



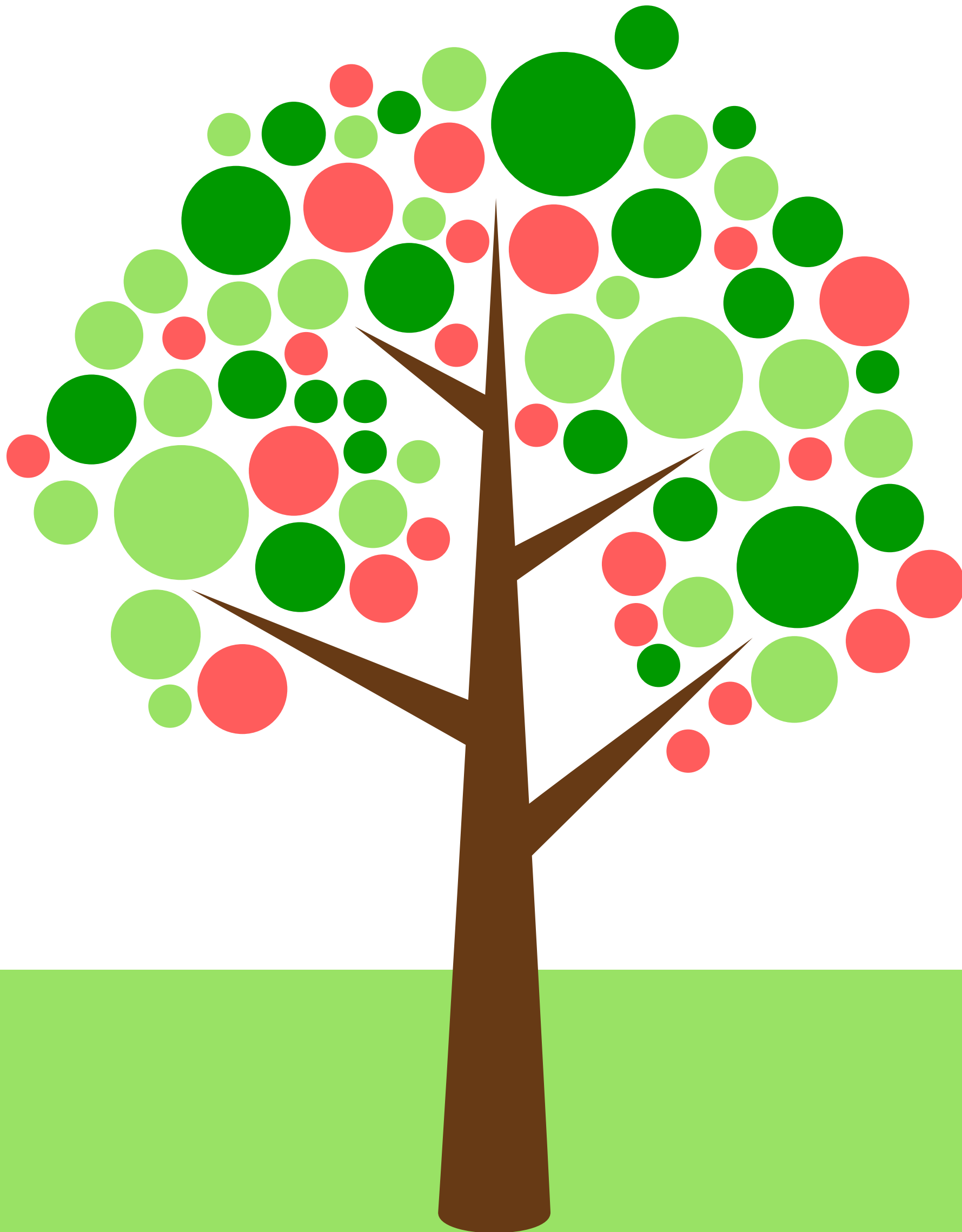
University of
St Andrews



Well Now...

WELLBEING NEWSLETTER

MARCH 2018



Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532



University of
St Andrews

Useful Organisations and Websites

*St Andrews wellbeing
webpages*

*British Heart
Foundation*

*NHS
Smoking Helpline*

Drink Aware

Sleep centre

Alzheimer Scotland

LGBT- Foundation

Step Count Challenge

Svaroopa Yoga

MIND - Mental Wellbeing
0845 766 0163

**Click on this link
to access these useful
sites.**

<https://tinyurl.com/ydgf33hc>



Well Now...

