Well Now...

WELLBEING NEWSLETTER
OCTOBER 2018

Keeping you up to date.

CAPOD | The University of St Andrews | No SC013532
It's Men's Health month!

In this month's edition:

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Eat Seasonal: Celeriac, Leek & Banana

Your Wellbeing & Engagement Group

Hello, I’m Callum and I am the Health and Fitness Manager at the University Sports Centre.

November is Men’s Health Month and rather than talk about
the moustaches men will be donning for the next month, I’d like to speak about the aims behind this fundraising campaign. The Movember Foundation raises money globally to support work on prostate cancer (the most common cancer amongst UK men) and testicular cancer. However, male health issues aren’t solely physical - mental health is a prominent issue at the forefront of many campaigns, including Movember.

Despite this, I find men generally don’t like to talk about their feelings or emotions. With the current climate meaning we are all working longer hours and being asked to continuously add to our workload, stress levels can rise quickly and have a negative impact on our mood. If you want to talk to someone about stress or mood, contact Occupational Health, a GP, NHS Inform, or the confidential phoneline Breathing Space.

The Wellbeing and Engagement Group will be holding a Focus Group on 28th November to hear your views about male health and wellbeing at the University. We are actively looking for volunteers to be part of the group and I urge you all to contact wellgrp@st-andrews.ac.uk to register your interest.

On a lighter note, I look forward to seeing more impressive moustaches this month! Thank you and happy growing.

Find a local GP on the NHS website

Visit the Occupational Health website

Breathing Space can be contacted on 0800 83 85 87
For health information, phone NHS Inform on 0800 22 44 88

Read the University’s Guide to Employee Stress Recognition

Men's Health Focus Group

Email wellgrp@st-andrews.ac.uk to book your place on 28th Nov, 1-2pm
We need your input

MEN’S HEALTH & WELLBEING FOCUS GROUP

Have your say on health and wellbeing for male staff at the University

Wednesday, November 28 2018 from 1-2pm
Conference Room, Byre Theatre

Lunch will be provided

Please email wellgrpest-andrews.ac.uk to book a place
SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS

ALL OUR GROUPS MEET MONDAY 7PM

TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK

JOIN THE CONVERSATION
facebook: andysmanclub
instagram: andysmanclubuk
twitter: @andysmanclubuk
email: info@andysmanclub.co.uk

#ANDYSMANCLUB

#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!

DUNDEE GROUP MEETS AT TANNADICE PARK

PERTH GROUP MEETS AT MC DI ARMID PARK
#ITSOKAYTOTALK

All Groups meet Mondays at 7pm

Dundee@ Tannadice Park
Perth@McDiarmid Park

5 SURPRISING & SHOCKING FACTS ABOUT MEN'S HEALTH

Our staff wellbeing theme for November focuses on men at the University.

Typically men are very under-represented at health and wellbeing events, opportunities, and initiatives, so we hope the Focus Group in November will help give us some insights into topics and opportunities that would be of interest to male staff....
In the meantime, we're sharing Men's Health Forum's 5 Surprising and Shocking Facts about Men's Health:

1. EVEN TODAY, IN THE UK, ONE MAN IN FIVE DIES BEFORE THE AGE OF 65:

An alarming 22% of Scottish men die before they retire, and the average life expectancy for baby boys in 2012-14 was lowest in Glasgow - 73.3 years compared to the national highest of 83.3 in Kensington & Chelsea.

2. THE PEAK AGE FOR MALE SUICIDE IS OLDER THAN YOU THINK:

The peak age group for suicide is actually those between 45-49. Risk factors include being male, relationship breakdown, being in mid-life, emotional illiteracy, and socio-economic factors such as unemployment.

3. MEN ARE 67% MORE LIKELY TO DIE FROM THE COMMON CANCERS THAT AFFECT BOTH SEXES - WITH ONE EXCEPTION:

Men are 37% more likely to die from cancer overall. Although Breast Cancer still affects women in much larger numbers, more men died of Breast Cancer in the UK in 2014 than Testicular Cancer.

4. MEN ARE NEARLY TWICE AS LIKELY AS WOMEN TO DIE PREMATURELY FROM DIABETES:

Men are more likely to suffer diabetes-related complications such as foot
ulcers, or require an amputation. A growing risk factor is that men are now more likely to be overweight or obese than women at every age from Reception onwards.

5. THE REASON MEN DON'T GO TO THE GP IS THAT THEY DON'T WANT TO TAKE TIME OFF WORK:

Retired men see their GP as often as retired women, but are less likely to take time off whilst working. 13% of men would be embarrassed or ashamed to take time off for a physical health problem, compared to 34% for a mental health problem.

Bike Mechanic Training: The Basics

As part of the Bike Pool initiative, Transition St Andrews are running two Bike mechanic courses in November. Whether you're a Bike Pool volunteer, or want to
learn bike maintenance skills and practice them, this is the workshop for you. Attendees can also progress to achieve further qualifications via Bike Pool including international bike maintenance standards Velotech Bronze, Velotech Silver, Bike Leader and Bike Trainer through Bike Pool later in the year.

These full-day sessions will cover wheels, brakes, gears/derailleurs, chain, and preventative maintenance. Sessions cost £15, and if you help out at one Bike Pool session during the semester you'll get £5 back. The course will be small and very hands-on with only 5 slots each day.

