

Health Promotion Newsletter



Newsletter of the Health Promotion Group

Autumn/Winter 2009

In this issue...

Page 1

HWL Award & Health Promotion Web Portal

Page 2

More Info About the 'Flu Pandemic
Happy New You!

Page 3

Protecting Your health at Work -
Occupational Immunisations

Don't Take SAD Sitting Down...

Page 4

International Student Hospitality
Scheme

Transition Edinburgh University

Page 5

Please Give Blood!

I2S Funding Grants

Health Surveillance - Coming to a
Location Near You

Page 6

The Edinburgh Corporate
Decathlon

Jogscotland Group Scoop Second
Jogscotland Award

Page 7

Robson's Rovers Global Corporate
Challenge 2009

Other Walking Opportunities in and
Around Edinburgh

News in Brief...

Page 8

The Mighty Beetroot!

Mystery photo competition!

Page 9

Dates for your Diary

Access to Resources
Contact Details
Acknowledgements

HWL Award & Health Promotion Web Portal



Healthy Working Lives

Following the recruitment of a temporary Health Promotion Development Coordinator, the focus on the Healthy Working Lives (HWL) Award in the University has increased.

Existing evidence has been reviewed and added to, with numerous members of staff contributing.

Many thanks to all those involved. The University will soon be in a position to apply for the bronze, silver and gold awards.

A gap analysis has shown that the University is currently involved in a large range of health promotion activities, however, the current means to market these activities to staff are limited. Therefore, a UoE Health Promotion Web Portal will be created, supported by a I2S project grant funded by NHS Lothian. This has allowed for an extension of contract for the role of the Health Promotion Development Coordinator.

The aim of the Health Promotion Web Portal is to provide a comprehensive and easily accessible website primarily for UoE staff. It is hoped that this will raise the profile of health promotion within the University, highlighting all initiatives that compliment the Healthy Working Lives Award. There will be numerous areas of the University involved and improved potential to support and encourage development and joined-up practice for new and existing initiatives.

As part of this process, we wish to identify all social committee's within the University. If you are a member of a social committee, please can you email details of this to roz.pollock@ed.ac.uk.



Roz Pollock

More Info About the 'Flu Pandemic



Prior to April 2009, we all tended to bandy about the word "flu" to cover a multitude of ill-defined viral ailments, only a small proportion of which were probably actually the result of an influenza virus infection. Increasing awareness of seasonal flu has now been coupled with this year's big awareness raiser: WHO-declared influenza pandemic.

The University of Edinburgh began planning for a flu pandemic in 2005/06, following the avian flu outbreak in the Far East. The Avian/Pandemic Flu Working Group was instituted, headed by the Director of Corporate Services. An Academic Impact Group was also set up, headed by the Vice Principal, to assist Senate to look at the potential for disruption to the University's teaching and examinations. Planning has always been on the basis of "business as usual", so far as that is practicable, with worst case scenarios considered as a long stop.

Preparedness was ramped up in April 2009, when the new H1N1 influenza strain emerged in Mexico, apparently causing multiple fatalities, and increased further when WHO declared a world-wide pandemic in June 2009. The University's Pandemic Flu Plan was published, and an anti-viral strategy was also implemented, both of which have been publicly available on the Health and Safety web site for some time now. Communications on the main University web site have been kept to a minimum, with the bulk of the communications being published on the Health and Safety web site.

See <http://www.safety.ed.ac.uk/resources/general/pandemic.shtm> and the pandemic flu channel in MyEd for further information.

Alastair Reid

Happy New You!

With January just round the corner, you may already be thinking ahead to 2010 and a fitter, more positive you. If so, now is a really important time to think about getting the most out of your exercise sessions and making them sustainable. At the University there are a number of options to assist you with this. Opting for a structured, rounded and flexible training program and building up intensity gradually is not only more effective at improving fitness levels and calorie consumption, it also reduces the risk of injuries. If you currently have a low level of fitness, it is recommended to start gently, for example by joining a walking group or a low-impact fitness class.

Centre of Sports and Exercise (CSE)

If you want to work-out independently, the CSE can assist you through the 'Get Fit Challenge', the fitness campaign for January. This involves booking a session with a gym supervisor who will work with you to identify your fitness goals and develop a personalised 6-week program to get you there. This service is at no extra cost to gym membership or a day pass but does need to be booked in advance. See <http://www.ed.ac.uk/schools-departments/sport-exercise/> for further details.

