WELL NOW...

WELLBEING NEWSLETTER
ISSUE 3 - UPDATE: JANUARY 2016

Keeping you up to date.

CAPOD | The University of St Andrews | No SC013532
Hi, I'm Lynn Neville and I work as a Staff Developer in CAPOD and I am also a member of the University Wellbeing and Engagement Group. I'm delighted both to wish you all a happy and healthy new year and to welcome you to this special update edition of Well Now.

One of my main wellbeing projects at the moment is to get the Passport to Health and Wellbeing Excellence up and running - and there's more information about that contained in this newsletter. There are various activities taking place over the next month and I hope you are able to take part in some of these, but please also try and get your colleagues involved. Wellbeing and engagement go together and engagement is all about taking part!

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
Jump into January - an opportunity to attend a workshop on 27 January looking at various aspects of health and fitness. The workshop is followed by free health assessments and a supported 6 week fitness programme. For more information and booking go to https://www.st-andrews.ac.uk/pdms/?CourseID=6003
Step Count Challenge 2016

Starting on 18 April, this initiative encourages people to increase their walking activity over an 8 week period - hopefully leading to long term changes and a more active lifestyle.

In 2015, 45 University staff took part and walked an astonishing total of 28 million steps - and had great fun in the process.

This year we have a target of 100 participants (20 teams of 5 people). The Wellbeing and Engagement Group will be sponsoring these 20 teams - including registration fees and free pedometers.

If you want more information or are interested in taking part, email us at wellgrp@st-andrews.ac.uk
In **March** we will be training 'Walk Leaders', who will help to run the group and will take turns in leading the weekly walks. If you are interested in becoming a Walk Leader or signing up to WWOW, email to: wellgrp@st-andrews.ac.uk

**What is WWOW?**

The Wellbeing and Engagement Group were successful in obtaining grant funding from the charity Paths for All, to support the establishment of a University walking group.

Open to all staff and students, the group will organise a short walk once a week, with regular 'portable breakfast' walks and periodic 'expert leader' walks at weekends for staff, students and family members.

The weekday walks will be scheduled in advance and will take place either before or after office hours or at lunchtimes, and will alternate between different days to make them as accessible as possible.
Wear it. Beat it.

In 2015 more than 70 University staff took part in activities to support the British Heart Foundation's Wear It. Beat It. campaign, raising hundreds of pounds in the process.

We are supporting 'Wear it. Beat it.' again this year. Just like last time, we’re asking you to wear red to show your support for our fight against heart disease and/or to hold an event to raise money for British Heart Foundation. This could be a bake sale, book sale, a sponsored event - anything you like!

♥️ 5 February ♥️

Send us photos of you and your colleagues wearing red - we will post them on our webpage and donate £1 for every person participating. If you and your department would like to get involved or find out more, email wellgrp@st-andrews.ac.uk.

British Heart Foundation

Fight for Every Heartbeat
bhf.org.uk
Fresh produce giveaway!

On 19 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!

19th February!

The first 50 University staff to register will receive 2kg of fresh fruit and veg - to sign up email wellgrp@st-andrews.ac.uk

KETTLEproduce ltd
Launch events - dates confirmed!

Launch events will be held on 16 February (10.30-11.30am) and 23 February (14.00-16.00pm). If you want more information or to book onto a launch event, use the buttons below.

The programme will be open to all staff and will provide recognition for your participation in Wellbeing activities, as well as information and new opportunities.

The four key themes are mental wellbeing, physical wellbeing, nutritional wellbeing and workplace wellbeing.

All participants will have their own Passport document, in which all qualifying activities will be 'stamped'. To obtain the University Passport to Health and Wellbeing Award. Participants will need to take part in 1 core activity and a minimum of 2 optional activities for each of the four themes, over a two year period.

For more information and booking:
16 Feb: https://www.st-andrews.ac.uk/pdms/?CourseID=6015
23 Feb: https://www.st-andrews.ac.uk/pdms/?CourseID=6016
Was this issue of Well Now forwarded to you?

Would you like to be added to our mailing list?

Email
wellgrp@st-andrews.ac.uk.

Recommend a friend! - and win a prize

If you can encourage a friend or colleague to ‘opt in’ to the ‘Well Now...’ mailing list, we will put YOUR name into a prize draw for a fabulous wellbeing-related prize.

All they have to do is email wellgrp@st-andrews.ac.uk with the subject line ‘Opt in’ and include your name. The more friends you recommend the more prize draw entries you can have.