Well Now...

WELLBEING NEWSLETTER
JUNE 2018

Keeping you up to date.

CAPOD | The University of St Andrews | No SC013532
Hi All, I'm Lisa Stewart. I work in Human Resources as an HR officer and have been with the University for just over a year. My main remit is policy improvement and development and I'm also a member of the Wellbeing and Engagement Group. I have the pleasure of introducing the June Well Now and promoting this month’s key theme: Volunteering!

Investing in our social footprint is growing evermore rapidly and will continue to move up our business agenda. Volunteering has the potential to deliver huge benefits to the University, as well as having a positive impact on our wellbeing and engagement by making us feel good about ourselves, allowing us to put our skills to good use, and contribute to a common good. It's also a great way to connect and network with others and give you a sense of perspective outside of the chaotic, fast-paced world we increasingly live in.

As part of volunteering month, the Wellbeing and Engagement Group has arranged a number of volunteering initiatives detailed in this issue - we hope you'll get involved in some. Happy reading!

Tell us what you think!
Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk

Click on this link to access these useful sites:
https://tinyurl.com/ydgf33hc

Useful Organisations and Websites

- St Andrews wellbeing webpages
- British Heart Foundation
- NHS Smoking Helpline
- Drink Aware
- Sleep centre
- Alzheimer Scotland
- LGBT- Foundation
- Step Count Challenge
- Svaroopa Yoga
- MIND - Mental Wellbeing
  0845 766 0163
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4th-10th of June 2018
Byre Theatre, St Andrews

Dr Gayle Doherty & Dr Maggie Ellis invite you to:

A week of celebration with people living with dementia

All events are free – tickets available at Byre box office

Monday    Jazz afternoon (2.30-3.30pm)
Tuesday   Music, sing and move (2.30-3.30pm)
Wednesday Storytelling (10-12 noon)
Thursday  Little Art School (12-2pm)*
Friday    Dance and movement (2.30-3.30pm)
Saturday  Grease Sing-along (10-12 noon)
Sunday   Art Exhibition & Coffee Afternoon (2.30-4pm)

*This event will be held at St Andrews Football Club, Langlands Road.

Please contact Maggie Ellis (mpe2@st-andrews.ac.uk) if you have any queries.
We’re introducing a new wellbeing campaign for June 2018: Volunteering Month!

Research shows that volunteering improves our mood, reduces stress, and enriches our sense of purpose in life.

As part of Volunteering Month, the University Wellbeing & Engagement Group has arranged a ‘Team Challenge Day’; an opportunity for a team of University staff to work together on an environmental project.

Mon 18th June: Cambo Estate ‘Woodland Conservation’

A team of up to 30 will join the Cambo Heritage Trust team to help conserve the stunning 70-acre woodland which surrounds Cambo House.

Tasks may include formative pruning and thinning of a millennium woodland, invasive species clearance and/or gardening tasks.

The team will be supervised on the day by staff from the Cambo Heritage Trust team.

Applications for the Team Challenge Day are open until 6th June.

You must have agreed your team’s participation during working hours with the responsible Line Manager before submitting a team application.

More information and how to apply is available on the Wellbeing Calendar web page:

https://www.st-andrews.ac.uk/staff/wellbeing/wellbeingcalendar/
More opportunities to volunteer!

Sat 16th June 10am: West Sands Beach Clean-Up with Transition

Open to individual members of staff, join Transition St Andrews in cleaning up beautiful West Sands. All equipment needed will be provided and no prior experience is required. All staff, family, and friends welcome.

Sign up using the button below

Sat 23rd June 10am: 10k for Marie Curie

Join us on a beautiful route around St Andrews to raise money for Marie Curie.

All staff, family, friends, and dogs welcome. Get your steps in for a great cause...

The route has been risk assessed and the walk will be led by a trained Walk Leader.

Sign up using the button below

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Fife Voluntary Action (FVA) is the third sector interface for the Fife Council area. We are an independent charity that receives funding from key public sector agencies to ensure the third sector is robust, resilient and delivers high quality services for the people of Fife.

As Head of Volunteering Development at FVA, Stephen Adamson believes passionately in the difference volunteering can make to someone's life:

"Volunteering changes lives - it's as simple as that. I’ve seen first-hand the difference volunteering can make to people and communities. One of the many pleasures of my job is seeing people bring about change in their life by giving their time freely to a local cause. Often the volunteer gets as much out of the experience as the beneficiary organisation. It really is a 'win win' situation.

I’d encourage anyone who thinks they have some time to offer (it can be as little as a 2-3 hours every few weeks) to go and explore opportunities via our website or to get in touch with us to arrange an appointment. It might be the best decision you ever make!"

