College Principal(Sonia Virdee) - [grey.principal@durham.ac.uk](mailto:grey.principal@durham.ac.uk)

College Vice-Principal(Rhian Davies) - [grey.viceprincipal@durham.ac.uk](mailto:grey.viceprincipal@durham.ac.uk)

College Assistant Principal(Judith Barbaro-Brown) -  
[grey.assistantprincipal@durham.ac.uk](mailto:grey.assistantprincipal@durham.ac.uk)

College Student Support - [grey.student-support@durham.ac.uk](mailto:grey.student-support@durham.ac.uk)

College Reception - [grey.reception@durham.ac.uk](mailto:grey.reception@durham.ac.uk)

## Instagram/TikTok

Fresher's Instagram - [@officialgreyfreshers2024](https://www.instagram.com/officialgreyfreshers2024)

JCR Instagram - [@greycollegejcr](https://www.instagram.com/greycollegejcr)

Sabbs Instagram - [@grey\\_sabbs](https://www.instagram.com/grey_sabbs)

Welfare Instagram - [@greywelfare](https://www.instagram.com/greywelfare)

Reps Comm Instagram - [@greycollegerepscommittee](https://www.instagram.com/greycollegerepscommittee)

College Instagram - [@greycollegedurham](https://www.instagram.com/greycollegedurham)

Grey JCR TikTok - [@greyjcrofficial](https://www.tiktok.com/@greyjcrofficial)

## Facebook

Fresher's Facebook - <https://www.facebook.com/groups/391763103922621/>

College Facebook - [https://www.facebook.com/greycollege1959?locale=en\\_GB](https://www.facebook.com/greycollege1959?locale=en_GB)

## Websites

JCR Website - [www.greyjcr.co.uk/](http://www.greyjcr.co.uk/)

Welfare Page - <https://greyjcr.co.uk/welfare>

## Emergency Contacts

College Porter - +44 7715 771447

Welfare Anonymous Messaging - <https://greyjcr.co.uk/welfare>

University Report + Support - <https://reportandsupport.durham.ac.uk/>

Durham Nightline - <https://durhamnightline.com/>

NHS Information - <https://www.nhs.uk/>

# -THE JCR-

## GREY COLLEGE JCR: What is it?



Grey JCR (or Junior Common Room) is more than just the room within college. It is a charitable student-run organisations that operates within Grey college to provide a student community. Grey JCR is run by students for all the students of Grey. All of the sports and societies, events and facilities fall under the JCR. The membership fee you pay at the start of your time in Grey goes directly towards improving facilities run by the JCR, as well as the day-to-day budgets of all the sports, societies and events.

The major decision making regarding how the JCR spends its money, who gets elected to what positions, and any votes/referendums occurs during JCR meetings. These are usually 60-90 minutes long and take place every few weeks on a Sunday. They're quite chilled, where you can turn up with a laptop, have a drink and buy some snacks. They're open to all JCR members, and you don't have to have any prior experience. Getting involved couldn't be easier!



# President - Cal Cook

Welcome to Grey! I'm Cal, your Junior Common Room (JCR) President this year.

Firstly, huge congratulations on getting into Durham - I hope you enjoy the next few years as much as I have! The Freshers' Week Senior team, Freshers' Representatives (Frep) team, the rest of the Grey community and I cannot wait to welcome you to our college.

Grey's a big college and there are a ton of opportunities for you to get involved.

Whether it's through our sports or societies, JCR leadership roles, or our events, there's something for all of you!

I had the classic nervousness before first arriving at Grey, especially about being allocated a shared room. But I, along with everyone else at Grey, had a fantastic first week, welcoming us into the Grey family. My roommate and I became best friends, sharing houses together in our 2nd and 3rd years. My Freshers' Week was the perfect welcome to Grey, I hope you find it just as awesome.

I studied Politics, Philosophy, and Economics, but have enjoyed the areas I've been involved in outside my studies the most. I play for the Grey Rugby team (GCRFC), the football F team (GCAFC Fs), have compèred two college charity fashion shows (GCCFS), and been the JCR Chair for the past two years.



As I've said there's such a variety of clubs, societies, committees, etc. To get involved with at Grey and I highly recommend you check them out. We're the only JCR to offer free sports and societies, so please try them out!

As JCR President this year, it's my job to make sure you all have a voice at Grey and have the opportunity to get the most out of your time at Grey. I'll be working closely with the Senior Team, Executive Committee and college throughout the year to organise your sports, societies, events, and much more...!

If you ever have any questions please let me know, in person (I'll be around everyday in Freshers' Week), by email ([grey.president@durham.ac.uk](mailto:grey.president@durham.ac.uk)), or through our Instagram [@grey\\_sabbs](https://www.instagram.com/grey_sabbs).

I can't wait to meet you all very soon and am really excited for the year ahead!

Cal x

# Senior Frep - Ella Reay

Hi, my name's Ella, a 3rd year Engineering student and your Senior Frep for this year! I love being at Grey, and hope I can give you all the same enthusiasm that I have. I love pesto pasta, stuffed toys (yes I'm a child at heart) and sports. I am also president of Grey Mixed Lax this year, a sport which I can't get enough of.

As Senior Frep, it's my job to plan and run your Fresher's Week to make sure you have the best start to university as possible. I've been working hard with the senior team to make sure this week stands out as amazing.

When I first came to Durham, I was nervous and scared, but the Frep Team are an amazing support system and can answer questions, lend a hand and tell you anything you could want to know about Durham life. They're also really easy to spot due to the fabulous pink polo shirts!

The best advice I wish I could've given myself would be to just get involved, in as many ways as you can. There are so many things for you to try, so really throw yourselves into everything. It sounds cliché, but you won't know until you try it!



To keep up to date with all things Freshers, make sure to join the Grey College Fresher's 2024 Facebook group (<https://www.facebook.com/groups/391763103922621/>) and follow [@officialgreyfreshers2024](https://www.instagram.com/officialgreyfreshers2024) on instagram.

Have a great week, and feel free to ask me any questions, either online or if you see me wandering around college :)

# JCR POSITIONS

## Finance and Commercial Services Officer (FACSO) - Will Farman

Welcome to Grey! I'm Will and I'll be your JCR FACSO for the coming year. My job is to maintain the JCR's finances, as well as oversee the successes of the college gym and toastie bar. You can usually find me at the JCR office (or pool table), I'll always be up for a chat! As well as being the JCR FACSO, I have frepped, play football and pool, and am an avid musician as a part of the Grey community. If you have any questions for me at any time, feel free to ask in person or drop me a message!



