

# Financial Aid Document

Hi all! Hope you're doing well!

During this cost-of-living crisis, we as a JCR wanted to do our part to show the student community avenues of financial support available to them through college, university and national student discount schemes.

We know this is a difficult time, and hope this information helps in whatever circumstance you're in. We have drawn from a range of sources to put together the cost-of-living document, with linked access to relevant webpages. Please also consult the financial grant and scholarship document for other Johns-specific sources of funding.

As always, the JCR welfare team is available as a point of contact, so don't hesitate to reach out to any member you feel comfortable with and ask for advice.

Lots of JCR love xx

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## **University Support:**

### **Cambridge Bursary:**

#### ***Who can access it?***

The Cambridge Bursary is a scheme of non-repayable bursaries given to home students from low to middle incomes families. Eligibility is determined by your household income, with the information provided by SFE.

#### ***How can I access it?***

The money gets paid directly into your bank account during term.

#### ***How much can I receive?***

Different entry years have different amounts awarded but the current amounts are as followed:

Household Income	Awarded Amount
£0	£3500
£20,000	£3500
£25,000	£3500
£30,000	£3043
£35,000	£2586
£40,000	£2129
£45,000	£1672
£50,000	£1215
£55,000	£759
£60,000	£302
£62,215	£100

### **Education Premium:**

#### ***Who can access it?***

Those who receive the Cambridge Bursary who were also eligible for free school meals will also receive the Educational Premium.

#### ***How can I access it?***

In order to apply, students must send a letter from their school or college to confirm this.

#### ***How much can I receive?***

An additional £1000 per year (on top of Cambridge Bursary)

## Bell, Abbot and Barnes Funds

### ***Who can access it?***

All undergraduate students and integrated Masters degrees are eligible to apply for those who have encountered unforeseen financial difficulties during their time, and would otherwise be unable to complete their studies.

### ***How can I access it?***

Talk to your College Tutor and read the application guide on the website

### ***How much can I receive?***

Up to £2000

### ***Deadline:***

Michaelmas:

Application open	Tue 4 October
Application close	Tue 15 November
Deadline for support forms	Tue 29 November

Lent:

Application open	Tue 17 January
Application close	Tue 21 February
Deadline for support forms	Tue 7 March

Easter

Application open	Tue 25 April
Application close	Tue 30 May
Deadline for support forms	Tue 13 June

Link: [https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/undergraduate-hardship-fund?\\_gl=1%2A1o683rf%2A\\_ga%2AMTM0OTMyMTk5MS4xNjY1MDU5MzIx%2A\\_ga\\_P8Q1QT5W4K%2AMTY2Njk2NjE3Ni4wLjAuMA..](https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/undergraduate-hardship-fund?_gl=1%2A1o683rf%2A_ga%2AMTM0OTMyMTk5MS4xNjY1MDU5MzIx%2A_ga_P8Q1QT5W4K%2AMTY2Njk2NjE3Ni4wLjAuMA..)

## Medical Support Fund (Crane's Fund)

### ***Who can access it?***

This grant provides financial assistance to students who need treatment for physical or mental illness, who can demonstrate financial need. Additional details are provided on the website.

### ***How can I access it?***

To apply, speak to your College Tutor and complete the application form on the website. An application guidance form is also provided.

### ***How much can I receive?***

Up to £18000

Link: <https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/medical-support-fund-cranes-charity>

## Disabled Students Allowance

### ***Who can access it?***

Home students who have an impairment, health condition (including mental health) or Specific Learning Difficulties such as dyslexia.

### ***How can I access it?***

Contact ADRC to arrange an appointment

### ***How much can I receive?***

This depends on your needs- your Disability Adviser will tell you which funds may apply to you after you have arranged an appointment

Link: <https://www.disability.admin.cam.ac.uk/students/financial-support/disabled-students-allowance>

## Reasonable Adjustment Fund

### ***Who can access it?***

Home disabled students who need human support (note-takers, study assistants, proof reading, specialist study skills, specialist mentoring)

### ***How can I access it?***

Contact ADRC to arrange and appointment

### ***How much can I receive?***

This depends on your needs- your Disability Adviser will tell you which funds may apply to you after you have arranged an appointment

## Post Graduate Hardship Fund:

### ***Who can access it?***

Post-graduates who have encountered unforeseen financial difficulties during their time here and would otherwise be unable to complete their studies.

### ***How can I access it?***

Talk to your Academic Supervisor and College Tutor about applying, then fill out the application form on the website.

