Hello, I am Elaine Miller. As a member of library staff and an active participant of the University Wellbeing and Engagement Group, it is a pleasure to introduce you to the fourth edition of Well Now.

My particular interest within wellbeing is promoting mental health at work. To support this I am currently creating a list of library resources, both printed and online, which you will be able to access.

I have collaborated with the Fife NHS Healthy Working Lives team for ten years and I am encouraged by the exciting progress being made here at University.

I hope you enjoy reading Well Now including this edition’s competitions and offers.

Tell us what you think!

Please send suggestions and comments for future newsletters email: wellgrp@st-andrews.ac.uk
We are fortunate enough to have secured the services of Dr Paul Reynolds in the School of Medicine, to deliver a repeat of last year's talk on cancer research. Dr Reynolds will once again deliver the talk, followed by a lab tour, to help promote cancer awareness.

Since 1 in 2 of us will get some form of cancer during our lifetimes, the cancer awareness campaign is a reminder that we can all reduce our risk by making healthy lifestyle choices. In his talk Dr Reynolds describes some of the facts and figures about cancer, such as the enlightening fact that >40% of cancers in the UK are linked to lifestyle and environmental risk factors.

Dr Reynolds will also describe the process of conducting clinical trials and some of the cancer/pathology projects in the Systems Pathology labs at the School of Medicine. The talk will be followed by a tour of the Systems Pathology labs, so you can see some of this research in action.

The date and time is to be confirmed but will be during the second half of April. If you would like to register your interest, email wellgrp@st-andrews.ac.uk with the subject line 'Cancer talk' and we'll keep you posted.
Our weekly walking group is one 'step' nearer to being launched, with our first group of walk leaders attending training on 11th March. Our first walk leaders learned about the benefits of physical activity and walking in particular, and gained all the information and awareness required to lead group walks, such as the importance of route planning and risk assessment.

One invaluable insight was the fantastic video by Dr Mike Evans, which we would recommend to all! See the item on sedentary behaviour below.

We still need more walk leaders and will be running a special 2 hour walk leader session soon. We are also still open to members to join the walking group and participate in the weekly 30 minute walks.

We will be launching WWOW with an inaugural walk at 12.30 pm, Tuesday 10th May.

If you are interested in more information about becoming a Walk Leader or wish to sign up to WWOW email wellgrp@st-andrews.ac.uk
Step Count Challenge 2016 Update

Step Count Challenge 2016 officially starts on 18 April.

Teams of 5 can apply for sponsorship from the Wellbeing and Engagement Group. We will pay the registration fee and provide pedometers for all sponsored teams.

Our target was to more than double the level of participation from 2015, and to have at least 100 people taking part (20 teams). We have already hit our target and there is still time for new teams to request sponsorship - our deadline is 28 March.

If you have already registered your team with us - we'll be in touch again soon.

If you haven't registered a team but are interested, visit our Step Count Challenge webpage for more information:


Saturday 19 March is the 200th St Andrews ParkRun. The 5k run takes place at Craigtoun Park every Saturday morning at 9.30am.

For more information go to the ParkRun website:
http://www.parkrun.org.uk/standrews/
Marie Curie 10k walk

In April 2016 get some great physical exercise and help to raise funds for Marie Curie on our 10k sponsored Walk.

Join the WWOW Walk Leaders as they take you on a tour of St Andrews, including the West Sands, the Old Course, the Cathedral, the harbour, the East Sands and Lade Braes. The walk will take around 3 hours at a comfortable walking speed.

For those taking part in Step Count Challenge, this is another way to increase your teams' count whilst raising money for a great cause!

The Wellbeing and Engagement group will make a contribution to Marie Curie for every kilometre walked, but you can also organise your own sponsorship to boost the total. Funds raised can be paid directly or can be deposited with the Wellbeing and Engagement Group and we will pay the money to Marie Curie on your behalf.

