WWOW! welcomes its 100th member Professor Sally Mapstone!

On 17 February Professor Mapstone joined staff and students to walk the East Sands Loop, starting at the Cathedral and taking in the harbour and the East Sands.

Sign up to WWOW and join us on our next walk!
5 a day? Try 10!

The Wellbeing and Engagement Group helped University staff towards their ‘5 a day’ last week by distributing more than 100kg of fresh fruit and vegetables to colleagues.

The offer, part of an annual promotion to highlight the importance of fresh produce as part of a healthy diet, was 500% oversubscribed!

This year’s produce giveaway was very topical, with the BBC headlines publicising recent research by Imperial College saying that for a longer life we should be aiming for 10 fruit units a day! For the full story click on the link below.

The produce giveaway was enthusiastically received by the very happy winners, as you can see in the pictures, and was made possible by the generosity of the sponsors, Kettle Produce and Andersons, with great help from the RBS catering team.
WWOW
Wee Walk Once a Week
Presents:

Walk & Talk

Stay active and get to know other members of the University!

Starting at St Salvator's Quad.
Join us on Thursday, 2 March 2017
at 1pm for a special WWOW walk around the East Sands!
How are you staying active?

“I’m getting active for my mental health by...”

Helpful tip ✡

Take it step by step. Getting active for the first time in a while? Set yourself small, achievable goals, and regularly check in with how much progress you have made, the build up your confidence to take on more challenging tasks once you are comfortable.

For more tips and helpful resources, contact wellgrp@st-andrews.ac.uk
WE'RE DELIGHTED TO ANNOUNCE THE

WORKPLACE JOURNEY CHALLENGE

SIGN UP, HELP YOUR DEPARTMENT COMPETE AND WIN PRIZES

SCOTLAND.GETMEACTIVE.ORG.UK

IS BACK THIS YEAR!
**Fairtrade Fortnight**

**2017 St Andrews**

**Week 1**

**Every day**

- Classics Fairtrade craft stall........................................9:15-12:30pm, Swallowgate

**28th, February**

- Smoothie bike.......................................................5-6pm, Albany bike pool

**2nd, March**

- For Staff: Estates coffee morning.........................................10:15-11am

**3rd, March**

- For Staff: Chaplaincy coffee morning..............................11-12:30pm
- 'Just Love' smoothie bike........................................10-11:30am, Union
- Fairtrade Speaker Forum...........................................5:15-6:15pm, Union

**4th, March**

- Town Group Fairtrade stall.........................................10-3pm, Church Square

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**Fairtrade Fortnight**

**2017 St Andrews**

**Week 2**

**7th, March**

- Fairtrade sweet bread Skillshare.................................6pm, Transition Building
- GeogSoc Fairtrade bake sale....................................11-2pm, Irvine Building
- Bananas in pyjamas...................................................7-10pm, ABH

**8th, March**

- Oxfam’s Sinners bake sale.........................................11:30-2:30am, The Vic
- Smoothie bike.............................................................12-6pm, McIntosh Hall

**9th, March**

- For Staff: Classics coffee morning.................................1-2pm
- 'True Cost of Fashion' screening..................................6:30pm, Byre Theatre
- Fairtrade Banana Petition..........................................6:30pm, Byre Theatre

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For more information click on the button below.
Tai Chi
Beginner Classes

These sessions will take place over 4 Tuesday lunchtimes

Dates(S): 7, 14, 21 and 28 March

Experience the eight active ingredients of Tai Chi:
- Awareness, Mindfulness, Focussed Attention
- Intention, Belief, Expectation
- Dynamic, Structural Integration
- Active Relaxation of Mind and Body
- Aerobic Exercise, Musculoskeletal Strengthening and Flexibility
- Natural, Freer Breathing
- Social Interaction and Community
- Embodied Spirituality, Philosophy and Ritual

For more information and to book, click on the button below!
I’M PROUD TO BE A QUITTER

NO SMOKING DAY 8 MARCH 2017

Each year on ‘No Smoking Day’ around **three quarters of a million smokers** will make a quit attempt.

