Hi, I am Louise Nixon. I work in Human Resources as Deputy Director and recently joined the Wellbeing and Engagement Group.

Myself and my colleagues in HR not only play an important role in developing and implementing policies which address health and wellbeing issues, but we also really appreciate and enjoy participating in wellbeing activities ourselves.

HR entered three teams into the recent Step Count Challenge and I was delighted that my team - 'Human Racehorses' - managed to walk more than 3 million steps in 8 weeks. We all got a lot out of the experience and we are looking forward to next year!

There's a full run-down on the outcomes of the Challenge in this edition of Well Now. I hope you enjoy reading it, and our other wellbeing news.

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st.andrews.ac.uk
July - Healthy Sleep

Our wellbeing theme for July is 'Healthy Sleep'. Getting enough good quality sleep is vital to our health and wellbeing, effecting our physical and mental health.

If we are well rested we are less prone to stress, we are more resilient and better able to cope with whatever life throws as at us. We are also better able to resist and recover from infection, and more able to be effective at whatever activities our day involves.

During July we are offering a couple of special activities to help you get the best from your night's sleep. There are limited spaces on each and we'll be allocating them on a first-come-first-served basis.

Successful Sleep workshop

25 July, 15.00 - 16.30, C5 Seminar Room, Bute Building

A good night’s sleep is a key ingredient of wellbeing. This session will explore some up-to-date research on the implications of poor sleep, and offer some tips on how to improve the quality of your sleep.

By the end of the session you will:

- understand what some of the issues are relating to poor sleep
- be aware of some recent research on the topic
- discuss experiences with participants
- identify some techniques which you can try to improve the quality of your sleep

For full details and to book your place
http://www.st-andrews.ac.uk/pdms/?CourseID=6546
Neom sleep therapy taster event

Nothing effects how you look or feel as much as sleep or the lack of it

The world-class Kohler Waters Spa at the Old Course Hotel is hosting an exclusive Neom Sleep Event for us, and you are invited!

The Body heals itself 60% more at night when we are asleep. This is essential time for the body to repair detoxify and renew the essential systems allowing it to work properly and healthily.

Join us on Tuesday 26th July, 6pm-8pm, and learn how to sleep properly and regularly as part of your health and wellbeing. Expert therapists will be on hand to treat you to:
- Refreshments on arrival
- Free Essential scent to sleep wellbeing kit
- 20% off all Neom Sleep products purchased on the night
- Exclusive discounts on all Neom Sleep treatments.

Neom have pulled together a dedicated panel of specialists who work together to provide the latest wellbeing news and research, whilst offering expert holistic support on sleep quality and teaching your body and mind to relax. Zoe, the resident Neom Expert, will be passing this knowledge on to you all.

Spaces are strictly limited for this very exclusive offer so get in quick!

Please e-mail gillian.harris@oldcoursehotel.co.uk to reserve your space.
August - Physical Fitness

August is 'Physical Fitness' month, and we have a range of special activities scheduled. We will be adding further events over the next few weeks and will email a quick update at the beginning of August. In the meantime, here's a few activities which are already bookable:

Nordic Walking

If you enjoy walking as exercise then you'll love this. Nordic walking is walking with a difference - the difference being the use of ski poles to help you exercise your arms and upper body while you walk. Run by Sam Layton from the View Studios, this excellent class is already proving very popular. No need to bring poles - they are provided!

We have scheduled a series of four sessions starting 14 July as part of the Passport to Health and Wellbeing Excellence. This is fully booked but if you would like to register for the waiting list go to:

http://www.st-andrews.ac.uk/pdms/?CourseID=6478

Due to popular demand we have also scheduled an extra set of Nordic Walking classes for Physical Fitness month, starting 18 August. You can find full details and register for a place here:

http://www.st-andrews.ac.uk/pdms/?CourseID=6483
Free sports massage

As part of our physical fitness theme we are offering the lucky few an opportunity for a **free** sports massage by a therapist from **Heal Physiotherapy** on **17th August**.

The appointments are scheduled on the hour from 9.00am to 11.00am and then 1.00pm to 3.00pm and will take place at the University Sport Centre. There are a limited number of appointments available so register now for your free sports massage by emailing wellgrp@st-andrews.ac.uk

Please include 'Sports Massage' in the subject line and indicate your preferred time slot/s.

Please note that we cannot guarantee a specific time slot for appointments and they will be filled on a first-come-first-served basis, based on the preferred times indicated by registrants. You will need to arrange the time away from your normal duties to attend, including travelling time to/from the Sports Centre.

Unfortunately, due to the very limited nature of this offer, if you are offered a free massage and are unable to attend the time slot provided, the appointment will be reallocated to another registrant.
During the month of August, the Kohler Waters Spa at the Old Course Hotel is offering all University of St Andrews staff an exclusive membership offer of no joining fee.

Kohler say "Our Unique memberships are designed for all lifestyles, offering individual or joint membership. We guide you along the path of health, fitness and relaxation."

Spa Open Evenings will be held each Thursday evening during August, from 5.30pm.

The Spa Membership Coordinator, Gillian Harris, will greet you on arrival and give you a full tour of the spa facilities, provide you with a membership pack and answer any questions you may have.

