The seventh staff survey will launch on Monday (closing on April 21), giving all staff an opportunity to help focus the University’s vision.

The survey should take no more than 10 minutes to complete, and offers the opportunity to contribute to improving working lives. Results will be used to inform an action plan to address the key areas for development. What’s more the University is delighted to announce that this year, for every staff survey returned the University will donate £1 to Dementia Friendly St Andrews.

Those eligible to take part will be sent a randomly generated and unique hyperlink generated by the external survey software, Bristol Online Surveys (BOS). Responses to the survey are completely anonymous, to ensure staff feel able to give genuine feedback – good and bad. Paper versions are also available on request from the survey team at staffsurvey@st-andrews.ac.uk.

Participants will also be given the opportunity to be entered into a prize draw, with a chance of winning one of ten £40 retail vouchers for local businesses.
In April 2017 get some great physical exercise and help to raise money for Marie Curie on our:

10k Sponsored Walk.
Saturday 8 April at 10.00am

Join the WWOOW 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 great way to prepare 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.

Email wellgrp@st-andrews.ac.uk to register.
ARE YOU UP FOR THE CHALLENGE?

Join the Step Count Challenge 2017 and walk more.

Last year our 33 teams walked more than 109 million steps! This year the Wellbeing and Engagement group is sponsoring 50 staff teams to take part in the 8 week challenge starting on 1 May 2017.

Each team must have 5 members including a team captain and a unique team name. The University team with the best results will also receive special wellbeing-themed prizes.

Don't have a team? No problem! Email wellgrp@st-andrews.ac.uk and we will create a team for you.

Applications for team sponsorship are available on our Step Count Challenge website until 13 April 2017.

Email wellgrp@st-andrews.ac.uk for more information.
GUIDED MEDITATION

Meditation offers a guided inner journey which can leave you feeling calmer, more invigorated, and happier in yourself. It is easy to do and requires no special skills or abilities.

This is a four-week series of after-work guided meditations, each lasting an hour and offering a pleasant transition between work and home.

Why not come along and try it for yourself? All are welcome.

- Increasingly positive outlook on life
- Greater self-confidence, from better understanding of your mental processes
- Better sleep patterns
- Ability to quickly create in themselves into a calm state when under pressure

To book please click on the following link:
Bike to Work Breakfast

Cycle to work and get a free breakfast: sit-down or takeaway!

12 April, 8am - 9am in the Mansefield Building (opp. the Student’s Union)

*Unfortunately this event is not currently open to undergraduate students.

Events targeted at all you lovely folk can be found here instead:
https://www.facebook.com/sustainabletransporttransitionuosta/events/
sustainabletransporttransitionuosta/events/
WWOW!
a Wee Walk Once a Week

Walk & Talk event around the East Sands on 2 March 2017

Edible Campus Walk on 21 March 2017
WWOW
Wee Walk Once a Week
Edible Campus Walk

New Route!
Thursday, 20 April
Starting Point:
Careers Centre Garden

Enjoy the beautiful, quiet and peaceful Careers Centre Garden. Bring your lunch at 12pm and eat outside on the picnic tables before the walk kicks off at 12.30pm.

This new route will include John Burnette, Computer Science and Uni Hall.

Sign up to WWOW and join us on our next walk!

Email wellgrp@st-andrews.ac.uk for registration details.
Saints Sport 5k Run

EVERY WEDNESDAY
12:30, University Sports Centre
Start: outside Reception

FREE timed 5k run around University Park, **every Wednesday at 12:30**
Open to Students, Staff and Community

Book your place anytime from Wednesday 22nd March either at the Sports Centre Reception or **ONLINE**: http://www.st-andrews.ac.uk/sport/bookings/

For more information please contact:
Claire Scott (Saints Sport)    E-mail: cls25@st-andrews.ac.uk
Golsa Raoufi (CAPOD)         E-mail: gr25 for more information
Vintage Fashion Show for Dementia Friendly St Andrews

Date: 21 April 2017
Time: 6.30pm-8.30pm
Venue: Holy Trinity Church

What stories are in your Wardrobe?

We are looking for clothes to feature in our vintage fashion show in April. All loans and/or donations are welcome, especially those that come with a personal story.

It’s time to dig out your Grandmother’s opera dress, your Great Uncle’s military jacket or your Mum’s psychedelic 70s disco dancing outfit!

We also need models, whether or not you have something of your own to showcase.

Get in touch and email: wardrobe@stories@standrews@gmail.com
Spring Triathlon

SUNDAY 23 APRIL 2017 - 8.00am
East Sands Leisure Centre, St Andrews

University of St Andrews
Triathlon Club

SWIM 750m  BIKE 23km  RUN 5km

Athletes of all abilities aged 17 and over are welcome to enter

PRICE: £40 (£35 - Early Birds until 1 March or £30 - Members of BTF/TriScotland)

SIGN UP: www.entrycentral.com/event/106207
Cancer Awareness Talk & Lab Tour

On 28 April Dr Paul Reynolds in the School of Medicine will deliver a repeat of last year's talk on cancer research. Dr Reynolds will once again deliver this highly recommended talk, followed by a lab tour, to help promote cancer awareness.

The talk and optional lab tour will take place at 1.00pm, 28 April.

Places are limited but there are still spaces available. For more details and booking click on the link below.


Cancer in the Workplace

If you have had a cancer diagnosis and either about to or currently are going through treatment contacting Occupational Health and or Human Resources can assist you to deal with any workplace issues that are giving you cause for concern.

You may have many questions in regard to taking time off for treatment, what the policies are in regard to absence management, sick pay and what support is available in the work setting to help you to prepare to return to work.