The provisional date for the walk, to be confirmed, is Saturday 23 April, starting at 10.00am. If you want to register your interest, email wellgrp@st-andrews.ac.uk with the subject line "10k walk'and we'll keep you up to date .
Mental Health Awareness Week 2016, 16 - 22 May

The focus for Mental Health Awareness Week 2016 is Relationships, which will celebrate the connections, relationships, and people that add to our wellbeing and protect and sustain our mental health. Good strong networks, along with healthy and supportive relationships can improve mental wellbeing as much as diet or exercise.

During the week we will be providing opportunities to participate in a collective experience! Specifically, you could take part in one or more group sessions covering a range of mental health and wellbeing activities that are being scheduled at different times and locations.

Due to limited space on each session, places must be pre-booked via PDMS (our online booking system). So far we have scheduled three special yoga sessions (each focused on a different mental health theme), mindfulness and building resilience taster sessions. We will soon be adding Tai Chi and meditation taster sessions.

For more information and links to the PDMS entries (with full details and booking), click the link below.

Do you have sitting disease?
If there was a straightforward cure that could reduce the risk of heart attack and stroke, diabetes, hip fractures, bowel cancer, breast cancer and depression* would you take it?

Well we have it, and it is simple: **moderate physical exercise.** The UK Chief Medical Officers have recommended that adults should have a minimum level of moderate physical activity (such as walking) of 30 minutes a day or 150 minutes per week**.

According to the Scottish Health Survey, 42% of women and 29% of men do not meet these guidelines***. At the same time, according to the World Health Organisation, lack of physical activity is the 4th highest factor in adult mortality****.

So what can you do to move more and sit less? Join [WWOW](https://www.youtube.com/watch?v=aUaInS6HlGo) and walk more, have walking meetings, stand while you are on the phone... there are lots of options. Dr Mike Evans has made a great video about the risks of sedentary behaviour and the benefits of moderate physical activity. See the video on YouTube: https://www.youtube.com/watch?v=aUaInS6HlGo

Also see our 'Active at work' competition below.

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* "Transforming Scotland's Health", NHS Scotland, 2011
** "Start Active. Stay Active", Department of Health, 2011
*** 'Scottish Health Survey", Scottish Government, 2014
**** "Global Health Risks report", WHO, 2009
£450 RAISED!

Heart Wear it. Beat it. Heart

We supported Wear it. Beat it. again this year. On the 5th February 2016 we asked staff to wear red to show their support for our fight against heart disease and/or to hold an event to raise money for British Heart Foundation.

Including our £1 donation for every person participating an amazing £450 was raised! Well done!
Also in February...

On 19 February we gave away 100kg of fresh fruit and veg, generously donated by our sponsors for this event, Kettle Produce and Andersons. University staff were invited to register for this offer, with 1kg each of fruit and vegetables going to the first 50 to register.

Soup made by Sandra Roddick

Soup made by Lynn Neville

A special thanks also to RBS for their help in arranging the sponsorship from Andersons.
New apps on the Wellbeing webpages

Bliss

Become Happier - Bliss rewires your brain for positivity. Over time, as you continue to complete your daily exercises, your mental outlook becomes more positive, you enjoy life more, you find more meaning and satisfaction in your work, you strengthen your relationships and come closer to being the best possible version of yourself:

www.bliss31.com

Smiling Mind

Smiling Mind is modern meditation for all ages. It is a unique web and App-based program, designed to help bring balance to young lives. It is a not-for-profit initiative based on a process that provides a sense of clarity, calm and contentment:

www.smilingmind.com.au

Thank you to Melanie Atkins from IT services for sending in these App suggestions!
Our unique, sector-leading programme

After unprecedented demand at the launch events earlier this year, we now have 50 staff members signed-up to the new Passport to Health and Wellbeing Excellence.