Hi, my name is Victoria and I work in the University's Communications team where I edit the staff newsletter, In the Loop. I have been a member of the Wellbeing and Engagement group since 2014 and help to promote the events and initiatives CAPOD and the rest of the team run.

'No smoking' is the wellbeing topic for this month. National No Smoking Day, the annual health awareness day to help smokers who want to quit, is held on Wednesday 14 March and the theme this year is Pick your Way, #TellUsYourWay and Quit your Way. There are many resources available from NHS Inform to help you kick the habit, as well as professional support and advice from our Occupational Health Adviser (and Wellbeing and Engagement Group member) Janey Watt.

Have you already stopped? Help colleagues by sharing what worked for you by emailing us with #TellUsYourWay in the subject line.

We hope you enjoy what else is on offer this month, including Vinyasa yoga, and don't forget to book onto the upcoming lunchtime April yoga sessions!

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk

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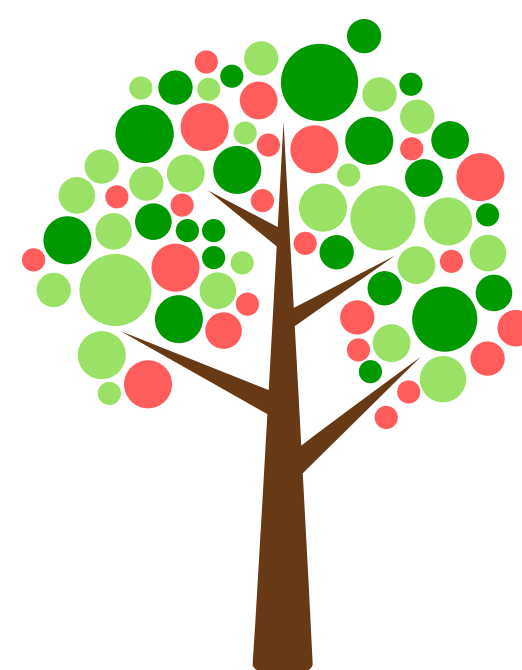
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**NO SMOKING DAY
14.03.2018**

WWW.QUITYOURWAY.SCOT

Want to quit smoking? Keep smoking... (but only until you've finished Allen Carr's book - free copies available!)

THE BESTSELLING STOP SMOKING BOOK OF ALL TIME
MORE THAN 15 MILLION **Easyway** BOOKS SOLD WORLDWIDE

Allen Carr's
EASY WAY TO
Stop
Smoking

DO NOT
stop smoking
until you've read
THIS book!

30TH ANNIVERSARY EDITION
BRAND NEW
FOREWORD

Want to quit?
We have **10 free**
copies of Allen Carr's
book to give away -
get yours by emailing
[wellgrp@st-
andrews.ac.uk](mailto:wellgrp@st-andrews.ac.uk) or
calling Ext: 2533

'It's been described as 'a real smoker's way to quit'. You carry on smoking until you're ready to stub out your final cigarette. Easyway doesn't focus on the downsides of smoking – smokers know all about those already. Instead the method answers the question 'What's so great about being a smoker?' Understanding that is the key to being set free.'*

The Allen Carr EasyWay method is written by a former accountant who previously smoked 100 cigarettes a day. Successful users include Ellen DeGeneres, Ronnie O'Sullivan, Claudia Winkelman, Ross Kemp, Ruby Wax, Sean Bean and many others. Sir Anthony Hopkins says "Instantly I was freed from my addiction. I found it not only easy but unbelievably enjoyable to stay stopped."

This method is available online, at sessions, and through the book.

One Amazon reviewer of the book said 'I've been a smoker for 30 years and have tried to give up a few times before... I always found that when stopping I became agitated and frustrated and sad that I was depriving myself of smoking. This book is amazing, it changes your mind set so you actually become a very content non smoker.'

If you currently smoke and want to stop, help is available. Our Occupational Health Advisor can offer support (phone Ext: 2752 or email: ehss@st-andrews.ac.uk), and check out the resources below.

