

Health4All

Thinking well, living well, staying well

Health, Well-being and
Sustainability



This booklet draws together a range of information and activities to support you, your health and well-being.



University of
Chester



Purpose

Our purpose is to establish and maintain a healthy and supportive community in which staff and students are inspired and encouraged to make healthy and sustainable lifestyle choices and achieve their full potential.

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What is Health4All

Health4All encompasses four main categories:

- Physical Health
- Mental Health
- Spiritual Health
- Nutrition

The Health4All initiative is administered by the Healthy University Co-ordinator with support from colleagues from various departments across the wider University and with external agencies. Student support is very much valued.

Health4All was established in 2006 and has grown year on year with its provision of health and well-being sessions, information and advice.

We believe that the adoption of a healthy university approach is the best for all of us. By encouraging health and well-being we can increase motivation, reduce sickness absence, aid productivity and provide a positive experience for both staff and students. By including everyone we exclude no-one.

All events detailed in this booklet are advertised on Portal, via email to all administrators and the Students Union. If you have any additional ideas for events or would like to run an event please feel free to get in touch, contact information is detailed below.

Tel: 01244 512045

Email: health4all@chester.ac.uk

Useful Contacts

Healthy University Coordinator

Email: health4all@chester.ac.uk

Tel: 01244 512045

Web: www.facebook.com/chesterh4a

Health Care and Safety Training

Email: safetytraining@chester.ac.uk

Students' Union

Email: csu.ca@chester.ac.uk

Tel: 01244 513397 / 01255 513535

Web: www.chestersu.com

Staff Football

Contact: Scott Stacey

Email: scott.stacey@chester.ac.uk

Tel: 01244 511701

Staff Association

Contact: Chris Jones

Email: c.h.jones@chester.ac.uk

For more information log on to Portal and follow the route: Support Departments/ Offices and Activities/Staff Association

Outdoor Pursuits Club

Contact: Garfield Southall

Email: g.southall@chester.ac.uk

Green Chester

Email: greenchester@chester.ac.uk

Web: www.greenchester.co.uk

Twitter: @greenchester

Facebook: [Facebook.com/greenchester](https://www.facebook.com/greenchester)

Contact Sustainability Unit: 01244 5142202

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." World Health Organization, 1948.

SECTION 1 – WHAT THE UNIVERSITY OFFERS

Regular Events

Massage sessions

Swedish Massage is a great way to relax the body and help rejuvenate yourself both physically and psychologically. To book a place and for more information please email: Chester: s.rothwell@chester.ac.uk and Warrington: lynnzullo@live.co.uk.

Reflexology sessions

Reflexology focuses particular attention to the feet, through applying gentle but firm pressure techniques to specific reflex points. Reflexology counteracts stress, removes toxins and bolsters the immune system. Reflexology is a natural and non-invasive holistic therapy which can leave you feeling relaxed, calm and revitalised. Contact s.rothwell@chester.ac.uk to book a place.

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen “life force energy” flows through us and is

what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Sessions held at either the Parkgate Road Campus or Riverside Campus, contact s.rothwell@chester.ac.uk to book a place.

Mindfulness

Mindfulness is a practice that can be undertaken on a day-to-day basis. Through regular practice using tools and techniques you can enable a change to the way you think and feel about your experiences, especially stressful ones. Lunchtime and evening sessions held at the Parkgate Road Campus, contact s.rothwell@chester.ac.uk to book a place.

Staff football

Training sessions are on a Monday and Thursday at 12.30pm on the 3G (Parkgate Road Campus). Anyone interested in playing should contact Scott Stacey via e-mail: scott.stacey@chester.ac.uk.



Health and Safety Training

The University offers appropriate Health and Safety training to all staff relevant to their role.

Examples of the training available includes:

- First Aid at Work
- Emergency Situation Warden
- Evac Chair
- Emergency First Aid.

Health and Safety workshops are facilitated throughout the year.

If you or your team require any specific Health and Safety training (e.g. Working at Heights or Manual Handling) please email: training.enquires@chester.ac.uk to discuss your requirements.





Sustainability

At the University of Chester our vision is of a just and sustainable world for present and future generations.

We recognise our responsibility to function with due concern for the environment in which we live and work, and to minimise the impact of our activities on that environment. We aim to achieve this by implementing policies that allow us to set targets and objectives which endeavour to reduce the University's impact.

Join us at
www.greenchester.co.uk

Green Chester is the University's campaign to give staff and students

the opportunity to transform our environmental impact. We aim to promote awareness and engagement in order to embed sustainability through all of our educational activities.

The Warble keeps you up to date with the achievements and award news from the Sustainability Unit and the Green Chester campaign on a monthly basis. To sign up to our Warble register on the Green Chester site. You can also find our Warble on Portal on the first Wednesday of every month.

Environment and Recycling

At the University of Chester we are reducing, re-using and recycling our waste for a better future.

What can we do?

Reduce

WARPit gets the best value out of waste resources that would otherwise have to be disposed of, by finding the right owners for them within the University. The University has joined the WARPit community to save money, carbon and waste by redistributing stationery and furniture across the University.

Sign up to the University of Chester's WARPit portal here:
<https://www.warp-it.co.uk/uniofchester>

In addition to avoiding the purchase of new items in the last 2.5 years of operation, WARPit have also had feedback about many positive benefits such as time savings, donations to charity and other social benefits.

Re-Use

Take your unwanted items to our British Heart Foundation collection point by the tennis courts on Parkgate Road Campus, and outside

the Sports Hall on the Warrington Campus. Bags for your goods are available from the Students' Union.

Recycle

There are recycling points across our campuses and we are continually improving our recycling rates. Look out for the posters that inform you what can go where. Food waste recycling is now available at all Dining Halls. Glass can be recycled on Parkgate Road Campus in the large collection bins to the rear of Grosvenor House/Seaborne.

Reduce, Reuse and Recycle

- 1 recycled tin can would save enough to power a television for 3 hours
- 1 recycled glass bottle would save enough energy to power a computer for 25 minutes
- 1 recycled plastic bottle would save enough energy to power a 60 watt light bulb for 3 hours
- 70% less energy is required to recycle paper compared with making it from raw materials.



Smoking Cessation

The University is committed to helping staff and students who wish to quit smoking.



If you would like support to help you quit smoking contact us using one of the following methods:

Tel: **0800 622 6968**

Text: **smokefree 66777**

Web: **www.quit51.co.uk**

What is the smoke-free policy?

The University is working towards a smoke-free environment for the health and safety of students, staff and guests on all University sites.

Where can I smoke for now?

The University actively promotes healthier lifestyles. However, we understand that some people do wish to smoke, therefore, designated areas have been allocated on several of the University campuses.

Smoking in any other part of the University is prohibited. Doing so is likely to result in sanctions against you.

Tobacco contains nicotine which is a stimulant drug. A single cigarette also contains over 4,800 chemicals, 69 of which are known to cause cancer.

We are all aware of the effects on the body of smoking; general poor health, coughing, wheezing, shortness of breath, increase in heart rate and raised blood pressure. But here are some surprising ways it affects your body:

- Delays healing
- Hurts your eyes
- Affects your sleep
- Ages your skin.



Working Towards a Smoke Free Campus

Frequently Asked Questions

Why has the University introduced smoking restrictions?

- 1** To protect the health and well-being of everyone studying, working and visiting the University by avoiding exposure to smoking, and promoting healthier lifestyles.
- 2** Recent surveys of both students and staff have demonstrated a high level of support for a ban, so the University gave notification that restrictions would be in place from January 4, 2016.
- 3** The adverse health effects of smoking are well documented. Medical evidence shows that second hand (passive) smoking also causes serious disease and harm to others, including non-smokers.
- 4** The University is also acting on complaints about tobacco-related refuse.



What is the situation now regarding smokers?

Smokers are prohibited from smoking tobacco outdoors on all University sites, except in designated areas on campus. Smoking inside buildings and in University vehicles has been banned, according to current legislation, for some time. Both students and staff are being kept informed of progress of the 'Working Towards a Smoke Free Campus' initiative.

Where are the designated smoking areas?

Parkgate Road Campus:

- In the car park opposite the front of the Chritchley/ Westminster Buildings
- Between the new car park and Molloy Hall
- Behind Grosvenor House towards the canal
- Behind Small Hall
- By Church College Close
- At the end of the Students' Union building.

Warrington Campus:

- Across the road from the front entrance to the bar
- The Newton Hall end of Terrace Café bar
- By the side entrance to the Martin Building (Manchester Hall)
- On the central paved area of the Piazza.

Queen's Park:

- Opposite Bridge House near the car park.

Kingsway:

- By the walk through between the back car park and the field.

