



WESTCOTT
HOUSE

Partners' Handbook

2011

INVOLVEMENT IN WESTCOTT LIFE

It is each individual's choice as to how involved they become in College life. This varies very often according to circumstance and there is no obligation to participate. However, we want to include partners as much as possible in our life together. We want you to feel part of the community.

Suggestions for involvement in community life:

- **Community Night** – every Thursday evening the whole community are welcome to come together to worship at a Eucharist service followed by a soup supper cooked by the kitchen staff. Here notices are given out by the staff and common room post holders eg senior student, sports rep, sacristans. The children attend their own group during the service which is run by a group of Westcott ordinands on a rolling basis.
- **Federation Worship** – each theological college within the federation takes it in turn fortnightly to hold an evening service in one of the churches around Cambridge. All are welcome to attend these.
- If you would like to attend the morning and evening offices (that are compulsory for ordinands) then please ask your partner's tutor.
- One morning a week tutor groups meet for breakfast with their tutor. Likewise if you would like to attend these then speak to the tutor involved.
- **Gardening** – the grounds of Westcott House are beautiful and filled with an amazing variety of plants, trees and flowers. If your passion is gardening then you would be very welcome to join the team of volunteers who maintain this all year round.
- If you enjoy singing then you can join the **Chapel choir** who meet weekly to rehearse and contribute to the Thursday evening community Eucharist and other significant services.
- **Sports teams** – Westcott has a variety of sports on offer from croquet to darts so you are very welcome to join in any of those activities. We sometimes play other colleges in 'friendly' matches!
- Other groups that were available last year to join were the sherry and knitting circle, the Feminists' Theology Group and 'Tea in the Parlour'!
- A newly formed group this year is the **Partners Reading Group** – the first meeting will be on Tuesday 18 October at 7pm. The first book will be Norwegian Wood by Haruki Murakami.
- **Lectures** – It is possible to 'audit' ie sit in and listen to certain lectures within the Federation. Please enquire during induction week if there are any courses you would be interested in attending. There are some regulations surrounding this but

most courses are available to partners with no obligation to write essays or take exams!

- **Meals** – we are privileged here to have amazing catering staff who produce quality food. Partners have a certain number of free meal allocations a week. Currently a couple would have 6 meals a week free and a family would have 10. This could be spread over breakfast, lunch or dinner.
- **Keys** – You will be entitled to a set of keys which open the front and back gates of Westcott and let you into the common room etc... A deposit is required for each set of keys.
- **Common Room** – you are very welcome to use the common room at any time. To become a member of the common room you need to pay a £15 a term fee to Westcott House. This entitles you to vote in Common Room elections. You are also able to stand for any Common Room position other than Senior Student.
- **Wheelchair and pram access** – Access to New Court Flats, Chapel and Library is via the car park gate on Manor Street. There is a ramp that accesses D-block where there is a toilet. Access to the Common Room and Dining Room is via the main door on Jesus Lane.

CHILDREN AT WESTCOTT

The number and age ranges for children vary year on year as the community changes. Below are some ideas for involvement in life in Westcott and for some top tips for getting into Cambridge life with children.

BABIES AND TODDLERS:

- **Food and Changing**

Most of the cafes in town have baby changing and high chairs - special mentions for friendliness and ease of use with cross baby and buggy combo go to Teriyaki on Magdalen Bridge, Yo Sushi, Wagamama, Pizza Express Jesus Green, Bill's, and Michaelhouse.

All the cafes/restaurants in Cambridge are very happy to have breastfeeding mothers (as they should be) but in the first few newborn weeks John Lewis in the Grafton Centre is a lifesaver for many. They have a Parents' Room on the third floor with changing facilities and a separate breastfeeding room.

- **Health**

As you would expect there are lots of breastfeeding/weighing/health visitor clinics. One of the nearest health visitor clinics to Westcott is at Christchurch on Newmarket Road - Tuesday 1 - 2.30pm.

All the baby feeding support you could ever need can be found here http://www.cuh.org.uk/resources/pdf/patient_information_leaflets/PIN0042_breastfeeding.pdf

- **Activities**

The Picturehouse on Regent Street shows new and classic movies on Wednesdays at 11am for parents and babies under one: Big Screen. The house lights are low and there's plenty of space for crawling babies to motor and a whole room for baby changing. It does get busy with lots of buggies, and as the cinema can only be accessed by lift, I'd recommend bringing a sling/baby carrier. They also run a Kids Club on Saturday mornings for children 3-10.

Michaelhouse runs The Ark: a (very welcoming, gentle) Eucharist for parents/ carers and preschool children at 10.30 on a Tuesday followed by the inevitable tea/biscuits and surprisingly often a chocolate caterpillar cake. They have a child-friendly liturgy and lots of toys.

