Wellbeing Newsletter
School of Clinical Medicine

Five Ways To Wellbeing
Welcome to the first of our quarterly wellbeing newsletters. Since the launch of the Clinical School’s Raising Mental Health Awareness Programme, back in April 2015, we’ve been working hard to create and maintain a robust programme that both meets the needs of its target audience and compliments the wider University’s Wellbeing Strategy. A great deal has happened over the past 12 months and here is just a snapshot of what we’ve been up to at the Clinical School...

200 of you attended the 2015 Benefits & Wellbeing Roadshow.

To date the School has organised 17 topic briefings ranging from subjects such as Sleep, Stress & Anxiety, PTSD and more recently on Postnatal Depression.

On the 1st September 2015 the Clinical School signed the Stop Suicide Organisational Pledge.

Based on the 2015 Staff Survey, 71% of staff across the Clinical School said that they were aware of what support services are available to support their mental health and overall wellbeing.

Established the Cambridge Biomedical Campus Mental Health Network Group in June 2015 with representatives from

Cambridge University Hospitals NHS Foundation Trust
Cambridgeshire and Peterborough NHS Foundation Trust

The Cambridge Biomedical Campus collectively hosted Horace the Black Dog to coincide with SANE’s anti-stigma campaign.

Produced and distributed 600 Support Cards.

May 2015 we launched the Clinical School wellbeing webpages.
What's next for the year ahead?

Due to the success and popularity of the Raising Mental Health Awareness Programme we are pleased to announce that the School has confirmed the funding for the second year. Year 2 will be rebranded to ‘The Clinical School Wellbeing Programme’ with the aim to ensure equal parity between physical and mental health. A snapshot of the events running in year 2 are:

- The programme will expand in order to ensure the talks and webpages reflect the balance between physical and mental wellbeing i.e. talks and webpages on nutrition, cancer in the workplace and exercise.
- The Clinical School will host a British Heart Foundation (BHF) Health & Wellbeing Day which will include four interactive zones covering ‘Be Active’, ‘Eat Well’, ‘Think Well’ and ‘Changing Habits’.
- Over the next year the Programme is looking to provide each Department with at least two Mental Health First Aiders. In order for this to happen we will be looking to train 48 members of staff in the first instance with further details provided on the next page.
- Further Mental Health First Aid LITE training will be scheduled throughout the year to include the School’s Equality Champions and other managers.
- Throughout this years Mental Health Awareness Week (16th-22nd May) the Programme will either host an event or launch a new resource, i.e. webpages, on each day.
- Due to the success of last years Benefits & Wellbeing Roadshow we will be running the event again on the 19th May. With a variety of stands including CAMBens Discounts, Tusker Car Scheme, Occupational Health, and MIND, the event should have something of interest for everyone. Further information will be communicated shortly but do save the date; Thursday 19th May, 12:00-14:30, CRUK CI Atrium & Gallery.

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<th>Local and National Events 2016</th>
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<tr>
<td>11th-17th National Obesity Awareness Week</td>
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<td>24th-30th Cervical Cancer Prevention Week</td>
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<td>7th World Health Day</td>
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<td>18th-24th Parkinson’s Awareness Week</td>
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<td>28th Clinical School Raising Mental Health Awareness Briefing</td>
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<td>4th– 10th UoC Festival of Wellbeing</td>
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<td>10th Disability Awareness Day</td>
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<td>9th-15th OCD Awareness Week</td>
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<td>10th World Mental Health Day</td>
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<td>11th Rachel Kelly – Black Rainbow talk</td>
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Mental Health First Aiders

Following the success of the Mental Health First Aid LITE training the Clinical School is looking to appoint up to two Mental Health First Aiders within each Department.

The two day, internationally recognised course will take place on the Cambridge Biomedical Campus with courses scheduled for June 2016, October 2016 and February 2017.

After completing the two day course you will be fully equipped to:

♦ Spot the early signs of a mental health issue
♦ Feel confident helping someone experiencing a mental health issue
♦ Provide help on a first aid basis
♦ Help prevent someone from hurting themselves or others
♦ Help stop a mental health issue from getting worse
♦ Help someone recover faster
♦ Guide someone towards the right support
♦ Reduce the stigma of mental health issues.

