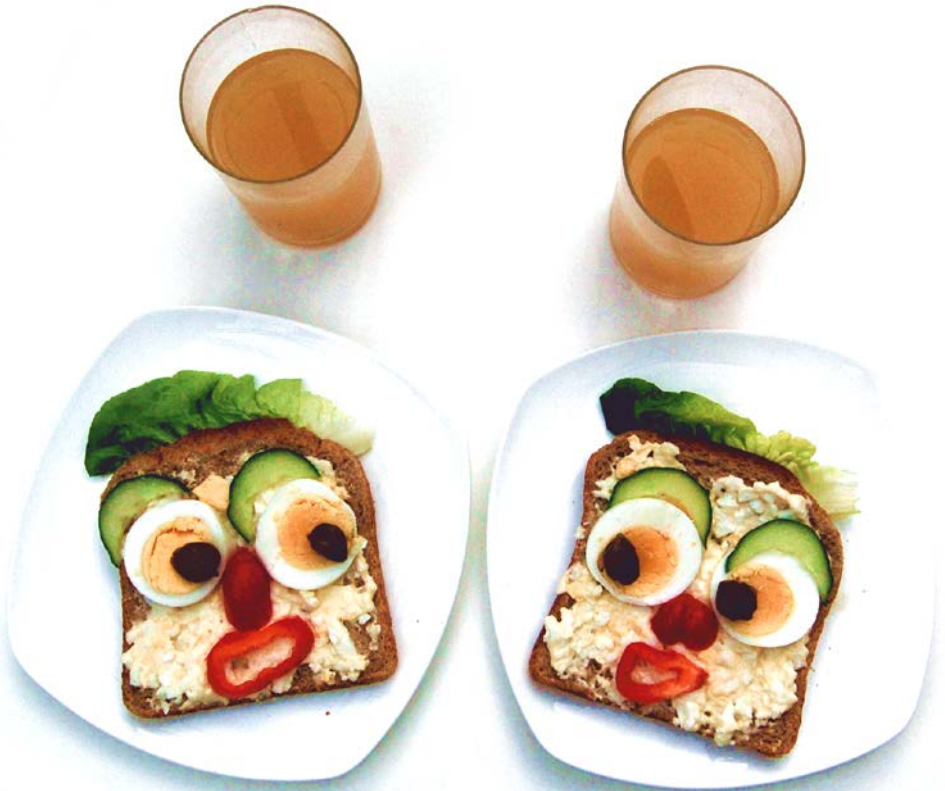


Let's Meet for Lunch



*I've reclaimed my lunch hour
Why not join me tomorrow?*

UCU
University and College Union

Action short of a strike
and a good idea anyhow!

Let's Meet For Lunch

With the recent changes to the USS Pension Scheme, our employers have demonstrated that despite our hard work, long hours, and constant sacrifice, they have no interest in maintaining one of the most important rewards in our profession: the opportunity for a dignified retirement. They will be paying less into our pensions and our benefits will decrease substantially. At the same time, our workloads continue to increase, our stress levels are rising and the pressures upon us will intensify.

If our employers have no interest in taking care of us, then perhaps it is time to take better care of ourselves and each other. Rather than giving them a free hour of extra labour by skipping lunch - on top of all the extra hours we work anyway - let's reclaim our lunch hour. Let's take some time every day to slow down, take a break, refuel our bodies and our minds, and socialise with our colleagues.

One of the benefits of university life used to be the social nature of the academic environment. A campus filled with bright, motivated people is an exciting and motivating place to work. We hope to regain that feeling of collegiality by recapturing the lunch hour. So, from today onward, let's switch off for an hour at mid-day, grab some colleagues and co-workers, and go out for lunch. Take this opportunity to meet the people in the next office who you have rarely spoken to, your students (if you have any) - whomever you can find. Use your lunch hour as a chance to mingle and bring professors, lecturers, students, post-docs, research support staff, admin staff, and everyone in the academic team together. Let's try and rebuild the personal networks that have been shattered by Transition.

Here are some suggestions for lunch-hour activities:

- ~ Meet in the staff club and get to know one another
- ~ Grab some food to take away and find a bench to sit and talk
- ~ Take a walk round the Common or go to the Pool for a swim
- ~ Visit the Art Gallery or catch a free concert at the Turner Sims
- ~ Stay at your desk but read that book that you 'don't have time for'

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