

Grey College Alternative Handbook 2025



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~ Who Should I Contact? ~

Emails

President - grey.president@durham.ac.uk

FACSO - grey.treasurer@durham.ac.uk

Senior Frep - grey.frep@durham.ac.uk

Vice President - grey.vicepresident@durham.ac.uk

Welfare - grey.welfare@durham.ac.uk

College Principal (Sonia Virdee) - grey.principal@durham.ac.uk

College Vice-Principal (Rhian Davies) - grey.viceprincipal@durham.ac.uk

College Assistant Principal (Judith Barbaro-Brown) -
grey.assistantprincipal@durham.ac.uk

College Student Support - grey.student-support@durham.ac.uk

College Reception - grey.reception@durham.ac.uk

Students' Union Information – info@durhamsu.com

Students' Union Advice Service – dsu.advice@dur.ac.uk

University Counselling Service – counsel.service@dur.ac.uk

Disability Support – disability.support@dur.ac.uk

IT Service Desk – itservicedesk@dur.ac.uk

Instagram/TikTok

Freshers' Instagram - @officialgrexfreshers2025

JCR Instagram - @greycollegejcr

Sabbs (President and FACSO) Instagram - @grey_sabbs

Welfare Instagram - @greywelfare

Reps Comm Instagram - @greycollegerepscommittee

College Instagram - @greycollegedurham

Grey Sports and Societies Instagram - @greysportsandsocs

The Greyhound (Bar) Instagram - @greycollegebar

Grey Pantry (Toastie Bar) Instagram - @grey_pantry

College Gym Instagram - @grey_college_gymstagram

College Events Instagram - @greycollegeevents

Grey JCR TikTok - @greyjcrofficial

Facebook

Fresher's Facebook – www.facebook.com/groups/greyfreshers2025/

College Facebook - <https://www.facebook.com/greycollege1959>

Websites

JCR Website - www.greyjcr.co.uk/

Welfare Page - <https://greyjcr.co.uk/welfare>

Emergency Contacts

College Porter - +44 7715 771447

Welfare Anonymous Messaging - <https://greyjcr.co.uk/welfare>

University Report + Support - <https://reportandsupport.durham.ac.uk/>

Durham Nightline - <https://durhamnightline.com/> 01913346444

NHS Information - <https://www.nhs.uk/>

~ A Welcome from our JCR President ~



Welcome to Grey! I'm Freddie, your Junior Common Room (JCR) President this year.

Earning a place to study at Durham is a real achievement, so congratulations are in order. Well done! You're now part of a great academic institution. You're also now part of a community—Grey. My three years at Grey have been incredible, all thanks to the welcoming and diverse culture I am forever lucky to be a part of. There are countless ways to get involved, and I implore you to leave no stone unturned: there's so much to be found here.

While an undergraduate, I studied Ancient History and have been both the Sports and Societies Officer and Vice President of the JCR. I've also been a proud member of the Men's Football Club and the Pool Club, both of which I discovered at the Freshers' Fair at Grey. Having graduated, I am spending this academic year working, full-time, for you. As President, my job is to make the student experience the best it can be at Grey.

Starting university can be daunting—I personally found my first day terrifying. Everything you see around you this week is designed to help you ease into a new chapter of life. I, the Freshers' Week team, Grey College Staff, and the University are here to help wherever possible. Durham is a unique city with a unique university culture; if there's anything you are unsure about, just ask. There's no such thing as a stupid question! Regardless of where you've come from, you're all now Grey students, a fact I hope you'll come to be immensely proud of.

If you have any questions, concerns, or just fancy a chat, let me know. I'll be wearing a pink 'JCR President' polo all week, and the JCR office (attached to the Junior Common Room itself) door is always open. Otherwise, you can email me at grey.president@durham.ac.uk.

I'm beyond excited to see how this year goes and can't wait to meet you all soon!

~ A Welcome from our Senior Frep ~

Hi, I'm Amy, I'm a 3rd year Chemistry student and I'm also your Senior Frep this year! I love everything about Grey - I knew next to nothing about Grey before coming here but now I couldn't be prouder to be a part of this college. I also love walking my dog, reading mysteries, and a sweet treat, and I play netball for college occasionally.

As Senior Frep, it's up to me to plan your Freshers' Week so everyone can have the best time. I've spent my summer working with the rest of the senior team to organise lots of events and activities for you all to enjoy. There should be timetables on our social media as well as physical copies up around college, so have a look at these if you want to know what's on and when.

Moving to university can be very scary and stressful (I know I was nervous when I first arrived at Grey), but our incredible Frep and Welfare Team are here to help you with this transition - they will be there to help you move into your room, answer questions, and run lots of events during Freshers' Week. They are also very easy to spot in our bright pink and bright blue polo shirts!

The number one thing I would say to anyone coming to Grey for the first time is get involved as much as possible. There are so many ways to meet people when you get to Durham, and getting involved in sports and societies is a brilliant way to do this. We do have free sports and socs at Grey after all!

To keep up to date with everything you'll need to know about Freshers', make sure to join the Grey College Freshers' 2025 Facebook group (www.facebook.com/groups/greyfreshers2025/) and follow @officialgreyfreshers2025 on Instagram.

Have a great week, and feel free to ask me any questions - either online (through the Instagram or email: grey.frep@durham.ac.uk) or if you see me around college :)

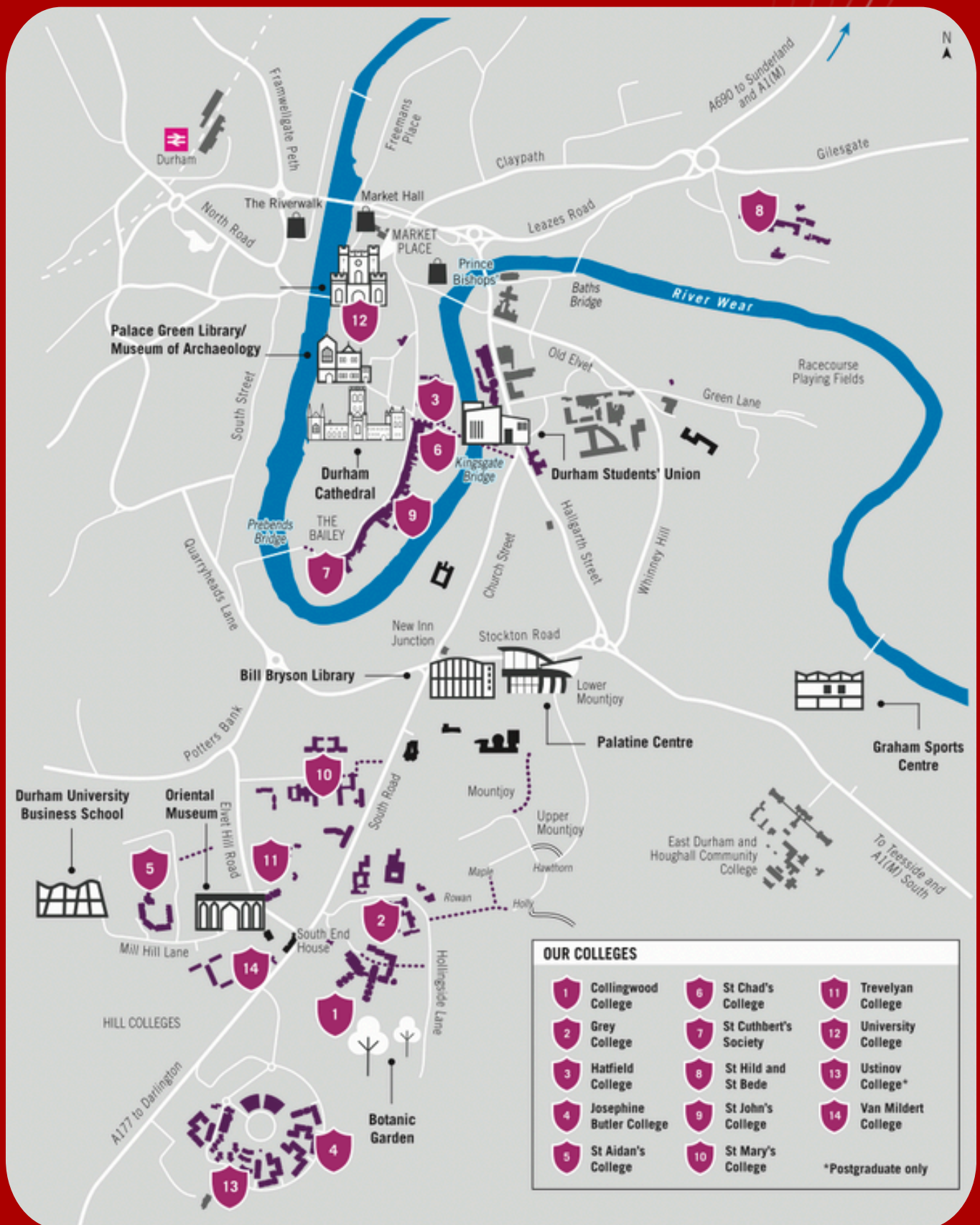


~ Map of Grey ~



If you need anything posted to Grey, the address is:
Grey College, South Road, Durham, DH1 3LG
You don't need to put your room number, just your name.

