May is Celiac Disease Awareness Month
More information can be found [here](#).

**Date for your diary: 27 June - 8 July**
Festival of Wellbeing - watch this space for the programme being launched soon!

The University’s annual two-week programme of talks, events and tours returns this year and includes talks on Supporting People with Unseen Disabilities, How to Become Resilient, Men and Mental health and tours of the Great St Mary’s Church, college gardens, the University farm amongst many other things! Look out for the programme launch to book your place on one of the events taking place during this popular festival!

**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.

**Family Leave & Working Family Workshops**
26 May or 9 June | 13:00 – 15:00 | Book [here](#)
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. Open to those who are about to take, or have already returned from, a period of maternity, adoption or shared parental leave

**New Staff Review and Development Guidance**
If you haven’t had a SRD (aka appraisal) for a while, please see the [new Staff Review and Development guidance](#) for a reminder about why regular SRD and 1:1s are so critical for enabling conversations that support increased satisfaction, motivation, well-being, and contribute to building strong and effective working relationships. Also see [Getting the most from SRDs](#) for more information and ideas about how to get this important conversation started.
[ourcambridge](#)
The 17th Annual DRC Disability Lecture
16 June | 12noon - 13.30 | Book here
Where next for disabled people's equal participation? Navigating opportunities and threats in the context of Covid, cost of living and assorted future trends. Delivered by Liz Sayce, Visiting Senior Fellow at the LSE International Inequalities Institute and former CEO of Disability Rights UK. A BSL interpreter will be present and captioning available.

Embedding the Menopause in Medical Training
24 May | 12:00 – 13:00 | Book here
Have you ever wondered what training GPs receive about the menopause or how to discuss your menopause symptoms with your GP? We are delighted to welcome Dr Madeleine Lameris who will discussing her own medical training and how this has evolved. Madeleine will also provide her top tips as a GP for accessing better menopause care.

WSN: Perimenopause/Menopause Support Group
25 May | 11:00 – 12:00 | Book here
The Women’s Staff Network provide a regular, informal group to bring together members who would like to discuss and share their experiences of their menopause journey.

**These events are only open to members of the Women’s Staff Network – to join the WSN please visit the website or SharePoint site.**

To find out about the Network, please visit the Women’s Staff Network Webpage, SharePoint site, or Yammer group.

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

Preparing for the end of a fixed term contract (professional services only)
6 June | 14:00-15:00 | Book here

Self-match mentoring scheme – an introduction
8 June | 10:00-11:00 | Book here

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

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.

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