



University of
St Andrews



Well Now...

WELLBEING NEWSLETTER
MAY 2018



Special Edition: June Preview

Get ready for June - Volunteering Month!

- **Sat 16th:** West Sands Beach Clean-Up with Transition
- **Mon 18th:** Cambo Estate 'Woodland Conservation' Team Challenge Day
- **Sat 23rd:** 10k Walk for Marie Curie

Scroll down for more information & how to apply...

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: 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 now open until 30th May.

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 News web page.



More opportunities to volunteer!

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

Transition University of St Andrews is a diverse network of people with a common vision of a university and town that exemplify the values and practices of sustainability through excellence in scholarship, operations and community action



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](#)

More information and how to apply is available on the Wellbeing News web page.





KEEP ON STEPPING!

Well done to all our teams taking part in this year's Step Count Challenge!

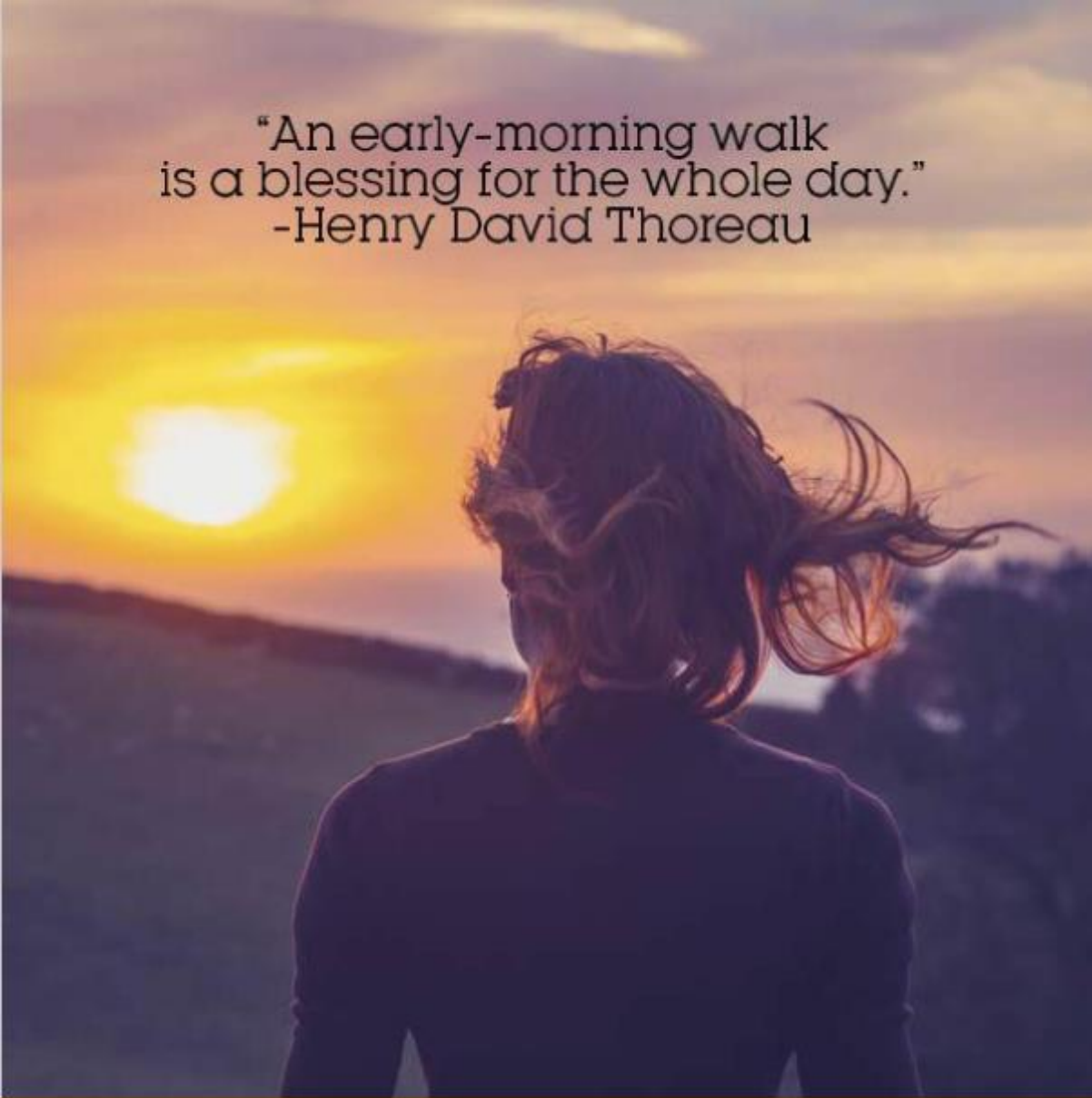
Everyone is putting in huge efforts to move more during their day.