Thornton Science Park:

- Designated smoking areas are clearly marked close to main walking routes.

Signage is in place to identify these areas.

Both Riverside and Shrewsbury (UCS) are SMOKE FREE campuses, therefore they have no designated smoking areas.

What if someone is smoking in an area which is not designated?

The smoking restrictions have been well publicised and it is everybody's responsibility to make them work. Staff and students have a role to play in the enforcement of this policy, and should feel empowered to ask people smoking outside of the designated areas to stop, if they feel comfortable to do so, or direct them to the nearest designated area. People smoking outside of the designated areas should respond civilly and courteously when asked to move on.

Inappropriate behaviour, either from smokers, or those requesting them to move, may be addressed through the normal disciplinary channels.

What happens if someone continues to smoke in an area which is not designated?

Porters will monitor campus at all times and staff and students breaching the policy will be identified and their names recorded in a database held in Estates and Facilities. If somebody is identified as having breached the policy on more than two occasions, they will be issued with a £50 penalty which is reduced to £25 if paid within two weeks of issue. If individuals attend a smoking information course on University premises they will not be required to pay the charge.

Where an individual is a persistent offender, and either refuses or has already undergone educative measures, they may be subject to the relevant University disciplinary procedures.

What help is being given to smokers who want to give up?

Support is being offered to students and staff through Health4All and student well-being channels.

Information stands are being organised at each campus. NHS approved smoking cessation services are also available and it is important that these are used, as the providers are dependent on the demand in order to continue. Please check Portal/ Sharepoint for the dates and locations of forthcoming activities.

Are e-cigarettes subject to the same restrictions?

Currently, smoking e-cigarettes (or 'vaping') is only permitted in open spaces outside, but this decision will continue to be evaluated according to the latest clinical research and health and safety guidance.

Who is making the decisions about smoking restrictions?

The Working Towards a Smoke Free Campus working group, which comprises smoking and non-smoking representatives from: UCU; Unison; Chester Students' Union; Student Futures; the University's Senior Management Team; the Sustainability Unit; Marketing, Recruitment and Admissions; Corporate Communications; Hospitality and Residential Services; Human Resources; and Estates and Facilities.

The Group is advised by health professionals and follow the latest guidance and legislation. It will oversee the introduction of the Policy on Smoking at the University of Chester.

What happened on September 1, 2016?

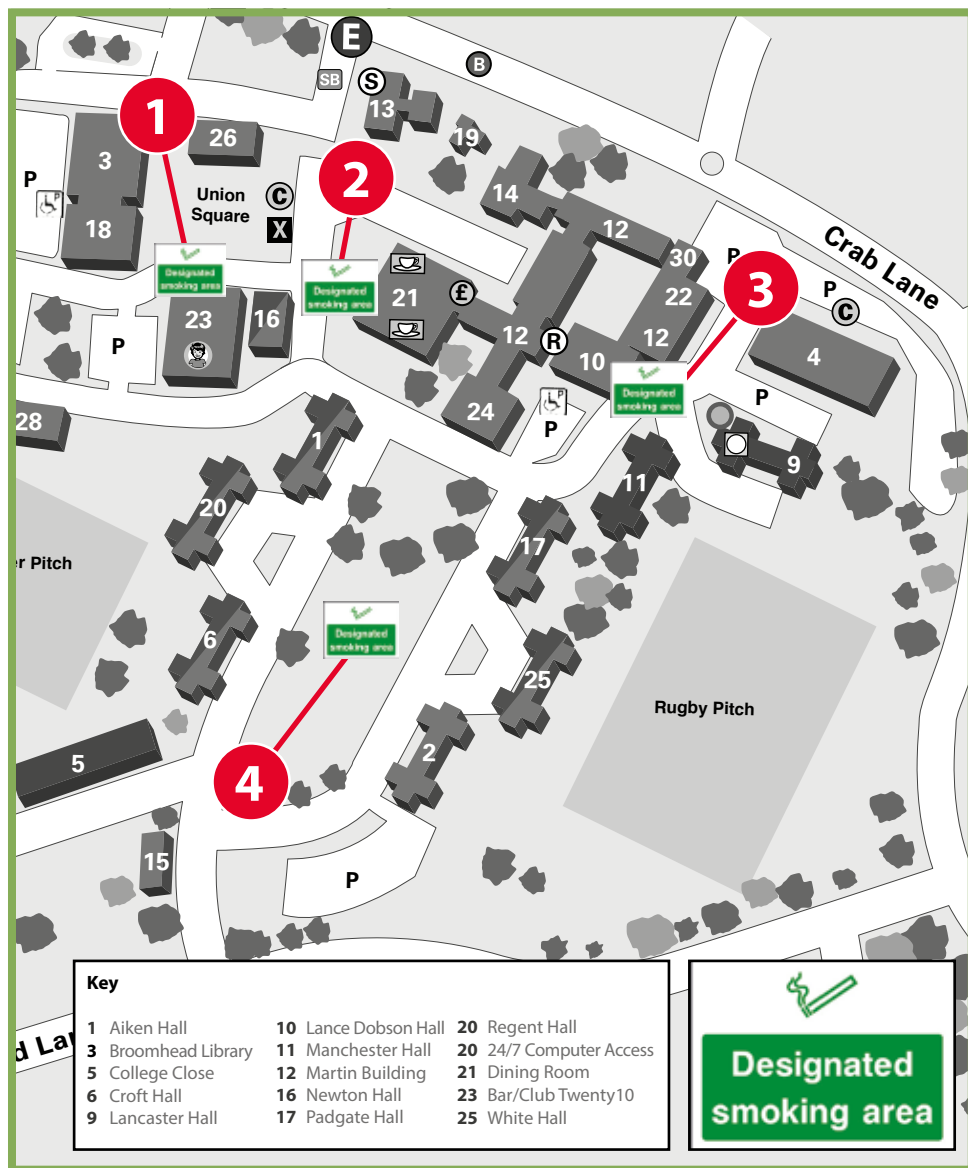
The Policy on Smoking at the University of Chester became fully operational from September 2016. Anyone who is not following the guidelines set out within this approved policy may be subject to formal disciplinary sanctions.

For updates, please visit:

<https://portal.chester.ac.uk/hrms/Pages/smoke-free-campus.aspx>

SMOKING LOCATIONS












Warrington Campus

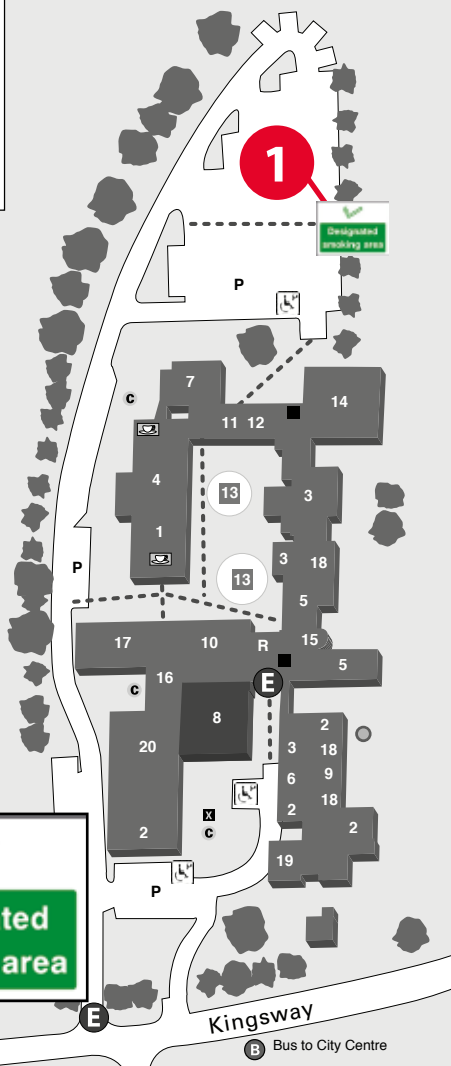


SMOKING LOCATION

Kingsway Campus

Key

-  Entrance
-  Parking
-  Disabled Parking
-  Bus Stops
-  Cycle Parking
-  Pedestrian Access
-  Catering Outlet
-  Smoking Area
-  Recycling
-  Lift
-  Cycle Fix-It Station



Kingsway

Ground Floor

Black/White Box (Studios)	20
Changing Rooms	14
Dining Hall	1
Dance Studio	17
Exhibition Room (CASC)	12
Fine Art	2
Graphic Design	3
Learning & Information Services (LIS), Study & Social Space	5
Music Studios	4
Nursery	7
NHS / Children's Centre (Cheshire West and Chester)	8
Outdoor Performance Space	13
Performing Arts	10
Photography	18
Reception / Security	R
Textiles	19