Saturday, 17 November 2018 from 10:00-16:00
Saturday, 24 November 2018 from 10:00-16:00

Wellbeing with Waterstones

Man Up: Surviving Modern Masculinity by Jack Urwin

Jack Urwin's father died just before he turned ten. He never learned to talk about this with any kind of sincerity. His grief stayed with him throughout his teens, slowly turning into depression.

In this book he traces modern ideas of masculinity from the inability of older generations to deal with the horrors of war, to the mob mentality of football terraces or Fight Club and the disturbing rise of mental health problems among men – especially young men – today.
Smart, funny, and wise, Man Up asks why masculinity has taken so many wrong turns over the last century, discovering a modern definition of what it is, and what it could be in the future.

**Yoga for Men: Build Strength, Improve Performance, Increase Flexibility** by Dean Pohlman

Written by the founder of Man Flow Yoga, this book is for men who are new to yoga.

Dean Pohlman explains 50 key postures through simple steps, explained in uncomplicated language. The postures have been selected specifically to enhance endurance, flexibility, balance, and strength.

The book also covers 20 yoga workouts targeted at different fitness aims, for example core strength. Check out Dean’s programmes on his [website](http://www.manchesterherald.com).

**GIVEAWAY!**

Get your free copy of *Man Up* by emailing:

wellgrp@st-andrews.ac.uk
Mo-bilize your Moustache!

Do you have a moustache that would rival Magnum PI, Albert Einstein, or Hulk Hogan? We want to see it!

Send your Movember entry to wellgrp@st-andrews.ac.uk for a chance to be this year's Movember Champion!

Closing Date: Friday 30th November
Are you interested in a 20% discount on Fife Leisure membership?

Let us know!

Fife Leisure has fitness facilities in 11 locations from Newport in the north to Dunfermline, Dalgety Bay, Cupar, St Andrews, Glenrothes, Kirkcaldy and several other locations.

We are gathering expressions of interest from University staff to determine the feasibility of joining Fife Leisure’s Corporate Membership scheme, which would provide a 20% discount on the usual fees.

With the discount a Swimming membership is £15.90 a month and a Gym or Health Suite + Swimming membership is £22.70 a month. Further
packages are available.

If this is of interest to you, please let us know using the button below.

I'm interested in joining Fife Leisure

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Christmas Crafternoons

Do you have a craft you'd like to share?

Winter is coming, and with it the festive
season. If you have a craft you'd be happy to teach others, let us know if you would be interested in running a Christmas Crafternoon for other University staff in December.

Whether it's creating ornaments or paper snowflakes, calligraphy, jewellery-making, or knitting, email wellgrp@st-andrews.ac.uk to let us know you're interested in sharing your talent.

Mindfulness Class - Book Now!

Mindfulness practice teaches us to stay in the present moment, rather than reliving the past or pre-living the future. By becoming more mindful we can see more clearly the patterns of the mind and as a result find we have more choice and skill in how we respond to the challenges of our lives.

In this introductory mindfulness session begin to discover hands-on what mindfulness is by trying some experiential practices and short guided meditations. We will give an overview of mindfulness and the scientific evidence for how it works and there will
Moctober Mocktail
Master Class and Competition

Thank you to everyone who submitted a recipe for our Mocktail Competition.

The 3 chosen by the Adamson to be made at the Master Class can now be revealed!

All three were delicious and went down a treat with our lucky tasters.

A big thank you to our hosts Lacey & Liam, the Adamson’s Head Bartender, who offered us tips on getting the most out of your mocktails.

The Winner: *All Cin, No Gin* by Gillian Brunton
This spicy number is great hot or cold and delicious for Autumn. To make:

- In an Old-Fashioned or Rocks glass, mix 1/2 cup of cooled cinnamon tea with 1/2 cup of apple juice and 1/2 cup cranberry juice.
- Add ice cubes to keep it cold (if serving cool)
- Garnish with a cinnamon stick topped with cranberries

Liam’s Tips:

- Use cloudy apple juice to avoid too much bitterness
- Earl Grey tea (cooled) is also great for mocktails - add to Seedlip Garden for a delicious, refreshing combination

Cranberry & Orange Spritz by Melanie Atkins
This light drink is great for summer. To make:

- Rim the top of a Sling glass with orange juice and dip into icing sugar
- Add crushed ice to the glass
- Add 100ml orange juice first, then add 100ml Cranberry juice
- Slowly pour in elderflower presse or spritz until the glass is full
- Garnish with an orange segment

Liam’s Tips:

- The juice mixture can be made ahead of time in bulk and topped up with spritz or presse just before serving
- If you prefer a more bitter taste, swap out the orange juice for pineapple juice

*Sassy* by Evelyn McConnell
Fruity and oh so pretty. To make:

- Shake together 50ml pineapple juice, 50ml apple juice, and 20ml passion fruit juice
- Pour into a Coupe glass
- Add a couple of drops of caramel syrup - it's powerful!
- Garnish with a dehydrated pineapple slice
- Top with a couple of drops of grenadine feathered with a cocktail stick for a beautiful effect

Liam's Tips:

- If you don't have a shaker use a blender - but don't overblend!
- Pineapple slices can be dried out in the oven at a low temperature

This month's ingredients:

* Celeriac * Leek * Banana
Rosie Birkett's
Celeriac ribbons tossed with Chard, Garlic
& Pumpkin Seeds
on BBC Good Food

Jamie Oliver's
Ham & Leek Quiche

Madeleine Shaw's
Banana,
Chocolate Chip,
& Walnut
Loaf