Baby music - lots of independent groups around Cambridge, the one at the Methodist Church Hall, 58 Sturton Street is very good: Wed & Thurs 1.30 and 2.30pm

Baby swimming - Parker's Piece swimming pool runs subsidised classes from 5 months. Abbey Pool and King Hedges Pool also run private lessons from 3 months.

The Centre Sure Start -at Romsey Mill on Mill Road is an excellent resource, they run lots of classes, toddler groups, drop in sessions, toy library etc www.romseymill.org

Baby and toddler yoga is offered at CamYoga and at Ross Street Community Centre.

Playgrounds can be found at Lammas Land in Newnham, Cherry Hinton Park, Ross Street and Jesus Green. The Botanic Gardens are a lovely space to picnic, endlessly push a fractious baby in a pushchair, let toddlers loose etc.

Cambridge City Library has a great children's department, with activities during the week.

For more information on any of these please follow the link below:

<http://www.admin.cam.ac.uk/univ/childcare/student/camb.html>

- **Mid-week children's Church**

This year there will be a mid-week service held one morning in the Chapel for pre-school children. This will be very informal and fun and involve Godly Play. It will be followed by some refreshments.

SCHOOL-AGE CHILDREN:

Thursday club – This is the place where all school age children can go if they wish during the Thursday evening community Eucharist. Three Ordinands run it and for the next two terms they will be Andy Barton, Andrew Whitehead and Anne Lawlor. They are planning an exciting term of activities which will hopefully extend beyond the Thursday evening slot. There is a real desire to nurture the spirituality of all the children at college and for this to be a safe and supportive group where they can learn and grow. All ordinands are CRB checked.

Sport and Recreation – Cambridge City Council provide a wealth of information about a huge variety of facilities, clubs and courses in Cambridge for children and adults. For more information pick up one of their booklets 'City Sport and Recreation' or their website:

www.cambridge.gov.uk/getactive

LIFE IN CAMBRIDGE

If you have never lived in Cambridge before you may find it takes a little time to get use to. It has history and cultural activities in abundance but also has all the conveniences of modern day life with plenty of restaurants, shops and supermarkets close to hand. During term time it is very busy with students, out of term time it is very popular with tourists, particularly in the summer.

CAMBRIDGE CHURCHES

Great St Mary's – The University Church, opposite King's College 'We are committed to a style of worship which respects the tradition of the church but is open to change and development in theology and society'. There is a strong musical life, children's activities and mission to city and beyond. Sundays: 8am – Holy Communion (BCP), 9.30am Parish Communion and Sermon, 11.15am Choral Matins and Sermon and 6.30pm Evening Worship.

Holy Trinity, Market Street, Cambridge Evangelical in tradition, informal, relaxed and accessible worship for those not familiar with Church and popular with students. Sundays: 9.30am, 11am (with lunch for students after) and 6.30pm.

Little St Mary's, Trumpington Street Ever since 1284 Little St Mary's has ministered to both Town and Gown: since the late 19th Century it has offered a distinctive liturgical and sacramental witness in the Catholic tradition of the Church of England. Main Sunday Services: 8am Holy Communion (BCP), 10.30 am High Mass, 6pm Evensong (BCP) and Benediction.

St Andrew the Great, St Andrew's Street A large city centre church with a particular focus on students. Sunday during Term time: 10am, 11.30am and 5pm.

St Andrew's Church, Chesterton 'The people of St Andrew's represent much of the diversity of belief in the Church of England....Preaching, teaching and sharing of faith are important parts of the ministry of St Andrew's'. Sundays: 8am Holy Communion (BCP), 10am All Age Communion, Sung Eucharist, Family Service, Parish Communion or All Age Parish Communion with children's Eucharist, 11.15am Matins (3rd) 6.30pm Evensong (BCP) or Informal Worship/Iona Service.

St Barnabas, Mill Road, Cambridge Our purpose: 'Growing disciples who make disciples'. Sunday services: 9am Holy Communion, 10.30am All Age Family Worship, 7pm Informal Worship and talk.

St Bene't's, 4 St Benet Road, Cambridge Inclusive, welcoming, modern catholic church, with roots in the Franciscan Order: Sundays: 8am Eucharist, 10am Sung Eucharist and 6pm Evening Prayer.

St Botolph's Church (opposite Silver Street) 'We are a traditional Anglican Church and use the BCP for most services. Sundays: 8am Holy Communion (1st, 2nd, 3rd, 4th and 5th), 11am Holy Communion (1st, 3rd and 5th) 11am Matins (2nd & 4th), 12 noon Holy Communion (2nd & 4th) 6.30pm Evensong (all Sundays).