~ Map of Durham ~



~ Durham Dictionary ~

There are lots of new words you might see and hear during your time at Durham - here we've defined a few of them!

Billy B:

Bill Bryson Library, the University's main library. A very popular location for studying as well as being somewhere you can borrow books

BNOG:

Stands for Big Name On Campus, usually describes someone who seems to know lots of people/is quite well known around Durham

Formals:

A fancy dinner in the dining hall where you get to dress up and wear your gown - and there's usually entertainment afterwards too!

Welcome and Orientation Week:

The official Durham Name for Freshers' Week (also called Welcome Week or WOW), your first week at university.

Frep:

A shortened version of Fresher Representative, these are the people in pink polos who you'll see a lot during Freshers' Week. There's a whole section about them on pages 25-27, so check out those pages for more info

Durfess:

A Facebook page that posts people's anonymous confessions. Another similar Facebook page is Tindur.

The Greyhound:

Grey's college bar, you'll often find it busy on an evening as people go to get drinks with friends. It will also host various events during Freshers' Week, and it should be open every night too!

FACSO:

Financial And Commercial Services Officer

Cardiac Hill:

A steep path connecting the science site (near the CLC) and Upper Mountjoy (near the Biosciences building). If you think you've walked up some steep hills in Durham, just wait until you have to walk up Cardiac Hill.

~ Durham Dictionary ~

Stash:

The college or university branded clothes/items. You'll probably see hundreds of students walking around in their college branded puffer jackets. Sarah (our JCR secretary) is in charge of this, so keep an eye out for an email from her.

Jimmy's:

Jimmy Allens, one of the most popular clubs in Durham.

Bailey Colleges:

Refers to the colleges in town, on 'The Bailey', e.g. St Cuthbert's Society, St Chad's, St John's etc.

Hill Colleges:

Refers to the colleges on South Road, e.g. Grey, John Snow, Josephine Butler, Trevelyan, St Mary's etc.

Matriculation:

Your formal acceptance into the university. It's held in the Cathedral and should be happening on the Wednesday of Freshers' Week.

Michaelmas, Epiphany, and Easter:

The names of the three terms at Durham, in the order that they occur.

Hust:

A short speech that someone gives when they are running for a role in the JCR, or a sport or society.

Big Tesco:

Tesco is a supermarket, and Big Tesco is just a big supermarket that's located in Gilesgate.

Angels:

Angels by Robbie Williams is a song you'll probably hear a lot during your time at Durham; it's a favourite to be played at the end of a club night.

Senior Team:

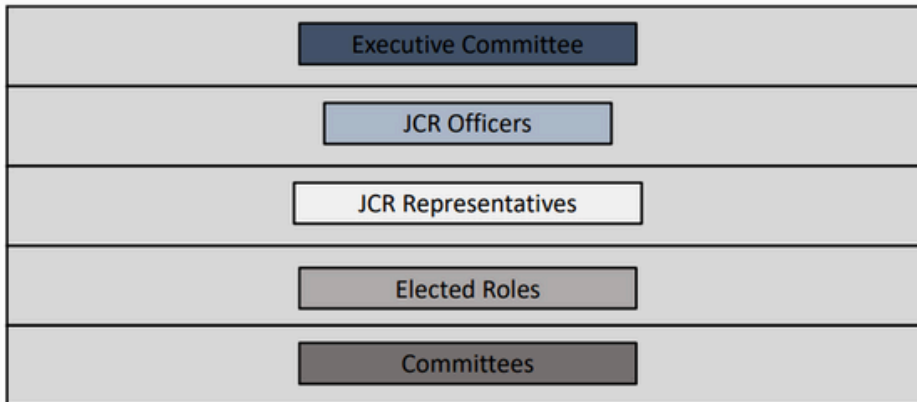
Grey JCR's Freshers' Week team, made up of the Senior Frep, JCR President, JCR FACSO, JCR Vice President, and the two Senior Welfare Officers.

~ What is a JCR? ~

Grey JCR (Junior Common Room) is a student-run charity that exists to create the best possible student experience within Grey. It runs sports, societies, all kinds of events, freshers' week, and so much more. With over 900 paid members at Grey, it is independent to the University, meaning every decision it makes is only for the benefit of students. The membership you can buy at the start of your time in Grey goes directly towards improving facilities run by the JCR, the day-to-day budgets of sports, societies, and events, on top of the general upkeep a charity of this scale needs.

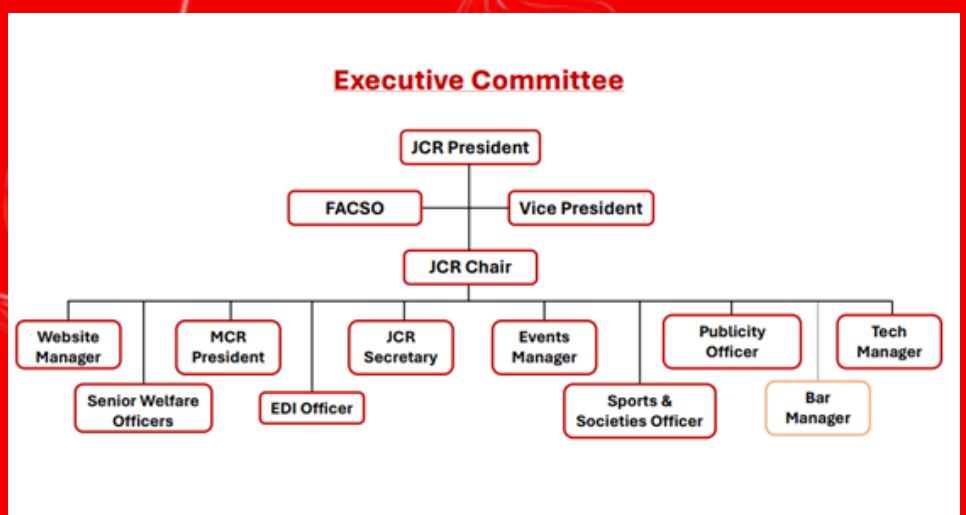
Being a member has a host of benefits, such as free tickets for events, discounted balls, and free participation in sports and societies. The major decision-making regarding how the JCR spends its money, who gets elected to what positions (there are over 50!), and any votes or referendums occur during JCR meetings. These take place every few weeks on a Sunday. They're quite chilled, where you can turn up with a laptop, have a drink and buy some snacks. Open to all JCR members, you don't have to have any prior experience or knowledge with how the JCR operates. Getting involved couldn't be easier! You can find more information at greyjcr.co.uk, or by speaking to anyone in a pink or blue polo in Freshers' week!

JCR Hierarchy



The JCR hierarchy can get confusing - here are some diagrams that should make it easier to understand!

There will be lots of roles up for election throughout the year so keep an eye on your emails if you fancy getting involved.



~ JCR Finances ~

JCR Levy

The JCR is a charity, independent from both college and the university, which is run by Grey students for the benefit of Grey students. We have a membership fee which you can pay in order to join the JCR (over 90% of students in college do!) and participate in all of our extra-curricular events and activities for reduced prices or even for free!

For a 3-year Undergraduate degree (BA/BSc...) it costs £195, which is paid at the start of your degree programme. If you are doing a 4-year Integrated Master's degree, you get a discounted rate in your final year, making it £235. We appreciate that this is a lot of money to spend at once, so the Access Fund is available – see below for details.