## Vice President - Freddie Bloom

Hi! As Vice President of the JCR, I'm the 'most senior student', as Cal and Will have already got their degrees! I organise and run all the formal dinners at Grey, one of the best parts of college life. I'm also 'Chief Whip' of the JCR, and make sure all the officers are doing their best to make your student experience better. Don't be put off by the title though; I'm approachable, and know way too much about Grey in general, so if you have any questions just ask.

Keep an eye out for VP's Day Out soon!

## Sports and Societies Officer - Ben Roberts

The BEST part about Durham is the collegiate sport system! You can join both university-wide AND college-based societies; I'm in charge of the ones here at Grey. Once you have your JCR membership, the sports and societies at Grey are completely FREE. I tried 10+ Grey sports/socs last year, so safe to say I got INVOLVED. Literally just turn up. This year my aim is to make sure all Grey sports/socs are run well and publicised well. IMPORTANT: come to the Grey Freshers Fair, learn what sports/socs are available and follow @greysportsandsocs on insta.





### JCR Chair - Open for Election

The role of JCR chair involves reviewing and upholding the JCR's standing orders, running JCR meetings and chairing governance and executive committees. They're the person to contact ([grey.chair@durham.ac.uk](mailto:grey.chair@durham.ac.uk)) if you want to run for a role within the JCR.

### Secretary - Ishwari Ramsaha

Hello, I'm Ishwari and I'll be the familiar face typing away at all the meetings this year. My role as secretary mainly consists of minuting a range of meetings, including executive, governance and finance committees, trustee quarterly meetings and JCR meetings (see you all there- you won't want to miss out!). The minutes will keep you all updated on what is being discussed throughout the year. I also make sure we are the best dressed college in Durham by ordering and distributing stash!



### Bar Manager - Oliver McKenna

The Greyhound is at the centre of all things Grey and as Manager I ensure that Grey's abundant sports and societies are connected with the college's social hub. This means that I'm the person to call when your club/team has need of a social event! The Greyhound is an inclusive environment with 20 amazing staff members, 3 managers, and one Nicola Gittins. Throughout the year we will be looking to add to this amazing family, so keep a close eye out for applications. This is the first year in a while, that the bar will be fully functioning - with beer garden- so I'm super ecstatic to have the privilege to continue the Greyhound's rise from the Ashes. Please feel free to drop me a message, or come have a chat if you see me about college!





### Events Manager - Molly Glenn

Hi everyone! As your events manager this year I am in charge of running and organising the best college events at Grey. Me and my wonderful Events Comm are the brains behind the scenes for the Big Three Events: Winter Ball, Grey Day and Phoenix Ball. Look out for Events Committee sign ups during Freshers week if you're seeking a fun, creative experience and want to get involved in college life from the get go! It's not just blacktie balls we organise, I also help with in college events and make sure they are running smoothly! I am looking forward to meeting you guys in Freshers Week and hope you're just as excited for the great events we've got planned.



### Website Manager - Open for Election

The Website Manager is responsible for running the JCR website - a key task as the website is used for event bookings, seating plans, photos and toastie ordering! In the role you have full creative direction over the website and a chance to work with relevant technologies at scale.

### Tech Manager - Theo Harris

Hi I am the Technical Manager and the leader of the technical crew, ultimately responsible for the use, maintenance and testing of the lighting and sound systems. I arrange training sessions on JCR equipment and organise committee rosters for events. I organise crew for events, event hire, budgeting, and production design liaising with the Events Manager, FACSO and President. Basically, I run everything tech at Grey with the help of the tech crew too! Btw we are looking for tech crew so reach out/or wait for a newsletter with more details.



## EDI Officer - Amelia Rees



Hello! I'm Amelia, your EDI (Equality, Diversity and Inclusion) Officer this year. The responsibilities of my role involve making sure that students at Grey feel welcome and included in college life. This happens through collaborating with our reps. We often organise social events throughout the year - keep an eye out on Instagram (@greycollegerepscommittee) for these! I also communicate and arrange meetings with the rest of the college exec when needed to ensure students have a voice. Feel free to come and say hi or ask any questions if you see me around college!

## Publicity Officer - Charlotte Honer

Hiya! I'm Charlotte and I'm your publicity officer for this year. My job is to make sure that everyone is kept up to date with all things Grey JCR - from event info and meeting times to this handbook! I get the privilege of running the JCR Instagram (@greycollegejcr), making TikToks (check out the Grey JCR account @greyjcrofficial for some quality content) and taking photos and videos at events. Look out for me wandering around during freshers week with a camera!



## Senior Welfare Officers - Zach Hyams and Carmen Tan Yu Hui

The Senior Welfare Officers lead the Welfare Team, and are in charge of providing support for members of the JCR. They provide training for the rest of the team, and organise many different campaigns throughout the year to highlight important wellbeing topics. These include Alcohol Awareness Week, SHAG Week and more. They are also a part of the Senior Frep team and help to organise Fresher's Week.

You can anonymously contact Zach and Carmen via the Welfare page of the JCR website (<https://greyjcr.co.uk/welfare>) or pop into the Welfare Room, located on the bottom floor of Hollingside block for a chat during one of their drop in sessions.



There are also non-exec roles, including Charities Officer, Assistant Treasurer, Gym Manager, Arts Chair, Music Chair, Ball Chair, Grey Matter Editor, Grey Day Supremos, Fashion Show Chairs and many more!

# JCR FINANCES

## JCR MEMBERSHIP

The JCR is a charity, independent from the university, which is run by students for the benefit of Grey college students. We have a membership fee which you can pay in order to join the JCR (over 90% of students do). Whilst membership is optional, we strongly encourage all students to join to make the most of their time at Durham.

For those starting a 3-year degree (BA/BSC...) it would cost £180 which you pay at the start of your degree programme. If you are doing a 4-year integrated master's degree, you get a reduced rate in your final year, making it £220. We appreciate that this is a lot of money, therefore the Access Fund is available - see the Grey JCR Website for details.

### The JCR organises most of student life in college and allows members to:

- become a member of the JCR's sports, societies and committees and participate in training/rehearsals, meetings - we are the only college to offer this with no joining fees!
- compete for the JCR's sports teams in college sport
- priority booking and payment of preferential members' rates to events organised by the JCR (including balls and formals)
- be employed by the JCR as a member of the toastie bar or technical crew
  - Preferential rate of membership to the college gym.
- access to JCR equipment (musical instruments, sports, tech)
  - vote at JCR meetings and stand for elected roles
  - Access the JCR-run welfare signposting service and loads more!

