"I’m Jos Finer, Chair of the University Wellbeing and Engagement Group. I’m delighted to welcome you to the first edition of our newsletter, Well Now. We hope that this will become a widely-read and popular addition to the health and wellbeing information already available. We would really like to hear from you if you have any ideas about what to include, if you want to contribute or if you have any health and wellbeing activities which you would like to publicise.

The University already holds the Healthy Working Lives Bronze Award and during 2016 we hope to achieve the Silver Award. This newsletter, and your engagement with it, will help us on the way, so please get involved.

We hope you find Well Now interesting and that you find something here that might make a little difference to your health and wellbeing during your working week."

Tell us what you think!
As this is our first edition, please send suggestions and comments for future newsletters to the email below.

--------------- wellgrp@st-andrews.ac.uk --------------
Well Now...

What's new this edition?

New Wellbeing webpages!
This summer, along with our newsletter we have been updating our site. For the up-to-date wellbeing calendar and links to useful apps and resources, go to: www.st-andrews.ac.uk/staff/wellbeing

A smartphone app published in March 2015 is now available to all staff and students of the University. Ginsberg's companion smartphone app allows you to log your wellbeing data on the move, making it quick and easy to record how you feel in just a few seconds every day.
WALKING ACTIVITIES

WWOW! - Walk at Work Once a Week

We are planning to set up a regular walking group for staff and students in November. This will involve a 30 minute walk around St Andrews once a week, either at the start or end of the day, or during lunchtime. There will also be periodic weekend walks at different locations, with a specific theme (nature, geology, history etc.) accompanied by an expert walk leader. We are offering a one day walk leader training course and will need at least 12 trained walk leaders to help get this initiative off the ground. More information soon, but if you are interested in becoming a trained walk leader, please email: wellgrp@st-andrews.ac.uk

Guardbridge nature walk

Pret Houston from Library Services came up with the idea for this Guardbridge walk, which was led by Fife Countryside Ranger, Ranald Strachan.

We received fantastic feedback from a very enthusiastic group of walkers on an enjoyable and informative walk. We hope to be able to schedule more walks in the future as part of the WWOW! initiative (above). If you have any great ideas for walks, please let us know at: wellgrp@st-andrews.ac.uk

Step Count Challenge

Paths For All are launching a 6 week Autumn Step Count Challenge. We participated in the Spring Challenge this year and will be sponsoring participation in the 2016 Spring Challenge in March. In the meantime if you want to join in and pay your own £5 registration fee for the Autumn Challenge, visit the website at: stepcount.org.uk

Thanks also to Lauren Sykes for providing us with this link to local walks in St Andrews.

www.scotways.com
Edible campus

The Edible Campus project aims to reinvigorate our skills, knowledge and interest in eating more locally whilst increasing the amount of food growing within the University grounds for the benefit of students, staff and the wider community. Edible campus was set up by the Transitions unit for anyone to harvest, maintain and learn skills along the way. Last year transition harvested over 500kg of fresh produce!

Become a grower – growing your own food is great, not only healthy but also good for the mind as well as the body! Come along to the regular work sessions to learn new skills, tend the gardens and harvest the produce.

Take a look at the University transition pages for more information:
www.transitionsta.org

Here is a map and table showing Edible Campus locations:

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<td>University Community Garden</td>
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<td>University Hall</td>
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<td>Computer Science</td>
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<td>English Garden</td>
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<td>John Burnet</td>
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<td>St Gregory's Quad</td>
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Edible campus

Andrea Roach from Transitions University of St Andrews says: "The reasons for growing your own food are endless. Of course nothing tastes better than something you have sown from seed, tended to in its youth and before you know it, is all grown up and ready to devour. A taste and feeling you will never get from any supermarket."

Andrea also talks about the health benefits of the edible campus: "If you are stressed, overwhelmed or have a case of writer's block, physical activity and fresh air can clear your mind." Andrea says they are in need of some more volunteers - if you are interested contact Andrea Roach: (ar252@st-andrews.ac.uk)

New yoga classes

For each semester this year we have two back-to-back sets of 4 Monday lunchtime Svaroopa yoga classes. These are free for University staff but for each set of 4 classes you must register via the online booking system. Dates are as follows:

**Semester 1**
Mondays 12.30-1.30pm for 4 weeks starting 19 October 2015
Mondays 12.30-1.30pm for 4 weeks starting 16 November 2015

**Semester 2**
Mondays 12.30 -1.30pm for 4 weeks starting 15 February 2016
Mondays 12.30-1.30pm for 4 weeks starting 11 April 2016

[Link](http://www.st-andrews.ac.uk/pdms) for further information and registration
What's coming up?

Headtorch

A new online mental health awareness training resource, 'Headtorch'.

