Well Now...

WELLBEING NEWSLETTER
ISSUE 9 - JANUARY 2017

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
Hello,

My name is Callum Knox and I am the Health and Fitness Manager at the University Sports Centre, I am responsible for the exercise classes and personal training as well as various other projects.

As a member of the University Wellbeing and Engagement Group it is my aim to help staff members get active and through such initiatives as Jump into January+ help as many people as possible reach their goals or at the very least start them on their journey.

As we embark into the New Year a lot of us are already thinking about what changes we may make, keep an eye out for all the exciting initiatives the Wellbeing and Engagement Group have coming up and allow us to help you achieve your goals!

Callum
Jump into January+
Fit and Healthy for 2017 workshop
24 January 2017
12.30-1.30pm, Training Room 4, Bute Annexe
Healthy lunch provided
Open to all staff
For more info/book:
Movember Campaign for Men's Health

Best Mo Winner

Congratulations Daryl Haynes!
DON'T BE AFRAID OF THE DARK

Nordic Noir Walking
Thursday Evenings
19 & 26 January, 2 & 9 February
1730-1830

To book, click on the link below:


Head Torches and Walking Poles Supplied
Wellbeing Routine and Breathing Class

Setting and following simple routines of conscious breathing works for stress reduction and leads to improved general health.

breathe

Breathing is an essential part of this one hour class that helps you create easily implementable breathing routines that are meant to help release tension from your body and clear your mind, and can be applied as part of a normal working environment.

22 February 1300-1400

To book, click on the link below:

WWOW!
a Wee Walk Once a Week

Join us on Saturday, 4th February for a special Expert Leader Walk!

Open to staff, students, friends and family members.

For more information, route and starting point, please email: wellgrp@st-andrews.ac.uk
Our University Walking Group WWOw (Wee Walk Once a Week) semester 2 schedule is now available. The 30 minute WWOw 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.

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To sign up visit [http://www.st-andrews.ac.uk/staff/wellbeing/wwow/](http://www.st-andrews.ac.uk/staff/wellbeing/wwow/) The webpage includes general information about WWOw 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!

Accept the WWOw challenge and complete 20 walks for giveaways and a WWOw club insert for your Passport to Health and Wellbeing Excellence.

We are still looking to recruit more Walk Leaders. Check the WWOw web page for more information and contact us if you may be interested.
Thank you for taking part in our Healthy Working Lives Survey!

Our 4 Prize Draw Winners will receive £30.00 Shopping Vouchers with the retail of their choice.

CONGRATULATIONS:

Samantha Stewart
Mary Lorimer
Tricia Heggie
Joyce Lapeyre
In November 2016 we achieved the Healthy Working Lives Silver Award from NHS Fife!

We received tremendous feedback during our Healthy Working Lives Silver Assessment:

“It brings the whole University Community together”.

“The step challenge was a great impetus for health and wellbeing”.

“I will definitely do more research in terms of my managerial style and how to improve it to become more balanced”.

“Before healthy working lives there was no real focus; it is night and day since”.

Thank you to all who took part in the Healthy Working Lives Survey in November 2016!
NHS Step on Stress Course

Step on Stress is a FREE educational course that teaches you how to manage stress and anxiety. The course is one and a half hours long and runs over three days. You will learn to understand your stress and deal with it using a variety of practical tools that you can use in everyday life.

The course will be run by two trained psychology assistants. The session topics focused on will include Managing your Stress, Managing your Body and Managing your Mind.

For more information on how to book, please visit: http://www.moodcafe.co.uk/learn-to-deal-with-stress-at-a-local-class.aspx
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.

Click on the button below to sign up.

See the Wellbeing webpage for more news, resources and information

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