For details surrounding the MCR, for those in their Postgraduate 4th year, you can read more on page 29.

# WELCOME WEEK

Our JCR-run welcome week has many events organised throughout, including club nights, inflatables, a petting zoo and more!

The JCR membership and welcome week are recommended to be purchased in advance of arriving at Grey, details of how to sign up will be in the College Handbook or Vice Principal's Letter.

At Grey we aim to have everyone participate, but if you have difficulty with paying any fees, the Access Fund is available and may be of assistance.



# -SPORTS + SOCIETIES-

Most, if not all, of the sports and societies within Grey will be at the Sports & Socs Fair during Fresher's Week. You can pick and choose whatever you want to try, as much or as little as you'd like. All you need to do is turn up! Here's what a few of them have to say...



## Football

There are 6 men's teams spanning the divisions and a fantastic women's team representing college in the top division. There's a great atmosphere around the club with loads of social participation.

## Mixed Lacrosse

Whether you've played lacrosse before or not, it's a great sport for all. Join one of our teams and help us keep the title of best Mixed Lacrosse Club in Durham!



## Rowing

A great sport for fitness, fun and socials. All levels are on offer at Grey, from complete beginner to national level. There are multiple socials a term and an end of year ball to enjoy.

## Cheerleading

Whether winning the intercollege competition or supporting college teams, hopefully you can help build on our successes, whether as a flyer or a base.



## Rugby

One of Grey's oldest clubs, we push hard while maintaining a great club ethos, accepting everyone. Grey also has a women's team, which enjoy great success in their own league.

## Squash

Definitely proven to have the most fun, Grey Squash has two men's teams and a women's team. Join for the great sport, stay for the great company.



## Pool

With loads of teams spanning all the divisions, pool is a laid back society, giving the perfect excuse to lounge around college bars in the evening with the company of some good banter.



## Darts

Spend a chill evening throwing a few spears with your teammates. What's not to like?



## Hockey

We have a men's and a women's team who have both been successful in recent years, with both coming in the top 3 of the league for the last 2 years. We also hold a relaxed training session once a week and have great socials.

## Netball

One of Grey's largest and most sociable clubs, there will definitely be a team for you, be that competitive or more chilled. We also have various socials throughout the year which have proven to be popular.



## Running

One of Grey's newer sports club which is open to anyone, regardless of running experience. We have a relaxed midweek run and then go to Durham Parkrun every Saturday.



## Cricket

One of Grey's highly decorated teams, with lots of success in both indoor and outdoor cricket. But fear not, if you want to play for fun, or just give the sport a go there's plenty of opportunity to do so.



## Volleyball

We are a small but growing club. We're inclusive and have lots of fun while also being consistently among the top teams in the college league.



## Choir

We are the largest non-auditioned choir in Durham, singing choral to modern music in venues ranging from Durham Cathedral to Edinburgh and Liverpool. We also have many social events, including a tour at the end of the year.



## Grey in the Community

Grey's volunteering organisations which work throughout the year organising events within and outside of college. These range from tea parties with the elderly to visiting the local care home to a Sports and Arts Day with children from the area.



# And so many more...

- Arts Comm
- Bad Film Society
- Badminton
- Bar Comm
- Basketball
- Charities Comm
- Christian Union
- Climbing
- Comms Comm
- Croquet Society
- Cycling
- Discord Society
- Dodgeball
- Dr Who Society
- Environment and Ethics Comm
- Events Comm
- Feminism Society
- Finance Comm
- Flag Society
- GCCFS
- Gig Society
- Golf
- Grollingwood Society
- House of Phoenix Society
- Law Society
- Music Comm
- Phoenix Theatre Society
- Reps Comm
- Rounders
- Star Wars Appreciation Society
- Swimming
- Table Tennis
- Tech Comm
- Tennis
- Ultimate Frisbee
- Walking Society
- Web Comm
- Welfare

If you decide this variety isn't enough, then why not establish your own sport or society? This can easily be done during a JCR meeting. Just ask anyone mentioned on the Exec page, or any one of the Freps, and they'll point you in the right direction.

Grey offers sports from a super casual level to the quite competitive. However, if you want to regularly test yourself against other universities, then you can sign up to Team Durham, either at the university Fresher's Fair, or even before arriving!

# -ROOMS IN COLLEGE-



The JCR is the main social hub of Grey. Containing a pool table, table tennis and loads of comfy sofas, it's a grey-t place to chill and relax. It also hosts a large projector, great for watching sports, eurovision and lots more.

Welcome to the Greyhound, multiple times winner of 'Best college bar' and our very own hang out! Normally open from 20:00 - 23:00, and midnight on Fridays and Saturdays it is the place to find affordable and delicious drinks. Even if you're not fond of anything alcoholic, there will still be something for you.



It's a great place to socialise and hang out with friends - you'll almost always find someone you know. All of the friendly bar staff are also fellow Grey students, anyone can apply to work here!



Are you feeling hungry? Why not head down to the toastie bar to grab a snack (or 3). It's cheap and affordable with a wide range of ingredients, drinks, chocolate, crisps.....Open most evenings with service from friendly Grey students, what more could you want?





The gym at college has 3 rooms, containing cardio and weights machines. Looked after by the gym managers, you can buy membership on a termly or yearly basis.

The dining hall is one of the best places to catch up with friends over some elite scran. Breakfast, lunch and dinner are all served here for a couple of hours per day, with brunch on weekends. Be warned, it is cordial (you'll find out soon enough)



A dream for some, a nightmare for others, but whatever you choose, the library is a key room in college. With computers and a printer, and loads of study spaces, its perfect for some quiet time. There are also books, available when a student librarian is around.

Fountains Hall is Grey's own multi-use building. It has a chapel, media suite, music practice rooms and a larger hall space. Rooms can be booked for free and used for sports, rehearsals and lots more.



The Holgate conference room allows us to invite some great guest speakers to college to tell us about all kinds of things from their area of expertise. Sometimes you might have lectures or seminars here, and in the summer it becomes a study space to use alongside the library.

# -SOME COLLEGE TRADITIONS- FORMALS

Formals are fancy dinners organised by the Vice President that occur every few weeks in term time. During these you'll have to wear your gown (which you'll get during Fresher's Week) so it is the perfect chance to look good in those pictures to send home to family and friends.

