Welcome

I am delighted to write in support of the Health and Wellbeing project as part of this, its first newsletter.

The promotion and development of activities and initiatives in support of health & wellbeing is critically important both for the positive benefits it has on our staff and the very real impact it has on the quality and value of the services we provide as a university. By ensuring that the working environment is healthy, safe and inclusive, that employee health and wellbeing is promoted and provided for and that managers are equipped to support their staff, the University can benefit from a more engaged community of staff.

Vice Chancellor
Professor Nick Foskett

"Over the coming months a wide range of wellbeing activities are to be organised. Please do get involved. The potential benefits are enormous - and its going to be great fun!".

Tell us what you think?

- Did you find the newsletter useful?
- What would you like to see more of in future issues?
- Have you got an idea?

Contact

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Head of Department of Health & Safety
Healthy eating and physical activity at work can improve the health of our workplace by having a positive impact on many issues affecting productivity and economic success. Here are some startling facts!

- Over a third of your daily calories are consumed at work.
- Over 33% of employees skip breakfast.
- More than 44% of employees eat lunch at their desks.
- During their working life the average worker spends a total of over £20,000 (£2 a day) on snacks excluding lunchtime meals.
- Obesity causes about 19 million sick days a year in England alone.

- Almost 20% of the adult population of Stoke-on-Trent are now classed as obese with a BMI of 30+.
- Over half of local people admitted to taking little or no exercise!
- 85% of men and 69% of women eat too much salt which can cause high blood pressure leading to greater risk of heart disease and strokes.
- A recent survey revealed staff drinking over 21 units of alcohol a week took twice as much sick leave as those drinking less.
- Staff smoking during the working day costs businesses a staggering £22 million!
- It is estimated that individuals may spend up to 60% of their waking hours in their place of work.

A range of holistic therapies that have proven popular for staff here at Keele since 2007 can still be provided on a Friday.

These include:
- Body massage
- Reflexology
- Aromatherapy
- Indian head massage

This service is confidential and held most Fridays throughout the year in the Dorothy Hodgkin Building (0.17).

To book please contact Melanie Bloor on 07990552935 or 01782 316565 or email at mel@clearchannels.info

Chill out and give it a go!
Cycling is a simple and cheap way to travel, allowing you to enjoy a relaxing journey, out in the fresh air, while knowing that you are also using your time to fit in some gentle and energising exercise. There is no need to be an athlete before you jump on a bike. Cycling can be practiced at any level, from a short, fun ride to an extreme cycle race, from children to seniors.

To get cycling off the ground, Michele Bourne has recently set the wheels in motion by organising Keele Cyclists, the University’s bicycle users group.

Not only that, Stoke is now one of 18 Cycling Cities, and has been awarded £4.8 million of cycle funding, so if you haven’t cycled for a while but would like to, now is a great time to start. With training, rides and events available until March 2011. In addition, you can get encouragement and support from Keele Cyclists.

Keele Cyclists have an e-mail list which allows you to keep in touch with fellow cyclists on campus and which gives regular news relevant to cycling. You can get tips on cycle maintenance or ask questions on the best way to do things. The group also runs a ‘cycle buddy’ scheme, where someone will join you on your ride into Keele, which can be particularly helpful if you are not confident about cycling in on your own. The group look for ways to make cycling into Keele a trouble free experience, for example by providing cycle repair kit at 24 hour reception and arranging on campus bike repair and servicing from Eze-rider, the mobile bicycle mechanic.

Keele’s dedicated web page also gives information about cycle events, cycle clubs, cycle routes and shops around Stoke and Newcastle. The University is also looking to implement the cycle to work scheme and to make parking more flexible for those who usually use alternative transport but who would like to occasionally drive in.

Cycling can often be a quicker way to travel on short journeys and is very cheap, with no fuel or parking costs. As well as burning calories and giving you a cardiovascular workout, cycling is also a great way to relax your mind and to get rid of stress. It is a low impact exercise so good for those with any joint problems or who are just getting into exercising. And for those who struggle up the hills from home – try an electric bike to make it easier. You still have to pedal but not as hard!

