



PEMBROKE COLLEGE CAMBRIDGE

College Health Centre

Postcode CB2 1RF Telephone (01223) 66418 email: jb652@cam.ac.uk

Dear Freshers

Welcome to Pembroke College! I have no doubt you have worked incredibly hard to be here.

I have worked at Pembroke for 15 years and have been incredibly happy here as I hope you all will be too. I changed roles 2 years ago to focus on Wellbeing and Disabilities because the Tutorial team at Pembroke is really committed to providing more dedicated time and support to students who may be struggling with settling in, anxiety and stress, and depressive disorders and also pre-existing/chronic physical and mental health conditions and disabilities. I work closely with Sarah Winder-Worsley, the College Nurse, and between us we will be able to ensure that whatever health issues you have (no matter how trivial, worrying or embarrassing), we are here to help.

Some of you will already have declared health issues but often students don't realise that there is support or feel anxious about confidentiality. My role is to listen in confidence, offer up to date guidance on accessing the appropriate support, and helping you with any problems along the way. There tends to be a lot of pressure on the Disability Resource Centre (DRC) at the beginning of Michaelmas term, so if you have any chronic health conditions (too numerous to list, but do include mental health conditions such as depression and anxiety) or have neuro-diversity (Autism, ADHD, dyspraxia, dyslexia) it will be really helpful if you can email me so that we can get support in place early. For more details about how the DRC can support students follow the link

<https://www.disability.admin.cam.ac.uk/>

I have a very lovely room in Red Building, G9, and I see students by appointment, which you can make by emailing me. You may feel happier to go for a walk, (depending on the weather of course) or to one of my favourite coffee shops. I have a very friendly well-behaved English Springer Spaniel, so if you would like him to join us for a walk just let me know, he's a great therapist! Also, situations can change during your time here, so please do get in touch if you find yourself struggling at any point. I can only help if I am aware!

We will meet during Fresher's week so you can put a face to the name, and you will see me around college, usually speeding along as there are never enough hours in the day. Please do feel free to email me before you arrive if there is anything you feel I can help with.

All best wishes

Jan Brighting

RGN, MSc