To: Heads of School, Heads of Department/Institution, Chairs of Faculty Boards  
c: Emma Stone, Director of HR, Secretaries of School, Departmental and Faculty  
Administrators, HR Business Managers and Advisers, Sarah Botcherby  

October 2017  

Dear Colleagues  

Wellbeing Strategy – latest news  

I am pleased to confirm that the new Wellbeing website is now available on the HR Division  
website at:  
www.wellbeing.admin.cam.ac.uk  

I should be very grateful if you would make your staff aware of the website, which provides  
wellbeing information including free lunchtime briefings covering wellbeing priority areas (a  
‘flier’ is attached which can be sent out or displayed on noticeboards).  

Thank you to those departments and institutions which have nominated Wellbeing  
Advocates. A recent Welcome and Networking event gave the Advocates the opportunity to  
meet and hear about the staff services functions, to understand HR support provided and to  
learn about the Dignity at Work policy. Any further nominations or queries should be referred  
to your HR Business Manager. Further Mental Health Lite training (by MIND) will be made  
available so that all Wellbeing Advocates can be fully briefed.  

Further current or planned activities include:  
• A ‘Leadership Essentials’ briefing for academic staff, delivered locally by HR, is  
being piloted in several departments during Michaelmas Term.  
• An operational health and wellbeing group chaired by the University’s Wellbeing  
Champion, Dr Nick Bampos, will meet regularly from November to take forward the  
delivery of wellbeing initiatives, produce an annual report and organise the Festival of  
Wellbeing.  
• A Health & Wellbeing Working Group set up under the People Strategy, to which the  
operational group reports, will continue to review the University’s current approach to  
wellbeing to develop initiatives that provide a more comprehensive and holistic  
approach to progress our wellbeing strategy.  

I know that I can count on you to support these key initiatives. The growing body of  
evidence revealing the large human cost of poor mental health at work, as well as knock on  
impacts for society and the economy, indicates why it is imperative to take these issues  
seriously.  

We will keep you informed of developments and will take into account views and  
suggestions concerning the wellbeing initiatives (we have set up an email address to assist  
this feedback process: HealthandWellbeing@admin.cam.ac.uk).  

Yours sincerely  

Professor Eills Ferran FBA  
Pro-Vice-Chancellor for Institutional and International Relations  
cc: Wellbeing flier  
Circular sent out in June 2017