Find out about a huge range of opportunities, from being a childrens' group worker, to a Trustee, to getting involved in fundraising at:

https://www.fifevoluntaryaction.org.uk
Hello, my name is Claire Scott, Sports Volunteering Coordinator. I’ve been at the University since September 2016 and am responsible for delivering the Volunteering and Leadership Academy at Saints Sport. I also sit on the Wellbeing and Engagement group as a representative of the Sports Centre. This month our theme looks at Volunteering, something I am obviously very excited to discuss!

Our theme falls perfectly with Volunteers’ Week which takes place annually from the 1st to the 7th of June and is a great opportunity to celebrate volunteering in all its diversity. This year’s Volunteers Week theme is ‘Volunteering for All’.

With so many of our staff and students volunteering, there are a huge range of achievements to celebrate. Whether working to improve the local environment, spending time with people who need help, or providing sporting opportunities for the community, the efforts made by Saints Volunteers and Staff really do make an invaluable difference to the lives of people and our community, and volunteering really is for all! I’d like to share some of the fantastic volunteering efforts our staff are currently involved in, and take the opportunity to thank all our wonderful staff and students who volunteer in every capacity!

Claire Scott
Sports Volunteering Coordinator
UStA Saints Women’s Football Coach,
Volunteer and SSS Member Services
Committee Member

“I love football, but can’t play due to injury, so coaching the women’s team has been a great way to stay involved within the game I love. I played at University so I know playing sport can have such an impact on someone’s life - being able to give that back is pretty special. The club are very supportive too. They’re currently putting me through the SFA Football Coaching C license, something I would never have the opportunity to do if I wasn’t volunteering”

Find out more about sports volunteering by contacting Claire Scott at cls25@st-andrews.ac.uk
MEET THE SPORTS VOLUNTEERS

Alison Rintoul
Bookings and Memberships Officer
USTA Volunteer Water Polo Coach and
Step Rocks Community Swimming Club Volunteer

Why do you volunteer?
“I love seeing the kids’ faces when they manage their first width or length. As for the students, it’s great to see the improvements they make within their position, and seeing them score for the first time is amazing”

Callum Knox
Health and Fitness Manager
Scotland U16 Performance Women’s Basketball Assistant Coach

Why do you volunteer?
“I volunteer for a number of reasons. Firstly to continue my own professional development, but the other reason I guess is to help the team represent the country. Secondly to help inspire a new generation of female basketball players, and finally to contribute on a wider level to the sport of basketball.”

Callum volunteers on average 200 hours a year! Amazing work!

Some of our other staff volunteers: Mike Aitken Director of Tennis - Fife Tennis Development Group, SSS Co-chair Tennis Committee, Rhona Hendry, Sports Development Officer- Tayside and Fife Regional Committee Member, Ian McCallum, Director of Water Polo - BUCS Water Polo Committee, Pete Burgon, Assistant Director Student Sport - SSS Chair

Did you know...
• all of our sports clubs at the University of St Andrews are run by a committee of student volunteers
• One in five people in Scotland volunteered in the last year (a total of 1.3 million
• The value of formal volunteering is estimated at £23.9bn in the UK (2012)
• Over 21 million people formally volunteer in the UK at least once a year
• 9% of the adult population account for 51% of all volunteer hours
• Self-reported volunteering rates suggest many people may be undertaking voluntary, unpaid activities which benefit others without considering themselves to be a ‘volunteer’
I started to volunteer some years ago after losing my husband to leukaemia. During his last few weeks Marie Curie nurses came into our home, to take over his care and, in their words, ‘allow me to be his wife, not his carer’.

Since then I have seen what a difference Marie Curie nurses make to the lives of families dealing with a terminally-ill loved one. They are a wonderful team - they show patience, caring, commitment and passion not just for their patients, but for the whole family.

My volunteering is my way of paying a little back. I really enjoy working with the other volunteers to raise funds and awareness of Marie Curie locally.

I particularly enjoy collection days – people always stop to chat and share their story about what Marie Curie means to them which is incredibly moving and rewarding. We often wind up laughing or crying, usually with a hug! I also really enjoy meeting local people who are fundraising for us – and an annual highlight is always the University 10K walk!”

Sue Lyndon, St Andrews Fundraising Group Volunteer, at the University's 2016 10k Walk for Marie Curie

About Us

At Marie Curie, we’re here for people living with a terminal illness. We offer expert care, guidance and support to help them get the most from the time they have left.

Our nurses care for people in their own homes, providing vital care and emotional support.

Volunteering Opportunities

Support our local fundraising activities
Join your local fundraising group to organise events from pub quizzes to street collections, or volunteer to help look after our collection tins in your area. We are also looking for speakers, to give talks to local groups about our services.

Volunteer in our helper service
Our helper service volunteers are matched with someone who they will visit in their home. The helper service is entirely based around the person who is terminally ill and what support they need. We know that little things make a difference. Having someone to chat to over a cup of tea, help to get to an appointment or go shopping or lend a friendly ear.

