Well Now...

WELLBEING NEWSLETTER
FEBRUARY 2018

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
Hi, my name is Janey Watt and I have been your Occupational Health adviser for over four years.

As a specialist nurse practitioner, my role focuses on work-related ill health, assessing fitness for work, and case management of employees returning to work. We also support employee ill health and assessing fitness to work of staff whose health problems are caused by factors outside the workplace, such as lifestyle-related illness. If you need information or support please contact myself or our unit secretaries Emma Harbour and Geraldine Gillespie on extension 2752 / 2750.

The wellbeing team run a variety of workplace wellness initiatives which help support our staff to achieve optimum wellbeing and ill health prevention. Many of you will have either made New Year’s resolutions to improve your health or will have successfully completed “dry January” which is a great start to a healthier you. Building on this, you can find information on February’s program in this issue. We look forward to helping you achieve your health goals in 2018, so please sign up and join us in one of our initiatives.
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Welcome to 'Love Yourself' February...

Four weeks of wellbeing activities and opportunities designed to get you feeling the love...

Eat well with our Fresh Produce Giveaway

Practise Self-Care Meditation with our new series

Give yourself a health MOT with our guide

Book a Lifestyle Assessment with our Occupational Health Advisor
FRESH PRODUCE GIVEAWAY!

On 23 February, with generous support from Andersons and Kettle Produce, we are giving away fresh fruit and veg to help you towards your ‘5 a day’ – absolutely free!

Register your name to enter our draw for a chance to receive 2kg of fresh fruit and veg.

To register just email ‘produce giveaway’ and your name to wellgrp@st-andrews.ac.uk by MONDAY 12 FEBRUARY

Enquiries to wellgrp@st-andrews.ac.uk
Part of the University Wellbeing and Engagement programme
LOVE YOURSELF: SELF-CARE MEDITATION

Meditation is an extremely useful tool to help reduce stress, increase self-awareness, promote acceptance and help you relax, increasing your resilience and leading to an enhanced quality of life.

This 4-week series consists of 30 minute sessions on different aspects of self-care including self-trust, self-nurturing, self-esteem and self-compassion. Each session explores and practices different relaxation techniques for your mind.

February 7 2018 | 12.30-13.00
Arts Lecture Theatre

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=8020
Health MOT

It's easy to get bogged down in the day to day routine, but don't forget to look after yourself too. A few appointments and habits can help to ensure you keep yourself in the best possible health.

A 20 minute eye appointment could reduce eye strain, or getting that niggly tooth fixed would make meals more enjoyable.

And of course, if you've got a health issue that's making you wonder if you should do something, whether an ache, persistent cough, mole or lump, make a GP appointment. You are worth it!

Appointments to think about making:

🔍 Optician: recommended every 1-2 years
  Go to www.nhsfife.org for a list of local opticians

🦷 Dentist: when did you last have a 6-monthly check?
  Go to www.nhsfife.org for a list of local dentists

ınız Cervical Smear Test - every 3 or 5 years depending on your age
  Go to www.healthscotland.com for more information

{{ Prostate Exam - every year after 50
  Go to www.prostatescotland.org.uk for more info

Check Yourself: Prevention is better than Cure:

Testicular cancer affects 2400 UK men each year: http://www.cancerresearchuk.org/about-cancer/testicular-cancer/getting-diagnosed/finding-early

Breast screening is offered to UK women aged 50-70: https://www.worldwidebreastcancer.org
  #knowyourlemons

If you haven't signed up to a dental practice or GP, this is as good a time as any, before any problems arise.

There may be other appointments that you need to make depending on your circumstances.

Watch out for Family History Flags - If any illnesses run in your family, make sure you're up to date with the checks specific to your own family history.
Learn to climb

Day       Time      Start Date | End Date       (Fitness+) | (Non-Fitness+)
Saturdays | 16:00 - 17:30 | 10/02/18       | 10/03/18       | £75            | £100
Saturdays | 16:00 - 17:30 | 07/04/18       | 05/05/18       | £75            | £100

*Harness, rock shoes and belay devices will be provided.

Our new introductory climbing courses will teach participants basic safety and awareness around the wall, how to belay, how to tie into the rope and how to climb efficiently. After the five week block we hope to be able to sign off all participants as competent climbers, so they can come and use the climbing wall unsupervised in their own time during public sessions.