If you are thinking of stopping smoking or have recently stopped, Occupational Health are offering lung function assessments in order to assess how effectively your lungs are functioning, these are non-invasive assessments and you will be given advice on both the results and tips on smoking cessations.

If you would like to book an appointment please contact Emma or Linda on 2750.

For help and free support call 0800 848484 or visit [nosmokingday.org.uk](http://nosmokingday.org.uk)

For enquiries email wellgrp@st-andrews.ac.uk
Dementia, law and workplace good practice workshop

Date: 17th March 2017
Time: 1pm – 4pm
Location: Seminar Room 3, St Andrews Community Hospital, Largo Road, St Andrews, KY16 8AR

COST – Free

Learn about

• Dementia; what it is, its early signs and symptoms
• Employers’ legal obligations when someone has dementia, or is a carer
• How to approach an employee who has, or may have dementia
• Ways in which someone with dementia, or who is a dementia carer, may be supported to continue in employment
• Sources of support for employers and employees with regard to dementia.

Information and booking contact:
Health Promotion workplace Team on HWLfife@nhs.net / 01592 226888

Why book
90,000 people in Scotland have dementia, a number predicted to double in the next 25 years. With working past age 65 expected to become the norm, more people will experience early symptoms of dementia, or become a dementia carer, while in work. Dementia is an issue no employer can afford to ignore.

Participants will receive a free copy of this Age Scotland guide

Charity number SC010100
Celebrate the beginning of Spring with a **Wee Walk** led by **Edible Campus** and The University Wellbeing and Engagement Group.

Meet at Gannochy Quad and discover some of the Edible Spaces in central St Andrews.

**Tuesday March 21st**

12:30-1:00
University Park Run
Wednesday 29th March
12:30, University Sports Centre
Start: outside Reception

FREE timed 5k run around University Park - 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
Bike to Work Breakfast

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

29 March, 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/

transition university of st andrews
VegSoc
environment team university of st andrews
CAPOD
7 March 2017
   Tai Chi - Tuesday lunchtime series

7 March 2017; 18 April 2017
   Dealing with Difficult Behaviour Part 2; Part 1

16 March 2017
   Time Management

4 April 2017
   Guided Meditation - Tuesday evening series

4 April 2017
   Resilience in the Face of Change Part 1

13 April 2017
   Mental Wellbeing/Steps for Stress

18 April 2017
   Enjoying an Active Lifestyle

21 April 2017
   Move, Breathe, Relax - Friday lunchtime series

For more information and to book, please click on the button below.
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

4, 11, 18 & 25 APRIL
In April 2016 get some great physical exercise and help to raise money for Marie Curie on our:

10k Sponsored Walk.

Saturday 8 April
10.00am

Join the W WOW 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 another way to increase your team’s step count 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.

Click on the button below to register your interest and for more information.
To book, click on the button below.

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
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 road side 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, click on the appropriate button below.
YOUR WELL NOW
SHARE YOUR NEWS!

STAFF HOCKEY
SUNDAY EVENINGS FROM 6-8PM AT THE ATHLETIC UNION HOCKEY PITCH
INTERESTED? CLICK ON THE BUTTON BELOW FOR MORE INFORMATION

NET BALL TASTER
ONE HOUR NET BALL TASTER SESSION AT THE SPORTS CENTRE
INTERESTED? CLICK ON THE BUTTON BELOW FOR MORE INFORMATION

FUNDRAISE FOR MELANIE
MELANIE ATKINS IS RUNNING THE GREAT NORTH RUN IN SEPTEMBER FOR ALZHEIMER'S RESEARCH & DEMENTIA FRIENDLY ST ANDREWS.

EMAIL WELLGRP@ST-ANDREWS.AC.UK WITH THE SUBJECT HEADING "YOUR WELL NOW".
ALZHEIMER'S SUPPORT GROUP

Are you a carer, family member, neighbour or friend to someone affected by Alzheimer's or another form of dementia? For all University staff who are in this position there is an informal and friendly support group being set up that will meet once or twice per semester. If you are interested in joining please email Julia Prest via the button below.
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/