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

Our first workshops were carried out on the 10th March and included 'Eating Well' and 'Mental Wellbeing and Steps for Stress'. These were provided by Health Promotion Fife and were very well received. In the photo above Evelyn Parker from Estates becomes the very first participant to receive a passport stamp at the 'Eating Well' workshop.

The current 50 participants will obtain the University Passport to Health and Wellbeing Award once they have taken part in 1 core activity and a minimum of 2 optional activities for each of the four themes. All participants receive regular information and exclusive opportunities.

With many more exciting events planned, if you are interested in joining the waiting list please email Lynn Neville at: lmn@st-andrews.ac.uk
Julie’s Healthy Breakfast Muffins

This recipe doesn’t use refined sugar, only natural sugars and you can substitute blueberries or cranberries for the sultanas.

Ingredients:
• 120g wholemeal flour
• 120g wheatgerm (such as Jordans)
• 160g all-bran cereal
• 65g porridge oats or oat bran
• 2 teaspoons baking powder
• 2 teaspoons bicarbonate of soda
• 2 teaspoons ground ginger
• 3 tablespoons vegetable oil
• 140ml honey
• 285ml semi-skimmed milk
• 225ml low-fat plain yoghurt
• 2 eggs, beaten
• 170g sultanas

Method

1. Preheat oven to 180 C / Gas mark 4. Lightly grease a 12-hole muffin tin.
2. In a medium bowl, mix wholemeal flour, wheatgerm, all bran, oats, baking powder, bicarbonate of soda and ground ginger.
3. In a separate bowl, thoroughly blend oil, honey, milk, yoghurt and eggs. Stir in sultanas.
4. Gradually fold milk and sultana mixture into the flour mixture until just moistened. Spoon into the prepared muffin tin.
5. Bake 20 to 25 minutes in the preheated oven, or until a toothpick inserted in the centre of a muffin comes out clean.

Many thanks to Julie Middleton, CSTPV/IR for the recipe!
WELLBEING QUIZ

1. What's the most common fitness related complaint in women as they age?
   (A) Diabetes
   (B) Arthritis
   (C) Obesity

2. What's the maximum amount of salt an adult should eat a day?
   (A) 10g
   (B) 1g
   (C) 6g

3. Which of the following is the best source of vitamin C?
   (A) Brussels sprouts
   (B) Sweet peppers
   (C) An orange

4. How long does it take for your sense of taste and smell to start to improve after you quit smoking?
   (A) 12 hours
   (B) Two days
   (C) Two months
   (D) Two years

5. Drink one can of soft drink a day for a year, and you are at risk of gaining how much weight?
   (A) Nearly 2 kilos
   (B) 4 kilos
   (C) Nearly 7 kilos

6. Health authorities recommend we drink reduced-fat milk because:
   (A) It tastes better.
   (B) It has less saturated fat.
   (C) It has less unsaturated fat.

7. One 100g bar of chocolate has roughly the same amount of kilojoules as:
   (A) 2 large apples
   (B) 4 large apples
   (C) 6 large apples

8. How long does it take the body to clear one standard drink?
   (A) Half an hour
   (B) One hour
   (C) Two hours

Competition and offers...

Recommend a friend
If you recommend a friend to sign up to Well Now we will give you a 20% off voucher for a local eatery (the Doll’s House, Forgans or the Grill House). This offer is available to the first 15 to email the name of a colleague (with their permission, so cc them as well!).

We’ll also put you into our big 'Recommend a friend' prize draw for a special prize.

300th Opt in!
We are close to having 300 people on our mailing list. The 300th person to opt in will get a free tea for two at Rufflets.

Active at work
Send us a photo of you doing something active at work to combat sitting disease. We'll put all entrants in to a prize draw for a free weekend car hire from Enterprise car rentals, including drop-off and pick up - so you can drive to somewhere nice for a good walk!

All entries to:
wellgrp@st-andrews.ac.uk

Many thanks to Gillian Brunton, the newest member of the Well Now editorial team, for sourcing these great prizes and offers.