St Edward King and Martyr, Peas Hill, Cambridge 'A Christian centre for spiritual seekers from diverse backgrounds and which fosters meditative Christianity, spiritual growth and pastoral care. We are committed to Christ and celebrate the glory of the Christian tradition, but we try to be open to the spirit of God everywhere, not only in the Church but also outside it. Sundays: 8am BCP Holy Communion, 11am Varied services, with a focus on a topical theme in a thoughtful way and 5pm Meditative Eucharist.

St James' Church, Wulfstan Way 'We are a broad and inclusive church with a strong musical tradition and offer a warm welcome to all who wish to share the journey of faith with us'. Sundays: 8am Said Eucharist (CW) & 10am Sung Eucharist (CW).

St John the Evangelist, Hills Road A parish-focussed church with a strong local membership and a style of worship that is open to people from a wide variety of traditions. Sundays: 8am Holy Communion BCP (2nd), 10am either Parish Communion (CW) or Family Service and 6pm Evensong or Holy Communion BCP.

St Mark's, Newnham 'Inclusive in outlook, liturgical in worship and a home for seekers and believers...We are a vibrant church with active small groups and a church choir. We are committed to the creative arts, to charitable giving and to being an important centre of community life'. Sundays: 10am Parish Communion and a variety of evening services are offered.

St Paul's Church, Hills Road, Cambridge A lively and informal church with an all age congregation: 'We are a community of local people seeking in the light of God's work to be honest about our shortcomings and to welcome all around the Lord's Table. Sundays: 10.30am Varied liturgy with all age appeal & 6pm traditional service with use of lectionary and worship books.

For those that like choral evensong, most colleges have these at different days and times during the week.

KINGS COLLEGE RESIDENTS CARD

You may find that, by living in Cambridge, you become very popular with family and friends ! This could mean a lot of trips to the big tourist's sites. If you are a resident of Cambridge you can get a 'Kings College Residents' card that allows you to enter Kings College (and Chapel) free. You can get application forms from the Kings College shop (opposite the main entrance). Complete the form and return with a stamped addressed

envelope and a card will be sent within a week or so. This card has also been used to gain entry to other colleges where an admissions charge applies.

(If your partner is studying a Cambridge university degree then their university pass enables them to take up to 2 guests at a time into Kings College and Chapel).

THE CAMBRIDGE CARD

This is a card run by the council in partnership with 'Local Secrets'. It can be upgraded to give 20-50% off access to local swimming pools and sports facilities and money off at colleges and punting trips. Further details can be had at:

<http://www.localsecrets.com>

CINEMAS

There are 3 main cinemas in and around the centre of Cambridge: Vue Cinemas, Cineworld and the Cambridge Arts Picture House. The latter has an annual membership card that can also be used as a discount card in some restaurants. The Vue cinema does cheap tickets on a Tuesday.

THEATRES

There are several theatres around Cambridge, including: ADC Theatre (very close to Westcott House); Cambridge Arts Theatre; Cambridge Corn Exchange; The Junction; Mumford Theatre.

SHOPPING

The centre of Cambridge has many of the usual shops plus a market that you would expect to see in a small city. There are 2 main areas, one centred around the old market square and the other is the Grafton centre about 7 minutes walk from the centre across Christ's Pieces.

There are also some more 'out of town' style shopping at the Cambridge retail park off the Newmarket road and the Beehive centre also in the same direction.

Kings Street Post Office is the nearest convenience store to Westcott House opening around 8am until 8pm.

SUPERMARKETS

The supermarkets close to Westcott House are:

Sainsburys – on Sidney Street (entrance directly opposite Sidney Sussex College) –open 8.00am to 11.30pm (11.00am – 5.00pm Sundays)

Waitrose – on Fitzroy Street – open 7.00am – 10.00pm daily.

Co-op – on Chesterton Road (a little further to walk) – open 7.00am to 11.00pm daily.

RESTAURANTS

On the whole eating out in Cambridge is not cheap, but along with the usual chain restaurants there are some very good restaurants. Rather than give a list please speak to Tim or Sioned who may be able to help with recommendations. Consider joining one of the many discount voucher websites for money of many of the popular chains most of which are in Cambridge.

TRANSPORT

'Citi' bus no.1 goes to the railway station from Jesus Lane - turn right out of Westcott front gate, cross over to the other side of the road and the bus stop is just before the roundabout. 'Citi' no.3 goes from the station to Hobson's Passage (walk down Hobson's Passage until it bears right into King Street, walk along King Street until it crosses Manor Street and you can let yourself in to Westcott through the back gate to the car park).

PARTNERS REPS CONTACT DETAILS

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Please do contact us with any queries you may have. We look forward to meeting you.

We will send out regular emails with events and updates/news throughout the term.