



CONTENTS

- Welcome message (1)
- Too many emails? (1)
- Let's move: physical activity, mental health, and academics (2)
- What's on: first half of Lent term (3)
- Sexual health: accessing free health supplies(4)
- Green Careers Festival & upcoming workshops (5)
- Robinson at the ADC (6)
- Oxford & Cambridge Club Event (7)

ROBINSON COLLEGE

NEWSLETTER

WELCOME TO LENT!

Hello all and welcome back! We hope you had a good break and are looking forward to another term at Robinson.

We've got some exciting events organised and hope to see you there. If you have any ideas for student life, please get in touch with the Student Wellbeing Advisor at fsd25@robinson.cam.ac.uk.

If you find yourself having a difficult time or that term isn't going how you'd like, the wellbeing team is here to support you! Schedule an appointment [here](#) to arrange a chat.



EMAILS!
EMAILS!
EMAILS!

In response to feedback on how many emails students receive, we are making an effort to adjust communication strategies (like with this newsletter!). Let us know if something is or isn't working at fsd25@robinson.cam.ac.uk.

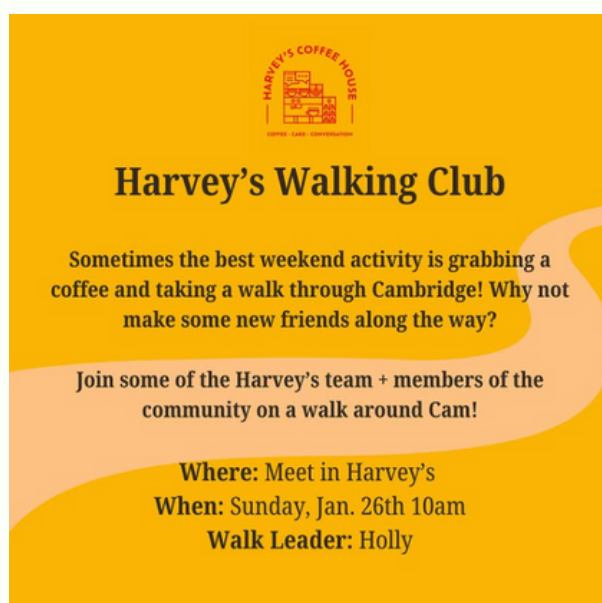
Follow us on Insta @robinsoncollegecambridge for event reminders, on stories, and to stay up to date.

BEST OF LUCK THIS TERM

Thinking about physical activity, especially during Winter and New Year's Resolution season, can sometimes feel like an added pressure. However, exercise doesn't have to be about fitting to societal standards or having to look a certain way. Moving our bodies, in any way, can be a way of supporting our mental health (see the [Mental Health Foundation](#) for more info), focus, motivation, sleep, self-esteem and overall wellbeing.

Incorporating Movement Breaks can be especially helpful through the next few weeks of shorter days and winter blues.

- Try a quick study movement break with a stroll through the Robinson grounds and see if you can notice the gardens change throughout the term.
- Try out a [5-in-5](#) mini-work out
- Check out the [RED January](#) challenge
- Walk with a friend on a [Cambridge](#) route



LET'S MOVE

- **Yoga with Gina: Mondays 5:30-6:30pm Games Room**
 - Robinson yoga is restarting Jan. 27th - free & no equipment or experience needed.
- **Grange Rd Walk: Wednesdays 2pm Selwyn Plodge**
 - Join for a walk and chance to meet other students from Selwyn, Clare Hall, & Newnham. Beginning Jan. 29. Suitable footwear advised in case of mud.
- **Walk with Molly: Thursdays 1:45-2:15**
 - Meet outside the Wellbeing Center to take Molly the Wellbeing Dog for a walk.
- **Give it a Go**
 - Try a beginner friendly and fun-focused activity, find out more and sign up [here](#).

There is no one way to be physically active - you can be creative and find a type of movement that you enjoy.

Feeling stuck? Read [here](#) about overcoming the real barriers (like stigma, bad experiences, finances, etc.). [This](#) article might be helpful if exercise makes you feel more anxious.



Why might this matter to me?