If you are interested in becoming a Mental Health First Aider please submit an expression of interest to CSmentalhealthideas@admin.cam.ac.uk by no later than the 5pm on the 4th May. The expectation is for interviews to then take place the week commencing 16th May.

As a result of the programme’s expansion we are looking to those of you who have a creative flare to design the logo for the rebranded Clinical School Wellbeing Programme.

As a minimum we are looking for the logo to include the following:

♦ The core values of the programme (dignity within the workplace with equal parity between physical and mental health).
♦ Reference to the Clinical School and wellbeing.

Entries should be submitted to CSmentalhealthideas@admin.cam.ac.uk by no later than 5pm on the Friday 20th May. Entries will then be reviewed by a panel with the winner receiving £50.00 in vouchers from either Amazon or M&S.
Back in May 2015 the Clinical School launched the Staff Wellbeing webpages and have continued to improve and expand them ever since. Over the next 12 months the webpages will undergo further development and with new pages covering topics such as Ergonomics, Bereavement, Sickness Absence Procedure, Conflict in the workplace and Dementia to name just a few. If you haven’t already done so why not visit the webpages and explore the ever increasing pages: www.medschl.cam.ac.uk/human-resources/staff-wellbeing/

In October 2015 the Cambridge County Council commissioned a 3 year project titled ‘Resilient Together’, run by Mind in Cambridgeshire. Focusing on the Wisbech and Trumpington (Southern Fringe) area. Please see below for more information provided by the project;

YouMeUs is all about connecting communities. We want to focus on what is strong in your community, not what is wrong. We believe everyone has a ‘gift’ to give – it could be a skill or talent. By connecting with others who are passionate about your community and recognising the gifts you have to give, we believe your community will become even stronger.

What matters to you?
Let us know what you care about in your community!
Is there an issue or idea you have about your community that you care about enough that you would meet with other residents to discuss how you could make it happen? Do you want to make more friends or meet more of your neighbours? Do you want to see more community groups or activities going on in your area?

If this is you, then please get in touch with Lauren Steele who is leading in the Southern Fringe!

Contact Lauren:
Email: lauren.steele@mindincambs.org.uk Phone: 01223 311320
YouMeUs is a Mind in Cambridgeshire project funded by the Cambridgeshire County Council.

Time to Change Train the Trainer Workshop
“When was the last time you felt misunderstood?”
This workshop is open to anyone who works or lives in the Southern Fringe of Cambridge and will explore how mental health problems can affect the lives of young people and adults. By the end of this session we will be able to provide you with the resources to deliver this workshop to others in your community.
When: Tuesday 7th June, 10am – 3pm
Where: Trumpington Meadows Primary School, Kestrel Rise, Cambridge, CB2 PAY
To book a place please contact Lauren on lauren.steele@mindincambs.org.uk
On the 1st September 2015 the School of Clinical Medicine signed the Organisational Pledge for the STOP Suicide Campaign. The STOP Suicide Pledge seeks to encourage organisations and individuals across Cambridgeshire and Peterborough to make a commitment to themselves and members of their community in relation to talking more openly about suicide and helping those in distress.

Both the Organisational and Personal Pledge seeks to alert communities across Cambridgeshire and Peterborough to the warning signs of suicidal behaviour and reassure them that an open and honest approach to suicide is the best way to prevent it. The campaign also aims to challenge the stigma and myths around suicide and the high profile media campaign will be crucial to achieving this. Overall, the campaign hopes to achieve a suicide-safer community.

**Stop Suicide Organisational Pledge**

We pledge that we will:

- Promote the STOP Suicide message throughout our organisation
- Encourage staff to sign up to the personal Stop Suicide Pledge
- Encourage staff to be open and honest when life gets difficult
- Encourage staff to reach out to others if they are worried about them.

**Stop Suicide Personal Pledge**

I pledge that I will:

- Tell someone if I need help
- Be aware of the suicide warning signs in others
- Ask directly about suicide if I’m worried about someone

To date over 45 organisations have signed the Organisational Pledge and 832 people have signed the Personal Pledge. For further information or if you too would like to join the hundreds of local people that have already registered their pledged please visit [http://www.stopsuicidepledge.org/](http://www.stopsuicidepledge.org/)