You will then be given the opportunity to enjoy the Spa facilities for the evening, during which time you may:

- Enjoy the 20 metre pool with its stunning waterfall
- Work out in the fitness suite
- Join an exercise class in the fitness studio
- Visit the wonderfully refreshing thermal suite featuring the hydrotherapy pool, plunge pool, Japanese steam room, light therapy sauna and discover the rooftop hot tub
- Enjoy all the luxurious amenities in the locker room.

There are limited spaces available at each open evening so please email gillian.harris@oldcoursehotel.co.uk to reserve your space.
Wellbeing on Tour

Starting in August we will be offering Wellbeing on Tour! This is an opportunity to have a 45 minute lunchtime wellbeing session delivered in your workplace to you and your colleagues.

One Tuesday each month, Lori Leigh Davis will be leading a 'Desk Yoga' session at a University workplace, and one Friday each month Sam Layton from View Studios will be running a 'Desk Reviver' session somewhere on the campus.

If you would like one of these sessions in your workplace, click the button below to register your interest and we will get back in touch with you to discuss details and schedule a Wellbeing on Tour session.

You will need to book a suitable flat space where the session can be held and ensure that there are chairs available for participants to sit.

If you want more information or would be interested in hosting a Wellbeing on Tour session in your workplace, please email wellgrp@st-andrews.ac.uk with 'Wellbeing on Tour' in the subject line.
**Lunch and A Garden Walk**

Join Transitions’ **Edible Campus** every Friday at Gannochy Hall Quad (North Street) at 12:00pm. Bring your lunch and then join the group on a walk to one of the central Edible Campus gardens for a spot of gardening, harvesting and a social. Transitions will tell you about the plants grown and what you can harvest on campus, plus what meals you can make from a forage. For more information, see the Transition website or Edible Campus Facebook page using the buttons below.

http://www.transitionsta.org/
https://www.facebook.com/ediblecampusstandrews/

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**Airsoft workout**

Oli Walker from Alumni Alumni Relations in the Development Department also runs Fife Wargames – an airsoft venue in Fife. According to Oli it's like paintball, but cheaper and doesn’t hurt as much. Oli also says that by playing airsoft, he has increased his average daily steps from around 9000 to as much as 24000,

The normal fee to take part is £45 for a full day’s airsoft (including all the kit you need to play, and a carton of 5000 pellets), but Oli is offering University staff a very special reduced rate of £25.

Fife Wargames runs regular games each fortnight. For more information and to book visit the website:

www.fifewargames.com/events
Step Count Challenge review

The 2016 Step Count Challenge ended on 12 June after 8 weeks of dedicated walking. 33 University teams took part (165 staff), which is a huge increase on the 9 teams in 2015. Between them they walked a total of 112 million steps, equivalent to around 56,000 miles. 27 of our 33 teams were in the top half of the national league table, 7 were in the top 100 and one team finished 7th nationally, out of the 884 teams taking part.

Congratulations go to all University teams taking part and in particular to StAMP-stomp-Tryp-trip (School of Chemistry) who achieved more than 4.8 million steps and came in third place out of the 33 University teams, The Proclaimers (not the band - also staff from the School of Chemistry) who came second with more than 4.9 million steps and to CAPLOD (guess where they work...) who came first with over 5.9 million steps.

Next year we want Step Count Challenge to be even bigger and even better. Our target is to sponsor 50 teams to take part and to achieve the highest level of participation in the Scottish Education sector.

Special congratulations also to CAPLOD team member Lynn Neville who was nominated for, and won, the 2016 Step Count Challenge Champion Award, out of 4200 participants and hundreds of nominations.

She was nominated by her team-mate Ros Campbell and also Elaine Miller, a member of another team, Beachy Keen.

You can read more about Lynn's amazing achievement on the Step Count Challenge news blog - click the button below.

http://stepcount.org.uk/2016/06/step-count-champion-lynn-neville/
Our University Walking Group W Wow (Wee Walk Once a Week) is now well-established with a scheduled walk every week. The 30 minute W Wow walks are mostly at lunchtimes, but there are also early morning and end-of-the-day walks. There are different walk routes, chosen by the Walk Leaders themselves, and various starting points.

To sign up visit the W Wow webpage using the link below. The webpage includes general information about W Wow and a link to the registration form. Once you are registered you will receive Outlook invitations for each of the scheduled walks. You can then accept or decline, or just leave it in your calendar until you decide!

We also have some W Wow merchandise and are sending every registered walker a free pedometer, to use or give away.

We are still looking to recruit more Walk Leaders. Check the W Wow web page for more information and contact us if you may be interested.

http://www.st-andrews.ac.uk/staff/wellbeing/news/wwow/

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**Labyrinth Magic**

On **August 26th**, early evening, we will be offering a meditative labyrinth walk. This will be run by Robert Holmes, a member of University staff who has been involved in meditation and labyrinth walks since 2008.

Further details to be confirmed but if you are interested please register your interest by emailing wellgrp@st-andrews.ac.uk, including 'Labyrinth' in the subject heading.

Find out more about Labyrinth Magic using the link below.

www.labyrinthmagic.com
Yes! Please sign me up!

If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.

Just email wellgrp@st-andrews.ac.uk with 'Opt in' in the subject line.

See the Wellbeing webpage for more news, resources and information

http://www.st-andrews.ac.uk/staff/wellbeing/