Being active can help you during your studies with benefits like:

- **reduced tension, stress and mental fatigue**
- **improved focus and motivation**
- **better mood and confidence**

See the [Student Space resource](#) for more and how to get started.

UPCYCLING & REPAIR CAFE

DROP-IN FOR AN AFTERNOON OF MENDING AND UPCYCLING!

EXTEND THE LIFE OF LOVED CLOTHES, JEWELLERY, OR SHOES AND KEEP THEM FROM GOING TO THE LANDFILL.

BRING YOUR OWN ITEMS IN NEED OF CARE OR MAKE A PATCH TO TAKE AWAY.

NO EXPERIENCE NEEDED - PRACTICED MENDERS WILL BE ON HAND FOR INSTRUCTIONS & SUPPLIES PROVIDED.

MONDAY JAN. 27

UMNEY FOYER

4-6 PM

UPCYCLING
& REPAIR
CAFE



CEILIDH

Robinson Lent Ceilidh

FREE

Join for a fun evening of dancing and live music with the Cambridge University Ceilidh Band. No dancing skills needed - ceilidhs are a traditional group dance and the band will guide you.

The more the merrier - bring your friends and get ready for a good time!

RSVP HERE

03 February 7:30-9:45pm
Dining Hall

Snacks & soft drinks
provided!



CAREERS SERVICE: 101

CAREERS
SERVICE:
101

JUMPSTART YOUR
CAREER PLANNING

February 12th
5 - 6 p.m.
Auditorium Lounge

- ✓ Meet Robinson's Careers Service Link
- ✓ Learn about tailored support available from Careers Service
- ✓ Practice writing strong evidence of skill statements
- ✓ Skill development goal setting
- ✓ Ask your specific careers questions

RSVP



FOLLOW @ROBINSONCOLLEGECAMBRIDGE
STORIES ON INSTAGRAM FOR EVENT
REMINDERS





Find out more from the SU [here](#)

Did you know that the SU offers free sexual health supplies and pregnancy tests?

“The Sexual Health scheme is a very popular welfare service among the student body. **Being free to access, the scheme is particularly important in removing barriers to accessing sexual health supplies for students, meaning safer and more responsible sexual activity whilst at University.** Every year, Cambridge SU distributes around 40,000 sexual health supplies to Cambridge students.”

Collect from Cambridge SU Lounge, which can be found on the Third Floor of the University Centre.



“Our Boots pharmacists can help you with regular supplies of your oral contraception, as well as help with starting contraception for the first time, or after you have had a break from contraception.

The NHS Pharmacy Contraception Service is a free of charge service available in Boots Petty Cury. Ask for a consultation with one of our pharmacists.”

[Find out more here](#)

Boots Cambridge
28 Petty Cury
Cambridge
CB2 3ND

Sun: 11:00-17:00
Mon: 9:00-19:00
Tues: 9:00-19:00
Wed: 9:00-19:00
Thurs: 9:00-19:00
Fri: 9:00-19:00
Sat: 9:00-19:00



ORDER YOUR
SELF TEST KIT
TODAY!

The integrated Contraception and Sexual Health service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment.

You can [order at home kits](#) for routine STI testing.

[Access resources](#) on sexual health topics & services.

[Schedule](#) a telephone consultation or face-to-face appointment at the Lime Tree Clinic:
Brookfields Campus, 351 Mill Road, Cambridge, CB1 3DF

UNDER 25?

Join the C-Card Scheme for access to free condoms and lube. Sign up at [Fitzwilliam Pharmacy](#) or the [iCash Lime Tree Clinic](#)

[Order free chlamydia tests](#) & get them by post from the Terrence Higgins Trust.



