

Wellbeing Advocate



Department of Computer Science and Technology

As part of taking forward the University's Wellbeing strategy, two volunteer local Wellbeing Advocates have been nominated to provide wellbeing guidance and signposting to staff in our department/faculty and promote University wellbeing initiatives.

The role includes:

- providing guidance/signposting to employees in their Institution about wellbeing issues, including mental/physical health and dignity at work concerns
- promoting local wellbeing initiatives
- communicating University-wide wellbeing initiatives
- contributing to and participating in networks to facilitate greater awareness of wellbeing across the University.

Details of these Wellbeing Advocates are as follows:

Professor Alan Blackwell: afb21@cl.cam.ac.uk

Dr Richard Clayton: rnc1@cl.cam.ac.uk

Support and information are provided through the HR Division as well as locally.

HR School team contacts are listed at: www.hr.admin.cam.ac.uk/contact-us

HR Division website is at: www.hr.admin.cam.ac.uk/

The Wellbeing website, including for booking on lunchtime events is at:
www.wellbeing.admin.cam.ac.uk/