The University of Glasgow has been developing an online mental health training resource and we successfully applied to be part of the small group of Universities who will have early access to these resources as part of a trail. We will have a limited number of licences to offer University staff – on a first-come-first-served basis.

Volunteers will have full access to the online course and will be asked to provide feedback on the materials. Email wellgrp@st-andrews.ac.uk for more information.

PASSPORT TO HEALTH AND WELLBEING EXCELLENCE

As part of our drive to increase focus on health and wellbeing at work we will soon be launching the Passport to Health and Wellbeing Excellence. This will provide an opportunity for University staff to participate in a wide range of activities, to get recognition for those activities and to maintain their own health and wellbeing logbook. This will be in the form of a personal Health and Wellbeing Passport.

Participants will have access to exclusive offers and opportunities and will also join a growing network of local health and wellbeing ambassadors.

There will be further news soon, but if you want to know more, or are interested in helping us to get the programme up and running email: wellgrp@st-andrews.ac.uk.
New kit? - Keep fit!

Estates 6 aside team

The Wellbeing and Engagement group was pleased to provide sponsorship to the Estates 6 aside football team, to help them buy new kit - modelled by the team below! The team regularly play against PhD students at the North Haugh. Team Captain and coordinator Derek Swaddle said: "This kind of participation between staff and students is great fun, helps to build a sense of community and is a great way to stay fit and healthy."

From back left - Grant Denyer, Dominic Stewart, Steven McNeil and Scott Reid

From front left - Dan Billinge, Derek Swaddle and Mike Drever
Computers are often blamed for a wide range of health problems. Where problems do occur, they are generally caused by the way in which the computer is used, rather than the computer itself. Problems such as headaches, mental overload, some musculoskeletal and upper limb disorders (e.g. RSI) can be avoided by good workplace and job design, and the way you use your computer. Use the diagram below as a guide to setting up your workstation. Don't forget to take a regular break from your screen throughout the day.

**Workstation adjustment and working posture guidelines**

- Tuck chin in line with shoulders
- Adjust lumbar support to fit lower back curve
- Adjust back of chair to 100° to 110° reclined angle
- Adjust chair height so that thighs are parallel to the floor or just below the horizontal
- Forearms are slightly angled downwards to keyboard
- Monitor at comfortable reading distance (about arm's length) and centre directly in front
- Document folder between keyboard and screen
- Mouse close to keyboard
- Feet are flat on the floor

OCTOBER
back care and road safety month
Back care assessment

Do you suffer from back pain? If so, contact the University Occupational Health service and ask for a back care assessment. They can arrange this for you, and you will get a thorough assessment looking at lifestyle and occupational factors that may impact on your back health, as well as advice on how to improve your back care.

Contact occhealth@st-andrews.ac.uk to request an assessment and look at the Occupational Health webpage for more information about services they can provide:
www.st-andrews.ac.uk/staff/wellbeing/health/occupational/

Free book!

Occupational Health are giving away copies of 'The Back Book'. This is intended as a guide for people suffering from back pain and the advice it contains is based on the latest research. Clinical trials have shown it to be effective and it is suitable for anyone with back pain. It is linked with the Royal College of General Practitioners and the Faculty of Occupational medicine guidelines for back pain. For your copy just email: wellgrp@st-andrews.ac.uk with the subject line 'The Back Book'
‘Safe Drive – Stay Alive’

The 'Safe Drive - Stay Alive' show will be taking place at the Byre Theatre at 7.00pm, 28 October. This is FREE to attend but admittance is by ticket only, available directly from the Byre Theatre (byretheatre.com).

This powerful 90 minute event includes short talks and video presentations from members of the emergency services, as well as road accident victims, survivors and family members. This event carries some hard-hitting road safety messages and is a must for everyone who drives for work, leisure or who commutes by car.

For more information email: wellgrp@st-andrews.ac.uk
Road safety drop-in sessions

Supported by Fife Council and the Institute of Advanced Motorists these sessions will include a driving simulator and road-safety information, as well as the Fife Council Cycling Development officer who will be on hand.

Drop-in road safety sessions will be happening at different locations in October:

   October 12, Library, 10.00-12.00 and 14.00-16.00
   October 23, Gateway foyer, 10.00-12.00 and 14.00-16.00

For more information email: wellgrp@st-andrews.ac.uk
National Stress Awareness Day takes place on 5 November and we have therefore picked this as our health and wellbeing theme for the month.

Stress affects us all, and no more so than in the workplace. The chemicals, adrenaline and hormones which build up in our systems in response to the pressures of everyday life have no way to dissipate in our modern lives, and the effects of this can be serious enough to cause significant physical and psychological damage.