GREEN CAREERS FESTIVAL

CAREERS SERVICE

IN PARTNERSHIP WITH

CAMBRIDGE
ZERO₂

Founding a Climate Start-Up

31 January
17.30 - 19.00

Environmental Careers - a recruiters' perspective

3 February
13.00 - 14.30

Careers in Renewable Energy

3 February
17.30 - 19.00

Conservation Careers

4 February
17.30 - 16.45
ONLINE

View the full programme and register here:



SCAN ME

@unicamcareers



Interested in climate and sustainability? The Green Careers Festival is **open to all students/Postdocs regardless of subject and stage of study.**

The 2025 Green Careers Festival is 27 January - 4 February 2025 includes talks, networking events and skills workshops

PLANNING FOR YOUR FUTURE

CAREER ESSENTIALS



Interactive workshops with our Careers Consultants

Helping you to get started with navigating careers & further study options

Supporting you to make effective applications for jobs, internships and postgraduate study

COMING UP THIS TERM

Interacting with Employers & Alumni

How to Pick a Career

What do I do when it's not going to plan?

Navigating the Graduate Jobs Market

Effective Cover Letters

Effective CVs

Plus many more!

BOOK VIA
HANDSHAKE



CAREER ESSENTIALS

PHDS & POSTDOCS



CAREER ESSENTIALS FOR RESEARCHERS

Interactive workshops with our Careers Consultants

Helping you to get started with navigating careers within and beyond academic research

Supporting you to make effective applications for jobs within and beyond academia including fellowships

COMING UP THIS TERM

Interview skills for academic faculty positions

Interview Skills for Postdoc Positions

Navigating Career Change for Postdocs

Getting Started with Career Planning for PhDs

Plus many more! Book now via Handshake



Cambridge University Careers Festivals: Lent 2025



Explore a world of options with our series of panel events, networking opportunities, fairs and more



"Refreshers Fair is a great chance to discover or rediscover what different Societies, Sports Clubs and other Student Groups have to offer – be it looking for like-minded people or stepping out of your comfort zone to try something new. "

Time: 10am–4pm

Access Hour: It's important that everybody has an opportunity to explore the fair in an accessible way so we'll be hosting an **access hour from 10am – 11am in which the venue capacity will be lowered and music will be switched off.**

Location: The University Centre, Granta Place, Mill Lane, Cambridge CB21RU



ROBINSON ON THE STAGE

Congratulations and break a leg to Wahida, writer and director of the upcoming play at the Corpus Playroom!

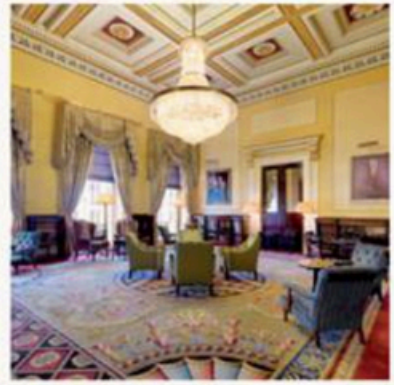
"Join us at Symptom of Life where you, the audience, are the deciders, the jury. Whatever your verdict is, goes. We look forward to working with you soon.

Symptom of Life combines the themes of morality, justice, power, control and blackness to bring you a show, a first of its kind, where your say, as an audience member, has never mattered more."

Book tickets [here](#).



WED 5TH - SAT 8TH FEBRUARY 2025
9:30PM
TICKETS: WED £7-£9, THU £8-£10, FRI-SAT £10-£12
BOX OFFICE: 01223 300085 | ADCTHEATRE.COM
10 ST EDWARD'S PASSAGE | CAMBRIDGE | CB2 3PJ



OXFORD AND
CAMBRIDGE
— CLUB —

The Oxford and Cambridge Club requests the pleasure of your company at a
Drinks and Canapés Reception on

Thursday 13 February 2025

at the University Arms Hotel, 52-42 Regent Street, Cambridge CB2 1AD

The Oxford and Cambridge Club provides current students and alumni of all ages, from both Universities, with an opportunity to meet and get to know each other within an exclusive Clubhouse based in the heart of the capital. The Club has a reputation for excellent food and wine as well as numerous facilities, including libraries, squash courts, a terrace, billiards room and a business centre. With a thriving Younger Members community and regular events targeted specifically at Younger Members, the Club is the nearest equivalent to your college that you will find in London.

Please visit our website www.oxfordandcambridgeclub.co.uk for further information.

Places are strictly limited; if you wish to attend, please scan the QR code and provide your details.

TIME: 6.30 – 8.30pm **DRESS:** Lounge suit and tie for Gentlemen and commensurate attire for Ladies

