Wellbeing Newsletter
School of Clinical Medicine

Clinical School Wellbeing Programme
connect • be active • keep learning • give • take notice

August 2017
Welcome to the 5th Edition of the Clinical School Wellbeing Newsletter

It’s been a busy year so far for the Clinical School Wellbeing Programme. Since the last newsletter in April 2017 there have been many events and talks to promote mental and physical wellbeing and we have some exciting plans for the rest of the year!

Thank you to everyone for your continued support of the Wellbeing Programme.

As always, we welcome your feedback and ideas and ask that you please send any suggestions you have to CSWellbeing@admin.cam.ac.uk.
Welcome to the fourth edition of the Clinical School’s Wellbeing Newsletter.

This year sees the start of the third year 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 – 9th July) and the Clinical School’s Wellbeing Week, as well as continuing our lunchtime series of talks.

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 lot 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, chocolates Mental Health First Aiders We have continued to train Mental Health First Aiders and now have an additional 10

In May we ran a whole week of wellbeing events to promote mental health awareness.

**Day 1**
Dr Alison Jenaway, Consultant Psychiatrist (NHS) and Psychotherapist delivered a fascinating talk about relationships at work.

**Day 2**
We asked ‘Does Mindfulness Promote Resilience?’ with a talk from Deputy Head of the School and Professor of Psychiatry Peter Jones. There were also free massages by Maria Zegarra!

**Day 3**
Anne Bailey from Form the Future gave a talk on Volunteering and there was also the opportunity to spin your own smoothie with the smoothie bikes in Clinical School Reception. It looked like a lot of fun!

**Day 4**
Cancer Research UK CI hosted a brilliant Wellbeing and Staff Benefits Roadshow. Representatives from the many benefits and services available to Clinical School staff were out in force with information stands from University departments, such as the mediation, counseling, occupational health and accommodation services. There were also stands from external services such as MIND and Unison.

**Day 5**
The last day of Mental Health Awareness Week saw the launch of new wellbeing webpages on the Clinical School Wellbeing Website [wellbeing.medschl.cam.ac.uk](http://wellbeing.medschl.cam.ac.uk).
Wellbeing Programme Recap: April to August 2017...continued

Resilience and Wellbeing Talk
Dame Carol Black’s talk on resilience and wellbeing in the workplace was well-received and highlighted the impact that psychological wellbeing and engagement levels can have on employee productivity.

Sleep, Nutrition and Wellbeing Talk
Tony Derbyshire gave a talk about healthy sleep and nutrition habits to improve overall wellbeing. Feedback from attendees was extremely positive!

Feedback from Tony Derbyshire’s talk

“It is useful to be reminded of small changes you can make to your daily life to aid your health and wellbeing”

“It thoroughly enjoyed the talk—the speaker was very engaging and I will definitely be changing some things as a result”

“I have learnt a number of things that I intend changing in my life to improve diet, exercise and sleep”

Revive Message Session & Mindfulness and Relaxation Talk
The Clinical School also offered a Revive Massage Session and a Mindfulness and Relaxation talk as part of the Festival of Wellbeing. We hope you were left feeling seriously chilled as a result!

Athena SWAN Awards Ceremony
On 19th July Professor Fiona Karet (Director of Organisational Affairs) and Vicky Smallbone (E&D Co-ordinator) attended the Athena SWAN Awards Ceremony at Imperial College, London, to collect the Clinical School’s Athena SWAN Silver Renewal Award. The awards, presented by Professor Helen Beebee (Professor of Philosophy, Manchester University) recognise the commitment of the Higher Education sector to address inequalities.

The School is very proud of our Silver renewal (valid until November 2020), which reflects our very broad programme of activities relating to Equality, Diversity and staff support, and the continued embedding of good practices. Fiona, who led the application said, ‘a special thanks to our Athena SWAN Governance Group and the School’s Equality Champions, who work tirelessly to promote positive change throughout the School - helping to make the School “a great place to do great work”’. 
### Upcoming - Wellbeing Events