Please visit www.mariecurie.org.uk or call Jennifer on 07798 638 129 to find out more.
SUCCESSFUL SLEEP

As anyone who's ever slept badly will know (and who hasn't), a good night's sleep is a key ingredient of wellbeing.

This session will explore up-to-date research on the implications of poor sleep and offer you an opportunity to reflect on your own sleeping habits and patterns.

It will also provide tips on how to improve the quality of your sleep.

Wed 19 July 2018 | 1000-1130
C5, Bute Building

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=8222
RESTORATIVE YOGA

Join instructor Rayna Rogowsky for this Restorative Yoga class as part of ‘Healthy Sleep’ month. Designed to relax and soothe, this 1-hour class will include breathing exercises, gentle movement to release restless energy, gentle inversions, and extended lying-down poses for relaxation. Should you wish to use a mat, pillow, or blanket, please bring your own. You can expect to come away from this class feeling relaxed and a little sleepy.

Please note that 3 dates are available to book separately (links below.)

All classes will take place in:
Large Rehearsal Room, Students Association

Wed 11 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8263

Wed 18 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8264

Thurs 19 July 2018 | 1730-1830
Book now on PDMS at: https://www.st-andrews.ac.uk/pdms/?CourseID=8265
STEP COUNT CHALLENGE 2018

KEEP ON STEPPING!

Congratulations to all our teams taking part this year!

Are YOU feeling the benefits?

Better aerobic fitness?
Stronger leg, glute, and core muscles?
Improved mood?
Sounder sleep?
Lowered feelings of stress?
...or having too much fun to notice?

Send your photos, stories, and award nominations to: wellgrp@st-andrews.ac.uk

Post-Challenge Celebration (Lunch & Awards Ceremony)
12th July - BOOK NOW: https://www.st-andrews.ac.uk/pdms/?CourseID=8262
“Your best ideas, those eureka moments that turn the world upside down, seldom come when you’re juggling emails, rushing to meet the 5 p.m. deadline, or straining to make your voice heard in a high-stress meeting. They come when you’re walking the dog, soaking in the bath, or swinging in a hammock.”

-Carl Honore

What **great ideas** have you had while out walking this month?

Let us know on wellgrp@st-andrews.ac.uk
STRETCH IT OUT WITH

Each month we'll be sharing practical tips from Heal Physiotherapy. This month we've got some leg, hip and back stretches for all you tired Step Count Challengers out there!

1. Plantar Fascia release
   - Use a tennis ball or a spikey ball in sitting or in standing under the arch of your foot and roll backwards and forwards.
   - Try to avoid rolling the ball over the base of your heel.
   - Roll for around 2-3 minutes.

2. Calf stretch in standing
   - Stand in a lunge position with your hands resting against a wall.
   - Bend your front leg and ensure the heel of your back leg remains in contact with the floor. You should feel this stretch in the back of your calf.
   - Hold for 30 seconds and repeat on the other leg.

3. Calf stretch at the edge of a step
   - Stand with the balls of both feet at the edge of a step.
   - Lower your heels as far you can until you feel a stretch at the back of the calf.
   - Hold for 30 seconds.

For more info on Heal Physiotherapy go to: http://www.healphysiotherapy.co.uk/
STRETCH IT OUT WITH

Each month we'll be sharing practical tips from Heal Physiotherapy.
This month we've got some leg stretches for all you tired
Step Count Challengers out there!

4. Quadriceps stretch

- In standing holding on to a wall or chair
- Hold your ankle and pull your heel towards your buttocks.
- Hold for 30s and repeat on the other leg.
- This stretch can also be done in lying on your tummy as shown in the picture on the right hand side.

5. Hip Flexor stretch

- Kneel on a mat with one of your legs and lean on your front leg.
- Keep your knee in line with your hip on the side that you’re kneeling on and tighten your buttocks.
- Hold for 30 seconds and repeat on the other leg.
- Alternatively, you could rest one leg on a chair behind you while resting on a chair or table in front of you.
- Bend your front knee until you feel a stretch in the front of your hip and down into your upper thigh.
- Hold for 30 seconds and repeat on the other leg.

For more info on Heal Physiotherapy go to: [http://www.healphysiotherapy.co.uk/](http://www.healphysiotherapy.co.uk/)
STRETCH IT OUT WITH

Each month we'll be sharing practical tips from Heal Physiotherapy. This month we've got some leg stretches for all you tired Step Count Challengers out there!

6. Low back stretch

- Lying on a mat or carpet, bring one knee up towards your chest.
- Hold for 30 seconds and repeat on the other leg.
- Kneel on a mat or carpet on both knees and sit back onto your heels.
- Stretch your arms forward and dig the heel of your hands into the ground. Hold for 30 seconds.

