Hello, I'm Annie Rickard, the Health and Wellbeing intern and editor of Well Now. I'm very pleased to welcome you to the second edition of the newsletter.

This issue contains information about new wellbeing activities for 2016 and details about the latest wellbeing apps for your smartphone, as well as other wellbeing initiatives and even a healthy winter recipe and a wellbeing quiz.

I hope that you will find something of interest. If you think others may also find interesting information in Well Now, then check out the prize draw at the end.

Also, a quick thank you to those subscribers who emailed in with very useful feedback.

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
What's new?

New apps on the Wellbeing webpages (click to go to webpage)

Secure, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs. High improvement rates for depression, anxiety and stress. It’s flexible – access it anywhere, on your computer, tablet or mobile phone.

Headspace

Headspace helps you deal with the stresses and strains of 21st century life. Are you taking proper care of your mind? You can with Headspace. Convenient online sessions help you find contentment, greater clarity, and improved feelings of wellbeing and happiness.

SilverCloud

App swap!!

Do you use or know of a health/wellbeing app which you would recommend to others? Send us the details to wellgrp@st-andrews.ac.uk - we'll review the app for possible inclusion on the Wellbeing webpages.
ALZHEIMER'S SUPPORT GROUP

Are you a carer, family member, neighbour or friend to someone affected by Alzheimer's or another form of dementia? For all University staff who are in this position there is an informal and friendly support group being set up that will meet once or twice per semester. If you are interested in joining please email Julia Prest: jtp22@st-andrews.ac.uk
Coming to St Andrews as an LGBT+ person can be both an exciting and a frightening time. Some people may find it intimidating to approach the LGBT+ Group with their concerns, and would perhaps be more comfortable approaching someone who is not directly associated with LGBT+ Group. This is where Open Door comes into play. An Open Door is an environment where individuals can freely express their opinions and concerns without fear of judgment. We believe that if there are members of University staff trained to listen to the concerns and worries of LGBT+ people, we could make this Open Door a reality. The Open Door initiative has the potential to make the transition to university life more comfortable for LGBT+ people and provide continued support to students throughout their time at St Andrews. The Open Door programme has been launched in the School of International Relations by Sigrid Jorgensen, the current Association LGBT Officer. Sigrid is now working on rolling the initiative out in the Schools of Art History and Social Anthropology. If you are interested in the programme or have any questions, comments or concerns, please get in contact via Sigrid's email: sj45@st-andrews.ac.uk
PLANNING FOR YOUR FUTURE

It's never too early to start planning for your future. Retirement might seem like a long way off, but making sure that you have a comfortable and happy retirement can take many years of forward planning.

If you are over 50 you can apply for funding from CAPOD to attend a 'Love Later Life' workshop, run by Age Scotland.

This event has received rave reviews from staff who have already attended and has been a real eye-opener on a range of issues including property, tax and pensions.

If you are interested and want more information, click image below or follow this link: http://www.st-andrews.ac.uk/media/capod/staff/Pre-Retirement%20Training%20at%20Age%20Scotland.pdf

Age Scotland

Love later life
Looking Ahead to 2016

Wellbeing Calendar

The Wellbeing and Engagement Group have started planning for 2016.

Each month will have a different theme with a range of information, activities, events and resources on offer.

The draft calendar can be viewed on the Wellbeing webpage - you can navigate to this from the main Staff page, where there is a Wellbeing link, or from this link: http://www.st-andrews.ac.uk/staff/wellbeing/wellbeing/
January's theme is 'Physical activity', highlights include:

**Passport to Health and Wellbeing Excellence**

As part of the January programme we will be running launch events for the new *Passport to Health and Wellbeing Excellence* (see the item elsewhere in this edition for more information).

**Jump into January**

After great success in 2015 we will again be offering **Jump into January** - an opportunity to attend a workshop looking at various aspects of health and fitness, followed by free health assessments and a supported 6 week fitness programme. This initiative is run in conjunction with the Sports Centre and Occupational Health. More details will be available soon with workshop dates. Keep a look out on the University Wellbeing pages, or email wellgrp@st-andrews.ac.uk and we will email you back when further information is available.
MORE FOR JANUARY

Step Count Challenge 2016

In January we will officially launch our campaign for participation in Step Count Challenge 2016.

Starting in March, this initiative encourages people to increase their walking activity over an 8 week period - hopefully leading to long term changes and a more active lifestyle.

Earlier this year 45 University staff - 9 teams of 5 people - took part and walked an astonishing total of 28 million steps.

In 2016 the Wellbeing and Engagement Group will be sponsoring upto 20 teams with a target of 100 participants.

More information will be available in January, but in the meantime send expressions of interest to wellgrp@st-andrews.ac.uk
The Wellbeing and Engagement Group were successful in obtaining grant funding from the charity Paths for All, to support the establishment of a University walking group.

Open to all staff and students, the group will organise a short walk once a week, with regular 'portable breakfast' walks and periodic 'expert leader' walks at weekends for staff, students and family members.

**WWOW**

Walk at Work Once a Week

The weekday walks will be scheduled in advance and will take place either before or after office hours or at lunchtimes, and will alternate between different days to make them as accessible as possible.

Our first step is to train 'Walk Leaders' who will help to run the group and will take turns in leading the weekly walks. Dates have not yet been set, but the training will be in January.

If you are interested in becoming a Walk Leader or signing up to WWOW, email wellgrp@st-andrews.ac.uk
In 2015 more than 70 University staff took part in activities to support the British Heart Foundation's Wear It. Beat It. campaign, raising hundreds of pounds in the process.

