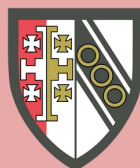


L G B T Q

STUDENTSUPPORTDOCUMENT



Selwyn College Cambridge JCR
Compiled by Negar Rahimi
(2023), Updated by Benjamin
Skidmore (2024) and Evie
Pritchard (2025)

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INTRODUCTION

This document was originally compiled by Negar (she/her), Selwyn's LGBTQ+ Officer during 2023, edited by Evie (she/her) 2025.

As part of her role, she thought it would be helpful to compile a short document that provides easy access to support for LGBTQ+ members of college and ensure that the community here at Selwyn feels safe and welcome!

This document is mainly targeted at underrepresented sectors of the LGBTQIA+ community but there will be links to resources for all members of the community.

Below is a link to the university-wide LGBT+ campaign. They are a Cambridge SU liberation campaign run by students within the university.

You can find useful links and helpful resources related to the campaign, such as events listings, their family scheme, various LGBT+ support resources, and info about their several initiatives.

<https://www.lgbt.cusu.cam.ac.uk/>

And remember, I am always here to help so please don't hesitate to contact me at jcr-lgbtq@sel.cam.ac.uk if you need anything!





SUPPORT FOR TRANSGENDER AND GENDER NON- CONFORMING INDIVIDUALS

If you choose to disclose your gender identity with the university, there are several actions that can be taken.

The guide to transitioning as a Cambridge student, provided by Cambridge SU, which can be found here <https://www.cambridgesu.co.uk/resources/guides/transinclusionguide/>

The NHS has a guide for young people who are questioning their gender identity.

Worried about your gender identity? Advice for teenagers – NHS (www.nhs.uk)

The NHS also has a guide on how to get support for those who believe that they are suffering from gender dysphoria.

Gender dysphoria – How to get help and support – NHS (www.nhs.uk)

LGBT Youth Scotland also provides a coming out guide for trans, non-binary and questioning young people.

<https://lgbtyouth.org.uk/trans-and-non-binary-coming-out-guide/>

TRANSWHAT has a short guide to allyship targeted at anyone who has learned that someone they are close to is choosing to transition in some way. <https://transwhat.org/>

Finally, you can find a guide to voting as a trans or non-binary person [here](#)



SUPPORT FOR ASEXUAL INDIVIDUALS

There doesn't appear to be any information on specific support for asexual or intersex individuals available from the university but feel free to contact the LGBTQ+ rep if you need support or have any questions. Otherwise, here are some external resources that might help:

The Asexual Visibility and Education Network hosts the world's largest online asexual community as well as a large archive of resources on asexuality.

<http://www.asexuality.org/>

The Sounds Fake But Okay podcast website provides an asexual and aromantic resource master list that covers pretty much everything from general advice to religion and race related resources.

<https://www.soundsfakepod.com/resources>

Lastly, The Trevor Project (an American nonprofit organization focused on suicide prevention efforts among LGBTQ+ youth) has an article on understanding asexuality that might be of use if you're curious/confused.

<https://www.thetrevorproject.org/resources/article/understanding-asexuality/>

SUPPORT FOR INTERSEX INDIVIDUALS

The United Kingdom Intersex Association (UKIA) is an education, advocacy, campaigning and support organisation which works on behalf of Intersex people.

<http://www.ukia.co.uk/>

Intersex UK is a non-governmental organisation that works to protect the bodily autonomy of intersex children, teens, and adolescents through government lobbying and educational outreach in the United Kingdom and Ireland.

<https://www.facebook.com/intersexuk/>

OII is a decentralized global network of intersex organizations, listed on this page.

<http://oiiinternational.com/>



And again, for completion, I've included a link to an ISNA (Intersex Society of North America) article where you can find more information on what it means to be intersex, in case it comes in handy.

https://isna.org/faq/what_is_intersex/

SUPPORT FOR STUDENTS OF COLOUR

FUSE is a society that caters to LGBTQ+ students of colour at the University of Cambridge. The society prides itself on being a place of community, inclusion and discussion.

<https://www.cambridgesu.co.uk/organisation/15899/>

Support for South Asian LGBTI:

<https://britishasianlgbti.org/>

Black Trans Alliance C.I.C is a non-profit organization that supports black trans and non-binary people in London and the wider community.

<https://www.blacktransalliance.org/>

You can contact Selwyn's BME Officer at

jcr-bame@sel.cam.ac.uk.



RELIGION

There are several inclusive places for religious LGBTQ+ individuals in Cambridge to worship.

The Cambridge Student Christian Movement (SCM) provide an exhaustive list of LGBTQ+ Affirming Churches and Christian Groups in Cambridge which you can find below.

<https://cambridgescm.wordpress.com/lgbtq/>

The Cambridge University Jewish Society (CUJS) has an LGBTQ+ rep that you can contact. The society's facebook page is down below as a best point of contact:

<https://www.facebook.com/groups/159259014163275/?ref=share>

That's all I could find in terms of university-based religious societies' LGBTQ+ outreach but remember that there are always ways to reconcile faith, sexuality and gender, and there are plenty of people you can talk to. The Faith and Beliefs Officer and I will always be up for a chat and will try and help as best we can with your questions!



