

## Wellbeing Coffee Mornings

BioDocSoc arrange monthly coffee mornings with tea/coffee, pastries and snacks, as an opportunity to bring together postdocs from across the School of Biology.

<b>College (where initiative takes place):</b>	College of Science and Engineering
<b>School (where initiative takes place):</b>	School of Biological Sciences
<b>Stakeholders involved in the planning, organisation and execution of the initiative:</b>	Research Staff Society (BioDocSoc)
<b>Webpages:</b>	n/a
<b>Submitted by:</b>	Emily Johnston on behalf of BioDocSoc
<b>Concordat principle:</b>	Environment & Culture
<b>Area the Concordat Initiative Supported:</b>	Wellbeing
<b>Stakeholders:</b>	Researchers
<b>Comments:</b>	<p>There are approximately 140 postdocs in the School of Biology, spread across 6 research institutes and numerous buildings.</p> <p>Annual feedback forms have confirmed that there is a need for social activities to help postdocs to network across buildings, and for community building.</p>
<b>Outputs/Impact:</b>	<p>The Wellbeing Coffee mornings are helping to develop a supportive postdoc community across the School of Biological Sciences, and are especially helpful for new postdocs joining the School.</p> <p>In addition to supporting wellbeing, they are an opportunity for postdocs to informally feedback to the BioDocSoc committee, and often result in the sharing of useful information and expertise. Example comment from the annual BioDocSoc feedback form:</p> <p><i>“In my experience, informal and recurrent social events.... have catalysed many scientific collaborations and discussions, often more than very focused meet-ups”.</i></p>