### ***How much can I receive?***

Up to £2000

### ***Deadlines:***

Michaelmas:

Application open	Tue 4 October
Application close	Tue 15 November
Deadline for support forms	Tue 29 November

Lent:

Application open	Tue 17 January
Application close	Tue 21 February
Deadline for support forms	Tue 7 March

Easter:

Application open	Tue 25 April
Application close	Tue 30 May
Deadline for support forms	Tue 13 June

Long Vacation:

Application open	Tue 4 July
Application close	Tue 1 August
Deadline for support forms	Tue 15 August

Link: <https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/postgraduate-hardship-funding>

### Special Hardship Fund:

#### ***Who can access it?***

- Students who are intermitting and have no other financial support
- Students on a Year Abroad at the University of Cambridge
- Ukrainian students impacted by war on Ukraine

#### ***How can I access it?***

Speak to your College Tutor about applying and complete the application form on the website

#### ***How much can I receive?***

- Intermitting students can apply for up to £3,350
- Year Abroad students can apply for up to £1500
- Ukrainian students can apply for up to £3350

Link: <https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/special-hardship-fund>

### Sheikh Family Bursaries:

#### ***Who can access it?***

Muslim home students who are in financial difficulties in all colleges, including clinical medical students

#### ***How can I access it?***

Speak to your tutor and complete the application form on the website

#### ***How much can I receive?***

Up to £2000 per annum

**Deadline:**

Michaelmas: 9 November

Lent: 13 February

Easter: 14 May / 21 May

Link: <https://www.cambridgestudents.cam.ac.uk/fees-and-funding/financial-assistance/sheikh-family-bursaries>

**Childcare Funds:*****Who can access it?***

Home, EU and overseas students who have Ofsted-registered childcare (and proof of this). The award is means-tested and depends on family income and expenditure.

***How can I access it?***

Complete the application form on the website and must be submitted via a College Tutor.

***How much can I receive?***

Judged on a case-by-case basis.

Link: [https://www.childcare.admin.cam.ac.uk/supportwithchildcarecosts/central-childcare-bursary-scheme-eu-and-overseas-students?\\_gl=1\\*1o683rf\\*\\_ga\\*MTM0OTMyMTk5MS4xNjY1MDU5MzIx\\*\\_ga\\_P8Q1QT5W4K\\*MTY2Njk2NjEyNS4zLjEuMTY2Njk2NjE3Ni4wLjAuMA..](https://www.childcare.admin.cam.ac.uk/supportwithchildcarecosts/central-childcare-bursary-scheme-eu-and-overseas-students?_gl=1*1o683rf*_ga*MTM0OTMyMTk5MS4xNjY1MDU5MzIx*_ga_P8Q1QT5W4K*MTY2Njk2NjEyNS4zLjEuMTY2Njk2NjE3Ni4wLjAuMA..)

## **College Support:**

### **Studentship**

#### ***Who can access it?***

Home students with a household income of up to

#### ***How to access it?***

Payment comes during term time and is automatic as it is based off your household income on SFE

#### ***How much can I receive?***

This depends on your year of entry, but below are all the details for undergrads at the moment.

2020 (or before) Admission

Household Income	Studentship	Cambridge Bursary	Total
< = £25,000	£7630	£3500	£11,130
£27,000	£6780	£3145	£9925
£30,000	£5500	£2635	£8135
£33,000	£4220	£1870	£6090
£35,000	£3360	£1615	£4975
£38,000	£2080	£850	£2930
£40,000	£1220	£595	£1815
£42,000	£370	£300	£670

2021 Admission:

Household Income	Studentship	Cambridge Bursary	Total
< = £25,000	£7630	£3500	£11,130
£27,000	£6608	£3317	£9925
£30,000	£5092	£3043	£8135
£33,000	£3321	£2769	£6090
£35,000	£2389	£2586	£4975
£38,000	£618	£2312	£2930
£39,000	£100	£2220	£2320

2022 Admission:

Household Income	Studentship	Cambridge Bursary	Total
< = £16,190	£7940	£3500	£11,440

£17,000	£7220	£3500	£10,720
£20,000	£4550	£3500	£8050
£22,000	£2770	£3500	£6370
£24,000	£990	£3500	£4490
£25,000	£100	£3500	£3600

Link: <https://www.joh.cam.ac.uk/studentship-scheme> (login)

## Learning and Research Fund

### ***Who can access it?***

All students- both undergraduates and post-graduates

### ***How to access it?***

Via the college website - <https://www.joh.cam.ac.uk/learning-and-research-fund>

### ***How much can I receive?***

£300 per annum for undergraduates  
£500 per annum for post-graduates

## Summer Bursaries

### ***Who can access it?***

Students with a household income up to £67,000 for academic or career development activities over the Long Vacation