Formals are really popular, with tickets sometimes selling out in minutes, a testament to how much fun they are. Even if you miss out, it's worth heading to the Greyhound afterwards, since it's always packed full of people.

Some formal themes from the past year are as follows:

- Welcome Formal
- Burns Night
- Christmas Formals (with carols!)
- Valentines (including its own traditions..)
- Sports Persons
- End of Year



# COLLEGE FAMILIES

An odd concept to anyone outside the Durham bubble, us having “College Families”. Nothing beats the pause when relaying an anecdote about your “mum” and having to clarify which “mum” you mean!

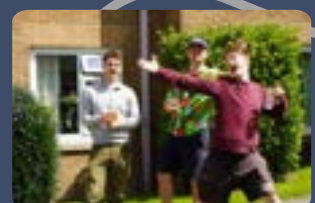
Your college ‘parents’ are older students who are here to help you settle into Grey in any way that they can. Easily one of the most helpful resources when you start out in Durham, your parent should contact you not long after Fresher’s week, along with your new siblings! Be sure to ask them anything that comes to mind, since they are the best people for the job. They are on hand to tell you all about life at Grey, the various sports and societies you can join, answer any ‘silly’ questions (of which there are none) and generally act as a friendly face around college.

You’ll probably hear that your college parents are married (we love a big, complicated, extended family!). This is a popular Durham tradition that you can get the chance to join too by proposing to or being proposed to by a friend. These proposals normally happen nearer the end of the year, often in Jimmys (you’ll learn about it soon) or at Grey Day



# -GREY EVENTS-

Events in Grey are organised by students, with a wide variety throughout the year. They're primarily organised by the Events Manager, but everyone can get involved, by being a chair of an event, or just by being a member of Events Committee. All you need to do is ask around if you're interested!



### Winter Ball

The big event in first term. Previous themes have included 'Masquerade' and 'A Night Under the Stars'. This includes a 3-course meal and a huge range of entertainment afterwards - such as fairground rides, inflatables, arcade games, candy floss, popcorn machines and more.

### Barfest

Run by the Bar Committee in second term, this is a day of chilling in college with a huge variety of drinks and entertainment. There is also cheese and wine tasting, not one to be missed...

### Grey Charity Fashion Show

Widely recognised as one of the most professional student fashion shows in Durham, this is a great night of strutting the catwalk all in aid of charitable causes. Previous themes included 'Inferno' and 'A Night in Hollywood'.

### Grey Unplugged

A showcase of all the musical talent that Grey has to offer, with many student bands putting on a performance.

### Gittins Cup

A 5-a-side football tournament that happens in the three weeks of nothing before summer holidays. Named after our catering manager Nic, there is often a bar tab awaiting the winning team.

### Phoenix Ball

The self-proclaimed biggest event of the year. This tops off the year with the chance for everyone to get dressed up and pretend to be sophisticated for photos at an external venue. A 12 hour ball that isn't one to miss...

### Grey Day

Just after exams, this is Grey's own mini festival. A great chance to relax on the lawn, listening to a wide variety of music and enjoying some drinks. There's also activities to get involved in like inflatables, face painting and fairground stalls.



# -FREPS-

## What is a Frep?

Freps or Fresher's Representatives are a team made up of Grey's most enthusiastic members to support you through the first week here.

We have a Senior Team, the Freps and a Welfare Team who will all gladly help with whatever you need.

## MEET YOUR FREPS:



### Hattie - History

I like Latin and Ballroom Dancing, Mai Tai's at Boat Club, and Nicola Gittins.



### Trisha - Law

Part-time law student, full-time Woodgate enthusiast from America & Singapore



### Ed - Natural Sciences

Frep veteran, sunglasses enjoyer and funniest man in college; can be found playing trombone or falling off a trampoline.



### Mila - Biosciences

Always happy to get a coffee and take an unnecessary walk around campus!' From Vancouver, Canada :)



### Ella B - Biosciences

Biologist who can't keep houseplants alive. Love Grey Choir, video games and animals (especially Judith's dogs!). Also the current disabilities rep.



### Eleanor - Archaeology and Ancient Civilisations

can be found losing a pool game in the jcr or on the 7th cafe trip of the week



### Annabel- English Lit

Grey Choir member with more enthusiasm than talent. Can either be found ballroom dancing or flogging raffle tickets for Charities Comm, and will happily chat to you about either!



### Izzy - Biochemistry

A-Team netball captain, music enthusiast, proud plant parent. Ask me anything! Grey sport, college life, course, best brunch/nightlife spots etc. Please feel free to say hi, I'm always happy to talk :))



### Tomás - Environmental Geoscience

Avid cider enjoyer who claims to be more Irish than he actually is (50%). Sings and plays keyboard in the best band in grey!



### Danae - Law

Gym mouse and running enthusiast. I love winter, scenic walks, and over-steeped tea.



Rory - Physics

Typically located up a ladder or complaining about a lighting desk. Member of the most cultured team in Durham, GCPC and DST Tech.



Alice - Geography

Hi, I'm Alice and I do geography. My favourite things are sleeping in, cheapskates £1 jägerbombs, and most importantly Grey (best college)!



Gethin - Geography

Third year geographer set on travelling the world!



Amy - Chemistry

My favourite things are bouldering, cafe trips with friends, and my dog. a self-proclaimed expert on all the pescatarian options at spags.



James S - History

From the beautiful borough of Croydon, and recently voted 'GCAFC D Team Favourite Player of the Season', make of that what you will. Talk to me about anything sport or history related!



Emily - Geography

Hi, I'm Emily, if you can't find me in the Billy B procrastinating my degree, I'll be rowing with GCBC!



Tom - Engineering

Hi I'm Tom, you can usually find me representing the duality of man by being in the bar or in the gym. Feel free to ask me anything about durham's largest Star Wars Society GCSWAS!



Becca - Physics

Chronically unfunny wine drinker with a tendency to end up at jimmy's. Scottish. Supreme leader of the best grey sport (swimming).



Grace - Maths

A proud Women's Darts member but even prouder to have once been the first person in Jimmy's. Weapon of choice: an iced coffee



Ailsa - English Literature

Most likely to be found charity shopping, trying to find the best matcha place in Durham (currently Whitechurch is winning), or talking about/listening to Taylor Swift.



Fin - Environmental Hazard and Risk

Sports enthusiast. If you can't find me in the library or Grey, I'll be playing lacrosse in maiden castle. I love a good boogie in Jimmy Allen's as well!