If you are interested in knowing more about cycling at Keele, then please view Keele’s cycling web page.

www.keele.ac.uk/kc
www.stoke.gov.uk/ccm/navigation/transport-and-streets-/getting-about/cycle

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Active ageing at Keele

We’ve all heard about it, but what is it? Essentially it’s a universal project aimed at the health and wellbeing of older people (and those in the baby boom years too!)

Keele University aims to:

- Expand community education targeted at older people.
- Increase use of campus facilities by older people.
- Increase the range of university courses open to older people.

The University aims to support engagement in different types of education, work and leisure activities. The exciting types of programme under development include:

- Education and training support for older people establishing new businesses, or moving into self-employment.
- Community capacity – building, to support a large number of older people to act as trustees of community organisations in public agencies.

Day schools linked to arts or musical events taking place at Keele or elsewhere in North Staffordshire.

Study visits or tours linked to places of historical or geographical interest, in the locality or elsewhere.

Educational programmes linked with organisations run by older people (e.g. University of the Third Age).

The Active Ageing project is attached to the Institute of Life Course Studies here at Keele, which includes the Centre for Social Gerontology, one of the main groups in the UK researching social and policy aspects of ageing societies. The University already runs highly regarded Masters Programmes in Gerontology and Geriatric Medicine, so work on the Active Ageing project will build upon this expertise.

The group includes an Active Ageing Champion (Professor Chris Phillipson), a Coordinator of Professional Programmes in Gerontology (Dr Mo Ray), and a Business Development Manager (Domonique Birks). For more information please contact one of the team or visit the Active Ageing website at: http://www.keele.ac.uk/activeageing

HEFCE Wellbeing Project

Keele is a subscriber to the two year Higher Education Funding Council for England (HEFCE) national project which aims to improve performance through wellbeing and engagement.

Wellbeing and engagement have built on a number of other business and health concepts including organisational commitment, discretionary effort and staff engagement. For the purposes of this project, wellbeing and engagement are about creating the environment where staff are supported to perform to the best of their abilities.

The project aims to:

- Develop a higher education specific business case for employee wellbeing and engagement — showing what aspects have the biggest impact on performance.
- Support institutions to enhance their practice by developing a bank of practical case studies and resources.
- Support learning and sharing across the sector by developing an employee wellbeing network, supported by regional meetings.

Managing Stress

The Health and Wellbeing Group is committed and keen to support ways of reducing or eliminating sources of stress within its control. The group hope that this project and its activities will be part of reducing stress in the workplace.

Stress results from the interaction of environmental and individual factors, which affect the ability to cope. There is no simple way of predicting what will cause harmful levels of stress as people respond to different types of pressure in different ways. Stress may be caused by various personal circumstances or a range of aspects of work.

If you would like more information on improving performance through wellbeing & engagement then visit www.wellbeing.ac.uk

“There is no simple way of predicting what will cause harmful levels of stress as people respond to different types of pressure in different ways.”
Physical exercise can have a dramatic effect on our personal health and well-being. Many of us are aware that it can help with areas like weight loss but it can also reduce the risk of developing certain cancers, reduce the risk of heart attacks and strokes and help moderate blood sugar levels.

By building some physical activity into your and your family’s daily routine, you not only improve your health and fitness but you make it enjoyable doing so. At Keele Sports Centre we believe exercise should be fun and not a chore.

For effective exercise your body should feel challenged by the level of activity you are performing. It needs to be at a greater intensity than your daily routine. This should raise your heart rate and increase muscle usage.

There are many psychological effects of exercise:

- Improved self-esteem and greater sense of self-reliance and self-confidence.
- Improved mental alertness, perception and information processing.
- As many exercises are social it can help build self-esteem and quality of life.
- Exercise releases other endorphins or “happy hormones” in your body promoting a feeling of well-being.
- Reduction in the body’s built up tension eases our frustration with daily problems.

“At government guidelines state that we should take 30 minutes of moderate cardiovascular exercise 3 – 5 times per week and that we should eat at least 5 portions of fruit and vegetables per day but with busy schedules this is easier said than done.”

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We offer a wide range of programmes and sporting activities to suit a range of needs and abilities. All Keele staff also have access to our private changing facilities which are complete with showers, lockers, hairdryers and everything you need to make your visit comfortable and you looking your best!

In conjunction with the wellbeing agenda the Sports Centre is here to help you achieve your goals and gain a better quality of life. Ask about our free taster and drop in sessions. You may want to have a go in the gym, play badminton or attend an aerobic session. So the question is - what are you waiting for?

