

Postdocs of Cambridge Society (PdOC) Essential Guide for New Postdocs


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 Postdocs of Cambridge

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Postdocs of Cambridge

The Postdoc of Cambridge (PdOC) Society Essential Guide for New Postdocs

Getting Started in Cambridge

Postdocs of Cambridge (PdOC) Society
pdoc.cam.ac.uk

✉ contact@pdoc.cam.ac.uk

Cambridge University Senior Society for all postdoctoral research staff at the University of Cambridge, its Colleges and Partner Institutions. All Cambridge postdocs are welcome to join activities and events and there is no membership fee. Sign up for our weekly newsletter!

Office of Postdoctoral Affairs (OPdA)
opda.cam.ac.uk

In recognition of the importance of postdocs, the University established the OPdA to look after the interests of the community. OPdA hosts two Postdoc Centres at 16 Mill Lane and the Biomedical Campus (with a third opening at North West Cambridge in late 2017) where you can come for information, advice and various events.

Departmental Postdoc Committee Chairs' Network (DPCCN)
pdoc.cam.ac.uk/dpccn

The DPCCN is a joint initiative from the PdOC Society and OPdA. The network meets termly to provide a wide ranging, representative postdoc 'voice' to prioritise needs and contribute to the University wide strategy for postdocs.

Accommodation Service
accommodation.cam.ac.uk

Register with the accommodation service to rent University owned accommodation, including at North West Cambridge, and search available properties from private landlords.

Newcomers and Visiting Scholars
nvs.admin.cam.ac.uk

The Newcomers and Visiting Scholars (NVS) help newly arrived University members and visitors, along with partners and families, to settle in and find out more about Cambridge.

Information for new staff

hr.admin.cam.ac.uk/hr-staff/information-new-starters

These pages aim to give you a flavour of the University, tell you what's available in terms of personal and professional development and the many benefits of working in Cambridge.

Understanding the University

About the University

cam.ac.uk/about-the-university

✉ representation@pdoc.cam.ac.uk

A description of how the University works, term dates, history and much more.

University Lookup Service

lookup.cam.ac.uk/

Search for staff (by CRSid, name, role, phone number, etc) at the University.

Cambridge University Reporter

admin.cam.ac.uk/reporter

The official journal of the University of Cambridge. The Reporter appears on Wednesday each week during Full Term. It carries notices of all University business, Discussions, and Graces; Council and General Board decisions; as well as brief information on awards, appointments, and job vacancies. Subscribe to receive a weekly email!

Postdoc opportunities for College affiliation

pdoc.cam.ac.uk/guides/PdOC_College_Affiliation

✉ college-affiliations@pdoc.cam.ac.uk

There are 31 independent and autonomous Colleges which form part of the Collegiate University. The majority of postdocs are not affiliated to a Cambridge College during their time in Cambridge, but there are increasingly many opportunities for doing so. The PdOC Society's guide is the most comprehensive overview.

Human Resources Support/Information

Staff Guide for academic, academic-related and research staff.

hr.admin.cam.ac.uk/hr-staff/information-staff/staff-guide

Essential guide for research staff on key policies, practices, terms of employment and facilities.

HR Employee self service

chris.cam.ac.uk/hr_live_ess/

Update your personal details and view your payslips online.

Pensions

pensions.admin.cam.ac.uk

pdoc.cam.ac.uk/guides/PdOCUSSPensions

You will be auto-enrolled into a pension scheme when you start, usually the USS. Here you can find information about your benefits and options.

CAMBens (Employee benefits)

hr.admin.cam.ac.uk/pay-benefits/cambens-employee-benefits

University of Cambridge employee benefits includes health care cash plans, child care, bicycle and car hire schemes to shopping and insurance discounts.

Hermes webmail

webmail.hermes.cam.ac.uk/

All staff have access to a webmail account (CRSid@cam.ac.uk) that can be used on its own and/or forwarded to another institutional email account.

Childcare office

admin.cam.ac.uk/univ/childcare

✉ welfare@pdoc.cam.ac.uk

The Childcare Office oversees the facilities and assistance offered to University staff and students with children.

Health, Welfare and Safety

Occupational health

oh.admin.cam.ac.uk

This service focuses on the prevention of ill health and promotion of health at work.

Disability Resource Centre

disability.admin.cam.ac.uk

Provides information and advice on disability issues.

University Counselling Service

counselling.cam.ac.uk

The Staff Counselling Service is available free of charge to all staff.