If you prefer a more social work out, you could join one of the weekly classes at no extra cost or book a workshop, see <http://www.ed.ac.uk/schools-departments/sport-exercise/sports-centre/classes-workshops/about-classes>.

Queen's Medical Research Institute (QMRI)

If you are based at QMRI, there is currently a low-impact aerobics class which runs on Monday lunchtimes at

an approximate cost of £20 for 6 classes. Contact Lorraine Kellacher at Lorraine.Kellacher@ed.ac.uk for further details.

Kings Buildings (KB)

At Kings Buildings House, the gym is currently undergoing a new refurbishment due for completion by January. A squash court will be removed to accommodate more space for the cardiovascular room and a separate strength/weights room. There are also 2 badminton courts and 2 squash courts.

There are currently four fitness classes weekly which are included in the membership fee. These are Circuit Training on Mondays, 1.10pm, Jab, Kick and Burn on Mondays, 5.10pm, Body Conditioning on Tuesdays, 5.10pm and Aerobics on a Thursday, 5.15pm

There are also privately run classes which are paid directly to the instructor; these are Zumba (Latin inspired, easy to follow, calorie burning fitness class) Tuesdays 7pm and Wednesdays 4pm and Tai Chi on Thursdays 1pm.

Annual KB Sports membership is currently £40 or £50 for staff and association membership, respectively, and £15 for students.

Contact Margaret Gray at Margaret.Gray@eusa.ed.ac.uk for further details.

University clubs

The University also has a number of physical activity clubs including JogScotland and Paths to Health. These cater for various levels and are currently both based centrally whilst JogScotland also has groups based elsewhere. For further details about walking groups see <http://www.safety.ed.ac.uk/health/pathstohealth.shtm> and for JogScotland see http://www.jogscotland.safety.ed.ac.uk/About_Us/index.shtm.

Other gyms in and around Edinburgh

As a member of staff you are also eligible for discounts to other gyms in and around Edinburgh, see http://www.humanresources.ed.ac.uk/Staff_Discounts/Discount_Categories/Health.htm for details of these.

Roz Pollock

Protecting Your Health at Work - Occupational Immunisations

Are you:

1. A laboratory worker?
2. A health care worker?
3. A University employee who travels abroad with work?

If you fall into one of these categories, or think you may fall into one of these categories in the near future, it is a good idea to ensure that your immunisation status is up to date.

The Occupational Health Unit can administer the following vaccines depending on the hazards that you are working with:

Hepatitis A	Hepatitis B	Combined Hepatitis A/Hepatitis B	Diphtheria
Polio	Tetanus	Measles	Mumps
Rubella	Japanese Encephalitis	Cholera	Smallpox
Tick-borne encephalitis	Meningitis ACW135Y	Typhoid	Yellow fever
Influenza	Varicella	Rabies	

It is well worth taking some time to plan ahead, if possible, to ensure that any protective vaccinations and/or blood checks to show immunity can be carried out. This is also true if you are planning a work-related trip abroad.

If you would like further information or would like to discuss your requirements further please do call the Occupational Health Unit on: 0131 650 8190

One of the advisors will be happy to either discuss over the phone or arrange a face to face appointment.

Isabel Jack

Don't Take SAD Sitting Down...

Seasonal Affective Disorder (SAD) is a condition where sufferers experience depressive symptoms, fatigue, over-eating and sleep problems more frequently during winter months than during spring, summer and autumn months. As such, it is also known as winter depression or winter blues. During Scottish winters we are exposed to short days and long nights which can disrupt our natural body clock (circadian rhythm).

Your circadian rhythm requires environmental cues such as sunrise, sunset and a consistent daily routine for optimal health. However, this is not always possible due to both weather conditions and modern lifestyles. It is beneficial to expose yourself to natural sunlight as much as possible during winter months, perhaps with a lunchtime or weekend walk. This has the added benefit of increasing activity levels and promoting vitamin D production. Indoor lighting can also affect circadian rhythms. Therefore, whilst exposure to bright lights during daytime hours can be beneficial, it is advisable to limit light exposure close to bedtime.

