

MONDAY 23 JUNE –  
SUNDAY 29 JUNE 2014

People  
Matter  
Week.

[www.peoplesmatterweek.admin.cam.ac.uk](http://www.peoplesmatterweek.admin.cam.ac.uk)



## MONDAY 23

### PEOPLE MATTER WEEK LAUNCH EVENT

✓ 12NOON-2PM  
UNIVERSITY CENTRE

Come along and learn about University Support Services and discover a range of wellbeing activities for University Staff.

Jonathan Nicholls, Registry, will open the event.

★ INCLUDES THE FORMAL UNVEILING OF THE NEW WOMEN AT CAMBRIDGE EXHIBITION

Collect your FREE hot drinks travel cup and receive a 20p discount every time you refill at the University Centre!

### MULLARD RADIO ASTRONOMY OBSERVATORY (MRAO) TOURS

✓ 10:30AM-12NOON / 2-3:30PM  
LORD'S BRIDGE, BARTON

Find out about the history of radio astronomy. The observatory is home to a number of large aperture synthesis radio telescopes.

### BOLLYWOOD DANCE WORKOUT

✓ 11AM-12NOON  
UNIVERSITY SPORTS & SOCIAL CLUB  
MILL LANE, CAMBRIDGE

Fitness workout for beginners incorporating Bollywood dance moves. Leading the session is Nikkhita Aggarwal who enjoys making everyone dance with her!

### SENATE HOUSE TOURS

✓ 2-3PM / 4-5PM  
SENATE HOUSE LAWN

A rare opportunity for guided tours of Senate House.

### MEDITATION AT THE BOTANIC GARDENS

✓ 5:30-6PM  
CAMBRIDGE UNIVERSITY BOTANIC GARDENS

Come and enjoy a free relaxing session of meditation in the serene Botanic Gardens. Hosted by the Innerspace Centre, Cambridge.

### TOUR OF THE BOTANIC GARDENS

✓ 6:15P-7:45PM  
CAMBRIDGE UNIVERSITY BOTANIC GARDENS

This after-hours tour is an opportunity to see the Gardens in the evening. The tour will be led by a guide who will take you to see spectacular views and landscapes, beautiful blooms and plant collections in this heritage-listed Garden. **There is a charge for this event.** Please see website for further information.

## TUESDAY 24

### I'M STUCK. I'M TRAPPED. I CAN'T TAKE IT ANYMORE! PERSPECTIVES ON MANAGING PRESSURE AND SURVIVING YOUR JOB AND YOUR LIFE

✓ 9:30-10:30AM  
ROOM 1, MILL LANE LECTURE ROOMS

Drawing on tested approaches and research findings, this session will offer problem-solving pointers for actively dealing with the causes of stress and reducing its impact on mood, anxiety and functioning. Facilitated by Dr Jan van Niekerk and Mary-Jane Robinson from Occupational Health.



### THE SECRET LIFE OF BOOKS: UNIVERSITY LIBRARY TOUR (1)

✓ 11AM-12NOON  
CAMBRIDGE UNIVERSITY LIBRARY

Take a tour of the University Library and discover its 600 year history and famous architecture. Look behind the scenes, learn about its role as a Legal Deposit (copyright) library and discover its unique special collections. All tours will include a visit to the Reading Room, closed access book storage areas, Legal Deposit and a display of special collections material.

### FREE BADMINTON SESSION

✓ 12NOON-2PM  
UNIVERSITY SPORTS CENTRE, PHILIPPA FAWCETT DRIVE, WEST CAMBRIDGE

Come and play Badminton with your colleagues. An open session for you to try out or reconnect with this much loved sport.

### RELAXATION WORKSHOP

✓ 12:30-1PM  
SACKLER LECTURE THEATRE  
ADDENBROOKE'S SITE

Join Rosemary Parkinson to unwind in the middle of your busy day – it may well make your afternoon more relaxed and productive. Rosemary will share some tips for relaxing in the workplace on a daily basis.



### GUIDED TOURS OF GREAT ST MARY'S CHURCH (1)

✓ 1-1:15PM / 1:30-1:45PM  
GREAT ST MARY'S CHURCH

15 minute guided tours around the University Church, and a chance to climb the tower for the best aerial view of Cambridge. Tour climb is 123 stone spiral stairs in each direction. Strong heart on the way up, strong knees on the way down – not recommended for the claustrophobic.

### CREATIVE APPROACHES TO RESEARCH CHALLENGES

✓ 5-6PM  
ROOM MR4, DAMTP  
WILBERFORCE ROAD

Why are some people more creative than others? Why do we tend to become less creative as we get older? Can creativity be learned? This workshop will look at what creativity is, how we can become more creative and applying creativity to challenges in research. This session is aimed at postgraduate and early-career postdoctoral researchers.

