

THE HR TIMES

Department of Veterinary Medicine

January 2018

Wishing you all a Happy and Healthy New Year

A big welcome to the Department...

Whitney Ball – Veterinary Nurse – Small Animal Wing and Theatres



A S MD Mukarram Hossain – Research Assistant/Associate with Dr Lucy Weinert's group



Claire Payne – Animal Technician



Hannah Ridley – Theatre Assistant



Katharina Kessler, Research Assistant/Associate with Dr Jonathan Powell's group



Long Service

We would like to say congratulations to Tracy Wang who will reach 15 years' service on 27th January 2018

Sickness Reporting

A reminder to all supervisors that reporting of an individual's sickness needs to be done in a timely manner to Julie Ingham.

Christmas Rota's

A reminder to supervisors to send team rota's from the Christmas period to Melissa Large.

Current Recruitment

We are currently recruiting for the following roles in the Department:

Research Assistant in B-cell Bioinformatics

Veterinary Nurse – Small Animal Wing and Theatres

Junior Clinical Training Scholar – Equine

Junior Clinical Training Scholar – Small Animal Medicine x 4

You can find out more about these roles at <http://www.jobs.cam.ac.uk>

Recharge and Refocus Session – Wednesday 24th January 2018

The Department will be hosting an external trainer to run a Recharge and Refocus session on Wednesday 24th January 2018 from 12:30pm – 13:30pm in Lecture Theatre 1.

In this 1 hour session you will learn;

1. How to protect focus and willpower for the most important tasks
2. How to manage difficult thoughts more effectively
3. Learn what resilience means and how to strengthen it
4. One technique to help Break Negative Thought Loops

The Benefits:

1. Reduce self-criticism – learn a more effective response to stress
2. Protect yourself from distraction to enhance focus
3. Create a little space each day for higher quality mini breaks. To recharge willpower and feel calmer
4. Create a moment for yourself to find a little perspective. Less mindless rushing and more productive actions.

Everyone welcome. Refreshments will be provided.