Information websites

For local advice on mental health problems, Edspace provides information at: <http://www.edspace.org.uk/default.asp?page=1>. UoE Student Counselling website also has a self help index at: <http://www.student-counselling.ed.ac.uk/selfhelp/index.htm> although some of the links do relate specifically to students.

If you suspect you have SAD and/or would like further information, it is advisable to seek the advice of your GP.

Roz Pollock



International Student Hospitality Scheme

For many years, the International Office has run a hospitality scheme which places current international students with members of the local community who offer hospitality. The kind of hospitality offered by hosts ranges from a simple meet-up in town over a cup of coffee to an invitation to join a family at Christmas. This year is proving to be as popular as ever, with over 300 international students applying for less than 100 host placements. It is a constant challenge to find sufficient hosts to meet the demand.

The Hospitality Scheme serves a number of purposes but perhaps the most important is to give students a link to a social opportunity outside of the University environment. Frequent surveys identify that many international students feel that one of the greatest challenges during their time in the UK is making a meaningful connection with local people. Such connections can offer students an invaluable chance to share their own culture and as importantly, if not more so, to find out from local people about local culture, customs and perspectives.

The International Office is always keen to hear from people who are willing to offer any hospitality to International Students. If you wish to find out further details or to get involved, please contact Euan Fergusson, International Student Adviser on euan.fergusson@ed.ac.uk and give reference to this article, or go to <http://www.ed.ac.uk/studying/international/student-life/hospitality-scheme>.

Euan Fergusson

Transition Edinburgh University



The Transition Edinburgh University (TEU) initiative is a community-centred approach to ultimately achieve a zero carbon way of life, funded by the Scottish Climate Challenge Fund. Five interns were based in the Sustainability Office throughout the summer and worked on the project. Following a well attended launch event in October, TEU has attracted both staff and student volunteers from across the University. Through a system of sub-groups focused on specific strands of the project, Transition is making progress. The locally created green social networking site www.nearbuy.me is used for communication outside of meetings, and keeps everybody up to date.

Adopting and implementing Transition at Edinburgh University can have a beneficial impact on health in the community. Alongside the evident physical benefits of exercise that walking or cycling provides, there are also benefits to positive mental health. In being proactive in the life of a community and using creativity to act positively to the environmental challenges faced, there is potential to improve mental wellbeing. Even just sparing a thought for the origins of purchased goods can help individuals connect with their own localities and the people around them. TEU are currently working on projects such as an inter-halls energy saving competition at Pollock Halls and creating a Green Dragons' Den for green business ideas.

To find out more about details of these projects and TEU in general go to www.transitionedinburghuni.org.uk or to the facebook page <http://www.facebook.com/transitioneduni?ref=ts>

Caroline Alice Overy

Please Give Blood!



Most of us may think that you need to be a qualified surgeon, a fire fighter or even a lifeguard to say that you have "saved a life". This isn't necessarily the case, in fact, there is an exclusive club you can join, with free membership that means you could be responsible for saving up to 9 lives...EVERY YEAR!

Currently only 5% of the Scottish population are Blood Donors and it's thanks to these dedicated people that thousands of patients all over the country have their lives saved or improved. There is a constant urgent need and 300 new blood donors are required each week in Scotland's South East region just to maintain stocks.

There are hundreds of reasons why anyone could need a life-saving blood transfusion. The donation you provide will be separated into different

components; Red blood cells (they carry the oxygen around the body) White blood cells (your body's defence mechanism) Platelets (these help blood form clots) and Plasma (where all the proteins live). Each of these components can help a patient in a different way and you may be surprised to learn just how versatile and precious a pint of your red stuff can be!

Pick up your mobile and text the word "blood" to 61611 to register your interest as a blood donor, or pop in for a visit. The Edinburgh Blood Donor Centre Lauriston

Place is open 6 days a week (Mon & Fri 10-4, Tu, We, Th 12-7.30 & Sat 10-1). Alternatively, call 0845 90 90 999 or check out our website www.scotblood.co.uk to find out more.

Hayley Richardson, Donor Recruitment and Publicity Officer, Scottish National Blood Transfusion Service.

I2S Funding Grants

I2 Settings (I2S) is a collaborative project between NHS Lothian, The Charlie Waller Memorial Trust and the Scottish Development Centre for Mental Health. The aim of this project is to pilot work on mental health and wellbeing in the 12 Colleges and Universities in the Lothians.