### FAMILY TIES CONSULTATIONS

✓ TAKING PLACE AT  
• ADDENBROOKE'S  
• CENTRAL CAMBRIDGE  
• WEST CAMBRIDGE

Open to all parents and carers working at the University. Help us shape the Family Ties Network by telling us what matters to you as a working parent or carer. See the PMW website for further details.

## WEDNESDAY 25

### PEER COACHING FOR ALL

✓ 11AM-1PM  
NEWTON ROOM, THE PITT BUILDING

Participants will learn about peer coaching skills to support the development of coaching networks and internal expertise in Cambridge. This session, facilitated by Caroline Ellis of Pause Consultancy, will consider the relationship between gender and coaching as a part of authentic, inclusive leadership.



**COME AND SING**✔ 1-2PM  
GREAT ST MARY'S CHURCH

Director of Music at the University Church, **Sam Hayes**, will rehearse for an impromptu performance of Handel's famous coronation 'Zadok the Priest' – all within your lunch hour!

**THE SECRET LIFE OF BOOKS: UNIVERSITY LIBRARY TOUR (2)**✔ 2:30-3:30PM  
CAMBRIDGE UNIVERSITY LIBRARY

See entry on 24 June for details.

**WORK: BENEFIT, CHORE OR STRESS?**✔ 5:30-6:30PM  
NEWNHAM COLLEGE

Professor Dame Carol Black, Principal of Newnham College and Expert Adviser to the Department of Health will explore why staff wellbeing is key to the success of the University. She will draw upon her broad experience and consider the benefits of disability disclosure for employers. Refreshments will be provided.

**THURSDAY 26****THE SECRET LIFE OF BOOKS: UNIVERSITY LIBRARY TOUR (3)**✔ 11AM-12NOON  
CAMBRIDGE UNIVERSITY LIBRARY

See entry on 24 June for details.

**'TEA, CAKE AND ERGONOMICS' DROP-IN SESSION**✔ 1-4PM  
FIRE SAFETY TRAINING ROOM  
16 MILL LANE

This drop-in session is designed to inform how musculoskeletal injuries occur and how they can be prevented. A selection of ergonomic equipment will be available to view and a selection of cakes available to eat!

**COMMUNICATION SKILLS WORKSHOP**✔ 12NOON-1PM  
ROOM G, 17 MILL LANE

Why we behave and communicate like we do (habits we have formed). Anyone is welcome who would like to build on their skills for effective communication. Facilitated by **Jessie Monck**. You are welcome to bring your lunch along.

**WOMEN FIT FOR AMBITION**✔ 12:15-1:30PM  
HICKS ROOM, UNIVERSITY CENTRE

Following the popular talk 'Uncovering the Glass Cliff', **Professor Michelle Ryan** from the University of Exeter returns to present a series of studies to challenge the claim that women actively choose to opt-out of particular roles. Michelle will demonstrate that women's ambition erodes over time because perceptions of fit and belonging reduce with experience.

**GUIDED TOURS OF GREAT ST MARY'S CHURCH (2)**✔ 1-1:15PM / 1:30-1:45PM  
GREAT ST MARY'S CHURCH

See entry on 24 June for details.

**GARDEN TOUR OF WOLFSON COLLEGE**✔ 2-3PM  
WOLFSON COLLEGE

Wolfson Gardens consist of 10 acres of superb plantings and a series of 'Garden rooms' and courtyards including a 'Chinese garden' and Hall, and 'Antarctic theme garden' previously owned by Sir Vivian Fuchs, the Antarctic explorer. It has been described as the most varied and interesting garden in Cambridge.

**FRIDAY 27****UNCONSCIOUS BIAS**✔ 12NOON-1:30PM  
HICKS ROOM, UNIVERSITY CENTRE

**Dan Robertson**, Diversity & Inclusion Director at the Employers Network for Equality & Inclusion, will share his expertise on unconscious bias, drawing on research to explain its impact in organisations.

**YOGA CLASS**✔ 1-2PM  
UNIVERSITY SPORTS CENTRE, PHILIPPA FAWCETT DRIVE, WEST CAMBRIDGE

Take some time out from your busy schedule and relax at this free Yoga class. Bring a colleague or friend along with you.

**BEING A SENIOR ACADEMIC PROMOTIONS (SAP) CV SCHEME MENTOR**✔ 1:30-3PM  
BENTLEY ROOM, THE PITT BUILDING

This year we are holding a SAP Open Forum specifically for mentors or those interested in becoming mentors. The Forum will be hosted by **Professor Jeremy Sanders** and will be an interactive session covering the requirements of becoming a SAP CV Scheme mentor.