Stress Awareness Day aims to promote awareness of these particularly modern challenges, and to aid individuals and organisations in changing behaviours and lifestyles which may lead to excessive stress.

www.helpguide.org/article/s/stress/stress-management.htm
**Fatty Fish/Omega 3:**
Salmon and tuna are examples of popular fish high in Omega 3. Alternatives to fish but lower in Omega 3 are walnuts and turnip.

**Poultry:**
Serotonin, the “happy hormone” is found in chicken and turkey.

**Dark green vegetables:**
Serotonin is also found in dark green vegetables like spinach and cabbage.

**Vitamin C rich foods:**
Vitamin C helps the body absorb iron and can help fight extreme tiredness and depression. Foods with the highest source of Vitamin C include kiwi, broccoli and grapefruit.
1. What's the maximum amount of salt an adult should eat a day?
   A) 6g  B) 10g  C) 12g

2. Which of the following is the best source of vitamin C?
   A) Sweet pepper 
   B) Brussels sprouts
   C) an orange

3. Adults should aim to eat 700mg of calcium each day. Which of these foods contains 700mg of calcium?
   A) 100g of cheddar cheese
   B) 100g of boiled spinach
   C) 100g of low fat fruit yogurt

4. Which of these take-away coffees has the most calories?
   A) Medium skimmed cappuccino
   B) medium skimmed latte
   C) medium skimmed mocha

5. Which of these foods doesn’t count towards your 5-a-day?
   A) Orange juice
   B) sweet potato
   C) potato

6. How many portions of fish should you eat each week?
   A) 2  B) 1  C) 3

7. How many calories does one gram of fat provide?
   A) 1  B) 5  C) 9

8. How many calories does a regular size glass of red wine contain? (250mls, 3.5 units, 14%)
   A. 125 calories
   B. 200 calories
   C. 250 calories

9. How long does it take for alcohol to affect the brain?
   A. 90 seconds
   B. 10 minutes
   C. one hour

10. How long does it take the body to process or break down one standard drink?
    A. half an hour  B. 1 hour
    C. depends on the drink

ANSWERS:
1. 6g
2. A) Sweet pepper
3. A) 100g of cheddar cheese
4. A) Medium skimmed cappuccino
5. A) Orange juice
6. A) 2
7. A) 1
8. A. 125 calories
9. A. 90 seconds
10. A. half an hour
Griddled mozzarella & herb fritter

Serves 4:
150g mozzarella cheese, finely diced
1 small bunch of basil, chopped
1 small bunch of flat leaf parsley, chopped
1 small bunch of chives, chopped
1 clove of garlic, crushed into a paste
100g cooked mashed potato
1 egg, beaten
Sea salt and freshly milled pepper
Flour for dusting

For the dipping sauce:
200g Greek yogurt
½ cucumber, peeled and diced
1 bunch of fresh mint, chopped
1 clove of garlic, crushed into a paste

1. Combine the mozzarella with all the herbs, then add the garlic, mashed potato and egg, season and mix well.
2. Divide the mixture into 12 and shape each piece into a ball.
3. Dust each ball in flour and slightly flatten them into cakes. Griddle the herb cakes in batches, for 4 to 5 minutes on each side.
4. To make the dip, simply mix all the ingredients together and season well.
5. Serve the fritters immediately with the dip.
Thanks to everyone who registered to receive, 'Well Now...'. Everyone who registered by Friday 14th of August was entered into a prize draw to win a NEOM Organics Sleep Kit. This kit comprised of bath foam, a scented candle and pillow mist in the ‘tranquility’ scent of English Lavender, Sweet Basil & Jasmine.

Congratulations to Christine Edwards from the School of Physics who won the NEOM give-away prize, being presented here by Jos Finer, Chair of the Wellbeing and Engagement Group

Win a sports centre pass

Courtesy of the University Occupational Health Service, we are offering 5 free one month passes to the University Sports Centre.

To win one of these passes email wellgrp@st-andrews.ac.uk and tell us, in 25 words or fewer, why you should win a free pass.

We will judge the entries on 23 October and will notify the winners by email. We will also announce the winners in the next issue of Well Now.
Love later life

'Love later life' is an excellent one day workshop and a real eye-opener for anyone aged 50 and over, as they move through the latter part of working life towards retirement. It's all about planning ahead - now - while you still have time! Among other things the event includes information about financial matters, health and wellbeing and legal matters. Organised and run by Age Scotland, this event comes highly recommended.

Places are limited, but funding is available from CAPOD (by application: http://www.st-andrews.ac.uk/capod/funding/lovelaterlifepre-retirement.

Current dates include:
Edinburgh: 3rd November, 1st December
Dundee: 29th October, 26th November

For further Information and free publications
http://www.ageuk.org.uk/scotland/work-and-learning/pre-retirement-training/

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

This newsletter is produced on behalf of the University Wellbeing and Engagement Group. Email wellgrp@st-andrews.ac.uk

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