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<thead>
<tr>
<th>Event</th>
<th>Date &amp; Location</th>
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<tbody>
<tr>
<td><strong>Championing Equality and Diversity: Transgender inclusion workshop</strong></td>
<td>Friday 29 September 2017 12.30 – 13.30</td>
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<td>As an initial response to an employee recognising and then highlighting to their HR Schools Team that a HR administrative form unnecessarily asked whether a member of staff was male or female, the University has reviewed its reference to gender in a number of policies in order to ensure that when describing people, references to gender is avoided. For example, our maternity policy no longer refers to the gender of the partner of a pregnant employee. This project has developed more widely into training for all staff and identifying other areas where the University can improve its work with employees who may identify as gender neutral or gender non binary. HR will be providing a workshop on gender and transgender inclusion which will explore language definitions and strategies in order to ensure that all employees are supported. All employees are welcome to attend.</td>
<td>Clifford Allbutt lecture theatre, Bay 13 Building, Clinical School</td>
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<td><strong>Tea &amp; Talk—Clinical School Bake Sale (World Mental Health Day)</strong></td>
<td>Tuesday 10 October 2017 10.00 -13.00</td>
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<td>Have a natter. Raise money. Change lives. People who are more socially connected to family, friends, colleagues or their community are happier, physically healthier and live longer, with fewer mental health problems than people who are less connected. The Clinical School is organising a bake sale on Tuesday 10 October to raise money for mental health charities. Please donate cakes for this good cause!</td>
<td>Clifford Allbutt Building Lobby Area, Clinical School</td>
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<tr>
<td><strong>Resilience Talk by Jessica Fritz from the Department of Psychiatry</strong></td>
<td>Monday 6 November 2017 12.30 – 13.30</td>
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<td>This talk is part of Clinical School Wellbeing Week.</td>
<td>William Harvey lecture theatre</td>
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<td><strong>Wellbeing Talk: Pregnancy</strong></td>
<td>Date and location TBC</td>
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<td>Pregnancy and Wellbeing Talk from Julie Taylor-Robertson, Community and Rosie Birth Centre Lead, from the Rosie Maternity Centre.</td>
<td>More information coming soon</td>
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<tr>
<td><strong>Disability Resource Talk</strong></td>
<td>Date and location TBC</td>
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<td>A talk with Helen Duncan and Ken Ewing, SpLD Advisors at the Disability Resource Centre. During this talk they will discuss dyslexia, dyspraxia and AD(H)D and their impact on study and work. The talk will be practical and aim to consider ways to work effectively with all students and colleagues.</td>
<td>More information coming soon</td>
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<tr>
<td><strong>Personality Disorders talk by Pamela Peters (Consultant Psychiatrist in Psychotherapy - CPFT)</strong></td>
<td>Date and location TBC</td>
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<td>More information coming soon</td>
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Events in October

World Mental Health Day—10 October 2017

The World Health Organisation recognises World Mental Health Day on 10 October every year. This year’s theme is mental health in the workplace.

Tea & Talk Bake Sale

Tuesday 10 October
10.00 -13.00
Clifford Allbutt Building Lobby Area, Clinical School

Have a natter. Raise money. Change lives.

Please donate cakes (home baked or shop-bought) so that we can get together, natter and raise money for mental health charities!
Events in November

Clinical School Wellbeing Week
6—10 November 2017

The Clinical School Wellbeing Week will include events such as the Pedometer Challenge, wellbeing speakers, smoothie bikes, massages, FitBit prizes and health consultations.

Watch this space for further updates!

As part of Wellbeing Week Jessica Fritz from the Department of Psychiatry will be giving a talk about Resilience on Monday 6 November 12.30-13.30 in the William Harvey lecture theatre.
Wellbeing Advocacy

The Clinical School Equality Champion’s role now incorporates wellbeing. This means that in addition to being a point of contact for all Equality and Diversity matters, they can also be contacted for information relating to wellbeing. The majority of the Equality Champions will have attended Mental Health First Aid Lite training and can signpost to internal and external support services. In addition, the Equality Champions will promote the School’s and the University’s wellbeing events and advocate for wellbeing initiatives within their departments.

Other Wellbeing Programme Updates & Events

Wellbeing Advocacy

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Fancy a lunchtime walk?

Take a break on Tuesday lunchtimes and join us for FREE 30 minute led walks on the Cambridge Biomedical Campus and surrounding parks

Meeting every Tuesday at 12.30pm and 1.30pm

at Reception, near the entrance to the Concourse

Walks are at a pace to suit everyone

To find out more, contact Richard Butler (walk leader) email: richard.butler@addenbrookes.nhs.uk, tel: 01223 216087
Other Wellbeing Programme Updates & Events

2017 International & National Wellbeing Dates

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<th>Event</th>
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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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<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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<td>National Stress Awareness Day (NSAD)</td>
<td>1st November</td>
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<td>Clinical School Wellbeing Week</td>
<td>6th - 10th November</td>
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<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>World AIDS Day</td>
<td>1st December</td>
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Cycle to Work Day

Cycle to Work Day encourages adults across the UK to get on their bike and give cycle commuting a go for one day. Pledge your miles here. Why – because cycling to work is brilliant! It’s an easy way to boost your health and fitness, improve your wellbeing and show some love to the environment.

This year’s event takes place on Wednesday 13th September and it’s their fifth birthday – so the celebration of cycling will be bigger than ever! Cycle to Work Day started in 2013, and every year this annual event has grown. Today, it’s a way of celebrating those who are already passionate cycle commuters, as well as those who are giving it a go for the very first time. So dust off your favourite bike and get ready to join in the UK’s biggest one-day celebration of cycle commuting on 13 September 2017...
Coming Soon: New Wellbeing Programme Poster for your Wellbeing Noticeboards!

