Is Social Media Making Us Lonely?
11 May  |  15:00 – 16:00  |  Book here
Have you ever felt disconnected from those around you? Have you ever considered your time on social media may be to blame? If not, then come and listen to the ground-breaking research from Tyler Shores at ThinkLab (and now with two new confirmed speakers - Professors Luke Fernandez and Susan J. Matt from Weber State University and co-authors of Bored, Lonely, Angry, Stupid: Changing Feelings about Technology, from the Telegraph to Twitter!), which might just change your relationship with social media.

Covid and Cognition
12 May  |  12:00 – 13:00  |  Book here
People think that long Covid is ‘just’ fatigue or a cough, but cognitive issues are the second most common symptom. Research plays an important role in providing evidence that patients with Long COVID experience a significant impact on their ability to remember. Dr Lucy Cheke will share the data about the long-term consequences of Covid-19 on cognitive functions in adults and Lyn Curtis will share her lived experience of Long COVID to provide insight into what this data looks like in daily life.

Mental Health Awareness Week: 9th – 15th May
See the full programme of events here

Levelling the Playing Field - Dynamics or excuses for not moving beyond the status quo
12 May  |  17:00  |  In person  |  Book here
Have we heard too many excuses for why EDI strategies aren’t leading to the difference we all want to see? Cambridge Judge Business School hosts (CJBS) a panel discussion to explore the real barriers in achieving representation from all. For further details please contact Manaz Javaid at m.javaid@jbs.cam.ac.uk

Transformed Athena Swan: Understanding the Effects of Culture on Inclusion
19 May  |  13:30 – 15:00  |  Book here
This interactive workshop will benefit Athena Swan applicants and anyone who would like to review department and team culture to improve inclusion and belonging.
Race Awareness – Open Session
23 & 26 May | 13:00 – 14:00 | Book here
The session helps to increase the understanding of systemic racism and race. It encourages participants to reflect on their own identity, building confidence to speak about race and the capacity to challenge racism. Please only book if you can attend both sessions.

Preparing For Family Leave Workshop
26 May | 13:00 – 15:00 | Clinical School

Working Families Workshop
9 June | 13:00 – 15:00 | Alison Richards Building
Becoming a parent is a huge life event, it can be difficult and stressful. To support University staff we are offering two new workshops to support staff to navigate through this life change. For further information and to book a place please click here

Preparing for the end of your fixed term contract (professional services only)
10 May | 10:00-11:00 | Book here

Mentoring for mental health (Mental health awareness week)
12 May | 10:00-11:00 | Book here

Mentoring basics (an introduction to the Self-Match mentoring scheme)
17 May | 10:00-11:00 | Book here

Taking ownership of your career development: creating a Personal Development Plan
18 May | 14:00-15:30 | Book here

Building your professional presence
25 May | 10:00-11:00 | Book here

* Mini profile of Professional Services Award winner, Lynne Meehan.
For more information about what we do, training and events and our champion community, visit the ourcambridge Sharepoint site.

Bringing your strengths to work
11 May | 12:00 – 13:30 | Book here

21st Century Leadership and the Qualities That Matter
18 May | 13:30 – 15:00 | Book here

Embedding the Menopause in Medical Training with Dr Madeleine Lameris
24 May | 12:00 – 13:00 | Book here
To find out about the Network, please visit the Women’s Staff Network Webpage, Sharepoint site, or Yammer group

Holocaust Memorial Day: 2022 Commemoration
The Cambridge City Council Holocaust Memorial Day event at the Corn Exchange had been postponed – it will now take place during Refugee Week in June.
- 26 June, 4 to 5.30pm at Cambridge Corn Exchange
- No ticket required, but please arrive in good time
Local schools and community groups will perform songs, readings, poetry, dance, and drama, inspired and interspersed by moving words from refugee
experiences and genocide survivor testimonies. The event will be suitable for Key Stage 2 children. Further details can be found here.

**The Diversity Networks for staff currently include:**
- LGBT+ Staff Network
- REN [Race Equality Network]
- WSN [Women’s Staff Network]
- SPACE [Supporting Parents and Carers at Cambridge]
- Disabled Staff Network

For more details and to join a network, please visit the [webpage](#).