

WELLBEING

UNIVERSITY EQUALITY STATEMENT:

The University of Glasgow is committed to promoting equality in all its activities and aims to provide a work, learning, research and teaching environment free from discrimination and unfair treatment



INSTITUTE OF CANCER SCIENCES

 @iiti_NERD  @GUcancersci

Institute of Cancer Sciences
glasgow.ac.uk/researchinstitutes/cancersciences

University of Glasgow charity number SC004401



INSTITUTE OF CANCER SCIENCES Wellbeing

Some of the wellbeing initiatives available to employees within the Institute of Cancer Sciences.



WORLD
CHANGING
GLASGOW



MENTAL HEALTH AND WELLBEING

Positive mental health is a vital factor for ensuring a healthy population of staff and students in the Institute. Good mental health in staff not only aids the reduction of sickness absence but also creates a more constructive and creative environment to work in.

You can find a list of all trained mental health first aiders who have volunteered to join the SMHFA Network here:

www.gla.ac.uk/myglasgow/health

www.gla.ac.uk/myglasgow/humanresources/equalitydiversity/staff/mentalhealth



BULLYING OR HARASSMENT

The University has a volunteer network of employees who support staff and students who think they may be experiencing bullying or harassment. The Institute of Cancer Sciences has a zero tolerance policy for bullying. Contact details for the Respect Advisors are available via the following link:

www.gla.ac.uk/services/humanresources/equalitydiversity/policy/dignityatwork/ran

COUNSELLING AND OCCUPATIONAL HEALTH SERVICES

ICS staff can access free counselling services for confidential discussion of issues affecting their wellbeing.

STAFF COUNSELLING:

www.gla.ac.uk/myglasgow/health

OCCUPATIONAL HEALTH UNIT:

www.gla.ac.uk/myglasgow/occupationalhealthunit



TUESDAY LUNCHTIME YOGA CLASSES AT THE WWCRC

Classes are friendly, non-competitive and concentrate quite heavily on opening up shoulders, useful for people both working in the lab hunched over their benches or people in the office working on computers all day. The class is designed to fit into a lunchtime break and is accessible to all.

For more information contact:
cancersci-ins-admin@glasgow.ac.uk

MONDAY LUNCHTIME RUNNING CLUB

Join us for a 3-5K run on Monday at 12.00 outside the WWCRC. For details contact:
chris.halsey@glasgow.ac.uk

