

Invitation for Volunteers

Are you interested in wellbeing issues and promoting wellbeing initiatives?

As part of taking forward the University's wellbeing strategy, we are looking to recruit two volunteer local Wellbeing Advocates to provide wellbeing guidance and signposting to staff in our department/faculty and promote University wellbeing initiatives. Therefore, we are seeking volunteers so that we can put forward nominations (one of which will be a member of the management team) to the HR Division.

What is a Wellbeing Advocate?

The role includes:

- providing guidance/signposting to employees in their Institution about issues relating to wellbeing, 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.

A management Wellbeing Advocate (a member of the local Management Team) would also:

- help integrate wellbeing into departmental/faculty activities
- raise generic wellbeing issues with the Head of Institution

How will we support our volunteers?

You would receive Mental Health Lite training by the charity Mind before taking up the role. You would also have the opportunity to meet other Wellbeing Advocates on a termly basis and be part of a supportive and friendly group of people focused on helping staff with wellbeing concerns.

How do I apply?

In order to apply you must be an employee of the University of Cambridge and should contact your Departmental Administrator to express interest by 1 August.

If you have any queries or would like to discuss this opportunity or receive a copy of the full description of the role, please contact your central HR team.

Closing date for applications: 1 August 2017