

UNIVERSITY OF EDINBURGH

HEALTH PROMOTION

Newsletter - Autumn 2006



Newsletter Launched

Welcome to the first edition of the University's Health Promotion Newsletter.

This Newsletter will give you information on a wide range of health issues and keep you up-to-date on various healthy activities going on around the University. Other health related information and advice is available from the Health Promotion pages of the Health and Safety Department Website at <http://www.safety.ed.ac.uk/health>



We'd love to hear from you! If you've got a health related club or event which you're part of within your School, or if you've got ideas you'd like to see developed in the University tell us about them and we'll publish it here in the Newsletter. You might just encourage others to join, or inspire other Schools to follow!

Walk to Win Challenge

University Staff are encouraged to 'go green' and walk the recommended 10,000 steps a day in a two-week initiative to highlight the benefits of walking.

The Challenge taking place 11th - 22nd September to encourage more staff to fit walking into their day, whether it be as a way of getting to work, a short stroll at lunch time or even just walking up the stairs instead of taking the lift. It all counts towards the recommended 10,000 steps a day.

Participants will be given a Walk to Win Challenge pack, consisting of a free pedometer and a walking diary. They will then need to try and walk as many steps as possible during the fortnight. Prizes will be given to the individuals and teams that make the most progress over the fortnight - not necessarily those who walk the most steps in total.



Need some more encouragement? Why not get your office, team or School to participate. Prizes will also be available for the group that makes the biggest change over the two weeks.

Want to a Walk to Win Challenge pack? Just e-mail fiona.simon@ed.ac.uk. Want to know more? Visit www.transport.ed.ac.uk/walking

Jogscotland

Do you want to get fitter but don't have the time, or the motivation? Why not think about joining one of the Jogscotland groups within the University where you can meet up at lunchtime and jog with a group of other like minded souls.



The groups are free to join and are led by trained Jogscotland Leaders who can offer a programme to suit your fitness level, from beginners to advance runners. The groups offer a fun way to get fit in a supportive environment.

The groups meet at various times at a number of locations across the University, with regular groups at Little France, Kings Buildings and in the Central Area. If you're interested in finding out more about Jogscotland, further details and meeting times are available at

<http://www.safety.ed.ac.uk/health/jogscotland.shtm>

Healthy Eating



Are you interested in finding out about healthy eating? Do you want to find ideas for healthy recipes? Information and tips on healthy eating, tips for staff organising working lunches and healthy ideas for vending machines are available from the Health Promotion pages at

<http://www.safety.ed.ac.uk/resources/Health/eating.shtm>

Do you have any healthy eating tips or recipes you'd like to share? If so, send them in and we'll publish them for others to try.



Breast Cancer

October is Breast Cancer Awareness Month. The month is dedicated to raising breast awareness and highlighting issues around breast cancer as well as raising funds for breast cancer causes.

For further information about breast cancer, breast health or to look at fundraising activity take a look at www.breastcancercare.org.uk

Scotland's Health at Work Award



The University of Edinburgh has registered with Scotland's Health at Work Award scheme (SHAW), a national scheme to encourage and support employers to improve the health of their workforce, and earlier this year the University received the Bronze level SHAW award.

The University is committed to improving the health of its employees by improving access to health information and advice, and by promoting health related events.

The University set up a Health Promotion Group to further develop health initiatives and the Group are now working towards the Silver and Gold level awards.

Further details on the SHAW scheme are available at <http://www.shaw.uk.com/>

Mental Health

Scottish Mental Health Week which runs from 9 – 15 October, aims to raise awareness of mental health issues and to highlight some of the information available to help individuals who suffer from mental ill-health.



According to the Scottish Association for Mental Health (SAMH) one in five adults in Scotland are affected by mental health problems at any one time. Based on these figures, mental health issues must affect us within the workplace either directly or indirectly. The Scottish Association for Mental Health website is: www.samh.org.uk

The Staff Counsellors provide a free confidential counselling service to all members of staff. The professionally trained counsellors have years of experience in dealing with a wide range of problems including work issues, relationship difficulties, bereavement, change, bullying, stress, family worries, depression, anxiety and eating disorders.

Staff Counselling can be contacted confidentially on 650 2513 or by email at StaffCounsellor@ed.ac.uk

Anyone who has specific concerns may also want to be aware of confidential support available from the University Occupational Health Unit, which can be contacted on 508190, or find us at <http://www.safety.ed.ac.uk/>

On Your Bike



The University again participated in this year's Bike Week, from 19th - 23rd June 2006 with various events organised throughout the University.

If you're interested in cycling but haven't got the gear, you can apply for an interest-free staff travel loan to pay for bikes and/or accessories. Contact Lyndsey Burns in the Transport Office on 650 9101, or complete an application form, available online at www.transport.ed.ac.uk/PublicTransport/IFL.shtm

The Transport Office also offers Bicycle User Groups, Bike Buddy programmes, Discounts, Toolkits, Cycle Safety Training and Bike Doctors offering free bike safety inspections.

The Transport Office has also launched a new Pool Bike scheme with bikes suitable for both men and women at George Square and King's Buildings. The bikes are ideal for short work journeys and can be booked via Outlook.

Further details on this and more are available at <http://www.transport.ed.ac.uk/Cycling/index.shtm>

Look After Your Back

We all lift and move things on a regular basis, but do you ever stop to think about your lifting technique and how it might be affecting your back? Back pain is the nation's leading cause of disability. 80% of the population will suffer from back pain at some point in their lives. Only 5% of this is serious back pain requiring medical intervention. For more information, see



<http://www.safety.ed.ac.uk/resources/health/backs.shtm>

Anyone without access to the www can obtain details on the above from the Health & Safety Department.



How useful did you find this Newsletter! Would you prefer it sent by email or by post? Tell Us!



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