University Chaplaincy

hr.admin.cam.ac.uk/hr-staff/information-staff/religion-or-belief/chaplaincy

The Chaplain to University Staff works in formal partnership with the University's Equality & Diversity Section and has forged links with the other University chaplaincies and faith communities across the city of Cambridge.

University Research

Information for research staff

cam.ac.uk/research-staff

A guide specific to research staff including Living and working in Cambridge, Employment and Career Management.

Cambridge Enterprise

enterprise.cam.ac.uk

Works with members of the University to help commercialise their research and provide consultancy services to industry.

Talks.cam

talks.cam.ac.uk

If you want to know about talks in Cambridge that match your interests, talks.cam was created for you! Talks.cam provides a database of talks in Cambridge that anyone can browse and much more. Sign up to receive notifications of talks that you are interested in by email.

Professional Development and Careers

Researcher Development Programme

rdp.cam.ac.uk/postdocs

✉ researcher-development@pdoc.cam.ac.uk

Include training in teaching, managing research projects, writing and in developing personal strengths in communicating and working with others.

Entrepreneurial Postdocs of Cambridge (EPoC)

opda.cam.ac.uk/get-involved/epoc

With support from the OPdA, Judge Business School (CfEL), Cambridge Enterprise, and other prominent partners, EPoC aims to create awareness of entrepreneurial opportunities for postdocs.

University of Cambridge Training Providers

training.cam.ac.uk

This site provides a central point for staff and students of the University and its Colleges to search for and book onto a variety of training courses run by participating University training providers.

Personal & Professional Development

ppd.admin.cam.ac.uk

There are training and development opportunities for all staff, from those new to working at Cambridge to those who are more established on their career pathway.

Careers service

careers.cam.ac.uk

The Careers Service provides careers advice and information to all current University of Cambridge postdocs and contract research staff. Register to receive notifications of courses, workshops and events!

Job opportunities in Cambridge

jobs.cam.ac.uk

Listings of current University vacancies. If you are looking for a support staff role, you may be interested in the academic-related and/or assistant staff vacancies. You can also search for opportunities available within the 31 independent Cambridge Colleges.

Travel

Universal bus line

environment.admin.cam.ac.uk/what-are-we-doing/travel/catch-bus

The Universal bus service links Madingley Park and Ride with West Cambridge, the railway station and the Cambridge Biomedical Campus (including Addenbrooke's Hospital). Discounts apply for University card holders; show the driver your card and pay just £1 per journey (price current as of March 2017).

University Cycle to Work Scheme

hr.admin.cam.ac.uk/pay-benefits/cambens-employee-benefits/travel/cambens-cycle-work-scheme

The "Cycle to Work" initiative enables employers to lease bicycles and associated safety equipment to their employees through what is called salary sacrifice. More information about cycling in Cambridge is also available on this website.

University discount on train season ticket

environment.admin.cam.ac.uk/what-are-we-doing/travel/train

A 10% discount rate on the purchase of train season tickets and bulk-buy tickets is now available for staff of the University of Cambridge.

Leisure and Sports

Cambridge Sports Centre

sport.cam.ac.uk/facilities/university-cambridge-sports-centre

This brand new sports centre contains a vast sports hall, housing two full-size courts for basketball, badminton, boxing, five-a-side football, volleyball, netball and other court games plus much more.

Frank Lee Centre at Addenbrooke's

frankleecentre.co.uk

For postdocs based at the Biomedical Campus the Frank Lee offers gym and swimming facilities for staff at Addenbrooke's Hospital.

Miscellaneous/Other Information

Cambridge University and College Union

ucu.cam.ac.uk

Cambridge UCU deals with issues important to our membership at local and national level. UCU negotiates nationally on pay and conditions and protecting your pensions, improving conditions for contract staff, and restructuring of grades.

Cambridge AWiSE

camawise.org.uk

Cambridge AWiSE is a regional network that brings together women with common interests and act as a source of support, information and inspiration. AWiSE members work both in industry and academia, or are women returning to a STEM career after a break.

Equality and Diversity and Athena SWAN

equality.admin.cam.ac.uk/

The University of Cambridge is committed to equality of opportunity and to a proactive and inclusive approach to equality, which supports and encourages all under-represented groups, promotes an inclusive culture, and values diversity. The University of Cambridge was a founder member of Athena SWAN Charter and the University won its first award in the inaugural round of March 2006.