



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

[wellbeing.medschl.cam.ac.uk](http://wellbeing.medschl.cam.ac.uk)  
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**STRESS**  
: ARE WE COPING?

## MENTAL HEALTH AWARENESS WEEK 14-18<sup>TH</sup> MAY 2018

This year for Mental Health Awareness Week, we're focusing on stress. Research has shown that 16 million people experience a mental health problem each year, and stress is a key factor in this.

The Clinical School Wellbeing Programme is hosting a number of events during the week to help combat stress of everyday life.

**MONDAY**

**14**

**'Breaking the Silence' – Miriam Lynn**  
10–11am, CRUK Lecture Theatre  
Preventing Harassment & Sexual Misconduct  
Book here: <https://tinyurl.com/yav3gn79>

**'Master Time & Focus' - Sam Thorogood**  
12 – 1pm, Clifford Allbutt Theatre  
Focused Achievement in a Distracted World –  
how to effectively manage your workload and  
your time. Book here:  
<https://tinyurl.com/ydqa3usv>

**TUESDAY**

**15**

**CS Wellbeing Programme, Staff Massages,  
Clinical School, Seminar Room 8**  
Enjoy a complimentary 20 minute massage at  
the Clinical School  
Places are guaranteed to go fast!  
Book here: <https://tinyurl.com/ycvphffq>

**Lunchtime Walk, 12.30pm and 1.30pm**  
Take a break and stretch your legs by enjoying a  
walk in the sunshine around the campus.  
Meet at reception, near the concourse entrance  
30-40 minute led-walks. No need to book!

**WEDNESDAY**

**16**

**Free Bike Service – All day**  
Free bike service for all members of staff at the  
front of the Clinical School  
<https://www.bikeworks.org.uk/fixing/university-cambridge-dr-bikes/>

**Website Launch**  
Check out the new webpages and support  
information: [wellbeing.medschl.cam.ac.uk](http://wellbeing.medschl.cam.ac.uk)

**THURSDAY**

**17**

**Benefits & Wellbeing Roadshow, 10.30–12.30pm, Foyer, CRUK**  
A showcase of the many benefits and services available to Clinical School Staff with information stands  
from University departments and external services. No needed to book!

**FRIDAY**

**18**

**CS Wellbeing Programme, Staff Massages,  
Clinical School, Seminar Room 7**  
Enjoy a complimentary 20 minute massage at the  
Clinical School  
Places are guaranteed to go fast! Book here:  
<https://tinyurl.com/ya6jsez4>

**Lunchtime Yoga Session, 1-2pm,  
Clinical School, Seminar Room 1**  
Join us for a lunch time yoga session.  
Please bring a yoga mat as they will not  
be provided for this session. Book here:  
<https://tinyurl.com/y955rvmx>

**Charity Bake Sale & Tea &  
Coffee Voucher**  
Join us for our charity bake sale  
in reception of the Clinical  
School. You can also claim a  
voucher for a free tea or coffee  
from the Clinical School café.