**THE SECRET LIFE OF BOOKS: UNIVERSITY LIBRARY TOUR (4)**✔ 2:30-3:30PM  
CAMBRIDGE UNIVERSITY LIBRARY

See entry on 24 June for details.

**THE VIRTUOUS TEAPOT**✔ 4-6PM  
MERTON HALL FARMHOUSE

Open House with tea & cake at Merton Hall Farmhouse Multi-Faith Chaplaincy Centre on the West Cambridge site – and a chance to hear about the chaplain's ongoing research.

★ INCLUDES LAUNCH OF THE UNIVERSITY'S FAITH AND DIVERSITY CALENDAR 2014-2015, 'MINDFUL OF THE NEEDS OF OTHERS'

**SATURDAY 28****BOLLYWOOD DANCE WORKOUT (2)**✔ 12NOON-1PM  
UNIVERSITY SPORTS CENTRE, PHILIPPA FAWCETT DRIVE, WEST CAMBRIDGE

See entry on 23 June for details.

**FAMILY FUN**✔ 2-5PM  
UNIVERSITY SPORTS CENTRE, PHILIPPA FAWCETT DRIVE, WEST CAMBRIDGE

Enjoy fun activities with your family at the newly built University Sports Centre. Hosting different sports such as Badminton, Table Tennis, Short Tennis and Basketball along with others. Suitable for all ages.

**SUNDAY 29****CARDIO TENNIS**✔ 2-3PM / 3-4PM  
UNIVERSITY SPORTS CENTRE, PHILIPPA FAWCETT DRIVE, WEST CAMBRIDGE

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

# UNIVERSITY OF CAMBRIDGE SUPPORT SERVICES

## ACCOMMODATION SERVICE

- W [www.accommodation.cam.ac.uk/](http://www.accommodation.cam.ac.uk/)
  - T 01223 (3)38099
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## CAMBRIDGE SPORTS CENTRE

- W [www.sport.cam.ac.uk/facilities/CambridgeSportsCentre/](http://www.sport.cam.ac.uk/facilities/CambridgeSportsCentre/)
  - T 01223 (3)36580
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## CHAPLAIN TO UNIVERSITY STAFF (MULTI-FAITH AND NO FAITH)

- W [www.admin.cam.ac.uk/offices/hr/staff/belief/chaplaincy.html](http://www.admin.cam.ac.uk/offices/hr/staff/belief/chaplaincy.html)
  - T 07415 669649
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## CHILD CARE SERVICES

- W [www.admin.cam.ac.uk/univ/childcare/student/university.html](http://www.admin.cam.ac.uk/univ/childcare/student/university.html)
  - T 01223 (3)32249
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## DENTAL SERVICE

- W [www.dental.cam.ac.uk/](http://www.dental.cam.ac.uk/)
  - T 01223 (3)32860
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## DIGNITY@WORK SERVICE

- W [www.admin.cam.ac.uk/offices/hr/policy/dignity/](http://www.admin.cam.ac.uk/offices/hr/policy/dignity/)
  - T 01223 (7)65031
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## EQUALITY AND DIVERSITY SECTION

- W [www.admin.cam.ac.uk/offices/hr/equality/](http://www.admin.cam.ac.uk/offices/hr/equality/)
  - T 01223 (3)32286
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## INTERNAL MEDIATION SERVICE

- W [www.admin.cam.ac.uk/offices/hr/policy/mediation/](http://www.admin.cam.ac.uk/offices/hr/policy/mediation/)
  - T 01223 (7)65544
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## MERTON HALL FARMHOUSE - THE UNIVERSITY'S MULTI-FAITH CHAPLAINCY CENTRE

- W [www.gsm.cam.ac.uk/chaplaincy/merton-hall-farmhouse/](http://www.gsm.cam.ac.uk/chaplaincy/merton-hall-farmhouse/)
- T 01223 (7)61271



# FOR STAFF

## OCCUPATIONAL HEALTH

- W [www.admin.cam.ac.uk/offices/oh/](http://www.admin.cam.ac.uk/offices/oh/)
  - T 01223 (3)36594
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## PERSONAL AND PROFESSIONAL DEVELOPMENT

- W [www.admin.cam.ac.uk/offices/hr/ppd/](http://www.admin.cam.ac.uk/offices/hr/ppd/)
  - T 01223 (3)32343
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## SAFETY OFFICE