How to book: https://sportbooking.st-andrews.ac.uk/bookings/

If you have any queries please contact:
Gary Brankin, Sports Development Manager
E: gb50@st-andrews.ac.uk
EATING WELL - FOCUS ON SUGAR

This course builds on some of the learning from the Eating Well course. It will cover the key physiological effects on the brain and body, identify secretive sugars, and explain the glycemic index vs glycemic load.

The course will be led by Dr Madeleine Hardus, a trained nutrionist who will take you through activities which will help you identify how sugar affects you and how to start decreasing your sugar intake.

Wed 28 Mar 2018 | 10.00-11.30
C5 Seminar Room, Bute Building

Book now on PDMS:
https://www.st-andrews.ac.uk/pdms/?CourseID=8041
Do you care for someone with dementia? Join others in similar situations for two Fife Carers Centre workshops. Both are free for unpaid and family carers to attend.

**FOR DEMENTIA CARERS**

**TAKE A WALK IN THEIR SHOES**

**TUESDAY 3 APRIL, 2018**

**10.00-13.00**

FOR MORE INFO AND BOOKING DETAILS CONTACT LESLEY:

01592 205472|

LESLEY.CHILDS@FIFECARERS.CO.UK

**COMMUNICATING WITH DEMENTIA — WORDS AND BEYOND**

**TUESDAY 17 APRIL, 2018**

**10.00-13.15**

FOR MORE INFO AND BOOKING DETAILS CONTACT LESLEY:

01592 205472|

LESLEY.CHILDS@FIFECARERS.CO.UK
Did you know...

Back pain is the single biggest cause of disability in the world. In the UK, back pain is a common reason for GP visits and absences from work, costing UK employers more than £3 billion every year.

However, new evidence suggests that practising yoga can alleviate this type of pain...

The Centre for Health Economics and Medicines Evaluation at Bangor University led a study to evaluate an 8-week yoga programme, with a 6-month follow-up, for NHS employees.

Staff who were put into the yoga group received one free 60 minute Dru yoga session per week.

Six months after the study, staff who had participated in the yoga programme missed 2 working days due to musculoskeletal conditions - compared with 43 days for the non-yoga care participants.

Read the full article at theconversation.com:
VINYASA YOGA

Join instructor Rayna Rogowsky on this 3-week series as she introduces yoga principles illustrated by different sequences each session. In this course you can expect an energetic vinyasa yoga practice, which emphasises mindful movement, breathing, and relaxation.

All yoga experience levels are welcome - please join whether you are seasoned or brand new!

Wed 7 Feb 2018 onwards | 17.30-18.30
Large Rehearsal Room, Students' Association

Book now on PDMS: https://www.st-andrews.ac.uk/pdms/?CourseID=8044
### Exercise Class Programme

**22nd January 2018 - 9th September 2018**

#### Monday
- Pilates for all 09:30 - 10:30  **STUDIO**
- Over 50's 10:30 - 11:30  **STUDIO**
- Barre Concept* 11:30 - 12:30  **STUDIO**
- Spin 13:10 - 14:00  **STUDIO**
- Yoga 17:15 - 18:15  **STUDIO**
- HIIT & Core 18:15 - 18:55  **STUDIO**
- Tai-Chi* 19:00 - 20:00  **STUDIO**

#### Tuesday
- Spin* 07:15 - 08:00  **STUDIO**
- Workshop Workout 1 09:30 - 10:30  **GYM**
- Intermediate Pilates 10:30 - 11:30  **STUDIO**
- Circuits 13:10 - 14:00  **STUDIO**
- Spin 17:15 - 17:55  **STUDIO**
- Body Sculpt 18:00 - 19:00  **STUDIO**
- Yoga* 19:00 - 20:00  **STUDIO**

#### Wednesday
- Fit Blast* 07:15 - 08:00  **STUDIO**
- Total Conditioning 09:30 - 10:30  **STUDIO**
- Over 50's 10:30 - 11:30  **STUDIO**
- Yoga - Dynamic flow 12:00 - 13:00  **STUDIO**
- Spin 13:10 - 14:00  **STUDIO**
- HIIT & Core* 17:15 - 17:55  **STUDIO**
- Zumba 18:00 - 18:55  **STUDIO**
- Boxfit* 19:00 - 20:00  **STUDIO**