Nyree - Spanish + Italian

I consider myself the toastie bar's no.1 fan. ask me about the music scene in durham, and find me dabbing with strangers in jimmy's most nights!



Sarah - Chemistry

When not trying to figure out how I obtained a 110% product yield, find me at grey gym pretending I'm training for the hunger games or in an oodie watching doctor who.



Rhea - Psychology

Can usually be found frolicking in the woods, or at the toastie bar!



**Alicia - English Literature**  
Sucker for Grey Events, organising and romanticising everything. Find me on my third (very needed) brunch of the week at Riverview or getting a mighty score of 0 on the boxing machine at Jimmy's.



**Clem - Anthropology**  
Hey guys I'm Clem! I love ducks, the Durham music scene, and am specquackular on the jimmies dance floor. Please come find me out and about, because I love a good chat. Can't wait to meet you all xoxo



**Jacob - Computer Science**  
Hi I'm Jacob and I'm intermittently running the Grey website or drowning in coursework. I enjoy bouldering and trying to convince my friends to go to Jimmy's with me.



**Lex - Economics with Management**  
I'm Lex! From the far corners of Plymouth. A 3rd year economics student, 2nd time Frep, but Grey's 1st stop for all things theatre.



**Ted - Maths**  
Hi, I'm Ted. I do maths. I am from sunny Southend! I love college football and am a very proud Ds man.



**Henry - Engineering (Aeronautical)**  
Hi, I'm Henry. I'm from Stockport, I play both rugby league and union and I'm a member of URNU Northumbria. Feel free to ask me about anything from engineering to the durham music scene.



**Muna - Liberal Arts**  
Flying in from NYC—find me in an airport bar or one of Durham's finest coffee shops.



**Matt - Biology**  
Hi my names Matt and I'm a huge fan of all things sport and travelling. Share your favourite travel spots and adventure stories - I need ideas as to where to go next!



**James M - Geography**  
If I'm not colouring in, you'll likely find me doing a multitude of sports or in Grey bar.



**Chloe - Engineering**  
Loves singing (cheeky s/o to Gospel Choir), fashion and being a woman in STEM! Ask me about Grey Choir, African Caribbean Society, or the art of a sober night out...



**Charlotte- English**  
Grey fashion show's no.1 fan. Find me rowing (badly) on the Wear, taking 'candid's' or at Thursday-night-Jimmy's.





# -WELFARE-

## What is Welfare?

At Grey College, our Welfare team is dedicated to supporting every student throughout the year. You'll easily spot us in our blue polo shirts during Freshers' Week. Whether you're feeling homesick, lonely, in need of sexual health supplies, or simply looking for someone to talk to, we're here for you. Our team offers a non-judgmental, confidential, and compassionate support network. Remember, our commitment to your well-being extends beyond Freshers' Week—we're here to help all year long.

## How do I get in touch?

To receive Welfare support, you can attend our drop-in sessions, held three times a week and daily during Freshers' Week, where you can speak directly with a team member. Additionally, we offer an anonymous online support system at <https://greyjcr.co.uk/welfare> where you can chat with Zach and Carmen.



### Zach - Senior Welfare Officer(Exec position)

Hi there! I'm Zach, and I'm thrilled to be one of your Senior Welfare Officers this year. I'm studying environmental geosciences, and you can usually find me in Grey bar, enjoying a good drink and chatting with friends, or in the Billy B. Don't be shy—I'm always up for a chat, whether it's about college life, or anything on your mind. I'm really looking forward to being a part of the welfare team and supporting you all this year!

### Carmen - Senior Welfare Officer(Exec position)

Heya I'm Carmen! As a final-year law student, you'll find me haunting the Palatine with a caramel latte in hand. I'm so excited to create a safe and inclusive space for everyone. Besides that, I'm an international student, disabled, and queer - so if you'd like to talk about those in particular, I've been through it too and I'm happy to offer support. Poke for fun Durham facts or reach out if you want a chat!



Molly - Welfare Officer

Hi I'm Molly proud member of Grey, you can often find me in Grey bar, feel free to ask any Durham or Grey related questions!



Ishwari - Welfare Officer

Proudly from Leeds, welfare member and JCR secretary. Ask me about Grey or anything on your mind, I'm always happy to chat!



Jess - Welfare Officer

Can be found not doing degree or telling everyone about my year abroad. Singlehandedly funding Durham's brunch industry.



Mia - Welfare Officer

If I'm not found in one of Durham's many brunch spots, I'm usually convincing people that primary education is an actual degree. Feel free to say hello as I am always up for a chat!



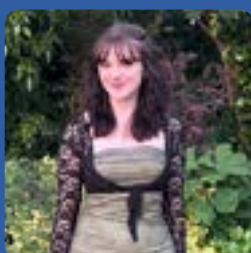
Lucas - Welfare Officer

Often found with coffee or a drink in hand. Happy to stick around for a chat at any time so ask me anything.



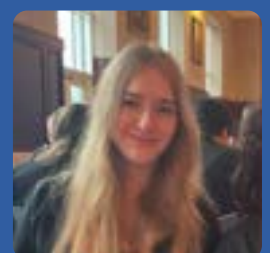
Beth - Welfare Officer

Mediocre pool player and drinks enjoyer from an IPA to a spoons pitcher (but an incredible lightweight). Probably will bore you with facts about the brain.



Caitlin - Welfare Officer

Hey! I'm Caitlin and I study psychology. I'm very excited to be a part of the welfare team this year- I can normally be found in the Billy b or getting coffee in town, say hi if you ever feel like a chat!



# -REPS-

There are several elected 'reps' who act as points of contact to communicate concerns to the JCR from different perspectives. There are FAQs on the JCR website, and you can follow @greycollegerepscommittee on instagram for more information.



## Livers Out Rep

Their job is to help with all things housing related, and you will have a talk soon after arrivals about moving out of college in your later durham years.

Open for Election

## Disability Rep

The disabilities rep ensures that all people with disabilities are included in the JCR, and that the JCR is accessible and accommodating to as many people as possible.



Ella



## BAME Rep

The BAME rep ensures that the views of people of colour are represented within Grey. This could be by running different events throughout the year and liaising with the Durham People of Colour Association(DPoCA).

Open for Election

## Finalist Rep

The job of the finalist rep is to make sure that those in their last year at Grey have a voice. It can be a stressful time, so they ensure that college is accommodating and a happy place to be for everyone.