NHS Inform's Stopping Smoking page can put you in touch with a trained advisor via phone or online chat:

<https://www.nhsinform.scot/healthy-living/stopping-smoking#how-to-stop>

ASH Scotland has info on making your home smoke-free:

<https://www.ashscotland.org.uk/go-smoke-free/smoke-free-homes/>

The NHS Smokefree site offers insight into what quitting will be like and shares stories from successful quitters:

<https://www.nhs.uk/smokefree/why-quit>

*<https://www.allencarr.com/easyway-stop-smoking/>

NO SMOKING DAY
14.03.2018

[WWW.QUITYOURWAY.SCOT](http://www.quityourway.scot)

National No Smoking Day encourages those who smoke to quit, and raises awareness of the resources available to those wanting to make that change.

Much of the information focuses on the huge health and financial benefits of ceasing smoking, and yet there are even wider implications for both communities and the environment. For smoking to be possible, vast quantities of tobacco need to be grown - but where does it all come from? In 2012, nearly 7.5 million tonnes of tobacco leaf was grown on almost 4.3 million hectares of agricultural land.

This farming requires farmhands, and (according to WHO figures) 7 out of 10 are women. A 2016 study for the Bill and Melinda Gates Foundation found that in China women spent longer working in the fields than men (6-8 hours per day compared to 4-5 hours), and that where there was payment of a wage, women made US\$8 compared to US\$11 for men.

The same study found that 40% of respondents in China and almost 60% of Tanzania respondents were not aware of the negative health effects of tobacco farming. Over 70% of respondents in Tanzania and Kenya had worked on tobacco farms whilst pregnant, both because they were unaware of the harmful effect to them and also because of the importance of their work to the family's livelihood.

The study concluded '...women tobacco farmers need to be provided with support to improve their livelihood and to engage in other crops as an alternative to tobacco. Many do not want to continue farming tobacco.'

*<https://www.phi.org/uploads/application/files/cp6dgyk4gsyx1jn3uvzfftd61ohb6sagj5i9x1sw1y8c7vzm39.pdf>



THE TOBACCO INDUSTRY TARGETS WOMEN

BY IMPLYING TOBACCO USE ENHANCES GENDER EQUALITY, GLAMOUR, SOCIABILITY AND SUCCESS.



UP TO 7 IN 10 TOBACCO FARM WORKERS ARE WOMEN AND ARE IN CLOSE CONTACT WITH OFTEN HAZARDOUS CHEMICALS.



1 IN 2 CHILDREN IS EXPOSED TO SECOND HAND SMOKE.

UP TO 14% OF CHILDREN FROM FAMILIES WHO FARM TOBACCO DON'T ATTEND SCHOOL AND, INSTEAD, WORK IN TOBACCO FIELDS.

#NOTOBACCO



UP TO
10
BILLION

CIGARETTES ARE
DISPOSED OF
IN THE ENVIRONMENT
EVERY DAY.



TOBACCO WASTE CONTAINS OVER 7000 TOXIC CHEMICALS.



CIGARETTE BUTTS ACCOUNT FOR 30-40% OF ALL ITEMS COLLECTED IN COASTAL AND URBAN CLEAN-UPS.



TOBACCO SMOKE EMISSIONS CONTRIBUTE THOUSANDS OF TONNES OF HUMAN CARCINOGENS, TOXICANTS AND GREENHOUSE GASES.

#NOTOBACCO



TOBACCO KILLS
PEOPLE EVERY
YEAR

MORE THAN
7
MILLION

TOBACCO THREATENS HEALTH, ECONOMIES AND DEVELOPMENT.



12% OF DEATHS OF ALL PEOPLE AGED OVER 30 ARE DUE TO TOBACCO.



GLOBAL ANNUAL COSTS FROM TOBACCO USE ARE **US\$1.4 TRILLION** IN HEALTHCARE EXPENDITURE AND LOST PRODUCTIVITY FROM ILLNESS AND PREMATURE DEATH.

#NOTOBACCO

<http://www.who.int/campaigns/no-tobacco-day/2017/social-media/en/>

JOIN THE STEP COUNT CHALLENGE

2018

LAST YEAR OUR 78 TEAMS WALKED MORE
THAN 300 MILLION STEPS!

THIS YEAR THE WELLBEING AND
ENGAGEMENT GROUP IS SPONSORING **100**
STAFF TEAMS TO TAKE PART IN THE 8 WEEK
CHALLENGE STARTING 30 APRIL 2018.