THE JCR ORGANISES MOST OF STUDENT LIFE IN COLLEGE AND ALLOWS MEMBERS TO:

- Become a member of the JCR's sports, societies and committees and participate in trainings/rehearsals/meetings – we are the only college in Durham to offer this without having to pay separate joining fees!
- Compete for the JCR's sports teams in the college sports leagues.
- Access priority booking and payment of reduced members' rates to events organised by the JCR (including Balls, Formals and Grey Day)
- Be employed by the JCR as a member of Grey Pantry or the Technical Crew
- Get a reduced rate on membership to the college gym.
- Access and hire JCR equipment (musical instruments, sports kit, tech)
- Vote at JCR meetings and stand for roles within the JCR
- Access the JCR-run Welfare signposting service

AND MUCH MUCH MORE!

~ Welcome Week ~

Our JCR-run welcome week has many events that are organised throughout Freshers, including club nights, inflatables, a petting zoo and more!

The JCR membership and Welcome Week package are recommended to be purchased in advance of arriving at Grey (details will be in the College Handbook or Vice Principal's letter) but can also be purchased on move-in day.

At Grey we aim to have everyone participate in our activities, but if you have any difficulty with paying any fees, the Access Fund is available and may be of assistance – see the next page for details.



~ The Access Fund and Grey College Financial Support ~

The JCR wants to ensure that no student is held back from participating in college life or the common room due to financial barriers. We understand that the costs of living in Durham and being at university can add significant financial pressure, sometimes limiting options for equal access for members and prospective members.

ACCESS FUND

Within the JCR, we offer the Access Fund, that any member or prospective member is welcome to apply for. The Access Fund provides support in the form reducing immediate upfront costs, offering the option to pay in instalments, partially waive fees, or fully waive fees depending on your financial situation. The Access Fund can be used for the JCR membership fee, events tickets, gym memberships and participating in JCR sports and societies.

Applications are considered confidentially by the Access Fund Sub-Committee of the JCR's Board of Trustees. To apply for it, you will need to provide supporting evidence to show your situation. More information about this can be found on the JCR website, <https://greyjcr.co.uk/jcr/financial-support>, or by emailing the FACSO, grey.treasurer@durham.ac.uk.

GREY COLLEGE SUPPORT

As well as the JCR financial support, Grey College also offers financial assistance for individuals for cultural activities, sporting activities, intellectual development, employability development, degree-related travel opportunities, and research-based opportunities in the form of Grey College Trust Awards through donations and endowments from generous Grey College alumni. Applications for these open at specific times of the year, and the best person to contact is College Vice Principal, Rhian Davies, rhian.r.davies@durham.ac.uk. For details surrounding the MCR, for postgraduates, mature students, and 4th years, you can read more on page 16.

~ Meet the Exec ~



FACSO – Ella Reay

Hi everyone, I'm Ella and I'll be your JCR FACSO for this year having just finished my Engineering degree. My job as FACSO is to manage all the finances of the JCR, as well as overseeing the college gym and Grey Pantry. I'll normally be found in the JCR office so feel free to pop in for a chat anytime! As well as being FACSO, I've been JCR Chair, Senior Frep and played lacrosse and pool for college. Feel free to send any questions my way (grey.treasurer@durham.ac.uk) and I'll do my best to help :))

Vice President – Charlotte Honer

Hi! As Vice President, I'm considered Grey's 'most senior student'. I act as a bridge between the Sabbs (Freddie and Ella, who've already finished their degrees) and the members of the JCR. I'm essentially the JCR's 'Chief Whip', working with all the officers to make sure they're doing their best to make sure your Grey experience is amazing! I also get to organize all of Grey's formals, which are great fun and an essential part of the Durham experience. I'll be around during Freshers' Week, so please do come and say hi if you have any questions or just fancy a chat!



JCR Chair - Ishwari Ramsaha

Hey, I'm Ishwari, as JCR Chair I organise and run JCR meetings and also chair the executive and governance committee. I'm responsible for reviewing and upholding the JCR Standing Orders and also head the JCR complaints procedure. If you ever have any questions about running for a JCR role or about the constitution, I'm the person to contact at grey.chair@durham.ac.uk. I'm proud to be part of Grey, from being the previous JCR secretary, to being on the welfare team and being involved in the fashion show, I love everything about it!

Sports and Societies Officer – Eleanor Dickson

Sports and societies are a massive part of life at Grey, and as your Sports and Socs Officer, I'm here to make sure they run smoothly and are accessible to everyone. I've dabbled in over 15 different sports and societies during my time here, from team sports to committees and creative events, so I know how much is on offer and how important it is to feel part of something. Whether you're a seasoned athlete or just keen to try something new, there's a place for you at Grey. And if there's something we don't offer yet, I'm always happy to help you set it up!



Secretary – Sarah Roberts

I'm responsible for typing up the minutes for all JCR meetings (see you there!), including executive, finance and governance committees, so everyone can stay in the loop about what's going on within the JCR. I'm also in charge of all the Grey stash you may have already seen, so it's me who will be handing you over that iconic college puffer!

Bar Manager – Lily Holmes

The Greyhound is the heart of Grey College life, and as Bar Manager, I hope to keep it a fun, lively, and inclusive space for everyone to enjoy. I work with sports teams, societies, and the JCR to make sure the Greyhound remains the go-to hub for college events. Day-to-day, I help run the bar alongside two amazing vice-managers and brilliant team who keep things running smoothly. We will be hiring throughout the year, so keep an eye out if you're keen to join the team!

I'm looking forward to the year ahead and can't wait to see the Greyhound full of life again. If you have any questions at all, please feel free to message me - I am always happy to chat!





Events Manager – Dyuthi Deepshika

Hi everybody! I'm Dyuthi and as your events manager this year, I'm responsible for planning some of the best and biggest events run at Grey. Alongside my minions on events comm, I organize the Big 3: Winter Ball, Phoenix Ball, and Grey Day, to try give you guys the opportunity to make lasting memories here at Grey. If you have a thing for event planning and are looking to harness your creativity or simply want to have fun making an impact on Grey, look out for events comm applications during freshers week—and who knows, maybe we'll even get Chappell Roan?! If you have any questions, please feel free to reach out to me or come up to me as you see me loitering around Fountains Hall. Looking forward to meeting all of you, and I'll see you real soon!

Website Manager – Open for Election

The Website Manager is responsible for maintaining and developing the website for the JCR. This includes toastie ordering, events bookings, the anonymous messaging service, elections, and much more. As well as this, they chair the Website Committee to collect ideas and feedback about the website. The Website Editor plays a key role in helping the JCR to continually provide amazing services to Grey.



Tech Manager – Rory Collins

As Technical Manager I look after all the technical elements of JCR events over the year, from formals to Barfest. I'm responsible for maintaining, hiring out and sourcing new equipment for the JCR, including lighting, sound and staging equipment, and organising the Technical Committee (TechComm) to work paid(!) shifts for setting up, running and taking down tech at JCR events. TechComm is a great opportunity to get some chill, hands-on experience with high-end technical equipment you will encounter across all walks of life across Durham and beyond, and a great jumping on point to learn new technical skills. Keep an eye out for applications opening soon and any questions at all feel free to message me/come find me at a tech desk at an event some time soon!

EDI Officer – Brigid Ellard

Hi! I'm Brigid, your EDI (Equality, Diversity, and Inclusion) Officer this year. I am responsible for promoting fair treatment and full participation of all students at Grey making sure they have equal opportunities and are included within all aspects of college. I oversee the Representatives Committee which consists of Grey students acting as representatives for several groups and helping to organize events throughout the year. You can find us on Instagram @greycollegerepscommittee. We represent you and want to ensure you have a voice, so we are here all year to talk to. If you see me at college feel free to come say hi and I'm always available through email or the reps committee Instagram!



Publicity Officer – Ellie Foreman

The Publicity Officer is responsible for media within the JCR including, but not limited to, taking photographs, recording and editing videos, managing social media and creating graphics for events. They work closely with other members of the JCR Exec and the Officers' Committee to ensure events and campaigns have appropriate publicity.