Funding packages to support such projects were announced in June, for which there have been successful UoE applications. These include a joint bid between Health and Safety, Human Resources and the Occupational Health Unit for a Health Promotion Web Portal and a second joint bid by Janet Philp, Rosie Allister, Dr Richard Mellanby and Professor Susan Rhind to set up a part-time counselling service for vet students based at Easter Bush.

Roz Pollock

Health Surveillance – Coming to a Location Near You

If your work at the University involves exposure to a hazardous substance, it is possible that you will need to follow working protocols and use protective equipment. A risk assessment should identify whether this is the case. Further, regular attendance at Occupational Health appointments will be a legal requirement, thus mandatory as part of your employment. Appointments for these are usually annual – although

possibly more frequently if you have any additional health problems. This type of routine health monitoring is known as health surveillance.

In order to make it easier for staff to attend these appointments, the Occupational Health Unit is making many of them available at or near your workplace. Please look out for any mail or information you may receive about this.

If you have any queries about health surveillance, please ask your manager or local safety adviser in the first instance. The Occupational Health Unit can be contacted on (6)50 8190 or occupational.health@ed.ac.uk.

Daniel Richards

The Edinburgh Corporate Decathlon



In 2009 Biomedical Sciences and Friends entered 4 events of the Edinburgh Corporate Decathlon run by Activity mix (<http://www.activitymix.com/activitymix-activities-decathlon.htm>).

Mountain biking

The first event was mountain biking which involved a day at Glentress mountain biking centre. The morning was spent training, the afternoon competing. The team consisted of 6 people, 5 from biomedical sciences and 1 from finance.

Highland Games

The Highland games involved a team of 16 people. Several families of staff came along to spectate on the day. This team covered Finance, Development and Alumni, Biomedical Sciences, Queens Medical Research Institute and Roslin. The team came second.

Lawn Bowls

The Lawn Bowls team was entirely from Biomedical Sciences but none of them had played lawn bowls before. They had two training sessions and then took part in the evening competition.

Ball Room Dancing

The ball room dancing team had 10 people in it and covered Biomedical Sciences, Estates and Buildings, BRR, Kings Buildings, Finance and Public Health Sciences. There were two official training sessions and additional weekly sessions with a Post Doc from Little France who happened to be an instructor. There was only 3 people in the team who had danced before. They had to perform in front of a sell out audience of several hundred. The team came third in the jive.

Janet Philp

Jogscotland Group Scoop Second Jogscotland Award

At the recent annual Scottish Athletics awards, the University of Edinburgh were awarded the inaugural Workplace Group of the Year, sponsored by Healthy Working Lives. This is the second such award for the group after being named Jogscotland Group of the Year in 2007. The group have risen from their humble beginning of a group at the Little France campus to University wide, now with a group on various sites around the University. Groups are open to all staff no matter the level of fitness. The jogleaders are equipped to take absolute beginners through to intermediates and eventually to advanced runners in a carefully planned programme.

It's been yet another action packed year for the UoE groups. Many members entered the Edinburgh BUPA 10k, so for the six weeks prior to the race they were escorted round the route by UoE jogleaders ensuring that everyone was well prepared for the big day. Jogscotland has been a gateway to other activities for members, one jogleader has organised triathlon teams. Yet another jogleader is currently investigating the possibility of setting up a regular 'boot camp' fitness evening for our Group.

JogScotland is also involved in fundraising activities. So far this year UoE JogScotland members have raised well over £3000 for charities such as Cancer Research, Macmillan Cancer Support, Clic Sargent and I.S.E.A (Scotland).

Evidence of this year's activities can be viewed at: <http://www.youtube.com/watch?v=wgmj5acyFzw>

Check out our website to find out about a group in your area <http://www.jogscotland.safety.ed.ac.uk/>



Some of the University Jogscotland crew with Nina Torbett from Healthy Working Lives after they received their award. Andrew Jeske, Nina Torbett (Healthy Working Lives), Lucy Marshall, John Smith, Moira Nicol, Garry Robertson. (Left to Right)

Moira Nicol

Robson's Rovers Global Corporate Challenge 2009



This May, 7 members from the Centre for Integrative Physiology formed Robson's Rovers and entered the 2009 Global Corporate Challenge (GCC). Each team member received a starter pack which included a GCC pedometer. They then recorded their daily step count online over the 125 event days. The GCC website calculated the team total and plotted the team's progression along the virtual tour of the world.

