Caroline Newman– Head of HR, School of Clinical Medicine

What does wellbeing mean to you?

Wellbeing to me is the ever changing focus on both my physical and mental health and what I can do to improve how I feel in these areas.

What do you do to support your own wellbeing?

One of the key things that helps my wellbeing is swimming. I find I can focus on nothing but the pool so it’s an opportunity to always clear my head and come out energised.

What piece of advice would you give staff to support their own wellbeing at work?

I passionately believe wellbeing at work is important. We spend so much of our life at work I think employers should have a wide range of wellbeing activities and support services for employees to engage in. I would encourage staff to try one of the events or talks currently on offer. If there is something you think could help your wellbeing which isn’t included in our programme then I would encourage you to make a suggestion as our wellbeing programme over the years has been built on staff suggestions and ideas and we are always interested in hearing more!

Can you share any activities that you enjoy to support your wellbeing?

I regularly read the magazine “Psychologies”. It might not be everyone’s cup of tea but I find it has numerous interesting articles and self assessment quizzes to really make you think about yourself.