### ***How to access it?***

Via the college website (usually advertised in Lent) - <https://www.joh.cam.ac.uk/summer-bursaries>

### ***How much can I receive?***

A stipend of up to £1000 per month  
Free accommodation in college

## Undergraduate Academic Research Projects

### ***Who can access it?***

Undergraduate students undertaking an academic research project or partaking in an academic activity over the Long Vacation

### ***How to access it?***

Application form is released on the college website in Lent Term - <https://www.joh.cam.ac.uk/undergraduate-academic-research-projects>

### ***How much can I receive?***

£400-£2290 depending on household income

## Innovation Internships

### ***Who can access it?***

Undergraduates and Masters students partaking in an 8-month placement at a partner company

### ***How to access it?***

Application form via the college website in Lent Term - <https://www.joh.cam.ac.uk/innovation-internships>

### ***How much can I receive?***

Stipend of £1000 per month or free accommodation in college

## Travel Grants

### ***Who can access it?***

Undergraduates and postgraduates to promote travelling during the year. There is a list of funds for specific projects.

### ***How to access it?***

Application form is released on the college website - <https://www.joh.cam.ac.uk/travel-grants>

### ***How much can I receive?***

Around £500

## Dissertation Travel Expenses

### ***Who can access it?***

NatSci, Geography and Geology undergraduate students who have compulsory fieldwork, usually in the long vacation before part II

### ***How to access it?***

Via the college website, in the academic year prior to part II - <https://www.joh.cam.ac.uk/learning-and-research-fund>

### ***How much can I receive?***

Full costs up to £400

## Thesis Binding

### ***Who can access it?***

For post-grad students in hardship, towards the costs printing and binding a thesis for the PhD, MSc and MLitt degrees

### ***How to access it?***

Application on the college website - <https://www.joh.cam.ac.uk/thesis-binding>

### ***How much can I receive?***

Up to £45

## Sports Grants (Beard Fund)

### ***Who can access it?***

To assist with the cost of subscriptions to University Sports Clubs

### ***How to access it?***

Application form on college website - <https://www.joh.cam.ac.uk/sports-grants>

### ***How much can I receive?***

Up to £50 per annum

## Sports Grants (Blues Team)

### ***Who can access it?***

Members of University Blues Teams

### ***How to access it?***

Application form on the college website - <https://www.joh.cam.ac.uk/sports-grants>

### ***How much can I receive?***

Up to 50% of the cost of qualifying expenses- up to £350 per annum

## McMahon Law

### ***Who can access it?***

Undergraduate students who need financial assistance for the Bar or Law Society final examinations for the Common Professional Examination

### ***How to access it?***

Application on the college website - <https://www.joh.cam.ac.uk/mcmahon-law-studentships>

### ***How much can I receive?***

Judged on an individual basis

## Kennedy Memorial Trust

### ***Who can access it?***

British citizen and UK resident For postgraduate study at MIT and Harvard

### ***How to access it?***

Application on the college website - <https://www.joh.cam.ac.uk/kennedy-memorial-trust>

### ***How much can I receive?***

Full scholarship covering fees, maintenance, and travel expenses

## Teach First Bursary

### ***Who can access it?***

Those accepted to the Teach First Leadership Development Programme (TFLDP)

### ***How to access it?***

Application on the college website - <https://www.joh.cam.ac.uk/teach-first-bursaries>

### ***How much can I receive?***

£1000

## **JCR Support:**

### **Gender Expression Fund:**

Contact the LGBTQ+ officer to be reimbursed up to £50 per term for products needed for gender expression

### **Sexual Health Supplies:**

Free condoms and pregnancy tests by your pidge.

### **Free Menstrual Products:**

Free menstrual products in all toilets around college (in small red bags on the cubicle wall) or message the welfare team.

## Discounts:

### UniDays:

<https://www.myunidays.com/GB/en-GB>

Free to sign up. Gives you access to hundreds of online and in store discounts.  
Cambridge discounts:

- **Bill's** - 20% off total Bill Sunday-Thursday
- **Pizza Express** - 30% off food Sunday-Thursday
- **Las Iguanas** - 30% off food Sunday-Thursday
- **Yo Sushi** - 20% off Sunday-Friday
- **Zizzi** - 20% off food Sunday-Thursday
- **Domino's** - 35% off if spending £25
- **Franco Manca** - £9.95- Pizza & Soft Drink/ £11.95 Pizza & Wine/Beer