Approximately 60,000 participants entered this challenge, equating to over 8,000 teams. The Robson's Rovers final team ranking was 880! With an average daily step count per person of 13,196, they exceeded the World Health Organization's recommended daily minimum 10,000 step count and the 2009 GCC Average Daily Step Count of 9,189. And between them they walked the equivalent of Lands End to John O Groats 5¼ times! You can view the team's achievements by logging on to the Global Corporate Challenge website at <http://www.gcc2009.com>

Janet Philp.

Other Walking Opportunities in and around Edinburgh

Rangers events in Holyrood Park

Sunday 24th January – Big Garden Bird Watch

Take part in a nationwide event and record the garden birds at Holyrood Lodge. An event for all the family. 10am–2pm. Booking is recommended.

Sunday 21st February – Winter Warmer!

Warm up this winter on a guided walk to find out more about Holyrood Park. Discover lost lagoons, walk on lava and learn about the people who lived in the Park over the years. 1pm–3pm. Participants need to be 12+ years and have a moderate fitness level. The walk will include rough tracks and inclines. Booking is essential.

Call 0131 652 8150 to make bookings or see <http://www.historic-scotland.gov.uk/index/learning/ranger.htm>.

Summer 2010

In summer 2010, there will be regular walking groups held on weekday nights in Holyrood Park for a variety of levels as follows:

Monday evenings – easy

Tuesday evenings – moderate

Wednesday evenings – strenuous.

It is also possible to arrange walks with the Rangers free of charge for groups of up to 10 people. These can cater for a variety of fitness levels and abilities. There is a selection of themed

walks to choose from, including geology, archaeology and wildlife. To request a booking form email roz.pollock@ed.ac.uk.

Historic walking tours

The BBC and The Open University have collaborated to produce a series of audio walking tours about Scottish history. To find out more and to listen to or download these tours, go to: http://www.open2.net/scotland/walks_podcast.html

Community walking groups in Edinburgh

There are a number of community walking groups in Edinburgh. If you are interested in these you can request a spreadsheet of the groups from roz.pollock@ed.ac.uk.

Festival of Winter Walks – The Ramblers Association

From the 26th December 2009 – 03 January 2010, The Ramblers Association are holding a series of free taster session walks. This is an opportunity to stretch your legs in the local countryside, meet new people and potentially contribute to a charity which promotes walking and better walking conditions. If you then choose to join, you will then have access to all groups throughout the UK. To find out more, go to <http://www.ramblers.org.uk/walkthemes/interwalks.htm>.

Paths for All (formerly Paths to Health)

For details of your local group go to:

<http://www.pathsforall.org.uk/pathsstohealth/walkinggroups.asp>

News in Brief...

HR now have a new Diversity and Equality website at: <http://www.ed.ac.uk/schools-departments/equality-diversity>

The CSE has just published their newsletter which is available at: http://www.ed.ac.uk/polopoly_fs/1.20117!fileManager/cse%20newsletter.pdf

CSE Festive Opening. The CSE will close on Tuesday 22nd Dec '09 and resume on Tuesday 5th January 2010. However, the gym only will be open on Monday 28th – Tuesday 29th December, 10-1730 hrs for some 'fest fit' sessions.

If your interested in tango, you could join the Edinburgh Tango club, information at: <http://www.edinburgh.tango.org.uk/tango/tangomain.php>

Free bike safety advice and bike servicing is now being offered by The Bike Station, Edinburgh's bike recycling and cycling promotion charity, on the last Tuesday of every month from 8.30 to 10am and 4.30 to 6pm at Middle Meadow Walk. This will run until April 2010. Look out for a large crowd with bikes. Further Info: <http://www.thebikestation.org.uk>

Roz Pollock

The Mighty Beetroot!

This issues recipe comes from Lesley Pert of Accommodation Services (AS) and includes the mighty beetroot. A thing of legends, even if it is just for turning your urine and stools a bit pink. However, as highlighted by Klaus Knust (also from AS), there are also many health benefits contained within.

