

# Health and Wellbeing Newsletter

1st April 2019

## Walking: a great way to stay well.



Life tends to get in the way of that gym workout or fitness class you had planned to attend. But, that is not the only way to stay active. Walking briskly is a great way to be active and is easy to fit around your daily schedule.

### Make it a habit

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine.

Examples include:

- walking part of your journey to work
- walking to the shops
- using the stairs instead of the lift
- leaving the car behind for short journeys
- walking the kids to school
- doing a regular walk with a friend
- going for a stroll with family or friends after dinner

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### Get some fresh air



Going outside and breathing the fresh air is not only great for your body, but also your mind. Just stepping outside of your work or home environment can be a great way to unwind from the pressures of everyday life.

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### Creative thinking



Walking can be a great aid in thinking outside of the box. By moving and changing your environment it can help in aiding the development of new ideas and increase creativity.

Why not initiate a walking meeting with your colleagues the next time you're stuck on a problem?

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### Boost your energy



Going for a walk when you are tired may be a more effective energy boost than coffee.

Walking increases oxygen flow through the body. It can also increase levels of hormones that help elevate energy levels. So next time you feel drowsy on a shift take a walk to boost your energy.

# Events, courses and campaigns

## Crafts group



Due to staff interest a trial crafts group will be running for all staff, for all types of crafts. Just take along your current project to chat and craft with others, be it knitting, crochet, drawing or something else.

Running Wednesday and Friday lunch times. See various locations and times below:

Room: Rosie 2A Date: Wednesday 12-Apr-19 Time: 13:00pm - 13:30pm	Room: F&G 6 Date: Friday 17-Apr-19 Time: 12:00pm - 12:30pm
Room: F&G 6 Date: Wednesday 24-Apr-19 Time: 12:00pm- 12:30pm	Room: N3 Date: Friday 26-Apr-19 Time: 13:00pm - 13:30m
Room: N3 Date: Wednesday 01-May-19 Time: 12:00pm- 12:30pm	Room: N3 Date: Friday 03-May-19 Time: 13:00pm - 13:30pm
Room: Rosie 2A Date: Wednesday 08-May-19 Time: 12:00pm - 12:30pm	Room: F&G 5 Date: Friday 10-May-19 Time: 13:00pm - 13:30pm
Room: F&G 6 Date: Wednesday 15-May-19 Time: 12:30pm- 12:45pm	Room: N3 Date: Friday 17-May-19 Time: 12:30pm - 13:00pm

If you know of any other groups we can promote please let us know by emailing the Oh [Staff Health & Wellbeing team](#): [staffhealth.wellbeing@addenbrookes.nhs.uk](mailto:staffhealth.wellbeing@addenbrookes.nhs.uk).

## French Conversation sessions

Would you like to be a part of a French Conversation lunch time group?

It's a great way to practice or improve your French skills. If you would like to meet up and give this ago please contact Frances Early:

[frances.early@addenbrookes.nhs.uk](mailto:frances.early@addenbrookes.nhs.uk)



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## Walk to Work Day



Help CUH take part in Walk to Work Day on Friday 5th April 2019. Take part in whatever way you can. Even if you only walk part of the way to work doing so could help to improve your wellbeing.

If you take the bus to work try getting off a couple of stops early and walking the rest of the way. Drive to work? Park at an park and ride and walk to the campus. Or if you take the train try walking from the station.

Share your experience walking to work with us on social media by tagging Oh on social media.

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