Senior Welfare Officers - Molly Furzeman and Beth

O'Dwyer

The Senior Welfare Officers lead the Welfare Team and are in charge of providing support for members of the JCR. Alongside drop-ins and support, they organise different campaign weeks throughout the year, such as Alcohol and Substance Awareness, Sexual Health and Guidance, and many more! They are part of the Senior Frep team and help to organise Freshers' Week. You can anonymously contact the Senior Welfare Officers via the Welfare page of the JCR website (greyjcr.co.uk/welfare) or non-anonymously contact them through DM-ing our Instagram page (@greywelfare).



There are also non-exec roles, including Charities Officer, Assistant Treasurer, Gym Manager, Arts Chair, Music Chair, Ball Chair, Grey Matter Editor, Grey Day Supremos, Fashion Show Chairs and many more!

~ MCR ~

The Middle Common Room is a community of postgraduates, as well as mature and 4th year undergraduates (whether they live in or out of college). We have our own exec and run regular social activities throughout the year!

Outgoing MCR President - Tabitha Trigger

As MCR President, my main role is the representation of Postgraduates, Mature Students and Fourth Years. I oversee the running of an MCR Executive Committee as well as events throughout the year, from an Inter-MCR formal to movie nights in the Phoenix Room, bar crawls and day trips out of Durham! As the outgoing President, my role, along with all of the exec roles, will now be up for re-election in October. There are many different roles you could take on, from Social Secretary and Treasurer to Web Editor, so if you are interested, please make sure to get involved! For more information you can email me at greymcr.president@durham.ac.uk!



One of the main benefits of MCR membership is access to our common room! Found in the North Elvet block, the Phoenix Room has a much cosier feel than the JCR.

There is a flat-screen television and surround sound system, a DVD player, Xbox 360 and live TV as well as a large DVD and games library for members to enjoy. The MCR even has a selection of board games and its own kitchenette, where you can make tea and coffee.

MCR membership also entitles individuals to use JCR services, such as sports and societies, vote in JCR elections and purchase event tickets at JCR member prices. For those mature students and 4th year undergraduates already in possession of a JCR membership, MCR membership is already included.



Committee positions will be up for election in the first term so keep an eye out!

~ Sports and Societies ~

Most, if not all, of the sports and societies within Grey will be at the Sports & Socs Fair during Freshers' Week. You can pick and choose whatever you want to try, as much or as little as you'd like – Grey has free sports and socs for a reason! All you need to do is turn up. Here's what a few of them have to say...

Football

We have both a fantastic women's team, which represents college in Division 1, and six men's teams, which span the divisions. There is also a men's futsal team! Both the men's and women's teams are supportive and welcoming and cater to people of all footballing abilities. Regular socials help to foster a lovely sense of community and allow everyone to get involved.

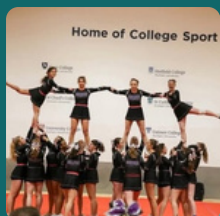


Mixed Lacrosse

Whether you've played lacrosse before or not, it's a great sport for all. Join one of our teams and help us keep the title of best Mixed Lacrosse Club in Durham!

Rowing

A great sport for fitness, fun and socials. All levels are on offer at Grey, from complete beginner to national level. There are multiple socials a term and an end of year ball to enjoy.



Cheerleading

Whether winning the intercollege competition or supporting college teams, hopefully you can help build on our successes, whether as a flyer or a base.

Rugby

One of Grey's oldest clubs, we push hard while maintaining a great club ethos, accepting everyone. Grey also has a women's team, which enjoy great success in their own league.



Squash

Definitely proven to have the most fun, Grey Squash has two men's teams and a women's team. Join for the great sport, stay for the great company.

Pool

With loads of teams spanning all the divisions, pool is a laid-back society, giving the perfect excuse to lounge around college bars in the evening with the company of some good laughs and merriment.



Darts

Spend a chill evening throwing a few spears with your teammates. What's not to like?



Hockey

We have a men's and a women's team who have both been successful in recent years, with both coming in the top 3 of the league for the last 2 years. We also hold a relaxed training session once a week and have great socials.



Netball

One of Grey's largest and most sociable clubs, there will definitely be a team for you, be that competitive or more chilled. We also have various socials throughout the year which have proven to be popular.



Running

One of Grey's newer sports clubs which is open to anyone, regardless of running experience. We have a relaxed midweek run and then go to Durham Parkrun every Saturday.



Cricket

One of Grey's highly decorated teams, with lots of success in both indoor and outdoor cricket. But fear not, if you want to play for fun, or just give the sport a go there's plenty of opportunity to do so.



Volleyball

We are a small but growing club. We're inclusive and have lots of fun while also being consistently among the top teams in the college league.



Choir

We are the largest non-auditioned choir in Durham, singing choral to modern music in venues ranging from Durham Cathedral to Edinburgh and Liverpool. We also have many social events, including a tour at the end of the year.



Grey in the Community

Grey's volunteering organisations which work throughout the year organising events within and outside of college. These range from tea parties with the elderly to visiting the local care home to a Sports and Arts Day with children from the area.



And so many more...

- Arts Comm
- Badminton
- Bar Comm
- Basketball
- Charities Comm
- Christian Union
- Climbing
- Croquet Society
- Discord Society
- Dr Who Society
- Dodgeball
- Environment and Ethics Comm
- Events Comm
- Feminism Society
- Finance Comm
- GCCFS
- Golf
- Grey Matter
- Grollingwood Band
- House of Phoenix Society
- Music Comm
- Phoenix Theatre Society
- Reps Comm
- Rounders
- Star Wars Appreciation Society
- Swimming
- Table Tennis
- Tech Comm
- Tennis
- Ultimate Frisbee
- Website Comm
- Welfare

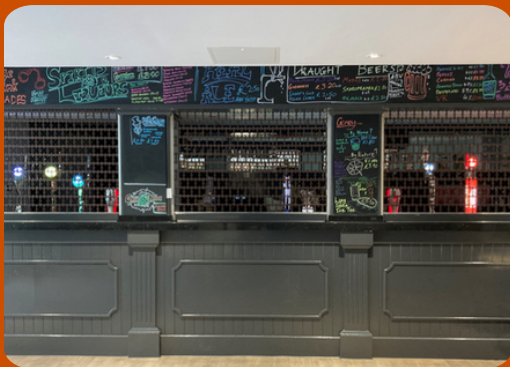
If you decide this variety isn't enough, then why not establish your own sport or society? This can easily be done during a JCR meeting. Just ask anyone mentioned on the Exec page, or any one of the Freps, and they'll point you in the right direction.

Grey offers sport from a super casual level to the quite competitive. However, if you want to regularly test yourself against other universities, then you can sign up to represent Durham University, either at the university Fresher's Fair, or even before arriving!

~ Rooms in College ~

The JCR

The JCR is the main social hub of Grey. Containing two pool tables, a table tennis table, and loads of comfy sofas, it's a grey-t place to chill and relax. It is also where you'll find the TV room which is another great place to hang out with friends and watch something together.



The Greyhound Bar

Welcome to the Greyhound, multiple times winner of 'Best College Bar' and our very own hang out! Whether you're after a chilled evening with mates, one of our classic bar-run events like a quiz night or a society social, the Greyhound is your place! Normally open from 20:00 - 23:00, and until midnight on Fridays and Saturdays, it is the place to find affordable and delicious drinks. Where else is a pint of Madri £2.90? And if you're not fond of anything alcoholic, there are still plenty of options for you. We also have various college drinks which are always popular. It's a great place to socialise and hang out with friends - you'll almost always find someone you know. All the friendly bar staff are also fellow Grey students, and anyone can apply to work here!

Grey Pantry

Need somewhere to satisfy your hunger? Somewhere you can express your creative culinary ideas? We've got you covered! The one and only Grey Pantry is the place where your deepest cravings will be fulfilled... toasties, milkshakes, sausage rolls, chocolate, the lot! There's also a 'Greggs' range, and special items now and then. Come on down to try our menu, or even just to chat to our team and maybe meet Timmy Toastie himself! Immaculate vibes guaranteed. Make sure to follow @grey_pantry on Instagram for more!!





The College Gym

Grey Gym has three rooms for cardio and weights. Looked after by our Gym Managers, it's often busy with people making "gains". Membership is £65 for JCR Members, with the option to pay for each individual term.