Firstly, beetroot is an excellent source of carbohydrates, protein, fibre, vitamins and minerals. Its rich colour is due to the presence of betalains. These are antioxidants which neutralise free radicals in the body, there-by reducing the risks of developing chronic degenerative diseases. Beetroot also contains betaine, a nutrient associated with improving both heart health and brain chemistry.

Latest research suggests that beetroot could also be a natural sports drink contender due to its high nitrate content. This is converted to nitric oxide in the body, the presence of which lowers the amount of oxygen burned during exercise allowing you to exercise more efficiently.

Include beetroot as part of a balanced diet and you could reap the benefits. The presence of ginger in this recipe could also help keep you warm on a cold day.

Beetroot Soup Warmer

2 large / 4 small fresh Beetroot

2 med Potatoes

6 shallots or 1 med onion

2 cloves of Garlic

2 veg / chicken stock cubes

30 fluid ounces / 1.5 pints Water

Fresh Ginger (size of a garlic clove) or 1/2 teaspoon of ground ginger

1/2 teaspoon of sugar

Pepper to taste

1 tablespoon of wine vinegar

Low fat Crème Fraiche or Natural Yogurt

Method

1. Saute off chopped shallots and garlic, until soft.
2. Peel potatoes and beetroot, dice & add to pan.
3. Make up and add stock, ginger, pepper and sugar.
4. Bring to the boil, and then simmer for 30 minutes
5. Use a blender or potato masher- add seasoning and wine vinegar.

Serve with a swirl of lowfat Crème Fraiche or Natural Yogurt

Mystery photo competition!

Do you know which Scottish feature someone walked up to take this photo? The name of the location is also the name of locations in Australia, India and New Zealand. Additionally, there is a mountain in Wales which is commonly mis-translated to this name. Please send your answer to roz.pollock@ed.ac.uk before Tuesday 15th December 2009 with the subject heading 'photo comp'. The winner will be randomly chosen from the correct entries to win a £20 book voucher.

To view the full image go the the Health and Safety website <http://www.safety.ed.ac.uk/resources/Health/Newswint09.shtm>



Dates for Your Diary...

Date for your diaries (or potential for organising activity in your individual areas);

December 2009

- 1 – 31 – Children's Cancer Week <http://www.clicsargeant.org.uk/>

January 2010

- 5 – Hypoparathyroidism Day <http://www.hpth.org.uk>
- 24 – 30 – Cervical Cancer Awareness Week <http://www.jotrust.co.uk/>

February 2010

- 1 – 28 – National Heart Month <http://www.bhf.org.uk/>
- 1 – 28 – Raynaud's Awareness Month <http://www.raynauds.org.uk/>
- 6 – Stress Down Day <http://www.stressdownday.org/>

March 2010

- 1 – 31 – Great Daffodil Appeal <http://www.mariecurie.org.uk/>
- 1 – 31 – Prostate Cancer Awareness Month <http://www.prostate-cancer.org.uk/>
- 1 – 31 – National Bed Month <http://www.sleepcouncil.com/>
- 10 – No Smoking Day <http://www.nosmokingday.org.uk/>

April 2010

- 1 – 30 – International IBS Awareness Month <http://www.aboutibs.org/site/about-ibs/april-ibs-awareness-month>
- 4 – 10 – Mental Health Action Week <http://www.mhf.org.uk/campaigns/mhaw/>

May 2010

- 1 – 9 – Asthma Awareness Week <http://www.asthma.org.uk/>
- 11 – Stroke Awareness Day <http://www.stroke.org.uk/>
- 17 – 21 – Walk to School Week <http://www.walktoschool.org.uk/>

For more information on these and other events please see the individual organisations websites or see:

<http://www.equip.nhs.uk/staffwm/healthevents.html>

Happy, Safe and Healthy Festive season to all!

Access to Resources

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

To contact Karen Darling, Deputy Director of the Health and Safety Department please email Karen.Darling@ed.ac.uk or phone on 651 4258.

Acknowledgements

All images are copyright-free and courtesy of <http://www.morguefile.com/>

Contact Details

Health and Safety Department,
Charles Stewart House,
9-16 Chambers St.
0131 651 4258
Health.Safety@ed.ac.uk
www.safety.ed.ac.uk/health