Welcome to the 4th Edition of the Clinical School Wellbeing Newsletter

This year sees the launch of Year 3 of the Clinical School's Wellbeing Programme. Since the last newsletter there have been lots of behind the scenes planning for all of the events we are holding this year to promote both mental and physical wellbeing. These include events for Mental Health Awareness Week (8th—14th May), the University's Festival of Wellbeing (27th June—7th July) and the Clinical School’s Wellbeing Week (6th - 10th November), as well as continuing our lunchtime series of talks.

Recap of end of Year 2 Wellbeing Programme:

In January 2017 we welcomed Macmillan Cancer who provided a session based around supporting cancer in the workplace. Additional support packs from Macmillan have now arrived and been distributed to departments.

Here in the Clinical School we have been promoting good mental health by celebrating Time to Talk Day with a cake sale to raise money for Time to Change - a charity dedicated to ending mental health discrimination. There were lots of delicious home-made and shop bought cakes on offer which the school office staff thoroughly enjoyed and we are pleased to announce that we raised £135 for Time to Change!

February 17th saw Random Acts of Kindness Day celebrated throughout the Clinical School departments. Gifts of sweets and gift vouchers were distributed to each department for the Business and Operations Managers and their helpful volunteers to distribute randomly and anonymously on individual’s desks. Here in the School office the goodies were very well received and feedback from the event has been overwhelmingly positive.

On 14th March we hosted a talk by the University's Disability Resource Centre about Autism Spectrum conditions, which highlighted how these conditions impact on an individual’s life and how to support staff and students with ASC. We have also continued to train Mental Health First Aiders and now have an additional 10 volunteers.

Talks & Future Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Upcoming - Wellbeing Events (Outside of MHA Week in May)</th>
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<tbody>
<tr>
<td>25th April 2017</td>
<td>‘How to cope with anxiety’ with Olivia Remes from Public Health &amp; Primary Care 12.30 - 13.30 in the CAB Lecture Theatre. Sign up: <a href="http://cs_anxiety.eventbrite.co.uk">cs_anxiety.eventbrite.co.uk</a></td>
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<tr>
<td>8th - 14th May 2017</td>
<td>Mental Health Awareness Week (see next page for the schedule of events and talks).</td>
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<tr>
<td>26th June 2017 FOW Event</td>
<td>As part of the University’s Festival of Wellbeing - the Clinical School is hosting a ‘Sleep, Nutrition and Wellbeing’ talk with Tony Derbyshire 12.30 - 13.30 in the CAB Lecture Theatre. Sign up at: <a href="http://sleep-nutrition-and-wellbeing.eventbrite.co.uk">sleep-nutrition-and-wellbeing.eventbrite.co.uk</a></td>
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<tr>
<td>27th June 2017 FOW Event</td>
<td>As part of the University’s Festival of Wellbeing - there will be massages in Seminar Room 9 with Maria Zegarra from Goldcrest Therapy 9.00 - 17.00 pm. Sign up at: <a href="http://revive-massage-session2.eventbrite.co.uk">revive-massage-session2.eventbrite.co.uk</a></td>
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### Mental Health Awareness Week

**8-14 May 2017**

#MHAW17

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<tr>
<th>Date</th>
<th>Mental Health Awareness Week at The Clinical School - May 2017</th>
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<tr>
<td><strong>Monday 8th May</strong></td>
<td>• ‘Relationships at Work’ talk with Dr Alison Jenaway, Consultant Psychiatrist (NHS) and Psychotherapist 12.30 - 13.30 in the William Harvey Lecture Theatre, Clinical School. Sign up: <a href="http://relationships-at-work.eventbrite.co.uk">relationships-at-work.eventbrite.co.uk</a></td>
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</table>
| **Tuesday 9th May** | • ‘Does Mindfulness Promote Resilience’ - Mental Health talk with Deputy Head of the School and Professor of Psychiatry Peter Jones 12.30—13.30 William Harvey Lecture Theatre, Clinical School. Sign up: [mindfulness-resilience.eventbrite.co.uk](http://mindfulness-resilience.eventbrite.co.uk)  
  • Massages 9am - 5pm (Seminar Room 9, CS School 25 mins slot) - back, or arm massages by Maria Zegarra [revivemassage.eventbrite.co.uk](http://revivemassage.eventbrite.co.uk) |
| **Wednesday 10th May** | • Volunteering Talk with Anne Bailey from Form the Future 12.30 - 13.30 William Harvey Lecture Theatre, Clinical School. Sign up at: [volunteering-opportunities.eventbrite.co.uk](http://volunteering-opportunities.eventbrite.co.uk)  
  • Smoothie Bikes with Matt Godfrey from 9.30—3.30pm Reception, Clinical School — come on down and take a turn at spinning your own smoothie. For those with a competitive nature there will be two bikes available for use so why not have a little healthy competition with your work colleagues! |
| **Thursday 11th May** | • Wellbeing and Staff Benefits Roadshow at Cancer Research UK CI , Foyer 12.30 - 14.00 - A showcase of the many benefits and services available to Clinical School Staff, with information stands from University departments such as the mediation and accommodation services and external services such as MIND and Unison |
| **Friday 12th May** | • New webpage launch—CS Wellbeing Website [wellbeing.medschl.cam.ac.uk](http://wellbeing.medschl.cam.ac.uk) |