1st Floor

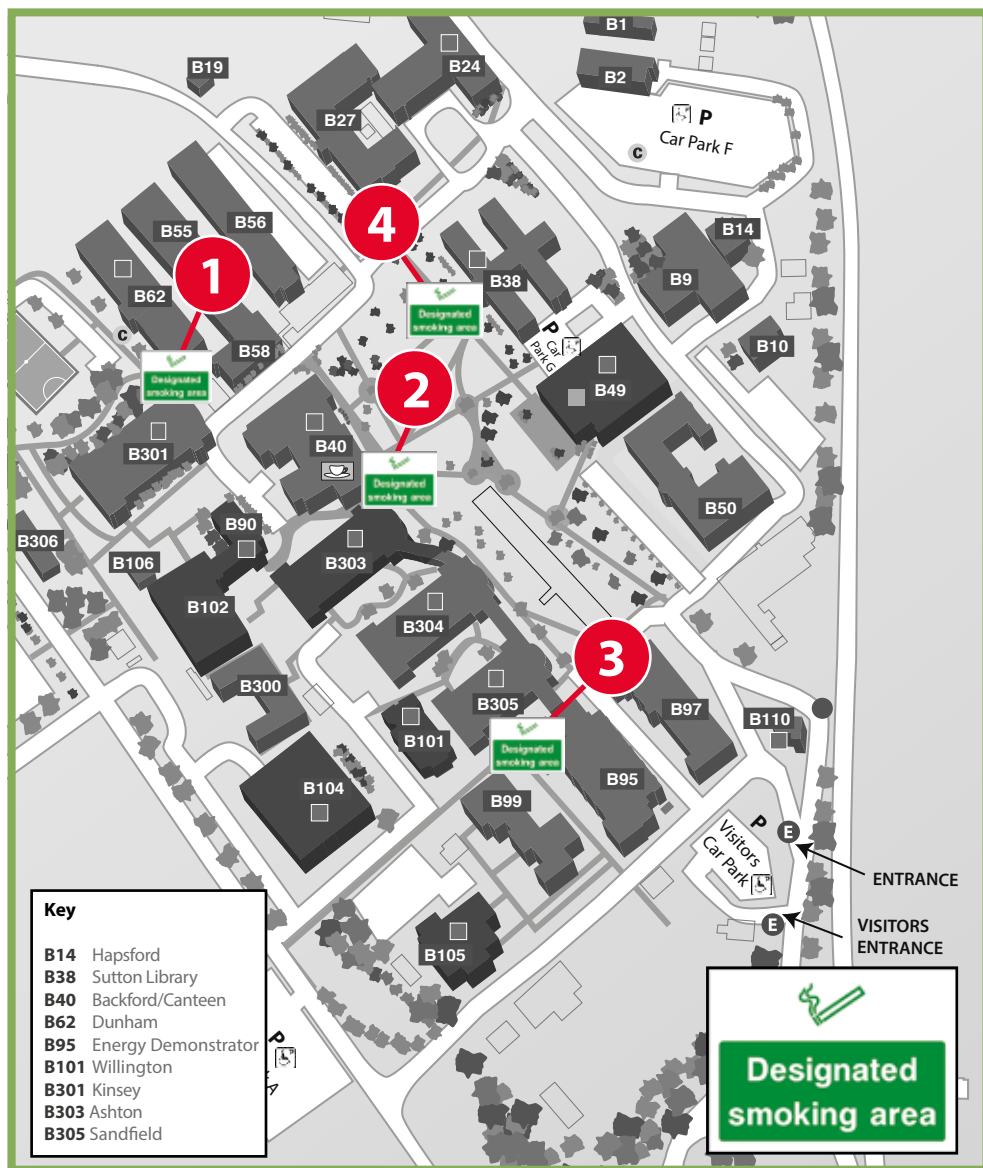
Changing Rooms	16
Helpdesk (LIS)	15
Learning and Information Services, Library (LIS)	5
Lecture Theatre	1
Music Studios	4
Open Access Computers	9
Computer Suites	6
Reference Book Collections	5
Seminar Rooms	6
Staff Offices	11

2nd Floor

Staff Offices	11
Seminar Rooms	6

SMOKING LOCATIONS

Thornton Campus



Benefits of Quitting Smoking

After 20 minutes	Blood pressure and pulse return to normal.
After 8 hours	Nicotine and carbon monoxide levels in the blood halve and oxygen levels return to normal.
After 1 day	Carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris.
After 2 days	There is no nicotine in the body. Ability to taste and smell is greatly improved.
After 3 days	Breathing becomes easier and energy levels increase.
After 3-9 months	Lung function is increased by up to 10%.
After 5 years	Risk of a stroke falls to about that of a non smoker.
After 10 years	Risk of lung cancer falls to half that of a smoker. Risk of a heart attack falls to the same as someone who has never smoked.

If you were to smoke 20 cigarettes a day at an approximate cost of £8.90 a pack look what you could save and put the money towards:

1 week	£62.30	Cinema and meal out.
4 weeks	£249.20	Annual gym membership.
6 months	£1495.20	Home improvements.
12 months	£2990.40	Holiday.



Sport and Active Lifestyle

The Sport and Active Lifestyle department provides facilities, activities and sporting opportunities for all staff, students and guests of the University of Chester across two campuses.

By working closely with individuals, departments, groups and agencies we hope to enhance the sport and recreation experience of all users.

The University has a wide variety of sports facilities, all of which are available for recreation use at varying times throughout the week, during the term time and vacation periods.

Sport and Active Lifestyle Activities:

- Fitness Classes
- Squash Courts
- 5 and 7-a-side Football (Astro-Turf)
- Badminton, Volleyball and Basketball Courts (Sports Hall)
- Recreational Swimming Sessions
- Fitness Centres: Including Personal Training, Exercise Programing and Well-being Assessments.

Swimming Pool

The University's swimming pool is located at the heart of Chester's Parkgate Road Campus within the Fitness Centre complex.

The 25 metre, 5 lane pool is home to the University swim and water polo teams. It also plays host to numerous recreational swim activities and provides invaluable training for the sub-aqua club.

Contacts

Chester Enquiries: **01244 513452** or sportandactivelifestyle@chester.ac.uk

Chester Swimming Pool Enquiries: **01244 511561**

Warrington Enquiries: **01925 534318** or sportactivelifestylewarrington@chester.ac.uk

Chester Group Bookings: **01244 511795**

Warrington Group Bookings: **01925 534318**



Costs for Students and Staff (Term Time)

Chester		
Facility	Student Cost	Staff Cost
Hockey Astro turf Pitch	Free	Free
Sports Hall	Free	Free
Multi-use Games Area	Free	Free
Old Gym	Free	Free
Tennis Courts	£1.50 per hour	£2.00 per hour
Squash Courts	£1.50 per 40 minutes	£2.00 per 40 minutes
Swimming Pool	Free	Free
Fitness Suite	Membership/usage payment options are available	Membership/usage payment options are available

Warrington		
Facility	Student Cost	Staff Cost
Astroturf	Free	Free
Sports Hall	Free	Free
Grass Rugby Pitch	Free	Free
Grass Football Pitch	Free	Free
Athletics Track	Free	Free

For further information please contact the Fitness Suite on
sportandactivelifestyle@chester.ac.uk

Team Chester

Team Chester is now in its third year of existence and has already made an impact on sports participation and performance at the University.

Great results in tennis, badminton, hockey, equestrian, lacrosse, swimming, boxing, rowing and rugby league have shown that the University of Chester can deliver high performance within the British University and Colleges Sport (BUCS) leagues.

The University of Chester is committed to providing students and staff with sporting opportunities which are at the heart of many experiences at the University.

Team Chester's vision of creating an environment which staff and students can enjoy sport at any level is moving forward and with the introduction of professional coaches like our Tennis co-ordinator, who runs tennis sessions for both students and staff, we are on the way to achieving our goals.

The University of Chester has a clear pathway for students to excel in their chosen sport and we are striving to increase participation in sport at all levels.

Sports Performance Pathway

Whether you wish to play a sport at the top level or simply have a kick about Team Chester can provide the opportunities for all students and staff to get involved.

We are confident that team Chester can excel in the future and we wish all students and staff who are involved in sport or exercise to reach beyond their potential.



University Networks

Dictionary.com defines networking as: a supportive system of sharing information and services among individuals and groups having a common interest.

Networking ticks the five ways to well-being through connecting, being active, taking notice, keep on learning and giving. More information on the five ways to well-being is on page 24.

