

## Sources of support and guidance

### Support services and advice

**Parents and carers information** [www.admin.ox.ac.uk/eop/parentsandcarersinformation](http://www.admin.ox.ac.uk/eop/parentsandcarersinformation)

**Childcare Services** [www.admin.ox.ac.uk/childcare](http://www.admin.ox.ac.uk/childcare)

**My Family Care** [www.myfamilycare.co.uk/oxford](http://www.myfamilycare.co.uk/oxford)

A benefit the University provides for all employees, offering access to emergency back-up childcare and adultcare, a 'speak to an expert' phone line and a wide range of guides and webinars through a website called the Work + Family space

**Occupational Health** [www.admin.ox.ac.uk/uohs](http://www.admin.ox.ac.uk/uohs)

**Counselling Service self-help resources** [www.ox.ac.uk/students/shw/counselling/self\\_help](http://www.ox.ac.uk/students/shw/counselling/self_help)

**Harassment advice** [www.admin.ox.ac.uk/eop/harassmentadvice](http://www.admin.ox.ac.uk/eop/harassmentadvice)

**Equality and Diversity Unit** [www.admin.ox.ac.uk/eop](http://www.admin.ox.ac.uk/eop)

The EDU has responsibility for delivering the University's equality objectives and for working to promote equality across all groups who share a protected characteristic and promote awareness of equality and diversity issues among all members of the collegiate University.

**IT Services** [www.it.ox.ac.uk](http://www.it.ox.ac.uk)

**University and College Union (UCU)** [www.oxforducu.org.uk](http://www.oxforducu.org.uk)

### Societies and networks

**Oxford Research Staff Society** [www.oxrss.ox.ac.uk](http://www.oxrss.ox.ac.uk)

OxRSS is a collective voice for research staff at the University of Oxford and provides opportunities to network socially and professionally across the University.

**Race Equality Network** [www.admin.ox.ac.uk/eop/race/ren](http://www.admin.ox.ac.uk/eop/race/ren)

**Oxford Women's Network** [www.admin.ox.ac.uk/eop/gender](http://www.admin.ox.ac.uk/eop/gender)

**LGBT Network** [www.admin.ox.ac.uk/eop/sexualorientation](http://www.admin.ox.ac.uk/eop/sexualorientation)

**University Club** <http://www.club.ox.ac.uk>

The University Club is a sports and social members Club for staff, graduates and alumni.

## Career and professional development

### **Careers Service** [www.careers.ox.ac.uk](http://www.careers.ox.ac.uk)

The Careers Service offers free, impartial and objective advice to assist research staff in making well-informed decisions about their career. It offers: careers advisers who work specifically with research staff; one-to-one confidential careers guidance; feedback on CVs and applications and help with interview preparation; career management workshops and seminars specifically designed for research staff and careers information at the Careers Service and on its website.

### **Work Learn Develop** [www.staffdev.ox.ac.uk/wld](http://www.staffdev.ox.ac.uk/wld)

A new programme of fully funded professional training and development opportunities for University staff.

### **Medical Sciences Division** [www.medsci.ox.ac.uk/skillstraining](http://www.medsci.ox.ac.uk/skillstraining)

The Medical Sciences Division offers a Skills Training Programme for graduate students, post docs and research staff.

### **Oxford Learning Institute** [www.learning.ox.ac.uk](http://www.learning.ox.ac.uk)

The Oxford Learning Institute provides personal and professional development for all staff at the University. The OLI also offers information and tools for mentors in its guide for mentoring schemes which is available online.

### **Language Centre** [www.lang.ox.ac.uk](http://www.lang.ox.ac.uk)

The Language Centre offers daytime and evening courses in foreign languages and English for academic studies.

## Personal development

### **Springboard** <http://www.learning.ox.ac.uk/support/women/programmes>

Springboard is an award winning personal and professional development programme, designed and developed by women for women. It has been created specifically to enable women to achieve their full potential both at work and in their personal lives. It is designed for women from all backgrounds, ages and stages of their lives. Springboard also published a list of books on personal and professional development may be of particular interest to both men and women.

### **Oxford Learning Institute Managing Yourself** <http://www.learning.ox.ac.uk/support/my/>

This programme complements the Learning Institute's management and leadership development provision, and provides people with some of the core skills for managing both themselves - including time and workload management - and managing relationships with colleagues. The seminars which form the Managing Yourself programme are particularly aimed at and relevant for support staff, staff supervisors and first line managers.

### **Department for Continuing Education** [www.conted.ox.ac.uk](http://www.conted.ox.ac.uk)

## Support for research, impact, and public engagement

### Research Services

Finding funding [www.admin.ox.ac.uk/researchsupport/findfunding](http://www.admin.ox.ac.uk/researchsupport/findfunding)

Applying for funding [www.admin.ox.ac.uk/researchsupport/applying](http://www.admin.ox.ac.uk/researchsupport/applying)

Costing and pricing [www.admin.ox.ac.uk/researchsupport/costing](http://www.admin.ox.ac.uk/researchsupport/costing)

Research integrity and ethics [www.admin.ox.ac.uk/researchsupport/integrity](http://www.admin.ox.ac.uk/researchsupport/integrity)

Managing grants and contracts [www.admin.ox.ac.uk/researchsupport/awards](http://www.admin.ox.ac.uk/researchsupport/awards)

Good clinical practice training [www.admin.ox.ac.uk/researchsupport/training/gcpoxford](http://www.admin.ox.ac.uk/researchsupport/training/gcpoxford)

Good clinical practice training online [www.admin.ox.ac.uk/researchsupport/training/gcponline](http://www.admin.ox.ac.uk/researchsupport/training/gcponline)

### Oxford Musculoskeletal Biobank (OMB) [www.ndorms.ox.ac.uk/omb.php](http://www.ndorms.ox.ac.uk/omb.php)

The Oxford Musculoskeletal Biobank (OMB) is a resource of tissue and blood samples donated by patients for use in medical research (primarily musculoskeletal).

### ISIS Innovation [www.isis-innovation.com](http://www.isis-innovation.com)

Isis Innovation Limited provides access to Oxford intellectual property, knowledge and expertise, through patents, copyright, software and consultancy.

### Oxford Sparks [www.oxfordsparks.net](http://www.oxfordsparks.net)

Oxford Sparks is a cross-divisional platform for schools and the public to engage with the university's scientific research. As well as providing an online portal for existing materials, Oxford Sparks develops new resources, including animations and podcasts.

### Advanced Research Computing (ARC) [www.arc.ox.ac.uk](http://www.arc.ox.ac.uk)

ARC provides on-demand high performance computing for all researchers at the University.

### Public Affairs Directorate

Public Affairs can provide support in communicating research and offers services such as the online image library and the Design Studio.

## Outside the University

### Vitae [www.vitae.ac.uk](http://www.vitae.ac.uk)

Vitae is the national researcher development organisation. It provides resources and runs events and workshops aimed at supporting researchers from PhD to becoming PIs.

### National Co-ordinating Centre for Public Engagement (NCPPE) [www.publicengagement.ac.uk](http://www.publicengagement.ac.uk)

### Science Oxford [www.scienceoxford.com](http://www.scienceoxford.com)

Runs Bright Club and other events to allow research to reach a wider audience.