RELIGION (CONTINUED)

You may also find the following external resources helpful:

OneBodyOneFaith (formerly the Lesbian and Gay Christian Movement):

<https://www.onebodyonefaith.org.uk/>

Jewish LGBT+ Group (formerly JGLG):

www.jglg.org.uk/

Imaan LGBTQI+ Muslim Support Group:

<http://www.imaan.org.uk/>

Hidayah LGBTQI+ Muslim Support Group:

<https://hidayahlgbt.com/>

Social support group for LGBTQ Sikhs:

www.sarbat.net/

Rainbow Sangha for LGBTQ Buddhists:

<https://plumvillage.uk/practice-groups/find-a-group/rainbow-sangha/>

more recent link:

<https://gaiahouse.co.uk/local-meditation-groups/online-rainbow-sangha/>

SEXUAL HEALTH

JCR FUNDS

Gender Expression Fund

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, contact jcr-lgbtq@sel.cam.ac.uk or fill out the anonymous form at the link below:

<https://forms.gle/nFkh4WuG5gHVrA546>

Sexual Health Fund

What can I access?

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

Who can access it?

All students.

How can I access it

See the links sent out by the welfare officers



SEXUAL HEALTH (CONTINUED)

STI TESTING

The [Lime Tree Clinic](#) on Mill Road is the Sexual Health Clinic in Cambridge. You can find information about testing and STI symptoms [here](#).

HARASSMENT

If you experience sexual harassment, assault or rape, you can report the incident to College, the University or the Police.

The University Counselling Service has compiled a self-help list of the support services available to you in this case.

<https://www.studentsupport.cam.ac.uk/harassment-and-violence-support>

The C Card Scheme is a scheme which allows young people to access free contraceptive and sexual health supplies. Find information on how to utilize it [here](#)

You can also speak to the Sexual Assault & Harassment Advisor through the above link.

Other sources of support include your GP, the College Nurse and your Tutor.





MENTAL HEALTH

The University provides counselling and self-help resources, which you can access below.

<https://www.counselling.cam.ac.uk/>

Additionally, there are many nationwide charities and services dedicated to helping the mental wellbeing of LGBTQ+ young people:

Diverse is a sexual health charity based in Cambridge. They offer a wide range of support around sexual health, including counselling and testing services.

<https://www.diverse.org.uk/>

Encompass Network promotes a better quality of life for LGBTQ+ people in Cambridgeshire.

<http://encompassnetwork.org.uk/>

Switchboard is an LGBT+ Helpline, a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

<https://switchboard.lgbt>

Galop is the leading LGBT anti-violence and abuse charity. They provide advice, support and advocacy to people who have experienced a hate crime, domestic abuse and sexual violence.

<http://www.galop.org.uk/>



MENTAL HEALTH (CONTINUED)

London Friend is the UK's oldest Lesbian, Gay, Bisexual and Trans charity. They are here to support the health and mental wellbeing of the LGBT community in and around London.

<https://londonfriend.org.uk/>

The LGBT Foundation provides a wide range of support services to lesbian, gay, bi and trans people.

<https://lgbt.foundation/who-were-here-for>

Kite trust is a Cambridge based group who support LGBTQ+ people <https://thekitetrust.org.uk>

Gendered intelligence is a charity, led by trans people, offering support and resources to trans people and their families. <https://genderedintelligence.co.uk>

Mindline Trans+ is a confidential listening service for trans and non-binary students: 0300 330 5468

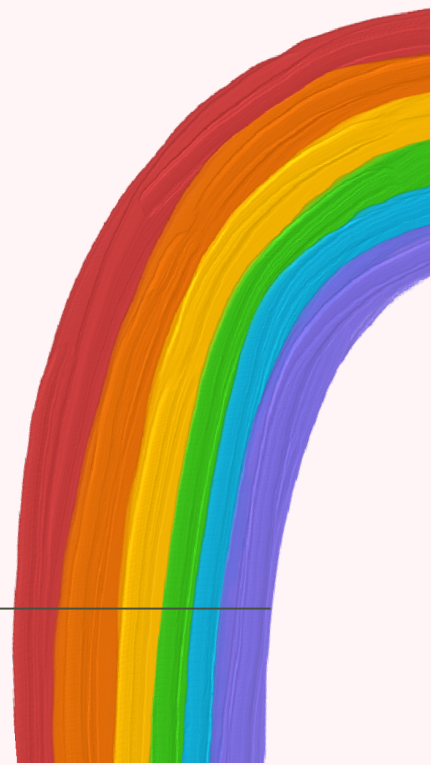
For completion, I have also included the gov guide on advice and support for LGBT people.

<https://www.gov.uk/guidance/advice-and-support-for-lgbt-people>

OTHER SUPPORT + RESOURCES

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.

Each student is entitled to access £60 per term, and can be claimed [here](#)



Thank you for reading!



I hope this proves useful.
Special thanks to the Oxf*rd LGBTQ+ Officers Guide
(website linked below) for providing much of the
information in this booklet.

<http://www.oulgbtq.org>