Nearly 3 weeks into the Challenge, you're hopefully starting to feel some of the benefits - perhaps higher levels of aerobic fitness, stronger leg, glute and core muscles, improved mood, sounder sleep or lowered feelings of stress.

Don't forget to keep sending us your photos and let us know how you're getting on...

If you're keen to take your walking further afield, why not join the Aberdeen Kilt Walk on 3rd June? More details via the button below.

Send your photos and stories to wellgrp@st-andrews.ac.uk



"An early-morning walk
is a blessing for the whole day."
-Henry David Thoreau

<https://www.prevention.com/fitness/g20467677/inspirational-walking-quotes/?slide=11>

Where's your favourite
early-morning walk?

Let us know on wellgrp@st-andrews.ac.uk

SCOTTISH PERMACULTURE 2018



SUSTAINABLE CULTURE
WORKSHOPS & MUSIC
FOREST SCHOOL
TICKETS FROM £55, INCLUDES:
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GUEST SPEAKER
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NEAR ST ANDREWS / KY16 8NX
FRI 1ST JUNE - SUN 3RD JUNE
[HTTP://SCOTLAND.PERMACULTURE.ORG.UK](http://scotland.permaculture.org.uk)

GATHERING



Join the Edible Campus team at a garden near you




Did you know...

Gardening provides an amazing array of social, physical and mental health benefits including:

- Strengthening muscles and improving stamina
- Promoting flexibility
- Boosting your vitamin D levels and supporting your body's circadian rhythm with exposure to sunlight
- Stimulating your brain with sensory awareness and learning new skills
- Encouraging mindfulness by connecting to the present moment

THE HEALTH BENEFITS OF GARDENING

<h4>Stress Relief</h4>  <p>Gardening can help reduce the level of stress hormone Cortisol</p>	<h4>Immunity Booster</h4>  <p>Direct exposure to dirt and plants can help boost your immune system</p>	<h4>Work Out</h4>  <p>3 hours of moderate gardening could equal a 1 hour gym session</p>
<h4>Bacteria Friends</h4>  <p>Soil contains a natural antidepressant that can make us happier</p>	<h4>Green Diet</h4>  <p>Those who grow veggies are more conscious about having a healthy diet</p>	<h4>Brain Health</h4>  <p>One study revealed that daily gardening can reduce risk of dementia by 36%</p>

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ncbi.nlm.nih.gov/pubmed/20522568
ncbi.nlm.nih.gov/pubmed/1649871
colorlab.com
hotmag.com

The Edible Campus team run regular gardening sessions across the university estate.

Scroll down to find your local Edible Campus garden...

Everyone (student, staff, residents) are welcome at all gardening sessions on a drop-in basis. If you work at the university find your local garden below.



To see up-to-date event information, go to the Transition Edible Campus and Facebook pages using the buttons below.

You work in:

- Chemistry
- Computer Science
- Management
- Mathematics
- Medical Sciences
- Physics & Astronomy

Your local garden is:
4. Computer Science Garden

You work in:

- ELT
- Biomedical Sciences Research Complex

Your local garden is:
3. University Hall Garden

You work in:

- Observatory
- Sports Hall

Your local garden is:
2. University Community Garden

You work in:

- Careers
- Chaplaincy
- Students Association

Your local garden is:
7. The Careers Centre

You work in:

- ASC
- Art History
- CAPOD
- College Gate
- Dean's Office
- Development
- Economics & Finance
- Film Studies
- International Relations
- Library
- Modern History
- Music Centre
- Modern Languages
- Principal's Office
- Print & Design
- Proctor's Office
- RBS
- Student Services

Your local garden is:
8. Gannochy

You work in:

- Admissions
- Ancient History
- Classics
- Earth & Environmental Sciences
- Economics & Finance
- English
- Geography & Sustainable Development
- Greek
- International Relations
- Latin
- Music Centre
- MUSA
- Philosophy
- Print & Design
- Social Anthropology

Your local garden is:
9. English Garden
10. St Gregory's Quad

Your local garden is:
8. Gannochy

Your local garden is:
9. English Garden
10. St Gregory's Quad



You work in:

- Biology
- Digital Communications
- Divinity
- EHSS
- Finance
- HR
- IT Services
- Mail Room
- Medieval History
- Press Office
- Procurement
- Psychology & Neuroscience
- Registry

Your local garden is:
11. St Regs Annexe
12. St Mary's

You work in:

- Estates
- Biology, Scottish Oceans Institute

Your local garden is:
13. Albany Park
14. Deans Court

For more information email Helena Simmons using the button below.