The Dining Hall

The dining hall is one of the best places to catch up with friends over some elite scan. Breakfast, lunch and dinner are all served here for a couple of hours per day, with brunch on weekends. Be warned, it is cordial (you'll find out soon enough).



Victor Watts Library

A dream for some, a nightmare for others, but whatever you choose, the library is a key room in college. With computers and a printer, and loads of study spaces, it's perfect for some quiet time. There are also books, available when a student librarian is around. It can be found on the bottom floor of Holgate.

Fountains Hall

Fountains Hall is Grey's own multi-use building. It has a chapel, art studio, music practice rooms and a larger hall space. Rooms can be booked for free and used for sports, rehearsals, and lots more.



Holgate Conference Room

The Holgate conference room allows us to invite some great guest speakers to college to tell us about all kinds of things from their area of expertise. Sometimes you might have lectures or seminars here, and in the summer, it becomes a study space to use alongside the library.

~ College Traditions ~

Formals:

Formals are fancy dinners organised by the Vice President that occur every few weeks in term time. During these you'll have to wear your gown (which you'll get during Freshers' Week), so it is the perfect chance to look good in those pictures to send home to family and friends.

Formals are really popular, with tickets sometimes selling out in minutes, a testament to how much fun they are. Even if you miss out, it's worth heading to the Greyhound afterwards, since its always packed full of people.

Some formal themes from the past year are as follows:

- Welcome Formal
- Burns Night
- Christmas Formals (with carols!)
- Valentines (including its own traditions...)
- Sports Persons
- End of Year



College Families:

An odd concept to anyone outside the Durham bubble, 'College Families'. Nothing beats the pause when relaying an anecdote about your "mum" and having to clarify which 'mum' you mean!

Your college 'parents' are older students who are here to help you settle into Grey in any way that they can. Easily one of the most helpful resources when you start out in Durham, your parent should contact you not long after Freshers' week, along with your new siblings! Be sure to ask them anything that comes to mind, since they are the best people for the job. They are on hand to tell you all about life at Grey, the various sports and societies you can join, answer any 'silly' questions (of which there are none) and generally act as a friendly face around college.

You'll probably hear that your college parents are married (we love a big, complicated, extended family!). This is a popular Durham tradition that you can get the chance to join too by proposing to or being proposed to by a friend. These proposals normally happen nearer the end of the year, often in Jimmy's (you'll learn about it soon) or at Grey Day.



~ Events at Grey ~

Events in Grey are organised by students, with a wide variety throughout the year. They're primarily organised by the Events Manager, but everyone can get involved, by being a chair of an event, or just by being a member of Events Committee. All you need to do is ask around if you're interested!



Winter Ball

The big black-tie event in first term. Previous themes have included 'Masquerade' and 'A Night Under the Stars'. This includes a 3-course meal and a huge range of entertainment afterwards - such as fairground rides, inflatables, arcade games, candy floss, popcorn machines and more.

Barfest

Run by the Bar Committee in Epiphany term, this is a day of chilling in college with a huge variety of drinks and entertainment. There is also cheese and wine tasting, not one to be missed...



Grey College Charity Fashion Show (GCCFS)

Widely recognised as one of the most professional student fashion shows in Durham, this is a great night of strutting the catwalk all in aid of charitable causes. Previous themes included 'A Night in Hollywood' and 'A Stitch in Time'.



Gittins Cup

A 5-a-side football tournament that happens in the 'three weeks of nothing' before the summer holidays. Named after our catering manager Nic, there is often a bar tab awaiting the winning team.



Phoenix Ball

The self-proclaimed biggest event of the year. This tops off the year with the chance for everyone to get dressed up and pretend to be sophisticated for photos at an external venue. A 12-hour black tie ball that you'll never forget.

Grey Day

Just after exams, this is Grey's own mini festival. A great chance to relax on the lawn, listening to a wide variety of music and enjoying some drinks. There are also activities to get involved in like inflatables, face painting, and fairground stalls.



~ Freps ~

What is a Frep?

Freps (or Fresher's Representatives) are a team made up of Grey's most enthusiastic members to support you through the first week here.

We have a Senior Team, the Freps, and a Welfare Team who will all gladly help with whatever you need.

Meet the Freps:



Victoria – Law

Think Legally Blonde but swapping the courtroom for the boathouse. You'll probably hear me before you see me with being the voice in the boat at GCBC or even boogie-ing the night away at Babs.



Matilda – Archaeology and Anthropology

Unofficial Fleetwood Mac discography guru and nerd on all things related to Lord of the Rings. Do tend to ramble on about the student productions I'm involved in.



Izzy – Geography

Proud winner of DUDT biggest lightweight award. Will probably be found yapping about summer camps in Maine!



Aaron - Engineering

Donny. Durham. Drinking. In any order. Grey's worst football player (no claim). Find me playing pool in the JCR or clubbing any night of the week.



Henry - Chinese

During the day, you'll see me attempting to play lacrosse. By night, one greyhound drink gets me to the club.



Ellie – Primary Education

Hi I'm Ellie I study primary education. you can find me on a night out unsuccessfully persuading people to go to Fowlers



Ollie - Engineering

The JCR's resident pool table hog. Most Wednesday nights you'll find me at The Greyhound overthinking GCAFC C Team tactics. If not, I've probably wandered into Jimmies by mistake.



Felix – Biosciences

I'm a second-year biologist and love playing squash and choir. Ask me about music as long as you're willing to talk for an hour.



Wilf - PPE

Often found operating a blender at 8am and waking everybody up. Ask me about first year mistakes, I've made them all.



Elena - Biosciences

Might be seen taking 0.5s, flailing around on the hockey pitch, or dodging in Fountain's Hall. I love emoting, so come find me for a shimmy :D



Amelia – Chemistry

When I'm not busy doing my degree, I'm a fan of badminton, bouldering and sweet treat outings with friends. Ask me about music societies, theatre tech or anything college-related (I've tried many things over my 4 years :))!



Cam – Geography

Can be found running between the theatre, the river and the radio studio, however there's always time for a drink or two in the Greyhound during a geographer's busy schedule.



Izzy – Biochemistry

Ask me all things netball, music and crochet related!! Always frequenting a thrift shop or the botanical gardens.



Lucy – Archaeology and Ancient Civilizations

Loves reading, finding things in the dirt, and the odd Aperol Spritz. Proud member of the DU Horrible Histories Soc.



Sam - Biosciences

I'm a mid racket sports player and love pub trips (mainly spoons) with friends. Ask me anything about sports and societies!!



Breanna – Chemistry

Firm believer that a sweet treat is the ultimate cure all. You'll find me walking along the river with friends or attempting to play badminton.



Sylvie – Psychology

If I'm not stunting at cheer, I'm probably at a Scout event or juggling one of my seven roles (yes, seven). Somewhere in between, I also manage to study Psychology.



Heather – Business Management

Can be found in Grey bar or at any social going! Mixed Grey Lacrosse's number 1 fan and fashion show fanatic!!



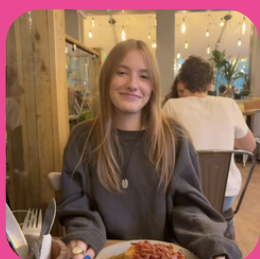
Charlotte - Ancient History and Archaeology

Probably doing anything but my uni work. Most likely hidden in the AR or at the Library (not the Billy B).



Ella – Biosciences

Fourth year biologist who can't keep houseplants alive and struggles to come back from fieldwork in one piece. Can be found singing with Grey Choir or having pancakes at Riverview Cafe!



Sophia – Psychology

Always down for a pub trip or night out. Catch me at any GCWD social or repping as DU Scuba's social sec - if you're even a tiny bit interested, come have a chat!



Matt – Biosciences

Huge fan of all things sport and travelling. Always keen to hear your favourite travel spots or adventure stories - I need ideas as to where to go next!



Ed – PhD Chemistry

Frep veteran, sunglasses enjoyer and funniest man in college; can be found playing trombone or falling off a trampoline.



Cait – Computer Science

Can be found avoiding the library, losing at pool or surviving on coffee and blind optimism. Always happy to chat!



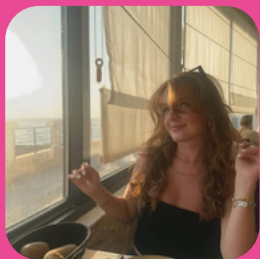
Gethin – Geography (MSc)

Professional colouring-in expert... be sure to ask me about the best clubs in Durham and how to make it to your 9AMs the next day!