To contact Occupational Health email occhealth@st-andrews.ac.uk
Move Breathe and Relax Classes

Relaxation techniques are extremely useful tools that you can use to help you to reduce your stress and relax so you enjoy life! Practicing various techniques can help to improve coping skills in the face of stress -- which increases your resilience and leads to an enhanced quality of life.

**During the session** you will explore and practice different relaxation techniques for both your mind and body which are helpful during times of stress -- find what works for you, and incorporate it into your daily life.

Choose to practice relaxation techniques that you like, feel comfortable with, and feel relaxed by. Then learn to make it a regular part of your life!

Classes are suitable for all ages and experience and encompass movement, breathing exercises, and relaxation (the class can all be done in a chair).

**Benefits of Movement and Warm up:**
* Improves circulation
* Boosts energy
* Develops flexibility, coordination, balance and strength

**Benefits of Breathing:**
* Calms the nerves
* Develops concentration and clarity
* Helps reduce anger, anxiety and stress

**Benefits of Visualisations:**
* Improves concentration, listening skills and memory
* Improves mental and emotional health
* Promotes deeper sleep

Themes include: Gratitude, Loving Kindness, calming anxiety, deepening concentration.

Email: relaxmonifieth@gmail.com
Phone: 07504904464
Back by popular demand!

Wellbeing Routine and Breathing Class

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

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.

9 May 1300-1400

To book click on the link below:
Back by popular demand!

CARDIO TENNIS

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities.

Supported by music, you’ll get to hit lots of tennis balls during your class and have a great cardio workout at the same time. Rackets will be available.

For more info and to book, email wellgrp@st-andrews.ac.uk

Wednesday 3, May from 5.30pm-6.30pm
Wednesday 10, May from 5.30pm-6.30pm
NEW! Barre Fit

Lunchtime series of 4 classes
16, 23, 30 May & 6 June.
Meet at the View Studio at 1pm.

For more info and to book email
wellgrp@st-andrews.ac.uk
NEW!
Netball Taster Sessions

Wednesday 24, May from 5.30pm-6.30pm
Wednesday 31, May from 5.30pm-6.30pm

Netball sessions will take place in the Sports Arena, starting at 5.30, led by the Director of Netball at the University, Heather Gaunt,

Regardless of your netball experience, when you last played or how fit you are, come along and have a go, we are sure you will have some fun.

For more information and to book email wellgrp@st-andrews.ac.uk
GO ST ANDREWS TESTIMONIALS

Like walking? Cycling? Driving an e-car? Catching the bus/train? Car-sharing? Transition University of St Andrews would love to hear from you!

If you have experience of any (or all) of the above in and around St Andrews, and would like let others know why you love it, please share it by submitting a brief story to the Transition University of St Andrews team.

Stories of local adventures made by sustainable modes of transport to/from St Andrews are welcome.

Have you explored the Fife coastal path? Cycled to Tentsmuir? Caught the bus to Glasgow? If you have had an adventure story to tell, and wouldn't mind it being shared on the new Transition University of St Andrews website to inspire others to use sustainable transport, please contact Lara Fahey at lf47@st-andrews.ac.uk
GROW YOUR OWN FOOD

With Edible Campus

WEEKLY GARDEN SESSIONS FOR THE WHOLE COMMUNITY:

WEDNESDAY:
The KERNEL & Greenhouse 12 - 3
The Community Garden 2 - 4

THURSDAY:
Albany Park 12 - 2

SUNDAY:
The KERNEL (St Andrews Botanic Garden) 12 –2

... Plus many, many more!

www.transitionsta.org
FB: ediblecampusstandrews
Skills share is a Transition initiative encouraging the community to share simple skills. Skills shares so far have included:

* Arc Welding  * Knitting

* Dry Stone Walling  *

* Bread Making  

...and more!

If you would like to offer a skill to share or there is a skill you would like to learn, email Tansy at tt39@st-andrews.ac.uk
Essential Cycling Course

Cycle with Confidence

Are you looking for a bit of help to get back in the saddle? Cycling Scotland’s ‘Essential Cycling Skills’ course aims to give those new, or returning, to the saddle the necessary skills to negotiate on-road journeys. Courses are 2.5 hours and usually cost £20 but Transition USTA is offering them for free in 2017.

The course includes bike handling skills, confidence on-road and roadside repair knowledge.

Meet at Agnes Blackadder hall at 11.30am on:
27 April 2017
18 May 2017
15 June 2017
17 August 2017

For more information or to book, email wellgrp@st-andrews.ac.uk
Welcome to our 500th Well Now Subscriber!

Dr. Carol Sparling
Albany Park Garden Session:
Join the Garden team every Thursday from 12:00 - 2:00 as we prepare the site for growing fruit and vegetables throughout the year. There are many things to do from weeding, digging, pruning mulching, planting, sowing and of course harvesting. Or perhaps you just want to come along to get away from work and enjoy the outdoors in a relaxing and fun setting.

The University Community Garden Session:
Everyone is welcome to the University Community Garden. We meet every Wednesday from 2:00 - 4:00 during term time (4:00 - 6:00 in Summer). We will be preparing the 16 beds for the growing season when we begin sowing and planting. There is also a Forest Garden to look after with a number of fruit bushes, a bottle greenhouse and a pond. Why not come along to learn new skills, meet new people and of course harvest your own locally grown vegetables!

Greenhouse Growing:
Enjoy a relaxing and productive lunch break away from the desk. Seeds are sown, brought up, pricked out and transplanted in the greenhouse until they are ready to go outside. Learn proper propagation techniques in the greenhouse every Wednesday from 12:00 - 2:00. When all the young plants move out, we use the greenhouse to grow tomatoes, cucumbers, aubergines and chillies. We are located at the back of the St Andrews Botanic Garden.
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/