



UNIVERSITY OF
CAMBRIDGE
School of Clinical Medicine

Wellbeing Newsletter

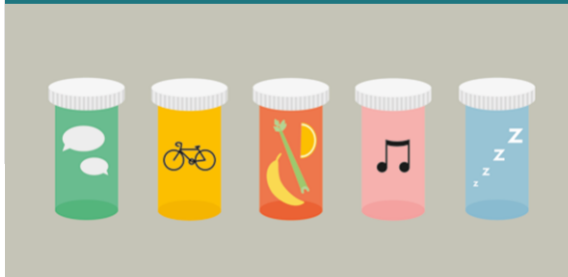
School of Clinical Medicine



Five Ways To Wellbeing

Welcome to the second edition of the Clinical School's Wellbeing Newsletter.

Case study: changing attitudes to mental health and illness



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Image

Wellbeing

Credit: Anna Betts



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Since its launch last year, the Clinical School's Wellbeing Programme has heralded a culture change in attitudes to mental health and illness. Senior HR Adviser Caroline Newman explains how the programme is helping to dispel enduring myths about mental health.

Even though she's a passionate advocate for mental health, Caroline Newman, Senior HR Adviser at the Clinical School, has been taken aback by the success of the Raising Mental Health Awareness programme she launched in April 2015.

During its first 12 months, with a budget of £6,500 from the Clinical School, there have

“We set out with a clear plan of what we wanted to achieve - to embed a culture of dignity in mental health across the Clinical School.”

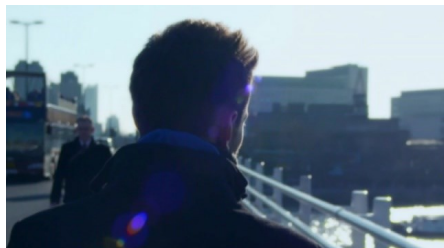
The past few months have been a busy time for the Wellbeing Programme with Mental Health First Aider training, a number of topic briefings ranging from Eating Disorders to Substance Abuse, and behind the scenes planning for the Wellbeing Week in September.

Since the last newsletter, the Wellbeing Programme has had invaluable exposure across the University, with a case study on the main University webpages as well as articles in the annual UAS report and the University Staff Newsletter. With positive feedback and staff survey statistics showing that 71% of respondents knew where to find support services for wellbeing and mental ill health, we are pleased to see that the Wellbeing Programme is continuing to achieve its core objectives. To read the full case study article please visit: www.cam.ac.uk/for-staff/features

In addition we are pleased to announce that representatives from GlaxoSmithKline and Papworth Hospital NHS Foundation Trust have recently joined the Cambridge Biomedical Campus Wellbeing Network Group. The Wellbeing Network Group's key objectives are to oversee the development, implementation and evaluation of the mental health and wellbeing strategies across participating organisations on the Biomedical Campus. To date the network group has opened up a number of talks and sessions to staff across the campus and those involved in the network group, with plans currently underway for a collaborative project to tie in with World Suicide Prevention Day on the 10th September 2016 and World Mental Health Day on the 10th October 2016.



Looking ahead, the next few months will be especially busy for the Wellbeing Programme as we welcome guest speakers to the School and host our first annual Wellbeing Week. Whilst August will be a quiet month due to the summer break, September will start in full force as we welcome Jonny Benjamin (#FindingMike and The Stranger on the Bridge), to the School on the 9th September. To coincide with World Suicide Prevention Day (10th September) Sarah Hughes, CEO of MIND in Cambridgeshire, will provide a brief introduction prior to the viewing of the film 'The Stranger on the Bridge' and a Q&A session with Sarah Hughes and Jonny Benjamin.



Originally aired on Channel 4, for those that may not be aware of the campaign or events leading up to it, the film tells the story of the day in January 2008 when Jonny Benjamin stood on London's Waterloo Bridge and was prepared to take his own life following a recent diagnosis of Schizoaffective disorder. Through one stranger's actions, Jonny was persuaded not to jump and several years later set about finding the stranger through his #FindMike campaign.

The talk will take place at 12:00pm on Friday 9th September, in the CRUK-CI lecture theatre. We anticipate it will be a popular session, so to reserve a place, please visit the following link: tinyurl.com/zzyfsqy

In the latter part of September the Clinical School will also host its first annual Wellbeing Week between the 26th–30th September. Full details on the daily events and how to reserve spaces can be found on page 4.



In collaboration with Mental Health First Aid England, the Clinical School has been busy training a wide selection of staff from across the School in order to establish a bank of **Mental Health First Aiders**. Operating as a confidential contact service, the First Aiders offer help and advice to individuals who seek support in times of need or crisis. To date we have trained 9 first aiders with a further 10 scheduled to complete the training in October.

Though not a 24 hour emergency service, the First Aiders will be equipped with the following skills:

- 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.