Zosia - Law

Can be found haunting the Arts Room or sprinting out the door the second the sun dares to shine. Ask me about literature or unrealistic ethical dilemmas.



Eleanor – Archaeology and Ancient Civilisations

Obsessed with everything Grey College. Find me at a Wednesday night social, a flat white brunch or drinking my fifth tea of the day.



Jozef – Geography

A final year apparently still with questionable map skills since I spent last year studying in Hong Kong! Always happy to answer any questions.



William – Engineering

Despite my name, I had lived my whole life in France before coming to University. But please don't hold it against me... I enjoy playing Badminton and climbing, socializing and - occasionally - studying.



Chloe – Engineering

Number one enjoyer of random side-quests and admin of the @duengineering page. Grey's cutest (and only) POC Rep! Ask me about ACS, Gospel Choir, or the mystical art of a sober night out...



Jacob – History

A social butterfly since coming to uni with Grey being my number one college. If can't be found in the library or Vennels most likely at the Riverside Stadium watching Middlesbrough. Always ready for a pub trip on a night out and a member of the Durham Union Society.



Tom – Engineering

Usually found at Maiden Castle, the Billy B or with a Woodgate in hand, depends on the time of day. Big fan of snacks, a good laugh and losing my student ID at least once a term.



Charlotte – International Relations

Catch me rowing at ungodly hours, pretending I can climb, and always up for making the most of the free time I don't really have.



Rosie – Law

An Essex girl to a T. Can be found in the gym and getting a sunbed by day, and raving at a house music or EDM event by night :)



Sarah – Chemistry

When I'm not accidentally blowing things up in the lab (please ignore that if you're from the Chemistry department), you'll find me in Grey Gym, Riverview Café or watching Dr Who in my Oodie. Old Durham Gardens' alpacas biggest fan.



Alice – Geography

A fan of formal dinners. Can often be found drinking one too many lime and sodas in Grey bar.



Delphie – Maths

Proud member of the Grey College Pool Club and born and bred Scot. Find me in big Tesco, watching The Chase, or losing a chop off.



Ollie – Liberal Arts (English and Anthropology)

Hi, I'm Ollie, I'm a 4th year studying liberal arts and I just got back from a year abroad in Tokyo! Ask me anything about triathlon or London!

International Reps:

Our wonderful international reps will also be around during Freshers' Week, wearing pink polos but with 'International Rep' on the back



Yaejin (Jane) – Law

Has a Google Map folder dedicated to pistachio desserts in London. Loves meeting new people, chatting endlessly over a good cup of matcha. Always happy to help out!



Bella – Archaeology

I've lived in Australia, Singapore, and the US. Ask me about books and movies or find me embarrassing myself in Jimmys.

~ Welfare ~

What is Welfare?

At Grey College, our Welfare team is dedicated to supporting every student throughout the year. During Freshers' Week, they can be easily spotted in their blue polos during the day, at the clubs, and giving tea and biscuits out at night. Coming to university can often lead to a range of emotions, and our welfare team is here to listen to you about anything, big or small. Our team offers a non-judgmental, confidential, and compassionate listening and signposting service available to you throughout the year, not just Fresher's Week!

How do I get in touch?

Our welfare team hold drop-in sessions 3 times a week: Tuesday and Thursday 18:30-20:30 and Sunday 14:00-16:00 in the bottom floor of Hollingside and on Teams. During Fresher's Week, drop-ins are held daily - check out our Instagram (@greywelfare) for times! Outside of drop-in times, you can contact our Senior Welfare Officers through our anonymous messaging service on the JCR Website (greyjcr.co.uk), where we aim to reply within a few days.



Molly - Senior Welfare Officer (Exec Position)

Hi, I'm Molly and I'm a third-year psychology student at Grey. You will often find me either studying at the Billy B or Victor Watts library, if not I'm probably taking a break from work in the Greyhound. I am very excited to get stuck in with the welfare team this next year and am always up for a chat if you see me milling around Grey!

Beth - Senior Welfare Officer (Exec Position)

Hi, I'm Beth and I'm a third year Psychology student at Grey. I'm so excited to be one of your Senior Welfare Officers next year. You can often find me in the TLC trying to find a sunny seat or having an emotional support hot chocolate or chai latte! If you see me about, don't be afraid to say hi - I'm always up for some procrastination. Always able to give a fun (or boring) fact about the brain!





Ishwari – Law

Proudly from Leeds and Grey obsessed. Feel free to ask me absolutely anything about Grey, the JCR or to just chat, I'll happily tell you all about my dog, Willow (a golden labrador!).

Alice – Geography

Hi! I'm Alice, a third year Geography student at Grey. I'm excited to be joining the welfare team this year and can't wait to get started! I love chatting so feel free to say hi if you see me :) You'll probably find me in the Billy B doing work I should've done a week ago... I am also neurodiverse and part of the LGBTQIA+ community so feel free to come chat specifically about those as well!



Adrienne – Anthropology and Archaeology

Grey college women's darts super fan: you can find me throwing darts terribly, enjoying 2 for 1 cocktails or brunching at Riverview! Ask me anything, especially food and drink related.



Jemima – Criminology

Milton Keynes roundabout enthusiast. Ask me about Star Wars, true crime or the best hot chocolate spots in Durham!



Pip – Psychology

Hey everyone! My name is Pip, and I am currently a second-year student studying Psychology. Around Durham I am often hanging out in coffee shops or down dancing at the SU, however when I need some time to chill you will often catch me at college bars! I am so excited to be part of the welfare team this year and be able to support and listen to people if needed.



Scarlett – Combined Honours in Social Sciences

Proud Oswald East alumni with an unhealthy obsession with Collingwood bar. Probably in the Billy B cramming a summative last minute or chilling in jimmies upstairs booths.



Amanda – Music

I love nothing better than to curl up with my cat, a cup of tea and a book. If you see me in a club, I am not there by will and would like to be rescued! Be careful, I will chat your ear off about anything film, theatre or music related, especially if they all cross over, broach these topics at your own risk.



Enya – Physics and Astronomy

A glass-half-full kind of person, always down for an adventure — I've been hopping on every road trip that comes my way.



~ Reps Comm ~

There are several elected 'reps' who act as points of contact to communicate concerns to the JCR from different perspectives. There are FAQs on the JCR website, and you can follow @greycollegerepscommittee on Instagram for more information.

Senior Frep – Amy Parker

My role is not only a Representative role but also an Officer role. I'm responsible for organising and running Fresher's Week (with help from the rest of the senior team), as well as putting together this Alternative Handbook, with help from the JCR President and the Publicity Officer. I'm also the main representative for the views and interests of the first years to the Executive Committee and Officers, so I'm here to make sure your voices are heard within the JCR!



Livers Out Rep – Angelina Sablina

Hey! I'm Angelina, and I'm a livers out rep. My goal is to build strong connection between livers out in livers in- so everyone feels engaged and welcomed in our big grey family!

Disability Rep – Ella Burnley

My job as Disabilities Representative is to be the point of contact for all students at Grey with disabilities to ensure everyone is accommodated for and included within the JCR. I communicate with the JCR, college and the university about any issues that arise throughout the year. I also help to settle in freshers on the early arrivals programme ran by disability support who will arrive in Grey a few days earlier than the rest of the home students.



BAME Rep - Chloe Graham Major

The POC/BAME rep acts as a point of contact for students that identify as a Person of Colour, representing and raising awareness on issues faced by POC members of Grey and works with the other reps to make college and the JCR more inclusive. The POC Representative helps to organise and run campaigns and events within college as well as liaising with ACS (African Caribbean Society) and DPOCA (Durham Peoples of Colour Association). My aim is to create a welcoming space for Black and POC students at Grey and make sure that Grey remains deserving of its title of 'Most Diverse College'!



Finalist Rep – Open

This role is for those who would like to represent the interests of the finalists of the JCR. Your role would include organising the Finalists' Yearbook and informing final-year students of any JCR events, especially around graduation. You will be ultimately responsible for the Finalists' Photograph.





