Well Now...

WELLBEING NEWSLETTER
ISSUE 13 - JUNE 2017

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
DE-STRESSSTIVAL

Tuesday, 27 June

Tai Chi
Yoga
Walk & Talk
Indonesian Massage

Nordic Walk
Meditation
Labyrinth Walk

Open to all staff.

To request a space visit: https://www.st-andrews.ac.uk/pdms/index.php
Netball Taster Session

Wednesday 7, June 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 visit: https://www.st-andrews.ac.uk/pdms/index.php
Bike to Work Breakfast

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

7 June, 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/

transition university of st andrews
VegSoc
environment team university of st andrews
CAPOD
How red can you go?

‘Wear it. Beat it.’ on 9 June to support the British Heart Foundation’s work to promote heart health and research.

Wear red to work on 9 June

Send us a photo of you wearing even a hint of red and we will make a donation to the British Heart Foundation.

Organise a fund-raising event in your workplace:

• A bake sale
• A raffle
• A.....whatever

Send us a photo of your event and we will post it on the University Wellbeing webpage.

Send your photos to wellgrp@st-andrews.ac.uk

More information and fund-raising ideas at https://wearitbeatit.bhf.org.uk

Part of the University Wellbeing and Engagement programme for June 2017

Occupational Health
YOUR STEP COUNT CHALLENGE

EXPERIENCE

Cláudia (CREEMinals) and two other friends went up 2 munros in Glen Clova; they were blessed by the good weather, but kept a close eye on their step count and... carried some motivational Scottish delights with them.

Lyndsay Mitchell set a new University record by walking an incredible 71,019 steps in one day - breaking the previous record of 50,000 steps in 2015. Well done Lyndsay!

Photo taken by Kim Bennett

Email your stories and photos to wellgrp@st-andrews.ac.uk
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

[University of St Andrews](http://www.st-andrews.ac.uk/staff/wellbeing/)