Additional laminate copies will also be sent for bathroom doors in departments.

Wellbeing

The Clinical School Wellbeing Programme aims to **improve staff health, safety and wellbeing**

**5 steps to Wellbeing:**

- Connect – with the people around you
- Be active – find an activity that you enjoy and make it a part of your life
- Keep learning – new skills or hobbies
- Give to others – a smile, a thank you or voluntary work
- Be mindful – of the present moment, your thoughts and feelings, your body and the world around you

Check out the Clinical School Wellbeing webpages which host a wide range of information and events about all aspects of wellbeing:

- wellbeing.medschl.cam.ac.uk
- cswellbeing@admin.cam.ac.uk

Clinical School Wellbeing Programme

wellbeing.medschl.cam.ac.uk

**Internal Support Services:** Occupational Health, Staff Counselling Service, Human Resources, Dignity@Work, Mediation, Chaplaincy

**External Support Services:** NHS 111, MIND, Samaritans

Please see our website for contact numbers and a list of additional support services.
STRATEGY FOR SPORT
The Sports Service is currently working with the Sports Committee to finalise the University Strategy for Sport for 2017-2021. The Strategy will highlight how the Sports Service can support developments and initiatives at the University level in relation to staff health and wellbeing.

FACILITIES AND SERVICES
The Sports Service currently offers a range of fitness, sport and wellbeing opportunities for University and College staff at discounted rates.

SPORTS CENTRE
Fitness Membership
University staff have the opportunity to sign up to our Cambridge Sport membership or Squash membership.

More Information: http://www.sport.cam.ac.uk

Personal Programmes and Personal Training
Free inductions and personal programmes are available for members of the fitness facilities. We also have a number of very qualified and experienced staff that can offer personal training services.

Classes
A range of classes are available early morning, lunchtime and early evening, including Ballet Barre, Yoga, Spinning and circuits. More Information visit: http://www.sport.cam.ac.uk

Health Checks
A Health Check service is available at the Sports Centre. This includes Peak Flow, Blood Pressure, Body Fat and Hamstring/Back Flexibility measurements. These can provide an indication of health levels and offers a good benchmark from which to start exercise or target improvement.

GP Referrals
The GP Referral Scheme is a 12 week programme for individuals who have a medical condition, illness or disability. Referred individuals work closely with one of our exercise referral instructors and are provided with individualised exercise programmes tailored to their specific needs. More information available at: http://www.sport.cam.ac.uk/get-involved/gp-referral
Counselling Referrals
The Sport Service works alongside the Counselling Service to provide an 8 week programme for staff who might benefit from increasing their activity levels. A gym session with a fitness coach who can design a personal programme and fitness classes are both available to staff during this process.

CADMuS
The Cambridge Adult Disability Multi Sport (CADMuS) Club was officially launched in January 2015 to provide a programme of Disability MultiSport activities at a weekly Saturday morning session at the University of Cambridge Sports Centre from 10am-12pm. The club gives participants the opportunity to try a range of sports from Boccia and goalball to table tennis and Kung Fu, and much more besides, all with qualified and experienced instructors on hand to lend support where required.

Ping (Table Tennis Table)
There is a table tennis table with bats and balls available outside the facility which can be used free of charge.

Sports Hall and Courts
For staff interested in attending classes and booking courts (Badminton, Short Tennis, Squash, Fives) there is a Sports Centre Membership option available. This allows members to book and pay as they go for activities.

The Sports Centre runs a squash league and Cambridge Squash Club is based at the Sports Centre for those that would like to play more regularly. A Fives Club is also in the process of being developed.

Our facilities are also available for Departments or groups to book for five-a-side or basketball sessions.

Away Days
The Sports Service can provide a range of bespoke Away Day options for Departments. These can include a mixture of team building exercises, classes and sporting activities.

Children’s Parties /Activities
The Sports Service can offer multisport or sport specific parties at the Centre. The Sports Centre also runs a squash tots programme and will be expanding its family activities over the next year.
FENNER’S CRICKET
There is an Indoor Cricket Centre at Fenner’s where staff can hire individual lanes or the whole facility for casual cricket coaching and practice sessions.

WILBERFORCE ROAD SPORTS GROUND
Staff can take out Track Membership to use the athletics facilities at specific times of the day. There is also a 1km jogging track that any member of staff can access during lunch breaks. Cambridge and Coleridge Athletics Club also operate from the facilities for anyone interested in running more regularly.

FESTIVALS
The Sports Service was heavily involved in the Festival of Wellbeing this year with the free Health Checks and Fitness Classes proving particularly popular with staff.

The Sports Service takes part in Open Cambridge and Science Week. These normally involve school events or free taster sessions.

www.sport.cam.ac.uk  Sports Centre: 01223 336580