Each team must have 5 members (including a team captain) and a unique team name



University teams with a wide range of achievements will be recognised with wellbeing-themed prizes...



Applications for team sponsorship available on our Step Count Challenge website:
<http://www.st-andrews.ac.uk/staff/wellbeing/stepcountchallenge>



CLOSING DATE 12 APRIL

For more information visit the website or email
wellgrp@st-andrews.ac.uk with the heading 'Step Count 2018'.

FRESH PRODUCE GIVEAWAY!

On 23 February we once again gave away 100kg of fresh fruit and veg, thanks to our amazing sponsors Kettle Produce and George Anderson.

As in previous years, the draw was massively over-subscribed! Commiserations to those of you who missed out - but please try again next year.

Thank you to the lucky winners who were kind enough to share photographs of their creations from stew to fruit salad to vegetable soup and pancakes! We've loved seeing your dishes.

If you're feeling inspired to cook some of your 5 a day, check out Laura Bates' recipe for her healthy pancakes below!

- 1 mashed banana
- ½ cup wholemeal flour
- ½ cup self-raising flour
- 1 tsp baking powder
- ¼ cup wheat germ (optional)
- 1 tbsp milled flaxseed (optional)
- 1 tbsp milled linseed (optional)
- 1 egg
- 1 ¼ to 1 ½ cup milk (or equivalent)
- 1 tsp cinnamon
- 1 apple seeded chopped with skin left on
- Handful of frozen berries (optional)

Mix all ingredients together. Add milk as needed to get spooning consistency which still spreads on a greased frying pan or griddle. Cook as you would Scotch pancakes. Eat with maple syrup, berries and yogurt, honey or jam!



Check out the Dundee Women's Festival Programme for 2018! The festival celebrates International Women's Day and runs from 4th – 17th March with a jam-packed programme.

See full details online at:

<http://www.dundeeomensfestival.org.uk/wp-content/uploads/2018/01/Dundee-Womens-Festival-Programme-2018.pdf>

DUNDEE WOMEN'S FESTIVAL

4th - 17th March 2018

FRIDAY 9TH

WOMEN'S WELL-BEING

10.00am - 3.00pm | The Steeple 37 | FREE

A day of well-being themed taster sessions including relaxation techniques; complimentary therapies; plus workshops such as belly dancing, yoga and creative expression. A light lunch will be provided. This event is open to all service users who access any of the violence organisations including Dundee International Women's Centre, Dundee Women's Aid, Shakti, Women's Rape and Sexual Abuse Centre (WRASAC), Vice Versa Project, Amina, Mia, Barnardo's Domestic Abuse Initiative, Women's Criminal Justice.

TO BOOK: susi.thomson@wrasac.org.uk | 01382 205556 **WO**

REIKI TASTER SESSIONS

10.00am - 12.00pm | Kirkton Community Centre 26 | FREE

Give yourself time to slow down and reset your mental, emotional and physical wellness. Reiki is a holistic, complimentary alternative therapy treatment for relaxation and stress reduction. This rebalances the flow of energy in and around the body, enhancing and promoting the body's natural ability to heal itself.

FIRST COME FIRST SERVED | For enquiries: jebaldwin@outlook.com

DUNDEE ROLLER GIRLS OPEN DOORS SCRIM

8.00pm - 9.00pm | DISC 17 | FREE/DONATION

Dundee Roller Girls (DRG) are opening their doors to the public during their Friday night scrimmage. The DRG have two women's travel teams for the full contact sport on roller skates and on Fridays they have intra-league practice for both skaters and officials to practice.

Come along to get a taste of a real roller derby game!

NO NEED TO BOOK | For enquiries: DundeeRollerGirls@gmail.com

FRIDAY 16TH

ADDVA OPEN WOMENS VOLLEYBALL EVENT in association with Scottish Volleyball Association

1.30pm - 3.30pm | ISE 25 | £5

Volleyball is a popular sport in Dundee where Community and University teams play in various different leagues across Scotland. The afternoon will comprise a 4 x 4 game format, you don't need to have a team to play as we can allocate you to one. This fun afternoon event is to bring new and experienced players together and raise awareness of the sport.