### General Student Discounts:

- **Cambridge Crepe Van**- 10% off (show CamCard)
- **Caffe Nero** - 10% off. Must verify student email through the app then pay with app
- **Locker Cafe** - 10% off
- **Itsu** - 15% off
- **Tortilla** - 10% off
- **Waterstones** - 5% off (with Waterstones Plus Student Card)
- **Superdrug** - 10% off (with Superdrug Health & Beauty Card)
- **Boots** - 10% off (with Boots Advantage Card)
- **University Botanic Gardens** - Free with CamCard
- **Apple Education Discount** - [discount varies, research how much, can be stacked with the refurbished discount to get 40% off]
- **Notion** - offers free education pro accounts when you register with your .cam.ac.uk email.
- **Green King Pubs** – 10% off on Greene King app (code: 6600400004215)
- **The Mill & Cambridge Brew House**- 10% off via City Club app

### Travel Discounts:

#### **Train 16-25 Railcard:**

Railcards can save you 30% off train travel, ideal for students who often travel to and from university, for £30 a year. This can be accessed via their website:

<https://www.thetrainline.com/trains/great-britain/railcards/16-25-railcard>

**National Express:**

For £12.50 for the year or £30 for three years, you will save a third of the price on coach travel on standard and fully flexible fares. This can be accessed via their website: <https://www.nationalexpress.com/en/offers/coachcards/young-person>

## **Mental Health Support:**

### **College Nurses:**

The Health and Wellbeing Centre has two nurses, Karen and Ruth, who you can visit Monday-Friday between 08:30-16:30 in B2 North Court. You can book appointments with them via Moodle.

You can also contact them via email through:  
HealthandWellbeingCentre@joh.cam.ac.uk

Ruth Dean:  
Number- 01223338664  
Email- ruth.dean@joh.cam.ac.uk

Karen Miles:  
Number- 01223747162  
Email- k.miles@joh.cam.ac.uk

### **University:**

#### **Mental Health Advice Service:**

This supports students with mental health issues who experience significant impact on their ability to participate in their everyday lives or academic work.

Contact them via email: [mhadvisors@admin.cam.ac.uk](mailto:mhadvisors@admin.cam.ac.uk)

#### **University Counselling Service:**

USC offers both 1 on 1 counselling or group sessions. Sign-ups for workshops are on their website and there is an online referral form to complete to access counselling services. You can also request to have certain counsellors (woman, BME, LGBTQ+ etc.)

Website- <https://www.counselling.cam.ac.uk/>  
Number- 01223332865

## JCR:

Feel free to contact the JCR if you ever want mental health support also. This is the link to our website <https://www.sjcjcr.com/>

Below are the details of JCR members you may want to contact:

Mental Health Officer- Yusuf Adia ([mentalhealth@sjcjr.com](mailto:mentalhealth@sjcjr.com))

Welfare Officer- Jai Pantling ([welfare@sjcjr.com](mailto:welfare@sjcjr.com))

Welfare Officer- Bernice Cheung ([welfare@sjcjr.com](mailto:welfare@sjcjr.com))

Ethnic Minorities Officer- Annissa La Touche ([bme@sjcjr.com](mailto:bme@sjcjr.com))

LGBTQ+ Officer- Sam Hewson ([lgbtq@sjcjr.com](mailto:lgbtq@sjcjr.com))

Disabilities Officer- Bertie Titley ([disabilities@sjcjr.com](mailto:disabilities@sjcjr.com))

Co-Presidents- Sarah Adegbite & Maryam Khan ([president@sjcjr.com](mailto:president@sjcjr.com))

Vice-President- Christian Suen ([vicepresident@sjcjr.com](mailto:vicepresident@sjcjr.com))

## SBR:

Co-President- Julia ([ja736@cam.ac.uk](mailto:ja736@cam.ac.uk))

Co-President- James ([jwl47@cam.ac.uk](mailto:jwl47@cam.ac.uk))

Vice-President- Lewis Roberts ([lpr20@cam.ac.uk](mailto:lpr20@cam.ac.uk))

Welfare Officer- Annabelle Richard-Laferriere ([ar999@cam.ac.uk](mailto:ar999@cam.ac.uk))

Welfare Officer- Sneha Parmar ([sp2005@cam.ac.uk](mailto:sp2005@cam.ac.uk))

ED&I Officer- Tanushree Agarwal ([ta496@cam.ac.uk](mailto:ta496@cam.ac.uk))

## Helplines:

**Samaritans** – 116 123

**NHS** – 111 (option 2)

**Shout** – Text SHOUT to 85258

**Sexual Assault Referral Centre**- 08001935434