*Please note this timetable may be subject to changes, updates will be re-circulated*
MHA Week - Employee Benefits & Wellbeing Roadshow Stalls
Thursday 11th May 2017 - 12.30-14.00 - CRUK CI Foyer & Atrium

Accommodation Service
Michael Donelan

CAMBens
Nicola Mister

Childcare Office

Counselling Service
Michelle Reynolds

Dignity@Work
Lisa Clare

Mediation Service
Sarah Alexander

HR ER/Recruitment
Vicky Smallbone
Sian Miller
Aimee-Jane Carpenter

Occupational Health
Mary Meredith

Personal & Professional Development
Miranda Carr

Unison
Jayne Green

Handouts from:
CamQuit
Relate

Cycle Scheme
Rutland Cycling

Everyone Health

Frank Lee
Andy Sewell

MIND
Dominika Karpowicz

Payroll Giving
Elaine Docwra

Clinical School Postdoc Committee

Tusker

ZipCar
Sophie Osborn

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As part of the University’s Festival of Wellbeing, the Clinical School Wellbeing Programme are pleased to be able to welcome Tony Derbyshire to the school.

**Tony Derbyshire is a Performance Coach** and former Royal Marine Commando who has been helping athletes, teams and organisations improve their performance, resilience and wellbeing for the last seventeen years.

Tony has coached and delivered training for organisations such as Vodafone, Hewlett Packard, GlaxoSmithKline, RBS, NHS and Microsoft, to name but a few.

After spending almost a decade as a Royal Marine, Tony set up his own business as a Health and Fitness professional. His skills for motivating clients and getting results led him to becoming more interested in sports psychology and understanding the link between success and positive attitudes. Tony advanced his knowledge and became a lecturer for one of the leading Health and Fitness Training companies in the UK where he taught sports therapy and business skills.

Tony then took his skills into business to deliver performance and coaching programmes for a successful training consultancy. His exhilarating programmes put business teams, managers, and individuals through their paces, helping them to achieve their best performances in all aspects of life.

At present he is the Performance Coach for AFC Bournemouth and part of his responsibilities are the player’s lifestyle choices, both in work and at home, including, nutrition, sleep, and daily habits.

Tony lives in Poole Dorset with his wife and two daughters and in his spare time competes in endurance races. He has completed five Ironman Triathlons and three years ago he participated in “The Ultimate Challenge” for the charity Rarer Cancer foundation where he swam 6 miles, cycled 100 miles, kayaked 36 miles, ran a marathon and finally competed in an Olympic triathlon.

With a deep understanding of the importance of controlling attitude, confidence, self-esteem and mental focus, his entertaining and acclaimed programmes, inspire delegates to become true winners.” Source: Potential Plus.
Mental Health First Aiders at the Clinical School

For contact details of our MH First Aiders please visit: https://www.medschl.cam.ac.uk/human-resources/staff-wellbeing/mental-health-first-aiders/

What is a Mental Health First Aider?
A Mental Health First Aider (MHFA) in the School of Clinical Medicine is someone who has attended a two day accredited MHFA England training course and following this training wishes to volunteer to be a MHFA for the School.