The University has the following network groups:

Disabled Staff Support Group

Disabled members of staff, academic or professional services, full time and part time are invited to joining the Disabled Staff Support Group. The group is comprised of those who identify as disabled and those who are interested in matters concerning disability.

LGBT

The University takes great pride in its ever growing LGBT+ staff network group. Members of staff both academic or support, full time or

part time, and who identify as Lesbian, Gay, Bisexual or Trans, are invited to join.

Parents Network

The Equality and Human Rights Commission (EHRC) has launched a new national campaign, led by British business, aiming to make workplaces the best they can be for pregnant women and new mothers.

Carers Network

If you are balancing work or studying with looking after someone, you are not alone – according to Carers UK there are 6.5 million carers in the UK.

Further information on all the support groups can be found at: <https://portal.chester.ac.uk/equalityanddiversity/Pages/support-networks.aspx>



SECTION 2 – DATES FOR YOUR CALENDAR

January	
1st – 31st	Dry January*
9th – 15th	Obesity Awareness*
February	
1st – 28th	Heart Month*
27th Feb – 12th Mar	Fair Trade Fortnight*
March	
6th – 12th	Sleep Awareness Week
8th	No Smoking Day*
20th – 26th	Salt Awareness Week*
22nd	World Water Day
April	
7th	World Health Day*
22nd	Earth Day*
May	
1st – 31st	Walking Month*
9th – 16th	Sun Awareness Week*
June	
1st	World Milk Day*
5th	World Environment Day*



DATES FOR YOUR CALENDAR

July	
17th	World Nature Day and National Eat Your Vegetables Day*
August	
21st – 27th	World Water Week*
September	
1st – 30th	Organic Month*
5th – 11th	Organ Donation Week*
October	
5th – 11th	Back Care Awareness*
10th	World Mental Health Day*
November	
1st – 30th	Mens Health Awareness*
14th	Diabetes Awareness Day*
December	
1st	World Aids Day*
17th – 18th	Festival of Winter Walks*



*National Campaign

All event details will be advertised on Portal, via the Students' Union and our Facebook page www.facebook.com/chesterh4a.

For more information please contact the Healthy University Coordinator on health4all@chester.ac.uk or call 01244 512045.

SECTION 3 – FIVE WAYS TO HEALTH AND WELL-BEING

Researched and developed by the New Economics Foundation the following five ways have been shown to improve both physical and mental well-being. Evidence suggests that a small improvement in well-being can help to decrease some mental health problems and also help people to flourish.

CONNECT

with people around you. Spending time with family, friends, colleagues and neighbours can bring you support and enrich your day.

BE ACTIVE

and go for a walk. Stretch! Play a game. Garden. Exercising makes you feel good and improve your fitness. Find things you enjoy and that suit your mobility.

TAKE NOTICE

of the world around you and of your own feelings. Be curious. Notice the beautiful. Enjoy the moment. Reflect on your experiences and decide what matters to you.

KEEP LEARNING

and try something new! Set a challenge you will enjoy achieving. Explore the library for ideas. Cook a new dish. Sign up for a course. Learning new things will help you feel more confident as well as being fun.

GIVE

Do something nice for a friend or neighbour. Thank someone. Smile. Volunteer your time. See how you link to the wider community.



CONNECT

Who do I connect with?

e.g. Friends.

What can I do to connect more?

e.g. Make a date for lunch with a friend or colleague.

Is there anything else I could do?

e.g. Phone parents or relatives more?

Are there any connections I would like to make or remake?

e.g. Get to know your neighbours.

BE ACTIVE

What activities do I do?

What excuses do I make not to do activity?

What adjustments could I make to enable me to start/increase my activity?

Who could support me or encourage me?

TAKE NOTICE

List five things I have noticed today

What are my feelings, how is my breathing when I am anxious, stressed, worried etc?

How can I take a break and enjoy the moment?

Is there anything else I could do?

KEEP LEARNING

What are my interests and hobbies?

What would I like to learn?

What do I need to do to make learning something new possible?

How will my new learning help me or am I doing it for fun?

GIVE

What do you give to others on a regular basis?

What do you notice about yourself and others when you give?

What else could you give to others that you hadn't thought of before? Actions/gifts

What do you give to yourself, how do you appreciate and take care of you?

SECTION 4 – LOOKING AFTER YOUR OWN HEALTH

Water = Hydration

The body is approximately 65% water and your brain is around 75% so it makes sense that you need to be hydrated to function at your best.

In the UK we are not as worried about hydration as we have a culture of drinking tea and coffee, somehow water has a lower value. We all know we should be drinking more water but most of us don't. The everyday symptoms of dehydration impact greatly on productivity.

It is not until you are 1-2% dehydrated that you get the thirst signal. We all have a different range for our normal levels of hydration depending on our size. Even a 1% reduction in hydration puts your body under stress.

Useful signs to lookout for are:

- You haven't had a drink for hours/all day
- Darker urine – it should be pale straw coloured
- Feeling sluggish, tired or confused
- Having headaches/joint aches
- Dry eyes, nose, mouth or skin
- You feel thirsty.

It is currently recommended that we drink about 6 – 8 glasses of fluids per day. Water is obviously the healthier choice as it doesn't contain caffeine, sugar or calories.

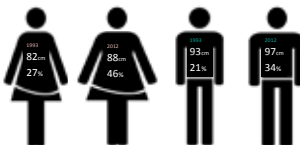
- Water is needed to dissolve substances in our bodies
- It acts as a coolant, lubricant and transport agent
- Water regulates body temperature
- It removes toxins and waste materials
- It is needed for cell renewal.



Sugary drinks*

ARE YOU BEING SUPERSIZED?

Most adults (66%) in the UK are overweight or obese and average waist circumference is rising: 46% of women and 34% men exceed upper limits for health (>88cm women and >102cm men), increasing their risk of Type 2 diabetes. This costs the NHS around £9 billion/annum and this cost is predicted to rise at levels which could 'bankrupt the NHS' (1).



http://www.noo.org.uk/slide_sets



Sugary drinks are 'unique dietary contributors to obesity and Type 2 diabetes'. This is the conclusion from the majority of observational and experimental studies (4,5,6). Sugary drinks increase fasting glucose and insulin levels (the fat storage hormone) (7). They are high in calories without the usual feeling of satiety associated with solid carbohydrates (8).



Cancer prevention guidelines recommend 'limiting sugary drinks as they promote weight gain' (9). Many types of cancer are more common if you are overweight or obese, including: post-menopausal breast cancer, bowel and stomach cancer (10).

Addicted to sugar? There is little evidence showing humans are chemically addicted to sugar, but there is growing evidence that we may be behaviourally addicted (11).



Health experts and economists support a 20% sugary drinks tax. A recent study predicted this would lead to a reduction in the prevalence of obesity in the UK of 1.3% (around 180,000 people) (12). Further work conducted locally predicted it could reduce healthcare costs in the North West by around £3.9 million per annum and raise around £30 million (13).



ARE YOU AWARE OF OTHER HEALTH CONCERNS?



Energy drinks e.g. Monster, Red Bull, Lucozade Energy. These are usually high in sugar and caffeine. Excessive consumption can result in tachycardia, vomiting, cardiac arrhythmias, seizures, and a number of deaths have been reported, risks are higher when mixed with alcohol (14).

Sports drinks e.g. Lucozade Sport, Gatorade, Emerge Sport. A recent review in the British Medical Journal was critical of the mass marketing of these high sugar, high calorie products which are designed for intense exercise (15). Unless you are exercising intensely for more than 60 minutes water is best. Seek advice from a qualified sports nutritionist or sports dietitian if you are unsure. For most of us doing regular moderate exercise just drink water if you want to get fitter and leaner.



Fruit cordials, smoothies, and fruit juices e.g. Ribena, Naked, Innocent, Drench, Tropicana Orange Juice. These drinks are all high in sugar i.e. >13.5g sugar per portion, 500ml bottle of Ribena has 50g sugar (12.5 teaspoons). In addition to weight gain this can cause dental decay and the acid can dissolve the enamel of your teeth. The risk is higher when you have these drinks between meals (16). Smoothies and juices generally have no added sugar but are very high in fructose (fruit sugar, which has the same energy content as sucrose). A portion of 150ml (a small glass) can count as 1 of your 5 a day but some health experts now say it is better to eat whole fruit as the fibre slows the rate of sugar absorption (17).

*Sugary drinks are defined as drinks containing more than 13.5g of sugar in a normal portion (<https://www.bda.uk.com/foodfacts/sugar>). See our sugary drinks poster for examples from Survey 1.



For more information on **SIP: THE SUGAR INFORMATION PROJECT** see our webpage:

www.chester.ac.uk/SIP

Sugar

In the UK, dietary surveys show most people eat too much sugar. As sugar is contained in many of the foods we eat, most people eat too much sugar without realising.