Open for Election

## LGBTQIA+ Sexuality and Identity Reps

It's their job to make sure the LGBRQIA+ community feels at home within Grey. They work to provide support and services to LGBTQIA+ students and students of all identities, as well as raising awareness to their issues.



Paloma (sexuality)



Identity Open for Election



**They make sure that people on years abroad are still represented and kept in the loop about what's going on at college. They also provide information for people interested in taking a year abroad.**

**Year out Rep**

**Open for Election**

**Working Class Rep**

**They ensure that the views of working class students are represented in college. They gather feedback and bring concerns to the JCR, such as financial aid improvements and affordable housing options.**



**Open for Election**



**Its their job to make sure that mature student's interests at a college level are represented, including making sports and societies more accessible. They also assist with the integration of mature students into college life.**

**Mature Student's Rep**

**Open for Election**

**International Reps**

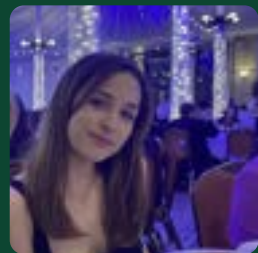
**The international reps are a point of contact for all international students. Thier main role is to help internationals settle in during fresher's week, however they will be around all year to ensure everyone has the best experiences available at Grey.**



**Laura**

**International students will arrive a few days before home students, so have time to get to know each other and get the basics sorted.**

**There will be lots of important checks to do such as setting up a bank account, all of which the reps can help with. There will also be fun social activities.**



**Brigid**

**It's really important that everyone is represented at Grey, and our reps are a great way of getting everyone's experiences seen and heard. If you'd like to run for a rep position, have a look on the JCR website and consider running at one of the JCR meetings.**



# -THE MCR-

The Middle Common Room (MCR) is the community of post-grad students studying and researching for masters and doctorates. If you're doing a four year course, you'll get to be a member in your final year! We have our own exec, with regular social activities and our own common room in Elvet.



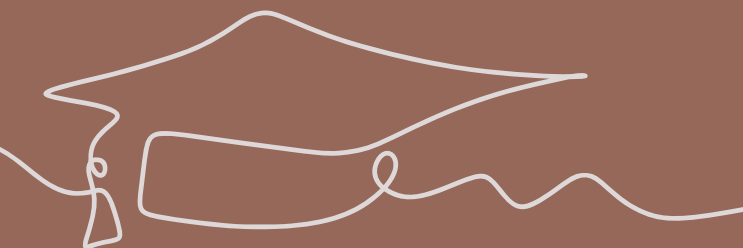
## MCR President(Exec position) - Grace Moran-Birch(Outgoing)

The main role of the MCR president is to represent all postgrads, mature students and 4th years. They oversee the running of an MCR Executive Committee (all elections take place in October!), along with events such as Postgraduate Symposiums, an Inter-Collegiate Formal, socials and watch parties in the Phoenix Room. If you are interested in getting involved with the MCR, don't hesitate to email [greymcr.president@durham.ac.uk](mailto:greymcr.president@durham.ac.uk)!

One of the main benefits of a MCR membership is access to the common room. Found in the North Elvet block, the MCR has a cosier feel than the JCR. There is a projector screen with a variety of consoles and a DVD library, and even a small selection of board games. The MCR also has its own kitchenette to make tea and coffee.



MCR membership comes at no additional cost if you have already paid your JCR membership fee. You can choose between the MCR and the JCR at any point, since you are a part of both communities. Committee positions will be open for new members during the first term, so if you're interested, keep an eye out.



# -THE SCR-

The Senior Common Room(SCR) is where all the important people are members. This includes the Principal, Vice-Principal, Assistant Principal and Fellows. They all sit at the High Table during formals.

One of the main aims of the SCR is to support the student body at Grey, allowing for an environment that lets students fulfil both their academic and social potential. They do this through their mentorship programme which you will have the opportunity to sign up for during your first year. This is a great way to connect with experts in your field and beyond - as well as attend free formals!

Just like the JCR, this is also a (much fancier) room in college, as well as a group of people.



# -CHAPLAIN OF THE HILL COLLEGES-

Hello! My name is Fiona, and I am the Chaplain of the Hill Colleges.

I am here to listen  
to chat  
for cups of tea  
for biscuits  
for when things are going well,  
and for if things could be better.

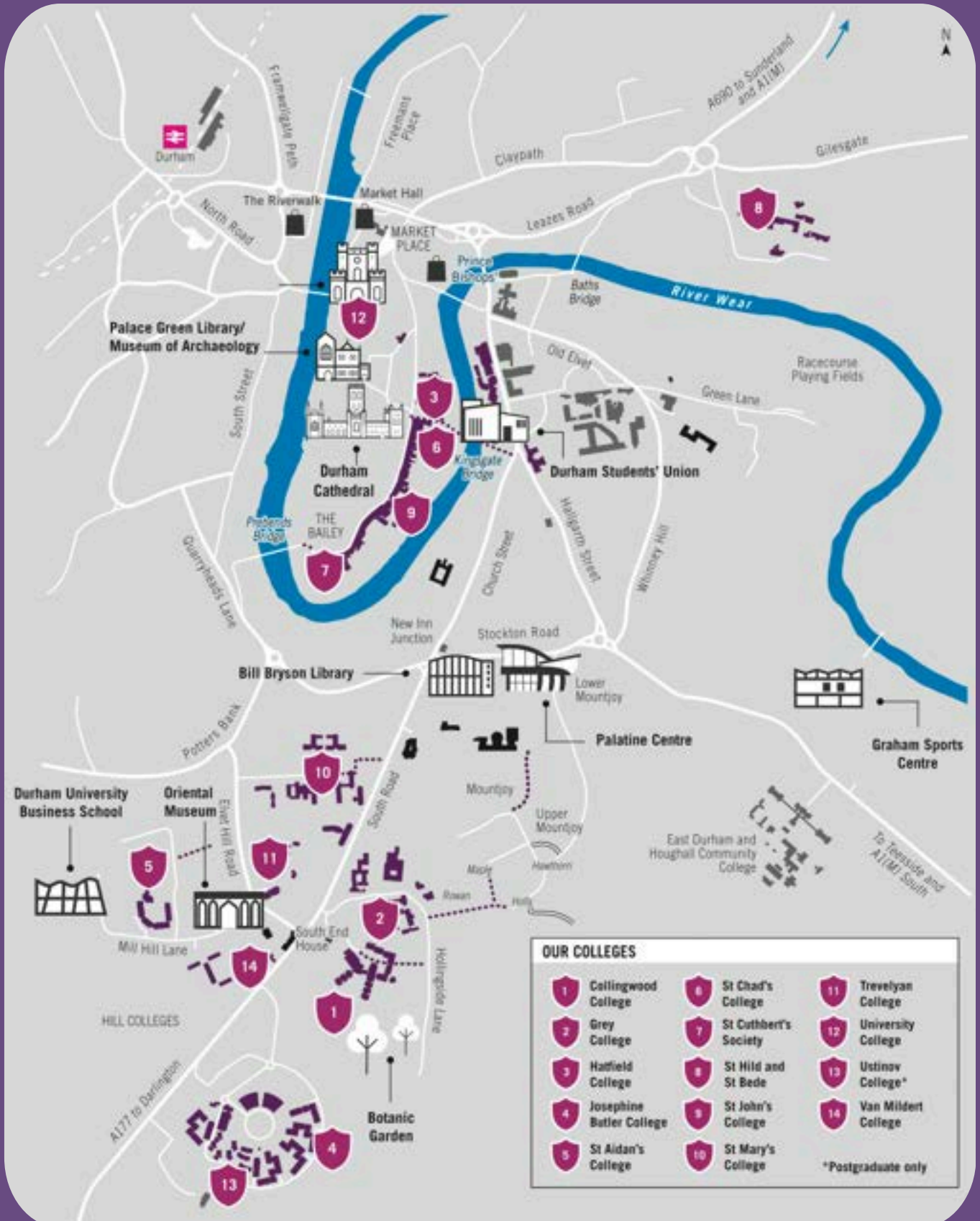
Whoever you are, wherever you're from, faith or no faith, been a part of Durham University for a while now or brand new, I'm looking forward to meeting you.

