



St Edmund's College

Weekly news update

As ever, any contributions of stories, get in touch on press@st-edmunds.cam.ac.uk.
Please do update us on anything great you have going on this term!

Do winter right – warm up with a KeepCup!

As the nights get longer, the roads get icier, and the days get darker, warm up spiritually and physically with Edspresso in a College KeepCup.

Get your official College KeepCup!



Conversation Corner: MPH Mondays

We are excited to announce a new Conversation Corner for students, MPH Mondays.

These sessions run 4–5pm every Monday from 28 October to 25 November in the MPH Common Room.

There will be tea and homemade flapjack, and everyone is welcome!

Email tutorial@st-edmunds.cam.ac.uk if you have any questions.



Still rowing after all these years

St Edmund's alumnus Matthew Parish, who rowed for Cambridge in the 1994 and 1995 Boat Races and represented GB at the 1996 Olympics, is still going strong on the water.

Over the weekend of 19–20 October, Matt won the Master's 4+ race in a course record time at the Head of the Charles regatta. He also came 14th, with his daughter Honor, in the Parent & Child double scull.

Alumnus Nate Kirk, who rowed in the Cambridge men's blue boat in 2004, was also there, rowing in a Cambridge alumni eight that came sixteenth in its class.



50 years of women – Valentina Grasso

The 3rd woman in our 50 women of Eddies series is Valentina Grasso a current PhD student!

[Read Valentina's story](#)



Christmas Concert

On Saturday 30 November at 19:30 there will be a Christmas Concert by the University of Cambridge Philharmonic Orchestra at the Wesley Methodist Church.

The concert will feature Andreas Wildner, a current Eddies student, as the soloist!

[Event information](#)



Thanksgiving lunch for Americans

Are you American? Are you here for Thanksgiving?

The University has a lunch for Americans in the University Centre's main dining hall on Thursday 28 November 12:45–14:30.

Two courses, live music, barrels of laughter & kegs of fun! To register interest e-mail events@campaign.cam.ac.uk.



Register to vote!

A UK general election will be taking place on Thursday 12 December. It is a time to make sure your voice is heard, so if you are eligible to vote make sure you are registered!

You can register to vote via the link below. It takes just 5 minutes and you will need your National Insurance number to do so.



[Register to vote](#)

Edspresso

Open Monday to Friday from 9:30am to 8pm in the Norfolk Building (go just past the main Reception and then turn right).

It's the perfect place for a coffee/tea break or to pick up freshly prepared food including sandwiches, salads and snacks.

Debit cards are accepted and KMB credit can be used in Edspresso by St Edmund's students.



Flu vaccination

This winter, St Edmund's will refund the cost of a flu vaccination for any students who would like to have one.

If you would like to receive the flu vaccination and be reimbursed by College, here is what you need to do:

1. Get a flu vaccination from Superdrug. Make sure you get a receipt for the vaccination
2. Bring your receipt to Sam in the Tutorial Office (Norfolk Building, first floor)
3. The amount will be credited to your next College bill



SPRINT Programme

SPRINT is a specially designed women's development programme for undergraduates, post-graduates and researchers.



There will be two SPRINT events held in Cambridge at Newnham College. One at the end of Michaelmas term and the other at the start of Lent term.

For more information click below

[More details](#)

Be sure to connect with the College on Social Media

As a new year is now underway, remember that you can keep up with some news & happenings around the College via our social media networks!

[Facebook](#) / [Instagram](#) / [Twitter](#) / [LinkedIn](#)

Please do feel free to tag us in anything cool happening around College!



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Don't forget to send in your stories

Whether you have done something cool, want to share an opportunity with the rest of College, or want to tell us about something cool you are doing this Michaelmas, don't forget to e-mail across to press@st-edmunds.cam.ac.uk your messages!

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