Most foods contain several different types of sugar. Foods such as fruit, vegetables and milk contain sugar within their structure (sometimes called intrinsic sugars), but as these foods contain a lot of useful nutrients, you don't need to cut down on them.

Most people need to cut down on free sugars. These are the sugars found in your food that aren't contained within the structure of the food.

This includes the sugars:

- Contained within ready-made foods like ready meals, cakes and sugary fizzy drinks (added by the manufacturer)
- You use while making or preparing your own food
- That are found in honey, syrup and unsweetened fruit juice.

How much is too much sugar?

Free sugars shouldn't make up more than 5 per cent of the energy (calories) you get from food. For adults, that adds up to about 30g a day. Children should eat less free sugars than adults, according to their age.

Age	Max. free sugars per day
4 – 6 years	19g
7 – 10 years	24g
Adults and young people over 11	30g

Watch out for the following names for sugars that can be used on food labels which suggest there are added free sugars in the product:

- Cane juice, sugar, or crystals
- Honey
- Dextrose or dextrin
- Fructose or fruit juice concentrate
- Glucose
- Sucrose
- Sugar (palm, raw, beet, brown, invert)
- Syrup (corn, maple, rice, barley, malt)
- Treacle
- Xylose.

Information from the British Heart Foundation
www.bhf.org.uk





Salt

Many of us in the UK eat too much salt. Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease and stroke. But a few simple steps can help you to cut your salt intake.

You don't have to add salt to food to be eating too much – 75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals. A diet that is high in salt can cause raised blood pressure, which currently affects more than one third of adults in the UK.

High blood pressure often has no symptoms, and it is estimated that in England about one in every three people who have high blood pressure don't know it. There is also increasing evidence of a link between high salt intake and stomach cancer, osteoporosis, obesity, kidney stones, kidney disease and vascular dementia and water retention. Salt can also exacerbate the symptoms of asthma, Ménière's disease and diabetes.

Look at the figure for salt per 100g: High is more than 1.5g salt (0.6g sodium) per 100g. These foods may be colour-coded red.

Low is 0.3g salt (0.1g sodium) or less per 100g. These foods may be colour-coded green.

If the amount of salt per 100g is between 0.3g and 1.5g, that is a medium level of salt, and the packaging may be colour-coded amber.

As a rule, aim for foods that have a low or medium salt content. Try to have high-salt foods only occasionally, or in small amounts.

Of course, one easy way to eat less salt is to stop adding salt to your food during cooking and at the dinner table. If you regularly add salt to food when cooking, try cutting it out or adding less. When you sit down to eat, taste your food first to see if it needs salt before adding any. It doesn't take long for our taste buds to get used to less salt and you might find you start to appreciate other flavours more.

Fat

Monounsaturated and polyunsaturated fats provide essential fatty acids and fat soluble vitamins – so they're an important part of your diet. Wherever possible replace saturated fats with small amounts of monounsaturated and polyunsaturated fats.

The average man should have no more than 30g of saturated fat a day, and the average woman no more than 20g a day.

Type of Fats	Found In
Monounsaturated Have these in small amounts. They can help to maintain healthy cholesterol levels.	Avocados, olives, olive oil, rapeseed oil. Almonds, cashews, hazelnuts, peanuts, pistachios and spreads made from these nuts.
Polyunsaturated Have these in small amounts. Polyunsaturated fats help to maintain healthy cholesterol levels and provide essential fatty acids.	Oily fish, corn oil, sesame oil, soya oil, and spreads made from those oils. Flaxseed, pine nuts, sesame seeds, sunflower seeds, and walnuts.
Saturated Swap these for unsaturated fats. Eating too much saturated fat increases the amount of cholesterol in your blood.	Processed meats like sausages, ham, burgers. Fatty meat. Hard cheeses including cheddar. Whole milk and cream. Butter, lard, ghee, suet, palm oil and coconut oil.
Trans Avoid wherever possible. They can increase cholesterol in your blood. Foods with hydrogenated oils or fats in them likely contain trans fats.	Fried foods, takeaways, snacks like biscuits, cakes or pastries. Hard margarines.

Top tips to help you reduce your saturated fat:

- Swap butter, lard, ghee and coconut and palm oils with small amounts of monounsaturated and polyunsaturated fats, such as olive, rapeseed or sunflower oils and spreads
- Choose lean cuts of meat and make sure you trim any excess fat and remove the skin from chicken and turkey
- Instead of pouring oils straight from the bottle, use a spray oil or measure out your oils with a teaspoon
- Read food labels to help you make choices that are lower in saturated fat
- Opt to grill, bake, steam, boil or poach your foods
- Make your own salad dressings using ingredients like balsamic vinegar, low fat yoghurt, lemon juice, and herbs, with a dash of olive oil
- Use semi-skimmed, 1% or skimmed milk rather than whole or condensed milk
- Cottage cheese, ricotta and extra light soft cheese are examples of lower fat cheese options. Remember that many cheeses are high in saturated fat so keep your portions small - matchbox sized. Opt for strongly flavoured varieties and grate it to make a little go a long way.

Information from the British Heart Foundation www.bhf.org.uk

Oral Health

The best way to take care of your mouth is to brush twice a day and floss regularly.

This helps remove the sticky film called plaque that collects on teeth and gums. Plaque makes acids and toxins that can damage your teeth and gums.

Using a mouthwash can also help fight plaque but cannot replace brushing and flossing. If you're not sure what kind to use, ask your dental team.

Here are some ways to get the most out of your brushing routine:

- Brush for at least 2 minutes, twice a day, with a fluoride toothpaste. Pay special attention to your back teeth, which may have more plaque on them
- Use a toothbrush with soft bristles. Brush with gentle strokes so you don't wear away your gums or teeth
- Change your toothbrush every 3 months. Bristles that are worn remove less plaque
- Brush your tongue to help freshen your breath. Brush from back to front using a gentle sweeping motion.

Are you holding your toothbrush correctly? Here are some tips:

- Hold your toothbrush at a 45-degree angle to your gum-line. Brush 2 or 3 teeth at a time. Move the toothbrush from the gums toward the edge of the teeth
- Hold the toothbrush vertically to clean behind your upper and lower front teeth. Use gentle up-and-down strokes with the tip of your toothbrush.

Flossing helps keep teeth and gums healthy. Flossing every day removes plaque along the gum-line and between teeth.

To floss correctly, follow these steps:

- Wind floss around your middle fingers



- Use your thumbs and index fingers to guide floss between teeth
- Wrap the floss around the sides of each tooth, making a "C" shape. This will help ensure that you get between gums and teeth.

Here are some other flossing tips:

- Check your gums in the mirror while you floss
- Your gums should be firm and pink. If they are red, swollen, or bleeding, see your dental team
- Don't stop flossing if your gums bleed
- Flossing can improve the health of your gums and help them stop bleeding.

For a healthier mouth, consider using an electric toothbrush

Most electric toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

To use an electric toothbrush:

- Guide the brush head from tooth to tooth. Simply move the brush head against each tooth for a few seconds and let the mechanical movement of the brush provide the cleaning action
- Gently direct the brush head along the gum-line. Follow the natural curve of your mouth
- Sweep the brush head along your tongue to freshen your breath.



STRESS

So What is Stress?

The Oxford English Dictionary defines stress as: A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

What can you do about it?

Be Active

To deal with stress effectively you need to feel robust and you need to feel strong mentally. Exercise does that. It will reduce some of the emotional intensity, clearing your thoughts and enabling you to deal with issues.

Take Control

The feeling of loss of control is one of the main causes of stress and lack of well-being. The act of taking control is empowering. Stop and take 5 minutes to re-evaluate the situation and think about steps to put in place to take back control.

Connect With People

A problem shared is a problem halved. A good support network of family, friends and colleagues can ease troubles and help you see things from a different perspective. Talking things through can help find a solutions to your issues.

Have Some Me Time

We all need to take some time for socialising, relaxation or exercising. Set some time aside each week to do something for yourself, something you enjoy.

Challenge Yourself

Set yourself goals and challenges. By challenging yourself you're being proactive and taking charge. Continuing to learn and set goals makes you more resilient as a person.

Avoid Unhealthy Habits

Don't rely on alcohol, smoking, drugs or caffeine as your way of coping. These provide temporary relief but don't tackle the cause of the issue. They just create more problems and are hard habits to break.

Do Volunteer Work

Helping others can sometimes put your own issues into perspective. Acts of kindness no matter how big or small result in a feel good feeling. Volunteering your time to benefit others makes you more resilient.