What are the aims of Mental Health First Aid in the School?
- To preserve life where a person may be a danger to themselves or others.
- To provide initial help to a person experiencing a mental health problem/crisis.
- To guide a person towards appropriate professional help by providing them with appropriate information and signposting.
<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>World Health Day</td>
<td>7th April</td>
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<tr>
<td>Parkinson’s Awareness Week</td>
<td>10th - 16th April</td>
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<td>On your Feet Britain</td>
<td>28th April</td>
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<td>National Walking Month</td>
<td>1st - 31st May</td>
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<td>Stroke Awareness Month</td>
<td>1st - 31st May</td>
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<tr>
<td><strong>Mental Health Awareness Week (Events at the Clinical School)</strong></td>
<td><strong>8th - 14th May</strong></td>
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<td>The theme for this years event is surviving or thriving. The Clinical School will be promoting the week with a range of events. See the website for more details.</td>
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<tr>
<td>World No Tobacco Day</td>
<td>31st May</td>
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<td><strong>University Festival of Wellbeing (Events at the Clinical School)</strong></td>
<td><strong>26th June - 7th July</strong></td>
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<td>As well as a full timetable of events hosted by the University, the Clinical School will be hosting a number of events here on the Biomedical Campus. See the website for more details.</td>
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<tr>
<td>Carers Week</td>
<td>12th - 18th June</td>
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<td>Men’s Health Week</td>
<td>12th - 18th June</td>
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<td>Disability Awareness Day</td>
<td>16th July</td>
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<td>World Breastfeeding Week</td>
<td>1st - 7th August</td>
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<td>World Suicide Prevention Day</td>
<td>10th September</td>
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<td>World Heart Day</td>
<td>29th September</td>
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<td>Macmillan Coffee Morning</td>
<td>30th September</td>
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<td>Women’s Sports Week</td>
<td>2nd - 8th October</td>
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<td>OCD Awareness Week</td>
<td>8th - 14th October</td>
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<tr>
<td>World Mental Health Day</td>
<td>10th October</td>
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<td>Movember Men’s Health Awareness Month</td>
<td>1st - 30th November</td>
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<tr>
<td>National Stress Awareness Day (NSAD)</td>
<td>1st November</td>
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<tr>
<td><strong>Clinical School Wellbeing Week</strong></td>
<td><strong>6th - 10th November</strong></td>
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<tr>
<td>The Clinical School will be hosting a number of events here on the Biomedical Campus. See the website for more details.</td>
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<tr>
<td>Alcohol Awareness Week</td>
<td>13th-19th November</td>
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<td>World Diabetes Day</td>
<td>14th November</td>
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<td>International Day for the Elimination of Violence against Women</td>
<td>25th November</td>
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<td>Anger Awareness Week</td>
<td>1st - 7th December</td>
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<td>1st December</td>
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World Health Day - 7th April 2017

- World Health Day marks the anniversary of the founding of the World Health Organization. The theme of the 2017 World Health Day campaign is depression. From mental anguish to devastating consequences for relationships, at worst depression can lead to suicide and is now the second highest cause of death among 15—29 year olds.

- Depression can be treated and prevented, and we are still all working towards reducing the stigma associated with depression and other mental illnesses.

- For University support you can talk to your colleagues, line manager, Occupational Health or HR if you need some advice or signposting to help and support services. More support information can be found below.

Support Available:

**Samaritans**

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Tel: 08457 90 90 90 (24 hrs 7 days a week)

[www.samaritans.org](http://www.samaritans.org)

Information about a range of mental health topics and support services [www.mindincambs.org.uk](http://www.mindincambs.org.uk)

0300 123 3393

Monday to Friday, 9am-6pm

[www.mind.org.uk](http://www.mind.org.uk)
The **On Your Feet Britain** Challenge dares you to take James Brown at his word and convert 'sitting time' to 'standing time'. Here are some ideas:

- Stand and take a break from your computer as often as possible
- Eat your lunch away from your desk
- Walk to your colleague's desk instead of phoning or emailing them

### Clinical School Lunchtime Walk

**Please join** the Clinical School Wellbeing Team **for our lunchtime walk on:**

**Wednesday 26th April at 12:30 pm**

We will meet outside the Clinical School Main Entrance (opposite outpatients)

**sign up:** [walk-around-the-campus.eventbrite.co.uk](walk-around-the-campus.eventbrite.co.uk)

### Wellbeing Survey Winners!

We would like to say a big ‘Thank you’ to all of you who took part in the Clinical School Wellbeing Programme Survey, and a huge congratulations goes to:

- **Anna Nicholson**, Postdoctoral Research Associate from CRUK CI and;
- **Zak Iskander**, Systems Support Analyst, CS Computing Service

who were each the lucky winners of a FitBit Flex 2! Well done!