NO NEED TO BOOK | For enquiries: mack-101@hotmail.co.uk

CLOSING CEREMONY

5.00pm - 6.30pm | Verdant Works 39 | FREE

An hour of entertainment reflecting this year's festival theme - *A Vote for the Future!*

The High Mill can be chilly, so please wrap up warm.

NO NEED TO BOOK

For enquiries: dundeewomensfest@gmail.com

SATURDAY 17TH



Fairtrade Fortnight



We are half way through Fairtrade Fortnight – a two-week festival highlighting fair and ethical trade!

The University of St Andrews has been fairtrade-certified since 2007. ...

The Environment Team and the University Fairtrade Steering Group invite you to celebrate this and raise awareness about the fairtrade products offered on campus by joining one of the many planned events...

Head over to [Environment Teams' Facebook page](#) where you can see all of the events listed:

<https://www.facebook.com/EnvironmentStA>

Fairtrade Fortnight 2018

Programme: week 2

05 MAR

DIRECT TRADE VS FAIRTRADE:
DISCUSSION & COFFEE TASTING
6 - 7 PM | ZEST

06 MAR

PEDAL-POWERED SMOOTHIE GIVEAWAY
12 - 3 PM | STUDENT UNION

SKILLSHARE: CHOCOLATE NESTS MAKING
3PM | TRANSITION OFFICE

08 MAR

THE DARK SIDE OF CHOCOLATE
FILM SCREENING
6 - 7 PM | SCHOOL 3



University of
St Andrews



environment team
university of st andrews



INTRODUCTION TO FORREST YOGA

Join instructor Rachel Smith for this Introduction to Forrest Yoga, teaching you how to breathe deeply, connect in feeling with your body, use the power of breath to bring aliveness into every cell of your body, and ignite your passion for living.

The course will build up over the 4 weeks, introducing the basic moves commonly used in Forrest Yoga, and is suitable both for absolute beginners and those with previous yoga experience.

Thur 5 April 2018 onwards | 13.00-14.00
Various venues (see PDMS for details)

Book now on PDMS:

<https://www.st-andrews.ac.uk/pdms/?CourseID=8105>





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



transition
university of st andrews

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 new, or rusty, cyclists the necessary skills to negotiate on-road journeys.

Courses are 2.5 hours and usually cost £20, but Transition University of St Andrews is offering them free in 2018. We can even provide a bike if you let us know in advance!

The course includes bike handling skills, confidence on-road and road side repair knowledge. Sessions will start from the Car Park in front of David Russel Apartments facilities building at 11.30am on:



Thursday 26th April



Thursday 24th May

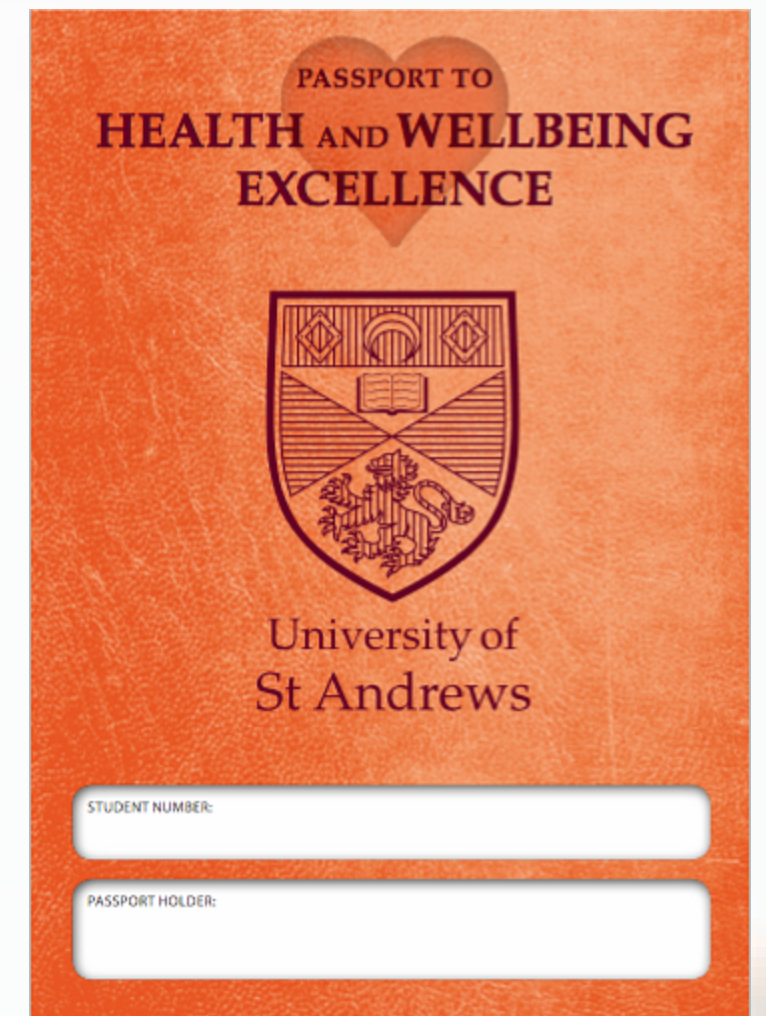


Friday 15th June



Friday 17th August

DIFFUSING CONFLICT IN THE WORKPLACE



Conflict is caused by actual or perceived differences or misunderstandings. Conflict is escalated when one person does something which angers or threatens the other, such as: being disrespectful, dismissive or rude; making it personal; causing embarrassment; making threats, being aggressive or confrontational.

Defusing conflict requires proactive approaches to prevent situations escalating or to de-escalate situations which are already destructive, confrontational or aggressive.

The Dfuse approach for defusing conflict will be explored during the workshop and applied to your potential conflict situations.

Mon 30 Apr 2018 | 14.00-17.00
C5 Seminar Room, Bute Building

Book now on PDMS:

<https://www.st-andrews.ac.uk/pdms/?CourseID=8054>



Smoke and mirrors

Despite the ever-increasing cost of smoking (the average price of 20 cigarettes was over £9 in 2017 with the prospect of greater hikes to come) around 10 million adults in the UK smoke. This group are reminded every year on No Smoking Day to stop smoking due to the huge health and financial benefits of doing so. Sometimes less discussed is the global tobacco production and distribution chain masterminded by companies who profit from selling their harmful products. Unsurprisingly, these companies want to stay in business. Surprisingly, areas in which tobacco companies have historically invested is the arts and education.

Read Online

ASH: Timeline of legal challenges against tobacco legislation in Scotland

(<https://www.ashscotland.org.uk/media/4430/Timeline%20of%20legal%20challenges%20in%20Scotland.pdf>)

Guardian: University accepts tobacco 'blood money'

(<https://www.theguardian.com/uk/2000/dec/05/highereducation.education>)

ASH: Glyndebourne sponsorship deal with BAT

(<http://ash.org.uk/media-and-news/press-releases-media-and-news/glyndebourne-sponsorship-deal-with-bat/>)

Financial Times: Who funds the arts and why we should care

(<https://www.ft.com/content/4313691c-3513-11e4-aa47-00144feabdc0>)

Guardian: Ditch tobacco sponsors health experts warn cultural institutions

(<https://www.theguardian.com/culture/2016/apr/30/arts-institutions-ditch-tobacco-sponsors-health-experts-letter>)

This investment has perhaps been less high-profile than challenges by tobacco companies to smoking legislation, for example in 2010 when Imperial Tobacco sought a judicial review of sections of the Tobacco and Primary Medical Services (Scotland) Act on the grounds of the legislative competence of the Scottish Parliament (they argued, unsuccessfully, that the ban on tobacco displays and cigarette vending machines fell outside Parliament's legislative scope). The benefit of this challenge, had it been successful, was clear. In 2004 the University of Nottingham was heavily criticised for accepting £4m sponsorship from British American Tobacco to set up the International Centre for Corporate Social Responsibility. Again, there are clear advantages to association with a respected university and corporate social responsibility. Less immediately obvious are the benefits of sponsoring the arts.

In 2008, the organisers of the Glyndebourne opera festival were forced to drop sponsorship from British American Tobacco of their production of Carmen after Trading Standards Officers declared aspects of the partnership illegal. A 2014 Financial Times article highlighted the sponsorship of the arts by both oil and tobacco companies, and again in 2016 the Guardian explored this link. Sponsorship by a tobacco company may not be instantly apparent, as a corporate logo, rather than a cigarette brand name, may be used. In March 2018 both the British Museum and the Royal Academy's corporate sponsors web pages list JTI (Japan Tobacco International) as a corporate sponsor. The wellbeing of our community, global and local, can be about more than the choices of an individual in relation to their own body and lifestyle. Next time you go to an exhibition, it might be worth reading the list of sponsors who made it possible.