Work Smarter Not Harder

Good time management means quality not quantity. We all need a work-life balance. Prioritise your work and do the tasks that will really make a difference straight away, leave the least important tasks to last.

Be Positive

Look for the positives in life and things that you are grateful for. We don't always appreciate what we have. By making a conscious effort we can train ourselves to be more positive this in turn leads us to take on issues with a different frame of mind.

Accept What Cannot Be Changed

Changing a difficult situation is not always possible. If this is the case, recognise and accept things as they are and concentrate on changing things that you do have control over.

Eat Right

Following a healthy eating plan incorporating fruits, vegetables and fibre will keep you strong and fuel your body. Eating wholesome foods helps maintain both mental and physical health. The University catering outlets at Chester, Warrington, Riverside, Queen's Park and Kingsway all provide healthy nutritious food and use fresh produce.

Complementary Therapy Sessions

Massages, Reflexology, Reiki and Mindfulness.

Further information can be found earlier in the booklet, on Portal and from the Healthy University Co-ordinator. Email health4all@chester.ac.uk.

Health4All has put together a free de-stress pack. To request one please contact the Healthy University Coordinator on ext 2045 or email health4all@chester.ac.uk.



Musculoskeletal

An adult has fewer bones than a baby. We start off life with 350 bones, but because bones fuse together during growth, we end up with only 206 as adults.

Workstation Assessments

These are available to all staff members across all sites. To book your personal appointment please contact your Healthy University Coordinator on ext **2045** or at **health4all@chester.ac.uk**.

Your musculoskeletal system encompasses all of the physical structures necessary for movement, including your bones, joints, muscles, ligaments and tendons. Your bones, which are held together by ligaments, serve as the musculoskeletal system framework. Muscles attach to your bones via tendons. Intricately synchronized muscle contractions tug on your bones, enabling you to move at will. Regular exercise, in combination with a well-balanced diet, is the best way to keep all parts of your musculoskeletal system strong and healthy.

Exercises such as stretching, walking, swimming, cycling, low impact aerobic workouts and resistance training have been shown to help with the following musculoskeletal conditions: Osteoarthritis, Osteoporosis, Rheumatoid arthritis, knee and back pain.

Remember always consult your GP prior to undertaking any new exercise plan.

The University gym offers excellent fitness facilities and can provide a comprehensive personal exercise plan. The University swimming Pool is also open for use by family and friends. For further information please contact the Fitness Centre on **recreation@chester.ac.uk**.

For a free copy of exercises that can be performed at your workstation please email: **health4all@chester.ac.uk**.

Your Health and Well-being

How much time do you spend sitting down?

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6am – 7am							
7am – 8am							
9am – 10am							
11am – midday							
Midday – 1pm							
1pm – 2pm							
2pm – 3pm							
3pm – 4pm							
4pm – 5pm							
5pm – 6pm							
7pm – 8pm							
8pm – 9pm							
9pm – 10pm							
10pm – 11pm							
11pm – midnight							
Total sitting time							

Add up your daily totals and divide by 7.
Then divide that total by 60.
The result is you average daily sitting hours over the week.

If you average is more than 14 hours then you are pretty inactive, between 12 and 14 hours you are moderately active and if you average is 10 hours or less you are very active.

An estimated 70% of adults are not doing enough exercise to benefit their health and statistics show that we jump in the car for over a fifth of journeys shorter than one mile.

There are lots of ways to be active such as jogging, swimming, cycling, golf, gardening, yoga and many more but the one that is one of the easiest is walking and it's free! It is underrated as a form of exercise but walking is ideal for people of all ages and fitness levels and an ideal way to become more active, lose weight and become healthier.

The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. For example:

- Walk part of your journey to work
- Walk to the shops
- Use the stairs instead of the lift
- Leave the car behind for short journeys
- Do a lunchtime walk with a friend/colleague
- Go for a stroll with family or friends after your evening meal
- Walk the dog – your own or borrow one!

It is recommended to walk 10,000 steps a day but how far is 10,000 steps anyway? The average person's stride length is approximately 2.5 ft long (0.762 metres). That means it takes just over 2,000 steps to walk one mile. So 10,000 steps is close to 5 miles.

Parkgate Road to:

Kingsway	1.4 miles
Riverside	1.2 miles
Handbridge	1.2 miles
The Train Station	1 mile
Chester Cathedral	0.7 miles



Cycling

You never forget how to ride a bike, so they say. Cycling is good for the environment, its low impact so easier on the joints, helps you get in shape and it's also a form of transport. Cycling is the third most popular recreational activity in the UK with an estimated 3.1 million people riding a bicycle each month. Chester is a very easy city to navigate on foot or by bike. Maps of local routes within the wider area can be found at www.itravelSMART.co.uk/travel-smart/cycle and on the Green Chester website www.greenchester.co.uk (Initiatives, How you Travel).

There are secure storage facilities on all campuses. So do bring your bike with you. Don't have a bike? The University is working with Bren Bikes, a local social enterprise, to provide bikes and promote cycling throughout the University. Bren Bikes provide affordable maintenance and repair of bikes for staff and students, and affordable bikes, are offered for sale too, on average between £30 and £90. Training courses for how to repair your own bike will also be offered.

Cycle Facilities on Campus

Join the University's Bicycle User Group (BUG) or the students' Cycle Society and get to know fellow cyclists and have your say on cycling issues. The group hold regular social rides. 'U fix it' bike stations are now available at the following locations:

- Parkgate Road Campus
(outside the Grosvenor Bike Store)
- Riverside Campus
(by the bike shelter at the West Entrance)
- Kingsway Buildings
(by the bike shelter at CKW060)
- Queen's Park Campus
(under the bike shelter).

These include bike tools, a pump and stand that students and staff can use for FREE.

The Greenway Gate on the Parkgate Road Campus provides direct access to the National Cycle network. The Millennium Greenway links the Parkgate Road Campus and Kingsway Campus, making the journey for cyclists and walkers a lot easier and safer. The gate is located at the back of the overflow car park at the nearest point of access to the Greenway. The gate is accessible using your University pass between 7am – 7pm daily.

The University has a range of measures in place to help those wishing to cycle to the University email greenchester@chester.ac.uk to find out more or get involved.



Activity Log – How active are you?

	Activity (Moderate activity will make you feel warmer, breathe harder and make your heart beat faster than usual. You should still be able to carry on a conversation.)	Time (In minutes doing each activity.)	Total (Time in minutes spent being active each day.)
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

Heart Health

Your heart is a muscle about the size of a fist. It is in the middle of your chest tilted slightly to the left. Each day, your heart beats about 100,000 times. It pumps about 23,000 litres (5,000 gallons) of blood around your body.

We really need to look after this amazing muscle, some top tips for good heart health are:

- Get active
- Stop smoking
- Manage your weight
- Ditch the salt
- Eat your 5 a day
- Eat oily fish twice a week
- Cut the saturated fat
- Eat breakfast.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Food Diary

	Breakfast	Lunch	Dinner	Snacks	Drinks
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					

Health Checks

Health checks are available for staff and students with the Healthy University Coordinator. To book an appointment please contact health4all@chester.ac.uk.

The following are offered:

Blood pressure	Free
Height	Free
Weight	Free
Cholesterol testing	£3 (please ensure you have not eaten for 2-3 hours prior to the test)
Blood sugar testing	£3 (please ensure you have not eaten for 2-3 hours prior to the test)

(The charge is to cover the cost of the materials).

My measurements:

Blood pressure	
Height	
Weight	
Cholesterol	
Blood sugar	



Your Safety

For most people good weather makes us feel better and more inclined to be physically active. Our eating habits change too – out comes the BBQ! But be aware of keeping hydrated and following the sun smart advice:



Slap on a hat and t-shirt



Sip water



Seek shade



Slap on some sunscreen every 2 hours

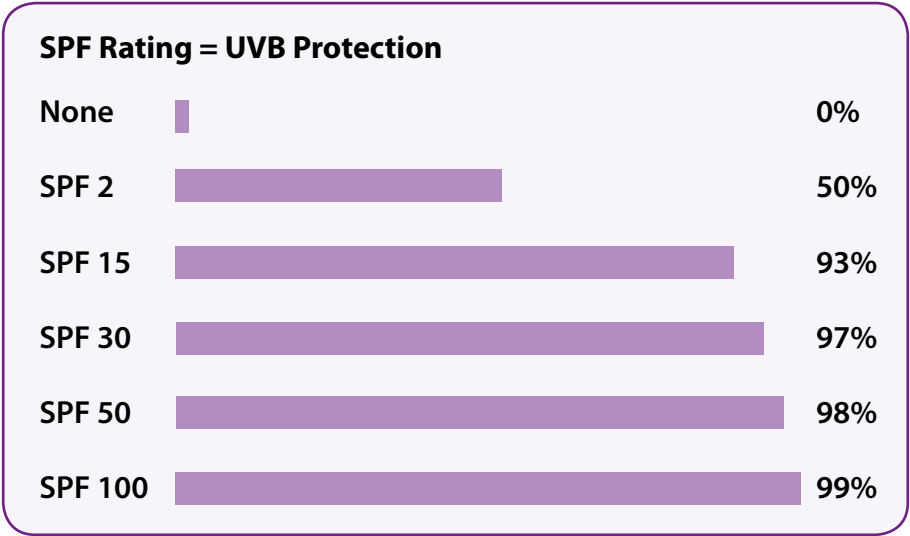


Stick some sunglasses on to protect round your eyes

- UVA Aging Rays
- UVB Burning Rays.

