

# OUR COLLEGE, OUR FUTURE

St Catharine's College Alumni and Development Office | [giving@caths.cam.ac.uk](mailto:giving@caths.cam.ac.uk) | +44(0)1223 33833 | [www.caths.cam.ac.uk](http://www.caths.cam.ac.uk)

## PROMOTING HEALTH AND WELLBEING:

St Catharine's is committed to ensuring that welfare is a thread, which runs through every part of College life to provide a consistent and meaningful supportive environment for all our students, staff and Fellows. We are proud to have earned the reputation for being at the forefront of welfare provision at Cambridge University.

St Catharine's aims to:

- Foster an environment that promotes a healthy balance between study and participation in extra-curricular activities.
- Fund further pastoral care initiatives in line with leading professional practices.
- Recognise and meet the different needs of undergraduate and postgraduate students, staff and Fellows.

Support from Members and friends enables us to offer a wide variety of resources, such as:

- offering counselling provision for all our students who require therapeutic intervention, including a mental health advisor and a therapist specialising in cognitive behavioural therapy
- online forums and workshops for students
- mental health training for staff and Fellows
- a welfare hub of resources and self-care tactics
- welfare activities including group walks and 'Tea@3' refreshments for study breaks.

We are also extremely grateful to Honorary Fellows Peter (1974) and Christina Dawson (2016) for their substantial contribution to Welfare at St Catharine's, which has enabled us to expand our Health and Wellbeing Team. In September 2021, we were delighted to welcome Janette Dougal in to the new role of Community Health Practitioner in and to appoint Mary Simuyandi into the role of Head of Wellbeing. The expansion of the Health and Wellbeing team will ensure that St Catharine's can stay ahead of the curve in welfare provision for the whole College community.

*"St Catharine's has earned a reputation for being at the forefront of welfare provision because of the dedication of our existing team, who stepped up to help us navigate the additional challenges posed by the pandemic. Our Head of Wellbeing and Community Health Practitioner will take our provision to the next level, for the benefit of students, staff and Fellows alike. On behalf of the College, I am enormously grateful to Honorary Fellows Peter and Christina Dawson for funding these important new roles."*

**DR HOLLY CANUTO - FELLOW AND SENIOR TUTOR**

## HOW YOU CAN HELP

This extensive pastoral care at St Catharine's is possible through the generous donations of Members and friends. We aim to build on this service and further promote mental health and wellbeing throughout our community for all St Catharine's students.

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*'I was made to understand that Catz has one of the highest mental health expenditures per student among the Colleges. I am a living testament to that commitment. It was thanks to Catz that I had access to a counsellor. Catz is the first university environment in which I felt truly taken care of. That even as a first-generation university attendee and an introvert, I am part of a community. This made saying goodbye to Cambridge extremely difficult for my wife and I. We have grown to love the place as our home, but such love is not possible without the College's love in the first place.'*

**ANONYMOUS MEMBER OF COLLEGE**



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