LGBTQIA+ Sexuality and Identity Reps – Sophia Christophorou (Identity) and Open (Sexuality)

The job of the LGBTQ+ reps is to act as a point of contact for LGBTQ+ students in Grey, making sure they feel at home and can express their views in college. They are also there to help raise awareness and organise events with House of Phoenix - Grey's LGBTQ+ society.



Year Abroad Rep – Izzy Moffat

The Year Abroad Rep's role is to represent the students currently on years abroad in college affairs and to be a point of contact for them too. They also ensure that they are informed about what happens at Grey throughout the year. Any questions or concerns from students who are considering years abroad or placement years can also be directed to them.



Locals Rep – Ellie Foreman

Being a local student rep at Durham means I can amplify voices of those living at home, bridge gaps between commuting and resident students, and advocate for inclusive policies. It's a chance to ensure local perspectives are heard and help shape a more connected, supportive university community.

Mature Student's Rep – Open

In this role you will represent mature students and their interests at college and JCR level, to make college life, sports, societies, and events more accessible. Represent the interests of the mature students to the JCR and any other relevant bodies and also assist with the integration of mature students into the college community.



International Reps – Yaejin Kim and Bella Stefanidis

As international reps, we are here to support international students' adjustment to a new country, culture, and academic system, not only during Fresher's Week, but throughout their time at Grey. We help make this transition smoother by working closely with college and the wider JCR to ensure all students feel welcomed, informed, and included. We also help run the international induction programme and organise cultural events that celebrate the diversity of our community. Whether you're looking for guidance, support, or simply someone to talk to, we are here to listen and help however we can.



It's really important that everyone is represented at Grey, and our reps are a great way of getting everyone's experiences seen and heard. If you'd like to run for a rep position, have a look on the JCR website and consider running at one of the JCR meetings.

~ SCR ~

The Senior Common Room (SCR) is a non-student community within Grey. It includes the Principal, Vice-Principal, Assistant Principal, and Fellows. They all sit at the High Table during formals.

One of the main aims of the SCR is to support the student body at Grey, allowing for an environment that lets students fulfil both their academic and social potential. They do this through their mentorship programme which you will have the opportunity to sign up for during your first year. This is a great way to connect with experts in your field and beyond - as well as attend free formals!

Just like the JCR, this is also a (much fancier) room in college, as well as a group of people.



~ Chaplain of the Hill Colleges ~

My name is Fiona and I'm the Chaplain at Grey College

What is chaplaincy support?

I'm here to help support all students and staff with their emotional and spiritual wellbeing whatever a person's faith, belief, or worldview. This means:

- I'm here to listen – we can talk about the ups and downs of life; grief; worries; problems with friendships... anything else on your heart and mind.
- Community building – I lead wellbeing activities and community events which bring people together like tea parties and carol services. I also collaborate with student societies to help with their activities or events. If you have an idea which brings people together or improves the wellbeing of others just send me an email and I will see if I can help.
- Faith support – Do you have a faith? Would you like to learn about other faiths? Whether you have a faith and would like help accessing support (catering needs, prayer spaces, places to worship, faith studies, spiritual accompaniment, etc.) or simply want to learn more about different religions, then please do get in contact. There are also student societies available to join for people from a variety of faiths and traditions.

I am usually at Grey College on Thursdays, but I am sometimes available on other days too. Please feel free to say hello when you see me, or send me an email to make an appointment:

hillcolleges.chaplain@durham.ac.uk

Students and staff are welcome to use the chapel at Fountains Hall, Grey College. The chapel is usually open every day for most of the day – you'll just need your card to access the building.

The first Cookies and Prayer meeting will be at 7pm on Tuesday 7th October, and a quiet service of Evening Prayer will be on Thursday 9th October at 4.30pm. These events are free, including the cookies!



<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/college-and-university-chaplains/>

~ Key Places in Durham ~

Science Site

The home of those strange students who do science degrees. Located a handy 5-minute walk from Grey, so it's easy to roll out of bed at 8:55 for a 9am lecture. You can also find lots of study spaces, including the Bill Bryson (Billy B) library and the Teaching and Learning Centre (TLC).



Elvet Riverside

Not to be confused with the Elvet block at Grey, this place hosts the humanities students. A risky walk down a very busy path, allow a good 15 minutes to get here.

Student Union

A curious looking building, designed by the architect of the Sydney Opera House, the SU has numerous rooms that can be booked out and also a roof terrace for summer. It's also the home of Grey Boat Club. Anyone who says they don't like it is wrong...



Maiden Castle (Graham Sports Centre)

Team Durham's sports complex. It hosts many pitches including crumb and water-based pitches. There's also netball, tennis and squash courts, indoor sports halls and a fencing gallery! Bit of a trek if you like sports.

Cathedral

The centrepiece of Durham, and a prime filming location from Harry Potter to Avengers Endgame. You'll matriculate and graduate here, and there's always music and choir performances happening. Voted best cathedral in Europe 2024! Legend says you can't climb the tower until you graduate, unless you want bad luck!



Durham Castle

Although a rival college, the castle is a statement of Durham. Catch a great view of it as the sun goes down, perfect for a few pictures! Their bar isn't bad either.

Dunelm

A must know location if you live on the hill, it's the closest place to go for snacks, drinks, and cash alike.



~ Key Places in Durham ~

Freeman's Quay and Gala Theatre

You can find a swimming pool (sadly slide-less) and a theatre/cinema here with cheap tickets. Also close to Spoons, bowling, and Nando's!



North Road

Host to the bus station, a couple of clubs, bubble tea, sushi, Chinese restaurants, milkshakes, and more, you can almost do anything here. The best place to start the journey to the beach in summer.

Market Square

Boots, Tesco, fancy dress shops, and the market at weekends, this is the place to do most of your shopping. It's also home to the Market Hall which has lots of stalls run by small businesses.



The Racecourse

Many football pitches, a cricket ground and by the river. Lovely walks and scenery, but very claustrophobic during the summer! A great flat spot for a run – Durham parkrun finishes here.

Botanic Gardens

Free entry for students, with a coffee shop and loads of space to relax or study. And a bonus...it's just behind college!



The Viaduct

Yes, there is an actual viaduct! The term generally refers to the area around it though, where lots of second and third years choose to live when they move out of college.

Gilesgate

A veritable urban legend for freshers, but home to many cheap houses. If you want to trek up here, you'll find the legend that is big Tesco, as well as padel courts and a trampoline park.



~ Food and Drink ~

Flat White Cafe

Often found with queues out the door, the food is fab, and great to take some instagramable pictures!



Riverview Cafe

A beautiful setting that is great for brunch, coffee, cake and more. Go with friends and family alike. Their pancakes are particularly impressive!

Chapters Cafe

One of the tastiest hot chocolates in Durham, it's also a great place to meet friends for a catch up and chat.



La Spaghettata

A student favourite due to their tasty food, cheap wine and free garlic bread!

Fat Hippo

Great burgers with loads of veggie and vegan options too! Sometimes you'll get lucky and find their van on the science site...



Lebaneat

A great restaurant to hold socials in, with wraps, kebabs, chips, and only a small corkage fee to take in whatever drink you want!

Paddys

En route back to college from town makes it a great pit stop. Cheesy chips on top here.



~ Food and Drink ~

The Swan and Three Cygnets

Located on Elvet Riverside, perfect for spotting any passing rowers. A Sam Smith pub – put your phone away!



Bishops Mill Wetherpoons

Head down to Walkergate for a classic spoons evening. Cheap pints and occasionally some bingo. Sometimes transforms into the legendary disco Spoons.

The Boat Club

Another perfect river watching spot. Keep your eyes peeled for the 2-for-1 deals and maybe stay away from the boats for hire when day drinking.



The Library Bar

Not many books can be found here. Tasty cocktails and located on The Bailey, so perfect for a stop on the way to Jimmys.

Jimmy Allens

Definitely Durham's favourite place to be on any night of the week. Walk in here and you'll always find a fellow Grey student.



Babylon/Loft

A slightly further walk from Grey but worth it. Home of sports socials on Wednesdays and busy dancefloors.

Fabio's Bar

Come for the cheap cocktails, stay for the (sometimes) live music. Located above spags, their LGBTQ+ Thursdays are popular!



Klute

Popular on a Sunday night, legend has it that Klute has been around over 40 years. Famously the second worst club in Europe, until the worst burnt down!