THIS MONTH'S INGREDIENTS:

*** SWEET POTATO * CLEMENTINE * CHICORY ***

Eating well can seem like hard work, so each month we'll be featuring two recipes using seasonal ingredients to get nutritious food on your plate in less than 30 minutes! Get involved by sending your recipes to: wellgrp@st-andrews.ac.uk

Next month's ingredients: Spring Greens, Leeks, Passion Fruit

Sweet potato, fig and chicory salad

(from The Yoga Kitchen by Kim Parsons)

Serves 4

Ingredients:

- 4 small sweet potatoes, about 1kg, washed
- 75ml melted coconut oil
- 1 teaspoon sumac
- 4 teaspoons balsamic vinegar
- 4 teaspoons pure maple syrup
- 2 teaspoons orange blossom water
- 2 tablespoons extra-virgin olive oil
- 2 heads endive, trimmed & separated into leaves
- 100g red chard / washed/baby spinach leaves
- 4 spring onions, thinly sliced on the angle
- 6 fresh, ripe figs
- 150g soft goat's cheese, crumbled

Method:

1. Preheat oven to 220°C fan. Line 2 baking sheets.
2. Halve potato lengthways. Cut into 4 long wedges.
3. Place wedges in large mixing bowl, sprinkle with coconut oil, sumac and salt and pepper. Toss to combine, then spread onto prepared sheets, skin side down. Cook for 25 minutes until soft and browned.
4. For the dressing, whisk the vinegar, syrup, orange blossom water, olive oil and salt and pepper in a small jug. Set aside.
5. Mix potatoes, endive leaves, red chard and spring onions in a large bowl. Place the salad on a large serving platter, then rip the figs into pieces and dot over the top. Scatter the crumbled goat's cheese over, and drizzle a little dressing over the salad. Serve.

Clementine Tea

(from Angela

Kim: <https://witness.theguardian.com/assignment/5631000ee4b0be137010b7eb/1786215>)

Ingredients:

- Leftover peel of 10-15 clementines, thinly sliced
- 4cm cinnamon stick
- 1 star anise
- 2 tsp goji berries
- Juice of 3-4 clementines
- A good squeeze of lemon juice
- Honey, to taste

Method:

1. Spread the clementine peel on a plate or baking sheet, and let dry on a window sill or near a radiator/heater. This will take about 3-4 days.
2. Once the peel is completely dry, store in a jar.
3. To make tea, bring about a litre of water to a boil.
4. Add a handful of dried clementine peel, goji berries, cinnamon stick, and star anise. Simmer for about 30mins.
5. Remove the clementine skin and spices.
6. Add the juice of clementine, lemon, and honey to taste.

YOUR WELL NOW

SHARE YOUR NEWS!



TELL US WHAT YOU'RE UP TO!

SHOWCASE YOUR HEALTH &
WELLBEING EVENTS, ACTIVITIES,
FUNDRAISERS AND SOCIAL GROUPS.



Email:
wellgrp@st-andrews.ac.uk

with the Subject Heading "Your Well Now"

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

The screenshot shows the University of St Andrews website's 'Wellbeing' page. At the top, there is a navigation bar with links for Home, Current Staff, Current Postgraduates, Current Students, Administration A-Z, Academic Schools, Maps, and Contacts. Below this is the University of St Andrews logo and a search bar. The main content area is titled 'Wellbeing' and includes a 'Wellbeing & Engagement Group' section with contact information (E: wellgrp@st-andrews.ac.uk) and a description of their activities. A 'Campaign calendar' section features a photo of a group of people and text about monthly activities. Below these are several tiles for 'Healthy Working Lives', 'Wellbeing calendar', 'Well Now! newsletter', 'Resources and apps', 'Policies', 'Passport to Health & Wellbeing Excellence', 'Useful links', 'Wee Walk Once a Week', 'Hot off the Press' News, and 'Community'. A left-hand sidebar lists 'Wellbeing' resources like the Wellbeing Calendar, Healthy Working Lives, News, Well Now newsletter, Health and wellbeing passport, Useful links, Resources and Apps, Policies, and Community. At the bottom, there is a footer with copyright information and links for Terms and conditions, Website help, and Edit.