Step Count Challenge review

The 2017 Step Count Challenge ended on 25 June after 8 weeks of dedicated walking. 78 University teams took part (390 staff), which is a huge increase on the 33 teams in 2016, and 9 teams in 2015. Between them they walked more than 300 million steps, equivalent to around 142,000 miles. 57 of our 78 teams were in the top half of the national league table, 18 were in the top 100 and two teams finished in the top 10, out of the 968 teams taking part!

Last year we aimed to achieve the highest level of participation in the Scottish Education sector and we have succeeded! Additionally, we have the second highest level of participation out of all employers in Scotland, trailing behind NHS Ayrshire and Arran.

Next year we want Step Count Challenge to be even bigger and even better. Our target is to sponsor 100 teams.

Congratulations go to all University teams who participated this year.

10K Walk for Marie Curie

75 staff, students, friends, family and pets took part in the 10K sponsored Marie Curie walk on Saturday, 3 June. Participants registered and the Wellbeing and Engagement Group raised £581.01 for Marie Curie.
We supported **Wear it. Beat it.** again this year. On the **9th June 2017** 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 £114 was raised. A special mention to Philosophy, CSTPV, HR and Estates for their generous donation of funds.
July - Healthy Sleep

Our wellbeing theme for July is 'Healthy Sleep'. Getting enough good quality sleep is vital to our health and wellbeing, effecting our physical and mental health.

If we are well rested we are less prone to stress, we are more resilient and better able to cope with whatever life throws at us. We are also better able to resist and recover from infection, and more able to be effective at whatever activities our day involves.

During July we are offering a special workshop to help you get the best from your night's sleep. For more information and resources on Healthy Sleep, visit our Healthy Sleep webpage.

Successful Sleep workshop

26 July, 15.00 - 16.30, C5 Seminar Room, Bute Building

A good night's sleep is a key ingredient of wellbeing. This session will explore some up-to-date research on the implications of poor sleep, and offer some tips on how to improve the quality of your sleep.

By the end of the session you will:

- understand what some of the issues are relating to poor sleep
- be aware of some recent research on the topic
- discuss experiences with participants
- identify some techniques which you can try to improve the quality of your sleep

For full details and to book your place, please visit:
LUNCHTIME GARDEN SESSIONS

Join Transitions’ **Edible Campus** every Thursday afternoon in July from 12.30-13.30 at various gardens. Bring your lunch and then join the group for a bit of gardening, harvesting and a social. Transitions will tell you about the plants grown and what you can harvest on campus, plus what meals you can make from a forage. For more information, see the Transition website [http://www.transitionsta.org/](http://www.transitionsta.org/)

6 July - Computer Science
13 July - John Burnette Garden
20 July - Careers Centre
27 July - Albany Park
NEW RACKET SPORTS CLASS FOR UNIVERSITY STAFF AND POSTGRADUATE STUDENTS
RUNNING FROM 26 JUNE UNTIL 28 AUGUST ONLY

Calling all university staff and postgrads!

Come on down to the sports centre for a new class tailored just for you. There will be short tennis, table tennis and badminton set up for university staff members and postgrads to drop in and have a hit around.

**When:** Mondays @ 12PM-2PM (drop-in whenever suits you!)

**Where:** Sports Arena, St Andrews University Sports Centre, St Leonards Road, KY16 9DY

**Price:** £3/session (FREE for Fitness + members)

For more information contact the Sports Centre by phoning 01334 462190 or emailing sport@st-andrews.ac.uk. Alternatively, you can sign up online from 3 July onwards.
August - Physical Fitness

August is 'Physical Fitness' month, and we have a range of special activities scheduled.

- Bike to Work Breakfast
- Essential Cycling Course
- Outdoor Zumba
- Table Tennis
- Short Tennis
- Badminton
- Golf Day
Opportunity to win a mini!
donated by EASTERN

Play a memorable round of golf with colleagues and clients and help raise funds for Age Scotland’s vital work in tackling loneliness and isolation; and running Scotland’s Helpline for older people.

The Stapleford event, with breakfast and a 3 course high tea, includes mini-competitions and the chance to bid for money-can’t-buy experiences. You’ll also have an opportunity to win a mini, generously donated by Eastern BMW, as a prize for a hole in one. Please support us by booking a team of 4, priced £300. It’ll be a great day!

Email: fundraising@agescotland.org.uk
Visit: www.agescotland.org.uk

Monies raised will go to support our Freephone Helpline, which provides expert advice as well as friendship, and last year handled calls from around 16,000 older people, their carers and families.
OUTDOOR

ZUMBA®

3, 10 & 17 AUGUST
5.15-6PM, SPORTS CENTRE

FOR MORE INFORMATION CONTACT THE RECEPTION DESK AT SAINTS SPORT AT EXTENSION 2190 OR EMAIL SPORT@ST-ANDREWS.AC.UK
Our University Walking Group WWOW (Wee Walk Once a Week) is now well-established with a scheduled walk every week. 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.

To sign up visit the WWOW webpage using the link below. 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!

We are still looking to recruit more Walk Leaders. Check the WWOW webpage for more information and contact us if you may be interested.

https://www.st-andrews.ac.uk/staff/wellbeing/wwow/

Essential Cycling Course
Cycle with Confidence

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

Meet at Agnes Blackadder hall at 11.30am on 17 August 2017. For more information and to book:

Bike to Work Breakfast

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

16 August, 8am - 9am in the Mansefield Building (opp. the Student’s Union)
The University of St Andrews’ Environmental Facilitator Training Programme

Are you passionate about the environment? The Environmental Facilitator programme aims to equip staff with the knowledge and skills needed to drive positive change in the workplace as the university strives for sustainability!

How can you get involved?

Email environment@st-andrews.ac.uk to receive an application form and return the form with line manager’s approval.

Enrol in the online Moodle training programme which consists of 9 videos and quizzes covering topics from recycling to driving behaviour change.

Once online training has been completed a meeting will be set up with representatives from CAPOD and the Environment Team!

Receive certification of completion and join the Environmental Facilitator network and enjoy meeting new people, driving positive change in the workplace and attending engaging networking events!
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/