

WELLBEING AT THE UNIVERSITY

The University is committed to providing a healthy and fulfilling working environment and improving the quality of staff's working lives. Our goal is to improve health, safety and wellbeing (physical, mental and social) and prevent work-associated ill health.



Initiatives during the academic year 2017/18 will focus on mental health awareness and managing work demands, with lunchtime sessions being provided on these topics. These initiatives will build on existing good practice, while allowing local flexibility for departments to accommodate such activities within their existing wellbeing provision.



Support and information are provided through the HR Division as well as locally. If you would like to be involved or to find out more information, please contact your central HR School team, or visit our new Wellbeing website which will be available from October 2017.

To contact your HR School team please see: www.hr.admin.cam.ac.uk/contact-us
From October 2017 a new Wellbeing website will be launched with bookable events at:
www.wellbeing.admin.cam.ac.uk
HR Division website (including current Wellbeing pages) is at: www.hr.admin.cam.ac.uk