With the support service set to launch during the September Wellbeing week there is still time to submit expressions of interest if you are interested in becoming a Mental Health First Aider. Initial enquires should be directed to the Wellbeing Team at cswellbeing@admin.cam.ac.uk

Throughout the **week commencing the 26th September**, the Clinical School will host its first annual **Wellbeing Week**. With events on each day ranging from smoothie bikes, pedometer challenges and a British Heart Foundation Health and Wellbeing Day, there should be something of interest for everyone.

Monday 26th September

Mental Health First Aider Launch	All Day	Not Applicable
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Launching the new Mental Health First Aider network, staff will have access to a contact service which will offer help and service signposting to individuals who seek support in times of need. With a dedicated First Aider webpage, staff can log on and choose which First Aider they feel most comfortable contacting.

Tuesday 27th September

Pedometer Challenge	All Day	Not Applicable
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In teams of five, staff are encouraged to take part in the 4 week step challenge intended to motivate them to increase their daily activity levels in the interest of a well rounded healthy lifestyle. For more information please see page 4.

Wednesday 28th September

Webpage Launch	All Day	CS Wellbeing Website
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With new pages covering topics such as Dignity@Work, Maternity Leave, Eating Disorders and Mental Health First Aiders, we encourage you to visit the Clinical School Wellbeing website to view the new additions.

Thursday 29th September

Health & Wellbeing Day – British Heart Foundation	10:00-16:30 (1 hour slots)	The Atrium, CRUK-CI
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With the intention to inform and inspire through interactive sessions we hope that there will be something of interest for everyone within the four zones covering 'Healthy Eating', 'Think Well', 'Changing Habits' and 'Physical Activity'. For further information on the event and how to book please visit page 4 of the newsletter.

Friday 30th September

Smoothie Bikes	11:45-14:30	The Foyer Area, Clifford Allbutt Building
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A fun and light-hearted way to promote health and wellbeing, why not come on down to the Clifford Allbutt Building 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.



Launched as part of the School's Wellbeing Week, we are encouraging staff to 'step towards health' by taking part in a **Pedometer Challenge**. Organised in collaboration with the British Heart Foundation the challenge will take place for four weeks starting on Tuesday 27th September and finishing on Tuesday 25th October.

With the intention of increasing individuals' activity levels, teams of up to five members, with an elected team captain, will record their step count each day and submit an update each week. Competing over a four week period, a virtual location based on the number of teams that apply, will be chosen and act as a prompt for teams to direct their efforts towards.

For those of you that enjoy a bit of healthy competition there will be weekly updates on each teams progress to spur you on to take those extra few steps!

'I can't take part because I don't have a pedometer' I hear you say? Do not be discouraged as the first 20 individuals to enter will receive a pedometer each free of charge and there are plenty of activity tracker mobile apps that you can download.

So grab your pedometers, Fitbits or mobile apps and start arranging your teams. Team entries should be submitted to cswellbeing@admin.cam.ac.uk detailing the team members names, their Department(s) and the name of the nominated team leader. Entries should be submitted by no later than 5pm on Tuesday 20th September.



As part of the Wellbeing Week the School will also be hosting a **'Health and Wellbeing Day'** in partnership with the British Heart Foundation. With four zones covering topics such as healthy eating, weight contract, stress awareness, alcohol consumption and physical activity for staff to explore, there is sure to be an area of interest for everyone. Taking place in the CRUK-CI Atrium, the event is open to all staff within the School of Clinical Medicine and 1 hour slots are pre-bookable via the following link: tinyurl.com/gtu8k5v

For further details with regards to what will be available at each zone please see below.

Healthy Eating zone:

- ◆ Linking health eating, as part of a healthy lifestyle, to a reduction in the risk of Coronary Heart Disease (CHD)
- ◆ Presentation on the 'Eat Well' to include a discussion on each food group and their relative proportions.
- ◆ 'Higher/Lower' game.
- ◆ Interactive BMI/waistline measurement check.
- ◆ Goal sheets highlighting one area that each individual may wish to change with regards to this zone.

Think Well zone:

- ◆ Stress dot test to tie in with link between skin temperature and stress.
- ◆ Thermometer activity– this is used in order to further reinforced the idea that different people find different situations stressful and will cope with them in different ways.
- ◆ Active distraction exercises to link in with ways of dealing with stress.
- ◆ Goal sheets highlighting one area that each individual may wish to change with regards to this zone.

Changing Habits zone:

- ◆ Beer goggles exercise to link in with the effects of alcohol in the body.
- ◆ Discussion on long term effects of alcohol on heart health.
- ◆ 'Pour me a drink' activity.
- ◆ Smokerlyser tests and discussion in relation to the financial benefits of stopping smoking with smoking wheel.
- ◆ Discussion involving what individuals can do to improve their chances of successfully changing behaviour.
- ◆ Goal sheets highlighting one area that each individual may wish to change with regards to this zone.

Physical Activity zone:

- ◆ Discussion around the benefits of physical activity and how long we think we should ideally be active each day.
- ◆ Aerobic activity and discussion around how thing can improve heart health.
- ◆ Wii challenge and resistance bands.
- ◆ Goal sheets highlighting one area that each individual may wish to change with regards to this zone.