#### Thursday
- Workshop Workout 2 09:30 - 10:30  **GYM**
- Yoga - Restorative 11:00 - 12:00  **STUDIO**
- Pilates - Intermediate 12:00 - 13:00  **STUDIO**
- Circuits 13:10 - 14:00  **STUDIO**
- Kettlebells* 17:10 - 18:10  **STUDIO**
- Spin 18:10 - 20:00  **STUDIO**
- Complete Combo 19:00 - 19:30  **STUDIO**

#### Friday
- Spin 07:10 - 08:00  **STUDIO**
- Dynamic Pilates* 10:45 - 11:45  **STUDIO**
- Yoga - Intermediate 11:45 - 13:00  **STUDIO**
- Zumba 13:05 - 14:00  **STUDIO**
- HIIT & Core 17:30 - 18:30  **STUDIO**
- Yoga for all* 18:30 - 19:30  **STUDIO**

#### Saturday
- Boxfit* 10:00 - 11:00  **STUDIO**
- Spin 11:00 - 11:45  **STUDIO**
- Zumba* 12:00 - 13:00  **STUDIO**
- Flexibility Yoga* 13:00 - 14:00  **STUDIO**

#### Sunday
- Sunday Combo* 10:00 - 11:00  **STUDIO**
- Body Sculpt 11:00 - 12:00  **STUDIO**
- PiYo* 12:00 - 13:00  **STUDIO**

#### Other Activities
- Senior Saints Racket Sports  **MON 10-12:00**  **HALL**
- Saints Sports Run (2.5-5KM)  **WED 12:30**  **TRACK**
- Personal Training Services  **GYM**

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**Key**

- **50 Class Break (19/03/18 - 01/04/18)**
- **Semester Only (22/01/18 - 13/05/18)**

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**For more information on classes please see [www.st-andrews.ac.uk/sport](http://www.st-andrews.ac.uk/sport) or contact our Sports Reception on 01334 462190.**

**Please note:** Saints Sport reserves the right to cancel or withdraw classes/services for operational reasons without prior notice and no guarantee can be made for late arrivals being allowed to participate in a class once it has started.
LOVE LATER LIFE

Due to high demand, Love Later Life will now also be run in June

Previously run very successfully by Age Scotland, this workshop has now been brought in-house and tailored specifically to the needs of University staff.

The workshop is for everyone who wants to think about how to get the most out of later life and provides an opportunity to reflect on the factors to consider when the time comes to stop working.

Each of the sessions, delivered by local professionals, is designed to get you thinking through personal reflection and small group discussion so that you leave with a clear personal action plan of next steps: what to do, where to go, and who else to talk to about your specific situations. All advice will be impartial. Topics covered will include finance and tax, legalities, wellbeing and workplace options.

Wed 20 June 2018 | 09.30-16.45
C5, Bute Building

Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8042
'According to Japanese legend, a young man named Sen no Rikyu sought to learn the elaborate set of customs known as the Way of Tea. He went to tea-master Takeeno Joo, who tested the younger man by asking him to tend the garden. Rikyu cleaned up debris and raked the ground until it was perfect, then scrutinized the immaculate garden. Before presenting his work to the master, he shook a cherry tree, causing a few flowers to spill randomly onto the ground. To this day, the Japanese revere Rikyu as one who understood to his very core a deep cultural thread known as wabi-sabi...wabi-sabi is the art of finding beauty in imperfection and profundity in earthiness, of revering authenticity above all.'


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Even now, in our modern era of an endless supply of shiny new consumer products, wabi sabi is still a core part of Japanese culture built around appreciating the beauty of imperfect, impermanent objects. It reflects an acceptance that everything in the world is in a state of ageing, and that this state does not lessen the beauty of an object. An old bowl may chip, wood becomes weathered and grey, and paint bubble or cracks. These marks add interest and contrast, offer insight into the history of the object, and prompt us to appreciate them now. Wabi sabi might most often be applied to objects, but it's also a way to look at ourselves.