Message from the sports centre:

**Exercise can be fun and not a chore!**

Improves mental alertness, perception and information processing.

Reduction in the bodies built up tension, eases frustration with daily problems.
Wellbeing in winter

We are all more likely to catch cold or flu in winter...

The cold weather can also cause other serious health problems – like heart attacks, stroke and pneumonia. This means it’s essential to keep warm in winter.

The best way to get through winter is to keep warm and to follow as healthy a lifestyle as possible. What you eat and drink, and the exercise you take, can make a big difference. Wearing the right clothes is also very important.

Top tips for keeping warm and well.

Heat Well

Try to keep a temperature of 21ºC (70ºF) in the main rooms you use during the day; your bedroom should be kept above 18 degrees. Use a hot water bottle or electric blanket (not both for safety reasons) if your bedroom is cold at night.

Dress Well

Wear plenty of layers and put on a good coat, hat, scarf and gloves when you go outside. Wear plenty of thin layers, rather than one thick one. Wear clothes made of wool, cotton, or fleecy synthetic fibres and stay warm in bed with bed socks, thermal underwear and a nightcap or headscarf.

Eat Well

Food is a vital source of warmth, so try to have regular hot meals and drinks throughout the day. Try to make sure you have good stocks of food available at home, including tinned or frozen foods, so that you do not have to go out in extremely cold weather. For further information on healthy eating, visit www.eatwell.gov.uk

Keep Moving

Moving around is good for your health and generates extra body heat, so any exercise or activity will help keep you warm. Moderate exercise, like walking, for example, can be very beneficial. If you have an exercise routine, try to keep it up in winter as it will help keep you warm but don’t take risks in wet or icy weather. And, if you are outside in the cold for whatever reason, try to keep moving rather than standing or sitting.

Stop Smoking

Stopping smoking will boost your health for the winter, reduce your chances of a heart attack and improve your body’s circulation. Looking out for neighbours.

Looking Out For Neighbours

If you have an older person as a neighbour or a relative. Please look out for them in the winter months. If curtains aren’t opened during the day, or there are no lights on in the evening, there may be something wrong. If you think there are serious grounds for concern, contact the emergency services.

Keep Warm, Keep Well.

“Try to keep a temperature of 21ºC (70ºF) in the main rooms you use during the day; your bedroom should be kept above 18 degrees.”
Quiz - What do you know about the food you eat?

This fun quiz is designed to test what you know about the food you eat and promote healthy eating.

1. Which of the following does NOT contribute to your 5 a day fruit and veg target?
   a) 3 heaped tablespoons of frozen vegetables
   b) 3 heaped tablespoons of canned fruit
   c) Half a jacket potato
   d) Half an avocado
   e) 1 heaped tablespoon of dried fruit

2. Which of these is known as unhealthy fat?
   a) polyunsaturated fat
   b) monounsaturated fat
   c) saturated fat

3. Which of the following would not count towards the recommended target for eating oily fish at least once a week?
   a) Tinned mackerel
   b) Tinned tuna
   c) Baked trout

4. If you are trying to cut down on the fat in your diet, what does the label “low fat” mean?
   a) less than 3g of fat per 100g
   b) less than 10g of fat per 100g
   c) Less fat than the standard version of the food

5. Which contains more fat?
   a) 100g of butter
   b) 100g of margarine
   c) They both have the same amount of fat

6. Some foods are labelled reduced salt. How much sodium per 100g is “a lot” in food?
   a) 5g of sodium per 100g
   b) 0.6g of sodium per 100g
   c) 2g of sodium per 100g

7. On average, how much salt do people in the UK eat each day?
   a) 1g of salt
   b) 6g of salt
   c) 9.5g of salt
d) 15g of salt

8. By law, how much alcohol can beer labelled “alcohol free” contain?
   a) None
   b) 0.05% or less
   c) 1% or less

9. If a food is labelled organic, by law what percentage of its ingredients can come from non-organic sources?
   a) None
   b) Up to 1%
c) Up to 5%

10. How much alcohol does a large 250ml glass of wine with 12%ABV contain?
    a) 1 unit of alcohol
    b) 2 units of alcohol
    c) 3 units of alcohol