

Welcome to the fourth edition of our newsletter, aimed at bringing you a little more information about Wellbeing.

We are each individually responsible for our own actions and for recognising the impact of our behaviour on others. You are encouraged to look at the new University campaign to tackle inappropriate behaviour [Change the Culture](#). There is an expectation that all Faculty members will adhere to [The Code of Behaviour for staff and workers](#).



A new confidential reporting system, [Report + Support](#) has been introduced to enable staff and students to report inappropriate behaviour .



Change the Culture training and development for staff can be found here: [Change the Culture Training](#).

Don't forget to visit the [Faculty of Mathematics Wellbeing Page](#) which is regularly updated with various events and training sessions. If you would like to add anything to this list, please do email Julia and Kim – wellbeing@maths.cam.ac.uk.

There are also useful links to the [Wellbeing STREAM Account](#). We recommend the sessions about Digital wellbeing – these have been very popular with very positive feedback.

Following our call for input/feedback last month, one of our colleagues suggested taking time out to listen to a podcast [Just One Thing - with Michael Mosley](#) on BBC Radio 4 -

There are some other ideas here: [Mental Health Foundation - Podcast and videos](#)



Men's Health Week begins on **14 June 2021** – information will be added to the website as soon as it is available

[Men's Minds Matter](#)

Coming next month – exciting news about the 2021

The Festival of Wellbeing

If you are interested in becoming a Wellbeing Advocate, do get in touch with Kim or Julia via wellbeing@maths.cam.ac.uk.