When buying sunscreen the label should have:

- A sun protection factor (SPF) of at least 15 to protect against UVB
- At least four stars for UVA protection.



The ABCDE way to check moles

This guide tells you a few of the signs to look out for that might indicate a melanoma (skin cancer). You should still speak to your doctor about changes in moles or skin even if they are not the same as those described below.

A	ASYMMETRY	The two halves of the mole may differ in their shape and not match.
B	BORDER	The outside edges of the mole or area may be blurred and sometimes show notches or look 'ragged'.
C	COLOUR	This may be uneven and patchy. Notice new colours appearing. Different shades of black, brown, pink and even purple may be seen.
D	DIAMETER	Melanomas will progressively change. If you see any mole or 'mole-like' mark getting bigger over a period of weeks to months, tell your doctor.
E	EXPERT	Look out for change and if in doubt get it checked out!

BBQ Safely

When cooking burgers, sausages, kebabs, pork, turkey and chicken, always check that:

- The meat is steaming hot throughout
- There is no pink meat visible when you cut into the thickest part
- Meat juices run clear.

Once served, food should not sit out for longer than two hours, or one hour if it's very hot outside.

Some simple steps that will help prevent the spread of germs from raw meat are:

- Wash your hands after every time you touch raw meat
- Use separate utensils (plates, tongs, containers) for cooked and raw meat
- Never put cooked food on a plate or surface that has had raw meat on it
- Keep raw meat in a sealed container away from foods that are ready to eat, such as salads and bread
- Don't put raw meat next to cooked or partly-cooked meat on the barbecue
- Don't put sauce or marinade on cooked food if it has already been used with raw meat.

Out and About

Cycling

- Look behind you before you turn, overtake or stop
- Use arm signals before you turn right or left
- Obey traffic lights and road signs
- Don't ride on the pavement unless there is a sign that says you can
- On busy or narrow roads don't cycle next to another person
- When overtaking parked cars watch out for car doors opening suddenly and allow room to pass safely
- Don't use headphones while cycling
- Never use a mobile phone while cycling
- Always wear a safety helmet.

Car Winter Emergency Kit

1. A blanket, rug or sleeping bag
2. Shovel
3. Ice scraper and de-icer
4. Torch and batteries
5. Snacks – chocolate or cereal bars
6. Extra screenwash
7. Bottled water or a flask of tea/coffee/hot chocolate.

Remember to also wear warm high visibility clothing.

Personal Safety

When you are out and about remember:

- Be aware and think about potential risks
- Report anything suspicious
- Try to stay in well-lit, crowded areas
- Don't accept drinks from people you don't know
- Don't leave your drink unattended
- Use a valid taxi service to ensure its licensed
- Waiting for a bus or train – stand in in a well-lit area
- Tell the guard or driver if you feel uncomfortable
- Park in a busy area where there is good lighting
- Don't be over protective of your belongings – they can be replaced you cant
- Keep keys in a pocket rather than a bag – you can still get in your home even if other items are taken.



Sleep

Sleep is the mysterious shift in consciousness that our bodies require every day– we all do it, but nearly half of us don't do it well. It is estimated that we spend at least a third of our lives in bed – that means we will have spent 16 years in bed by the time we are 50!

And whether you sleep well or not, it is essential to our health and well-being. Without it we're not much good at doing anything else!

For your free Good Night Guide and Sleep Diary please contact your Healthy University Coordinator via email at:
s.rothwell@chester.ac.uk.

How much sleep do we need?

The amount of sleep we need changes as we get older, and it's also a personal thing – some of us need more than others. As long as you're feeling refreshed and alert the next day, you're probably getting enough.

Although there is no magic number of hours, here's a general guide for how much sleep you need.

Average Sleep Needs by Age

Newborn to 2 months old	12 – 18 hrs
3 months to 1 year old	14 – 15 hrs
1 to 3 years old	12 – 14 hrs
3 to 5 years old	11 – 13 hrs
5 to 12 years old	10 – 11 hrs
12 to 18 years old	8.5 – 10 hrs
Adults (18+)	7.5 – 9 hrs

The effects of chronic lack of sleep

While it may seem like losing sleep isn't such a big deal, sleep deprivation has a wide range of negative effects that go way beyond daytime drowsiness. Lack of sleep affects your judgment, coordination, and reaction times. In fact, sleep deprivation can affect you just as much as being drunk.

The effects include:

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability
- Reduced creativity and problem-solving skills
- Inability to cope with stress
- Reduced immunity; frequent colds and infections
- Concentration and memory problems
- Weight gain
- Impaired motor skills and increased risk of accidents
- Difficulty making decisions
- Increased risk of diabetes, heart disease, and other health problems.

For further information please click on the link: <http://www.nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx>



Mental Health

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

There are lots of myths about mental health. Knowing a few facts can help us to challenge any negative thoughts and actions. Here are some to think about:

Myth: Mental health problems are very rare	Fact: 1 in 4 people will experience a mental health problem in any given year	Myth: People with mental illness aren't able to work	Fact: We probably all work with someone experiencing a mental health problem
Myth: Young people just go through ups and downs as part of puberty, it's nothing	Fact: 1 in 10 young people will experience a mental health problem	Myth: People with mental health illnesses are usually violent and unpredictable	Fact: People with a mental illness are more likely to be a victim of violence
Myth: People with mental health problems don't experience discrimination	Fact: 9 out of 10 people with mental health problems experience stigma and discrimination	Myth: It's easy for young people to talk to friends about their feelings	Fact: Nearly three in four young people fear the reactions of friends when they talk about their mental health problems

1 in 4 of us will fight a mental health problem this year.

Surprisingly common, isn't it? Yet, too many people are still made to feel isolated, ashamed and worthless as a result.

Being there for someone could make all the difference. So, if your friend or colleague is acting differently, step in.

Here are three ways:

1. Ask them how they are: face to face, by text or by phone
2. Listen, without judging
3. Be yourself. Talk about normal, everyday things.

For further information take a look at these web sites:

<https://www.time-to-change.org.uk/> and <https://www.mind.org.uk/>

Alcohol, Drug and Substance Awareness

Alcohol is the UK's most popular drug. Most of us drink sensibly, have a good time and don't cause trouble but alcohol can cause trouble to our bodies. The long term risks of chronic drinking are: alcoholism, stomach and liver damage, obesity, mood swings and certain types of cancer.

The recommended drinking limits are 3-4 units a day for men and 2-3 units for women.

 3 units PINT LAGER ABV 5.2%	 3 units PINT CIDER ABV 5.3%	 2.3 units PINT BITTER ABV 4%	 2.3 units WHITE WINE (175ml) ABV 13%	 1.6 units RED WINE (125ML) ABV 13%
 1.7 units BOTTLE LAGER ABV 5.2%	 1.4 units ALCOPOP ABV 5%	 1 unit SINGLE GIN & TONIC ABV 40%	 1 unit SAMBUCA SHOT ABV 42%	 2 units DOUBLE WHISKY ABV 40%
 2 units CHAMPAGNE (175ml) ABV 11.5%	 2 units COSMOPOLITAN ABV 26%	 1.3 units PIMMS ABV 25%	 2 units DOUBLE COGNAC ABV 40%	 10 units BOTTLE OF WINE ABV 13.5%

It is important to be aware of the early signs of alcoholism, the sooner its detected and treatment is sought, the better. The first signs are subtle and can be easy to miss. Here are some to watch out for:

- You notice an increasing tolerance to the effects of alcohol. You can drink more than you used to without seeming intoxicated.
- You have a growing preoccupation with drinking. You start to plan your recreational time around drinking
- You start drinking alone
- You lie about how much you drink
- You drink "secretly". You hide alcohol or sneak drinks
- You drink before going to activities where there will be drinking (pre – loading)
- People express concern about how much you drink
- You use drink to deal with emotional problems
- You wonder if you have a drink problem.