We will be supporting Wear it. Beat it. again in 2016. The day for your diary is 5th February 2016 and just like last time, we’re asking you to wear red to show your support for our fight against heart disease and/or to hold an event to raise money for British Heart Foundation. This could be a bake sale, book sale, a sponsored event - anything you like!

Send us photos of you and your colleagues wearing red - we will post them on our webpage and donate £1 for every person participating.

If you and your department would like to get involved or find out more, follow this link: https://wearitbeatit.bhf.org.uk/about/

British Heart Foundation
bhf.org.uk
In January 2016 we will be launching the new Passport to Health and Wellbeing Excellence.

This programme will be open to all staff and will provide recognition for your participation in University Wellbeing events, as well as new opportunities to participate in a range of activities.

The programme will focus on four key themes: mental wellbeing, physical wellbeing, nutritional wellbeing and workplace wellbeing.

All participants will have their own Passport document, in which all qualifying activities will be 'stamped'. To obtain the University Passport to Health and Wellbeing Award, participants will need to take part in 1 core activity and a minimum of 2 optional activities for each of the four themes, over a two year period.

All participants will receive regular information and exclusive opportunities.

Launch events will be held during January. The details are to be confirmed and will be circulated via posters and other publicity. In the meantime if you are interested and would like more information, email us at wellgrp@st-andrews.ac.uk - with the subject line "Passport"
Svaroopa Yoga Classes
2016

CAPOD and the Wellbeing and Engagement Group are providing free Monday Lunchtime Yoga classes for University staff.

These have proved to be very popular and places are running out fast, so if you want to book one of the remaining places then act now!

There are two sets of four classes scheduled, the first set starts on February 15th with further sessions on the 22nd and 29th of February and then the 7th of March. The second set starts on 11th of April with further sessions on the 18th and 25th of April and then the 3rd of May.

You can sign up for each set of classes through the University online booking system.

For more information and booking follow these links:
Sessions starting in Feb
Sessions starting in April
ROASTED PUMPKIN SOUP

Ingredients (serves 4-6)

2 medium - or 1 large - pumpkins
4 garlic cloves
1-2 tbsp olive oil or coconut oil
2 red onions, finely chopped
1 orange, zest & juice
1 litre of vegetable stock
dollop of crème fraîche
fresh thyme

Cut the top off the top of the pumpkin and cut in half for ease of removing seeds. Scoop out the seeds and place to one side in a bowl. Cut up the pumpkin into small chunks and place on a baking tray with the whole, unpeeled garlic cloves and a few sprigs of fresh thyme. Drizzle with olive oil and a splash of balsamic vinegar. Season well with salt and pepper.

Pop the tray into the oven at 190°C/375°F/Gas Mark 5 for around 25 minutes, until soft, golden and caramelised. Leave to cool slightly so that you can peel off the skins with your hands – they should come off pretty easily leaving the flesh behind.

Heat up 2 tbsp of extra virgin olive oil/coconut oil in a deep pan and sauté the red onion until it softens. Add in the squeezed orange juice and zest to the onion, followed by the stock, roasted pumpkin and garlic. Let it simmer for around 10 minutes. Using a hand blender, whizz it all up (or alternatively transfer it in batches into a blender).
ROASTED PUMPKIN SOUP

Don't throw the pumpkin seeds! Reasons:
– Great for sprinkling in your soup, salads and a healthy snack
– These little morsels of goodness are high in protein and antioxidants
– Uniquely high levels of zinc to strengthen our immune system and help balance blood sugar levels
– They also contain large amounts of manganese, crucial for bones and thyroid function, and have even been specifically linked to warding off prostate problems

Rinse the seeds under cold water in a sieve, then place in a bowl of water to remove the pulp with your hands. Boil in water, adding 1 tsp of salt, for approx. 10 minutes over a low-medium heat. Drain in a colander and pat dry with a tea towel. Arrange on a baking tray and massage extra virgin olive oil into the seeds. Season with sea salt and cracked black pepper, and anything else you fancy. Place in the oven for approx. 10 minutes, then remove, shake around, before roasting for a further 5 minutes until the seeds are golden.

(Liz Earle, Wellbeing recipes)
Q.1 Which contains more fat?
a) 100g of butter
b) 100g of margarine
c) They both have the same amount of fat

Q.2 Why does the Thames no longer freeze over?
a) it never gets cold enough
b) it is too fast flowing
c) the water is too polluted

Q.3 What should you do if you fall into an icy pond?
a) thrash your limbs about to keep warm
b) attempt to breathe steadily
c) lie motionless until help arrives

Q.4 In Dundee the traditional first-footing gift on New Year's Day was...
a) herring
b) whisky
c) leg of lamb

Q.5 Which food groups are best for keeping you warm?
a) fats
b) hot and spicy foods
c) carbohydrates

Q.6 Healthy people who are appropriately dressed are recommended to have a room temperature of:
a) 16°C
b) 18°C
c) 20°C

Q.5 Wearing a hat:
a) doesn't affect heat loss
b) retains 40-45 percent of body heat
c) retains 5-10 percent of body heat

8. How many calories does a regular size glass of red wine contain?
(250mls, 3.5 units, 14%)
A. 125 calories
B. 200 calories
C. 250 calories

Answers:
Was this issue of Well Now forwarded to you?

Would you like to be added to our mailing list?

Email wellgrp@st-andrews.ac.uk

Recommend a friend! - and win a prize

If you can encourage a friend or colleague to 'opt in' to the 'Well Now...' mailing list, we will put YOUR name into a prize draw for a fabulous wellbeing-related prize.

All they have to do is email wellgrp@st-andrews.ac.uk with the subject line 'Opt in' and include your name. The more friends you recommend the more prize draw entries you can have.