- W [www.admin.cam.ac.uk/offices/safety/](http://www.admin.cam.ac.uk/offices/safety/)
  - T 01223 (3)33301
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## STAFF COUNSELLING SERVICE

- W [www.counselling.cam.ac.uk/staffcouns/staff](http://www.counselling.cam.ac.uk/staffcouns/staff)
  - T 01223 (3)32865
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## THE POSTDOC CENTRE

- W [www.opda.cam.ac.uk](http://www.opda.cam.ac.uk) Office for Post-Doctoral Affairs
  - W [www.pdoc.cam.ac.uk](http://www.pdoc.cam.ac.uk) Pdoc Society
  - T 01223 (3)36777
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## UNIVERSITY INFORMATION SERVICES (COMPUTING SERVICE)

- W [www.ucs.cam.ac.uk/](http://www.ucs.cam.ac.uk/)
  - T 01223 (7)62999
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## DIVERSITY NETWORKS FOR STAFF

### BME STAFF NETWORK

- W [www.admin.cam.ac.uk/offices/hr/equality/networks/bme/](http://www.admin.cam.ac.uk/offices/hr/equality/networks/bme/)
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### DISABLED STAFF NETWORK

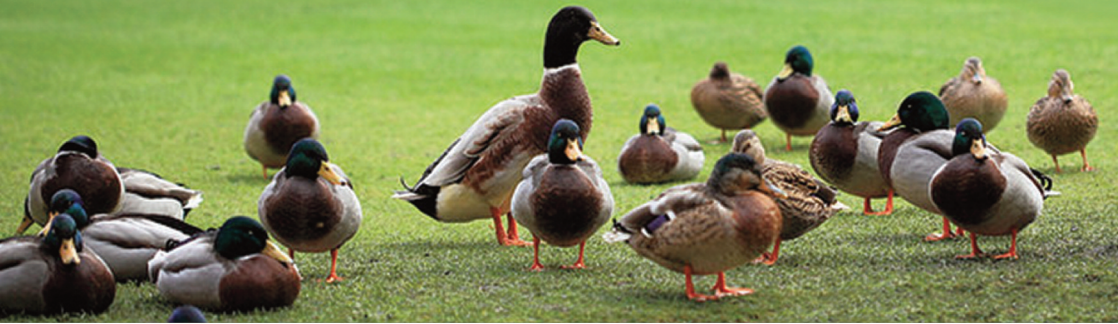
- W [www.admin.cam.ac.uk/offices/hr/equality/networks/disabled/](http://www.admin.cam.ac.uk/offices/hr/equality/networks/disabled/)
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### LGB&T STAFF NETWORK

- W [www.admin.cam.ac.uk/offices/hr/equality/networks/lgbt/](http://www.admin.cam.ac.uk/offices/hr/equality/networks/lgbt/)
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### WOMEN'S STAFF NETWORK

- W [www.admin.cam.ac.uk/offices/hr/equality/networks/women/](http://www.admin.cam.ac.uk/offices/hr/equality/networks/women/)



Do you have caring responsibilities? The University is planning to launch a new **Family Ties Network** as a supportive resource for parents and carers. We want to hear your suggestions on how Family Ties would be most useful to you.

Family Ties consultation events are taking place in three areas on Tuesday 24 June: Addenbrooke's, central Cambridge and the West Cambridge Campuses.

These events are an opportunity to meet others who may be in a similar situation to you.

Refreshments will be provided.

For further information visit [www.peoplematterweek.admin.cam.ac.uk](http://www.peoplematterweek.admin.cam.ac.uk)

## THE UNIVERSITY WANTS TO HEAR FROM ITS DISABLED EMPLOYEES



The Disabled Staff Network (DSN) is open to all staff who identify with the legal definition of disability: a physical or mental impairment that has a substantial and long-term adverse effect on an individual's ability to carry out normal day-to-day activities.

The DSN provides opportunities for members to network with colleagues, raise issues in a safe environment, contribute to the development of University policy and organise events.

To join the network's mailing list please visit <https://lists.cam.ac.uk/mailman/listinfo/soc-distanet> or email [equality@admin.cam.ac.uk](mailto:equality@admin.cam.ac.uk)



## SEE THE FORMAL UNVEILING OF THE NEW WOMEN AT CAMBRIDGE EXHIBITION

AT THE PMW LAUNCH EVENT  
12NOON-2PM  
23 JUNE  
2ND FLOOR  
UNIVERSITY CENTRE

The Meaning of Success



Insights from  
Women at Cambridge

**ALL EVENTS ARE FREE UNLESS OTHERWISE STATED**  
[equality@admin.cam.ac.uk](mailto:equality@admin.cam.ac.uk) Tel: 01223 (3)32286