~ Newcastle ~

If you decide you fancy the venture further north, trains to Newcastle take 15 minutes and cost as little as £5. There are also buses that go from Durham Bus Station to Newcastle which are cheaper but involved a longer journey.

Getting There

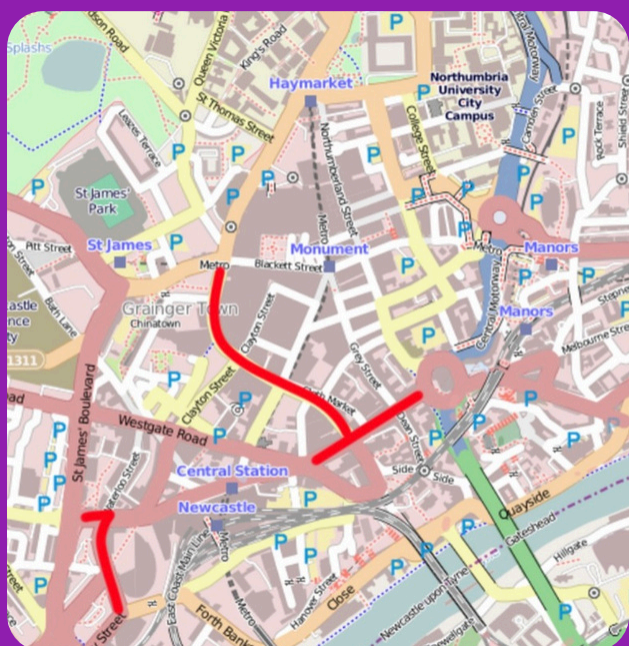
During the day, there are regular trains to Newcastle, taking only 15 minutes. There are also regular buses, but these tend to take closer to an hour.

The last train to Durham leaves at 22:55 (although this can change so check before you go!), so if you're there for the night you'll need to get the bus back, or wait for the first morning train, normally at about 04:30.

Night buses (the N21) run on Friday and Saturday nights, leaving from the Monument Market Street, Monument Grainger Street or High Level Bridge North End stops.

Things to do/places to go:

- Live music/comedy at the O2, Metro Radio Arena, NX Newcastle, Utility Arena and many more
 - Shopping in Grainger Market
 - Visit an art gallery
 - Go ice skating
 - Play mini golf
 - Sing karaoke
 - Take the Metro to the seaside
- And the list goes on!



Clubs:

There are loads of clubs in Newcastle, so here are a few:

- Soho rooms - a popular four storey club
- Tup Tup Palace - hip hop and R&B
- Howlers - has a ball pit and karaoke
- TheCUT - indie music
- Popworld - pop classics

Most of these are on the roads marked in red.



~ The North East ~

There is so much more to see and do around Durham than just Newcastle! Here are a few of our favourites...



Beamish Museum

Beamish is a unique museum that allows you to become fully immersed in the story of the people of North East England in the 1820s, 1900s, and 1940s. You can taste traditional food from a coal-fired range, go on a tram or steam train, play schoolyard games, or even pop into the Co-op shops. You can also visit as many times as you want in a year when you buy your ticket!

Seaham

One (of many) great thing about Durham is how close it is to the coast. There are dozens of beaches that are relatively easy to get to by public transport, including Seaham which is accessible by bus from Durham Bus Station. Known for its sea glass, Seaham is a lovely pebble beach with plenty of cafes around to go to grab something to eat or drink.



Alnwick Castle

Alnwick Castle has quite the history - from battles and rebellions to tradgey and romance. You might recognise it from the Harry Potter films or even Downton Abbey as both have scenes filmed here. There's all sorts to do at Alnwick Castle, including guided tours, medieval crafts, and broomstick lessons.

High Force and Low Force Waterfalls

High Force is a gorgeous waterfall in Upper Teesdale which cascades 21 metres into the plunge pool beneath it. The Pennine Way footpath leads through pretty woodlands and takes you past both High Force and Low Force falls.



Bishop Auckland

Easily accessible from Durham city centre by bus, Bishop Auckland is a historic market town known for its stunning castle, rich heritage, and vibrant arts scene. There's even an annual food festival held in the castle grounds every April.

National Glass Centre

The National Glass Centre is located at the University of Sunderland and showcases Sunderland's glass making heritage as well as celebrating the work of contemporary artists working at the cutting edge of their field. It has an interactive exhibition which covers the history of glass making in the city from the 7th Century to the present day.



~ Frequently Asked Questions ~

Here are some Frequently Asked Questions that you may have before coming to Durham and to Grey, including some questions our livers-out students may have about getting involved in university/college life:

How can I stay involved in university life while living off-campus?

Joining societies, sports, clubs, or volunteering opportunities are a brilliant way of meeting people outside of your flat/house - they're also open to everyone. Grey has free college sports and societies for all JCR members so it's also free to get involved and meet new people!

Are there any perks or events just for livers-out students?

Yes! Keep an eye on emails and SU social media - there are meetups, socials, giveaways, and more, especially designated to help livers-out students feel included.

I feel disconnected living far from campus. What can I do?

You are not alone! Try creating a routine that includes time on campus, message group chats to find people to walk or bus in with, and don't hesitate to reach out to our Livers Out Rep or Welfare if you want someone to talk to.

~ Frequently Asked Questions ~

What's the best way to make friends if I don't live in student halls (or if I want to meet people outside of my corridor/flat)?

Attending events for livers-out students, chatting with classmates, and hanging out in common university spaces like the library or SU building can be a great way of meeting people. Also, everyone at Grey is invited to all of our Freshers' Week events/activities so this is also a brilliant opportunity to make friends.

Who do I talk to if I'm struggling or just need support?

You can always reach out to your Student Rep, the SU, the university Wellbeing Service, or our Welfare team if you need support. Welfare regularly run drop-ins (both online and in-person) for any Grey student if they need it.

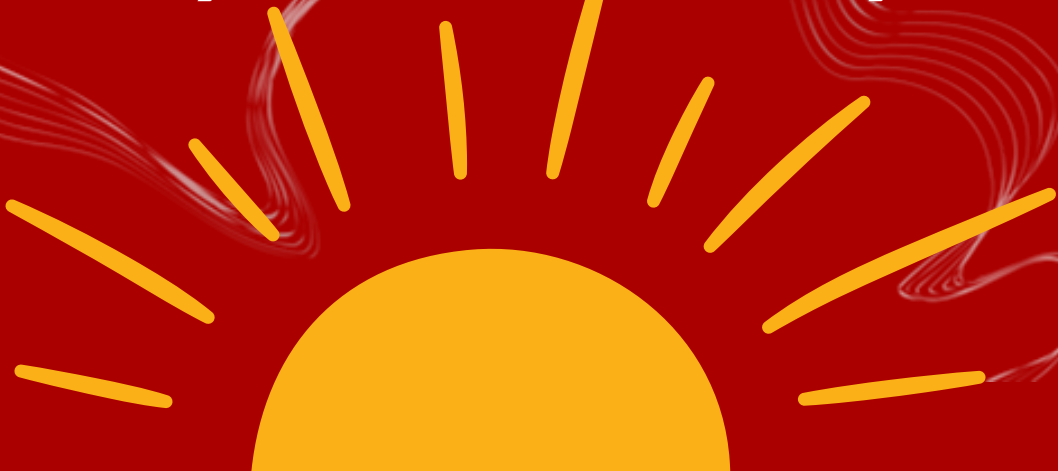
I have a question that hasn't been answered in this handbook. How can I find out the answer?

Please get in touch! Both the Grey Freshers' Facebook page (<https://www.facebook.com/groups/greyfreshers2025/>) and Instagram (@officialgrexfreshers2025) are run by the people organising your Freshers' Week, so hopefully we can try and answer any questions, or point you in the direction of someone who can!

~ You are my Sunshine ~

The official college song, very occasionally heard at the start of the welcome formals:

You are my sunshine
My only sunshine
You make me happy
when skies are grey
You'll never know dear
how much I love you
so please don't take
My sunshine away



~ Our Unofficial College Song ~

There is also an unofficial college song,
more popular with students, especially at
floodlit football matches! To the tune of
Parklife, by Blur:

All the Grey Boys
So many Grey Boys
And we all go hand in
hand
Hand in hand for the rest
of our lives...
GREY BOYS!

