



## THE WELLBEING WEBSITE

### UNIVERSITY OF LEICESTER STAFF WELLBEING WEBSITE :

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#### Welcome to the University of Leicester Wellbeing website for staff.

These pages aim to bring together information about services and facilities offered to the staff of the University of Leicester, in particular the services offered by the Staff Counselling and Welfare Service, and Occupational Health service who, (whilst being part of personnel services) offer completely confidential and impartial advice on the matters described. Collectively we are called THE WELLBEING CENTRE.

We aim to give details of facilities and opportunities to all those employed by the University. However, some facilities may only be available to certain employees, for example, free eye tests available for those who need safety glasses or use a computer.

- [Meet the Staff](#)
- [All about Wellbeing](#)
- [Site Aims](#)
- [Why we are interested](#)
- [Universities Policies](#)

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#### Introducing the Wellbeing staff:

##### Left to right:

**Chris Wilson:** Staff Welfare and Counselling Administrator. **Veronica Moore:** Service Manager and Senior Staff Counsellor, **Mary Hill:** Staff Welfare Officer, **Maggie Thomas:** Staff Counsellor.

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#### ALL ABOUT WELLBEING:

Well-being depends upon where your interests lie and encompasses different things for different people. If you have started a new job, maintaining your mental health may be a primary concern alongside logistical and practical aspects of your new role.

Achieving a good balance between work and caring responsibilities is of concern to working parents but also to those who care for others, such as, elderly relatives.

Alternatively you may be near to retirement and concerned about the state of your financial health, or you may be wondering how to maintain your physical health when you retire.

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#### This site aims to:

provide some answers to frequently asked questions and to point you in the right direction should you need more detailed help. These pages are concerned with aspects of University life that are not directly linked to your working life but that may enhance your time here and so benefit your work life balance.

provide information about specific aspects of University life and the things that may be of interest to you, by following the relevant links.

help you find the places and buildings referred to on this site by referring to the [campus guide](#) which is available on paper or by clicking on the link. We are based in the same block as Safety Services.

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## How and why are we interested?

There are commitments in the University's personnel policy documents ensuring that staff are provided with an appropriate range of support mechanisms to enable them to contribute fully to university life to achieve personal and professional goals.

The University is mindful of the well-being of all members of staff and aims to help them to perform well in their professional and personal capacities, thereby contributing to the well-being, overall growth and to the success of the University as an employer.

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## Policy Documents:

University policies are available from the Staff Counselling and Welfare Service or can be accessed by the links below.

- [Advice on oversea nationals and Work Permits](#)
- [Sickness Policy](#)
- [Managing Stress at Work](#)
- [Harrassment Policy](#)
- [Equal Opportunities Policy Statement](#)
- [Race Equality Policy](#)
- [Disability Policy](#)

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## SELF HELP RESOURCES:

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The Staff Counselling and Welfare Service have produced the following self-help leaflets:

- [Counselling and Welfare Service Leaflet](#)
- [Be Assertive!](#)
- [Bereavement](#)
- [Complementary Therapies](#)
- [Dealing with Panic Attacks](#)
- [Depression](#)
- [Dignity at Work](#)
- [Effective Communication](#)
- [Hatha Yoga](#)
- [Planning for Retirement](#)
- [Relaxation Therapy Groups](#)
- [Talking to your GP about Mental Health Concerns](#)

Please print off copies for your own use. If you would like multiple copies, please contact: [staffcounsel&welfare@le.ac.uk](mailto:staffcounsel&welfare@le.ac.uk) letting us know which leaflet(s) you want, how many copies you would like and your postal address.

If after reading one of our leaflets you feel that you would like to speak to a counsellor or welfare officer, please contact us in confidence at:

[staffcounsel&welfare@le.ac.uk](mailto:staffcounsel&welfare@le.ac.uk) or telephone 0116 223 1702