For further information about Chaplaincy at Grey College, including service times, please visit the Lattin Chapel or my office in Fountains Hall, or send me an email: [hillcolleges.chaplain@durham.ac.uk](mailto:hillcolleges.chaplain@durham.ac.uk)



# -DURHAM-

## MAP OF DURHAM





# SOME DURHAM SIGHTS (AND SITES)



## Science Site

The home of those strange students who do science degrees. Located a handy 5 minute walk from Grey, so it's easy to roll out of bed at 8:55 for a 9am lecture. You can also find lots of study spaces, including the Bill Bryson (Billy B) library and the Teaching and learning centre (TLC)

## Elvet Riverside

Not to be confused with the Elvet block at Grey this place hosts the humanities students. A risky walk down a very busy path, allow a good 15 minutes to get here.



## Student Union

A curious looking building, designed by the architect of the Sydney Opera House, the SU has a great bar and roof terrace for summer. It's also the home of Grey Boat Club. Anyone who says they don't like it is wrong...



## Maiden Castle(Graham Sports Centre)

Team Durham's sports complex. It hosts many pitches including crumb and water-based pitches. There's also netball, tennis and squash courts, indoor sports halls and a fencing gallery! Bit of a trek if you like sports.



## Cathedral

The centrepiece of Durham, and a prime filming location from Harry Potter to Avengers Endgame. You'll matriculate and graduate here, and there's always music and choir performances happening. Legend says you can't climb the tower until you graduate, unless you want bad luck!



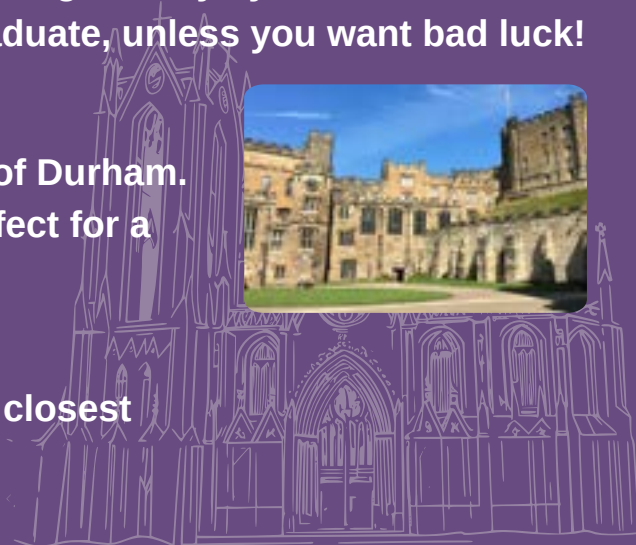
## Durham Castle

Although a rival college, the castle is a statement of Durham. Catch a great view of it as the sun goes down, perfect for a few pictures! Their bar isn't bad either.



## Dunelm

A must know location if you live on the hill, its the closest place to go for snacks, drinks and cash alike.





### Freeman's Quay and Gala Theatre

You can find a swimming pool(sadly slide-less) and a theatre/cinema here with cheap tickets. Also close to Spoons and Nando's!

### North Road

Host to the bus station, a couple of clubs, bubble tea, sushi, Chinese, milkshakes and more, you can almost do anything here. The best place to start the journey to the beach in summer.



### Market Square

Boots, Tesco, fancy dress shops and the market at weekends, this is the place to do most of your shopping.



### The Racecourse

Many football pitches, a cricket ground and by the river. Lovely walks and scenery, but very claustrophobic during the summer!



### Botanic Gardens

Free entry for students, with a coffee shop and loads of space to relax or study. And a bonus...it's just behind college!



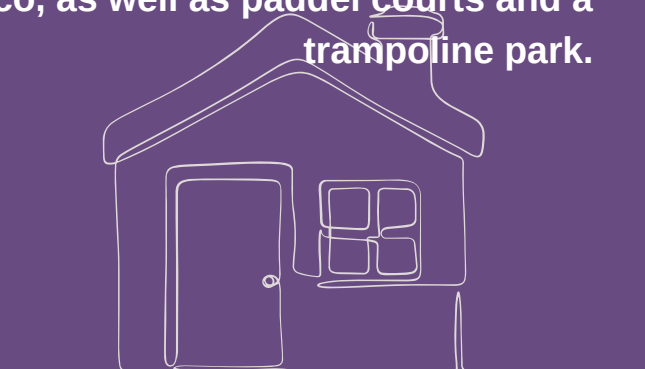
### The Viaduct

Yes, there is an actual viaduct! The term generally refers to the area around it though, where lots of second and third years choose to live when they move out of college.



### Gilsegate

A veritable urban legend for freshers, but home to many cheap houses. If you want to trek up here, you'll find the legend that is big Tesco, as well as paddel courts and a trampoline park.



