We know that wellbeing at work is really important. To support you in staying healthy and happy, we offer a wide range of wellbeing support, services and events.

Our Staff Wellbeing Map covers key wellbeing services and support that can be found at our University Park, Jubilee and Sutton Bonington Campuses, as well as virtual resources which are accessible from any location including whilst offsite.

For more information about our other campuses, please visit: nottingham.ac.uk/about/campuses/campuses.aspx

To access a range of wellbeing support and information, please visit our ‘Wellbeing Hub’ uoneployeehub.com/wellbeing-hub.aspx

Healthy environment

Green spaces
nottingham.ac.uk/go/greenspaces
Cycle parking, showers and lockers
nottingham.ac.uk/go/cyclefacilities
Sustainable transport
nottingham.ac.uk/sustainability/transport
Work spaces
nottingham.ac.uk/go/studyanywhere

Healthy lifestyle

Walking on campus
nottingham.ac.uk/go/walkingoncampus
nottingham.ac.uk/go/campuswalkingroutes
Cycling on campus
nottingham.ac.uk/go/cyclingoncampus
Sport
nottingham.ac.uk/sport
Moves+ app
nottingham.ac.uk/go/moves

Healthy mental wellbeing

Employee Assistance Programme
nottingham.ac.uk/go/employeehub
Counselling Service
nottingham.ac.uk/counselling
Financial wellbeing
nottingham.ac.uk/go/employeehub
Wellbeing / mental health training
nottingham.ac.uk/go/wellbeingtraining
TogetherAll Wellbeing App
nottingham.ac.uk/go/togetherall
Mental Health First Aiders
nottingham.ac.uk/go/mhfa

Social wellbeing

Staff Networks
nottingham.ac.uk/go/staffnetworks
Social and Sports Club
nottingham.ac.uk/unssc
Staff volunteering scheme
nottingham.ac.uk/go/volunteering

Healthy work experience

UoN Strategy
nottingham.ac.uk/go/strategy
Your wellbeing
nottingham.ac.uk/go/yourwellbeing
Human Resources
nottingham.ac.uk/hr
Professional Development
nottingham.ac.uk/go/pd
Leadership and Management Academy
nottingham.ac.uk/go/LMA
Equality, Diversity and Inclusion
nottingham.ac.uk/go/equalitydiversityinclusion
Dignity at Nottingham
nottingham.ac.uk/go/dignity
Reward and benefits
nottingham.ac.uk/go/yourbenefits
Health and Safety
nottingham.ac.uk/safety
Occupational Health
nottingham.ac.uk/go/occupationalhealth
Staff Wellbeing Map

Key
Healthy lifestyle
1 Sports centres
2 Cripps Health Centre and Cripps Dentist
3 Croquet
4 SB Farmer’s Market
5 Outdoor gym

Healthy environment
6 Gardens and green spaces
7 Boating lake

Social wellbeing
11 Cafes
8 Lakeside Arts Centre, museum and galleries
9 Children’s play area
10 Adventure golf
11 Social and Sports Club
12 Nottingham New Theatre
13 Outdoor chess set

Healthy mental wellbeing
14 Chaplaincy, prayer and meeting rooms
15 Counselling service

Healthy work experience
16 Libraries
17 Hopper bus

Sutton Bonington Campus
University Park Campus
Jubilee Campus