



University of
Nottingham

UK | CHINA | MALAYSIA

Staff Wellbeing Map

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

Useful links

To access a range of wellbeing support and information, please visit our 'Wellbeing Hub'

uonemployeehub.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

- 8 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
- 18 Occupational Health Service

Sutton Bonington Campus

University Park Campus

Jubilee Campus