Bombarded with constant images of unrealistically perfect, airbrushed faces and bodies, it is increasingly difficult to remember that we can value the way we look, however that is. Just as Cindy Crawford's mole, Pep Guardiola's greying beard, and Winne Harlow's skin make them unique, so too do our own bodies. Often the circumstances of our lives have shaped us - a scar on our hand from a DIY accident reminding us of our determination to accomplish a task, or freckles from the sun one year reminding us of a specific time in our lives. Perhaps wabi sabi offers us a new way to view our imperfections, and love ourselves a little more...

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**Books**

**Wabi sabi: The Japanese art of impermanence** by Andrew Juniper

**Wabi-Sabi Wisdom** by Andrea Jacques

**Wabi Sabi: The Art of Everyday Life** by Diane Durston
**Oatmeal Rhubarb Porridge**
(adapted from eatingwell.com)
Serves 1-2

**Ingredients:**
1½ cups milk (or non-dairy milk, e.g. almond)
½ cup orange juice
1 cup rolled oats
1 cup ½-inch pieces rhubarb, fresh or frozen
½ teaspoon ground cinnamon
Pinch of sea or himalayan salt
2 tablespoons chopped pecans or other nuts

**Method:**
1. Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan.
2. Bring to a boil over medium-high heat.
3. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, for about 5 minutes.
4. Remove from the heat and let stand, covered, for 5 minutes.
5. Top with nuts.

*Tip: You could also make this as a bircher by combing the oats, fruit, milk, cinnamon and salt in the evening and leaving to combine in the fridge. In the morning just top with the nuts and enjoy!*

**Cauliflower and Feta cheese omlette**
(adapted from epicurious.com)
Serves 2

**Ingredients:**
5 eggs
2 1/2 tablespoons extra-virgin olive oil / butter
1/2 medium head cauliflower, cut into 1-inch-wide florets
1 garlic clove, crushed
1/2 cup crumbled feta
1/4 cup packed flat-leaf parsley leaves

**Method:**
1. Beat the eggs
2. Heat oil / butter in a frying pan or skillet (ideally 10 inches wide) on a high heat
3. Fry the cauliflower for 5-9 minutes
4. Reduce heat to medium, then add garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper and sauté for 1 minute.
5. Pour eggs over cauliflower.
6. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omlette, until almost set (4-5 minutes)
7. Flip the omlette and cook the other side for 1-2 minutes.
8. Slide out onto plate and sprinkle with feta and parsley.
Neeps and Tatties Soup
(https://www.bbcgoodfood.com/recipes/neeps-and-tatties-soup)
Serves 2-4

**Ingredients:**
25g butter
¼ tsp ground coriander
1 onion, chopped
½ medium-sized swede (about 200g), peeled and chopped into small pieces
1 carrot, sliced
1 celery stick, sliced into small pieces
140g potatoes, chopped into small pieces
good grating of nutmeg
400ml milk
140g cooked haggis or black pudding, chopped or crumbled into pieces
2 tbsp double cream
a few celery leaves, torn

**Method:**
1. Melt butter in large saucepan over a medium heat. Add coriander and vegetables, fry for 4-5 mins, then cover with 400ml water and bring to boil. Cook until vegetables are soft – 20-25 mins.
2. Season with salt, pepper and nutmeg, then add milk. Transfer to a blender or blitz with a stick blender until smooth, then return to the pan to heat through.
3. Meanwhile, heat the cooked haggis or black pudding in a frying pan until sizzling. Serve the soup in bowls and top with the haggis / black pudding, a swirl of cream and the celery leaves.

**FOOD HACK: How to cook a whole neep**

Thank you to Nikki Broughton from CAPOD for sharing this amazing tip from Foodie Quine!
http://www.foodiequine.co.uk/2015/03/singing-swede-humble-neep-swede-or.html

1. Wash the neep and place it on a plate (no need to prick or score)
2. Cook on full power for approximately 15 minutes, turn it over and cook for approximately another 15 minutes. Insert a skewer to test if it is soft all the way through.
3. Once cooked it slices like a knife through butter and the flesh can be scooped out.
YOUR WELL NOW
SHARE YOUR NEWS!

TELL US WHAT YOU’RE UP TO!
SHOWCASE YOUR HEALTH & WELLBEING EVENTS, ACTIVITIES, FUNDRAISERS AND SOCIAL GROUPS.

Email: wellgrp@st-andrews.ac.uk
with the Subject Heading "Your Well Now"
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.