7. Chest stretch

- Grasp your hands behind your back and pull down and away from your body until you feel a stretch in the front of your chest.
- Hold for 30 seconds.

What body part are you interested in seeing stretches for? Let us know by emailing wellgrp@st-andrews.ac.uk

For more info on Heal Physiotherapy go to: http://www.healphysiotherapy.co.uk/
This Age Scotland workshop (now tailored specifically to the needs of University staff), is for everyone who wants to think about how to get the most out of later life, providing an opportunity to reflect on 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 | 0930-1645
C5, Bute Building

Book now on PDMS at:
https://www.st-andrews.ac.uk/pdms/?CourseID=8042
'One of the sayings in our country is Ubuntu - the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself, and when you have this quality - Ubuntu - you are known for your generosity.

We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole world. When you do well, it spreads out; it is for the whole of humanity.' Desmond Tutu, 2008*

Living up to the ideals of one of the most famous theologians of our time may seem daunting work (and Nelson Mandela was pretty keen on ubuntu as well) but it's true that we all, as humans, need to feel a sense of connection with others. Humanist psychologist Abraham Maslow ranks a need for belonging and acceptance squarely in the middle of his hierarchy of human needs. It's a core instinct that drives us to form relationships and social groups, and is key for avoiding depression, loneliness and anxiety.

We can increasingly be connected to anyone anywhere in the world by technology, but connecting to people where we live and work, for example by volunteering, can offer more tangible and lasting connection. Giving ourselves opportunities to feel part of something contributes significantly to our wellbeing. This might be a purely pleasurable activity like joining a football team, going to a book group, or making more time for our friends, or it might be signing up to act as a trustee at a local school, helping keep a park clean, or doing a couple of hours a week in a charity shop. However you choose to act out ubuntu, enjoy the sensation of being part of our wider human community.

**Read Online**

Kendra Cherry: The Five Levels of Maslow’s Hierarchy of Needs

Sophia Dembling: Why Even Introverts Need Community

Sherrie Bourg Carter: Helper’s High: The Benefits (and Risks) of Altruism

**Books**

*Count Me In* by Emily White

*The Art of Community: Seven Principles for Belonging* by Charles Vogl

*http://uwi-usa.blogspot.com/2012/01/ubuntu-brief-meaning-of-african-word.html*
Smoked Haddock with Asparagus and Aubergine Chips
(by Madeleine Shaw) Serves 2


**Ingredients:**
- 2 smoked haddock fillets
- 1 bunch of asparagus
- 1 aubergine
- 3 tbsp of avocado oil
- 1 tsp of smoked paprika
- salt and pepper
- 1 lime

**Method:**
1. Preheat your oven to 200 C.
2. Cut the aubergine into thick chip size shapes. Cover in salt and 2 tbsp of the oil and place in the oven to cook for 35 minutes.
3. Cut the ends off the asparagus and cut the stalks in half.
4. While this is cooking, on another tray place the smoked haddock fillets. Cover them with the smoked paprika, ½ tbsp. of the oil and some pepper.
5. Place the asparagus in a separate dish with the rest of the oil and some salt and pepper.
6. Place the fish in the oven with the asparagus for the last 10-12 minutes until the asparagus and fish are just cooked through.
7. Serve with fresh lime juice.

Courgette and Tahini Dip
(https://www.bbcgoodfood.com/recipes/courgette-tahini-dip)

**Ingredients:**
- 2 large courgettes, washed
- 1 small garlic clove, crushed
- 1 tbsp tahini
- Juice ½ lemon
- 1 tbsp Greek yogurt
- Handful of mint leaves picked and chopped

**Method:**
1. Heat oven to 220C/200C fan/gas 7. Wrap the whole courgettes in foil, put in the oven and roast for 20 mins or until soft when pricked with a fork. Remove from the oven and allow to cool completely.
2. Put the courgettes in a food processor, with the garlic and blend until it has a fluffy texture. Add the tahini and lemon juice and season, then blitz again. Transfer to a bowl, then stir through the yogurt and a little of the mint. Drizzle with olive oil and scatter over the remaining mint to serve.

Gooseberry and Sage sauce
https://www.theguardian.com/lifeandstyle/2012/jun/29/gooseberry-recipes-hugh-fearnley-whittingstall

**Ingredients:**
- 400g gooseberries, topped and tailed
- 2 tbsp caster sugar
- 1 tbsp finely chopped sage

**Method:**
Put the gooseberries in a pan with the sugar. If using fresh berries, add a tablespoon of water. Bring to a simmer and cook gently, stirring from time to time, for 10-15 minutes. Stir in the sage, then leave to cool. Serve with roast pork or pork chops.
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.