# EATING OUT



## Flat White Cafe

Often found with queues out the door, the food is fab, and great to take some instagramable pictures!

## Riverview Cafe

A beautiful setting that is great for brunch, coffee, cake and more. Go with friends and family alike.



## Chapters Cafe

One of the tastiest hot chocolates in Durham, it's also a great place to meet friends for a catch up and chat.

## La Spaghattata

A student favourite due to their tasty food, cheap wine and free garlic bread!



## Fat Hippo

Great burgers with loads of veggie and vegan options too! Sometimes you'll get lucky and find their van on the science site...

## Lebaneat

A great restaurant to hold socials in, with wraps, kebabs, chips, and only a small corkage fee to take in whatever drink you want!



## Paddys

En route back to college from town makes it a great pit stop. Cheesy chips on top here.



# Pubs and Clubs



## The Swan and Three Cygnets

Located on Elvet Riverside, perfect for spotting any passing rowers.

## Bishops Mill Wetherpoons

Head down to Walkergate for a classic spoons evening. Cheap pints and occasionally some bingo.



## The Boat Club

Another perfect river watching spot. Keep your eyes peeled for the 2-for-1 deals and maybe stay away from the boats for hire when day drinking.

## The Library Bar

Not many books can be found here. Tasty cocktails and located on The Bailey, so perfect for a stop on the way to Jimmys.



## Jimmy Allens

Definitely Durham's favourite place to be on any night of the week. Walk in here and you'll always find a fellow Grey student.

## Babylon/Loft

A slightly further walk from Grey but worth it. Home of sports socials on Wednesdays and busy dancefloors.



## Fabio's Bar

Come for the cheap cocktails, stay for the (sometimes) live music. Located above spags, their LGBTQ+ Thursdays are popular!



# -NEWCASTLE-

If you decide you fancy the venture further north, trains to Newcastle take 15 minutes and cost as little as £5.

## Things to do/places to go

- live music/comedy at the O2, Metro Radio Arena, NX Newcastle, Utility Arena and many more
- shopping in Grainger Market
- visit an art gallery, go ice skating, play mini golf, sing karaoke, the list goes on

## Clubs

There are loads of clubs in Newcastle, so here are a few:

- Soho rooms - a popular four storey club
  - tup tup - rap and r&B
- Howlers - has a ball pit
- The cut - indie music
- Popworld
- Pryzm

Most of these are located on the roads marked in red.

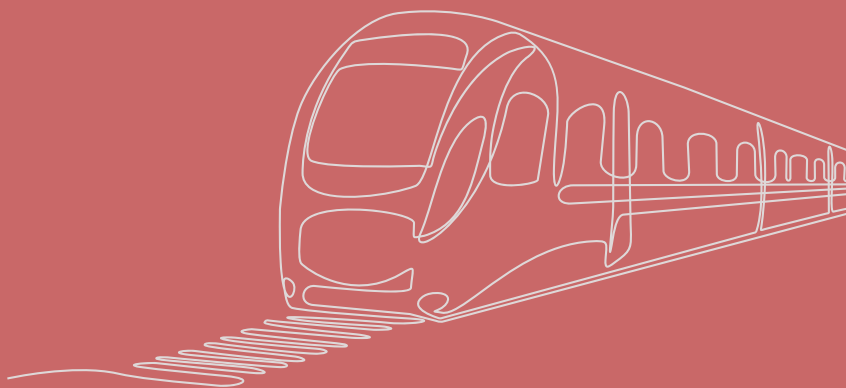


## Getting There

During the day, there are regular trains to Newcastle, taking only 15 minutes.

The last train to Durham leaves at 22:55(although this can change so check before you go!), so if you're there for the night you'll need to get the bus back, or wait for the first morning train, normally at about 04:30.

Night buses(the N21) run on Friday and Saturday nights, leaving from the Monument Market Street, Monument Grainger Street or High Level Bridge North End stops.



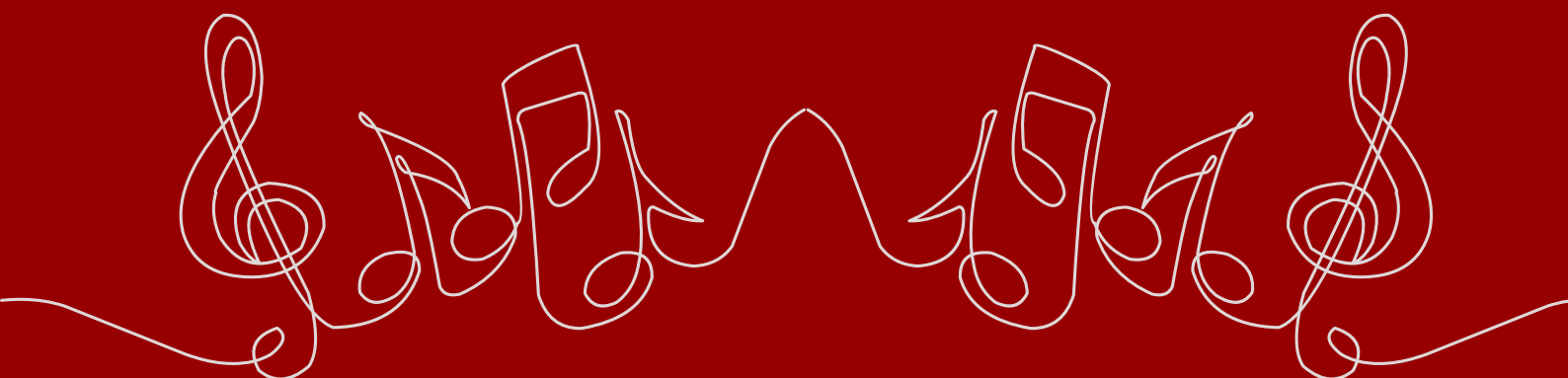
# **-COLLEGE SONG-**

**The official college song, very occasionally heard at the start of the welcome formals:**

**You are my sunshine  
My only sunshine  
You make me happy  
when skies are grey  
You'll never know dear  
how much I love you  
so please don't take  
My sunshine away**

**There is also an unofficial college song, more popular with students, especially at floodlit football matches! You Better brush up on your Blur Parklife singing...**

**All the Grey Boys  
So many Grey Boys  
And we all go hand in hand  
Hand in hand for the rest of our lives...  
GREY BOYS!**



**SEE YOU SOON!!**