Cannabis

(also known as marijuana, weed, dope, grass amongst others)

Research has shown that cannabis can be highly addictive particularly with regular use. Cannabis can have some very real harmful effects on your mind and body as well as creating longer-term problems.

- May cause feelings of anxiety, suspicion, panic and paranoia
- Affects how your brain works, issues with concentration, learning, less motivated and a worse memory.

Cocaine and Crack

(also known as coke, Charlie, toot, rocks, white amongst others)

Cocaine is highly addictive.

- Cocaine users have died from overdoses. High doses can raise the body's temperature, cause convulsions, a heart attack and heart failure. Risk of overdosing increases if cocaine is mixed with other drugs or alcohol
- Over time, snorting cocaine will seriously damage the cartilage in your nose that separates the nostrils; and it is not unknown for heavy users to lose their cartilage and

end up with just one really big nostril and a mis-shapen nose

- Cocaine is highly risky for anybody with high blood pressure or a heart condition. Even perfectly healthy, young people can have a fit or heart attack after taking too much
- Using cocaine a lot makes people feel depressed and run down. It can lead to serious problems with anxiety, paranoia and panic attacks
- Cocaine can bring previous mental health problems to the surface. If a relative has had mental health problems, there might be an increased risk for you.

Ecstasy

(also known by its chemical name MDMA)

- There's no way of telling what's in ecstasy until you've swallowed it
- The comedown from ecstasy can make people feel lethargic and depressed
- Evidence suggests long-term users can suffer memory problems and may develop depression and anxiety
- Using Ecstasy has been linked to liver, kidney and heart problems. Some users report getting colds and sore throats more often, which may be partly caused by staying awake for 24 hours, which can itself affect your immune system
- Anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a very dangerous reaction to the drug.

Amphetamine type stimulants

(also known as speed, crystal meth, Ket, Phet amongst others)

- Lead to agitation, panic attacks or even a psychotic episode
- Have physical side effects like dilated pupils, a tingling feeling, tightening of jaw muscles, sweating, raised body temperature, headache and the heart beating faster
- Increase heart rate and blood pressure and can raise the risk of heart attack – the higher

the dose, the greater these effects

- Lead to lowered inhibitions, which can lead to users taking risks that they wouldn't normally take, such as having unsafe sex
- Give a high but this is often followed by a long slow comedown, making people feel irritable and depressed.

LSD

(also known as acid)

A powerful hallucinogenic drug, once a 'trip' starts you can't stop it.

- A trip can appear to involve a speeding up and slowing down of time and movements, while colour, sound and objects can get distorted. Users experience hallucinations (seeing and/or hearing things that aren't there)
- LSD can also make you feel tired, anxious, panicky and depressed
- LSD can cause unpleasant, frightening or scary hallucinations and distortions of your senses – and these effects can be quite unpredictable
- Trips can feed off your imagination and may heighten a mood you're already in. So if you're in a bad mood, feeling worried or depressed, LSD may just make these feelings worse
- People have been known to harm themselves during a bad trip
- LSD could have serious, longer-term implications for somebody who has a history of mental health problems. It may also be responsible for setting off a mental health problem that had previously gone unnoticed.

Heroin

(also known as smack, junk, brown amongst others)

- Overdoses can lead to coma and even death – as it can cause respiratory failure (this is what it's called when your breathing stops)
- If you have been taking heroin regularly you may have built some tolerance, but if you then stop heroin for just for a few days, your

tolerance will rapidly drop – and you risk an overdose if you simply take the high dose you previously took

- If heroin is taken with other drugs, including alcohol, an overdose is more likely. Other downers (such as benzodiazepine tranquillisers or methadone), are also linked with deaths from heroin overdose
- There's also a risk of death due to inhaling vomit – because heroin both sedates you and stops you coughing properly – and the vomit remains in the airways so you can't breathe
- Injecting heroin can do nasty damage to your veins and arteries, and has been known to lead to gangrene (death of body tissue, usually a finger, toe or a limb) and to infections
- The risks of sharing needles, syringes and other equipment involved in injecting are well-known – it puts you, and others, in danger of serious infections like hepatitis B, hepatitis C and HIV/AIDS
- Heroin is highly addictive and people can quickly become very dependent on it. Over time, the effects of heroin on the brain cause cravings and a strong drive to keep on using. As heroin is used on a regular basis, the body builds up a tolerance, so that users have to start taking more and more. Initially this increase in dose is needed just to get the same high, but then it is needed to feel 'normal', and in time, it is required to avoid very unpleasant withdrawal symptoms
- It's common for heroin to be mixed with a variety of substances, such as sugar, starch, powdered milk, quinine or paracetamol – this increases its weight and the drug dealer's profits
- Other substances are also sometimes added to heroin, including sedatives such as benzodiazepines and barbiturates
- Substances like nutmeg, brick dust, and even ground-up gravel have also been reported on occasions.

Glues, Gases and Aerosols

Glues, gases and aerosols are breathed in or

sniffed and can kill the first time they are used.

- Mood swings, aggressive behaviour, hallucinations, vomiting and blackouts
- In the case of some glues, gases and aerosols, you can develop a red rash around the mouth
- Getting a 'hangover' afterwards – such as a severe headache, feeling tired and/or feeling depressed
- They can seriously affect your judgment and when you're high there's a real danger you'll try something dangerous
- Squirting gas products down the throat is a particularly dangerous way of taking the drug. It can make your throat swell up so you can't breathe and it can slow down your heart and can cause a heart attack
- Some users die from passing out and choking on their own vomit
- Long-term abuse can damage the muscles, liver and kidneys
- Unsteadiness, disorientation/confusion and fainting can all contribute to the risk of accidents which are implicated in a number of the deaths
- Many products are flammable and there is a risk of burns and explosions, especially if someone is smoking.

For further information on these and other drugs please go to :

Portal/ Human Resources/ Policies and Procedures/Discipline and Grievance/ Misuse of Alcohol and Drugs
<http://www.talktofrank.com/>

For help with rehabilitation:

http://www.rehab-online.org.uk/Cheshire/Chester-Rehabilitation-Unit_52411.aspx
<https://www.recovery.org.uk/rehab/cheshire/chester/>
<https://chester.cylex-uk.co.uk/drug%20rehabilitation.html>
<https://www.cri.org.uk>

Sexual Health Awareness

Self Checks

Breasts

1. Stand in front of a mirror and place arms at sides
2. Look for changes in breast size, shape, colour or texture
3. Check nipple for discharge, scaly skin or dimpling of skin near the nipple
4. With hands on hips, press shoulders forward – both breasts should react the same way
5. With a pillow under your shoulder and an arm behind your head use three fingers to feel the whole breast and armpit. Repeat on opposite side.

Use one of three methods (be consistent)

- Circle your breasts in a spiral motion
- Move fingers up and down in a parallel motion
- Wedge fingers towards and backwards from the nipple.

Testicles

1. Check one testicle at a time
2. Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers.

If you notice any of these symptoms...

- a. Hard lumps
 - b. Smooth or rounded bumps
 - c. Changes in size, shape or consistency
- ...see your doctor or urologist right away.

Sexually Transmitted Infections:

Many people with sexually transmitted infections (STIs) don't get symptoms, so it's worth getting tested even if you feel fine. If you think you have an STI, the earlier you are tested the sooner treatment can be given if it's needed.

An STI can be passed from one person to another through sexual contact, including vaginal, anal and oral sex. You can get or pass on an STI whoever you are having sex with. Left untreated, STIs can affect your health. Condoms are the only contraception that protect against pregnancy and STIs.

If you have any of the symptoms listed below, get tested:

In Women and Men:

- Pain when you pass urine
- Itching, burning or tingling around the genitals
- Blisters, sores, spots or lumps around the genitals or anus
- Black powder or tiny white dots in your underwear – this would be droppings or eggs from pubic lice.

In Women

- Yellow or green vaginal discharge
- Discharge that smells
- Bleeding between periods or after sex
- Pain during sex
- Lower abdominal pain.

In Men

- Discharge from the penis
- Irritation of the urethra (the tube that urine comes out of).

These symptoms don't necessarily mean you have an STI, but it's worth seeing a doctor so you can find out what is causing the symptoms and get treatment.

HIV

HIV is a virus that attacks the immune system and weakens your ability to fight infections and disease. It is most commonly caught by having sex without a condom. It can also be passed on by sharing infected needles and other injecting equipment, and from a HIV-positive mother to her child during pregnancy, birth and breastfeeding.

HIV stands for human immunodeficiency virus. There is no cure for HIV, but there are treatments to enable most people with the virus to live a long and healthy life. The medication (known as antiretrovirals) work by stopping the virus replicating in the body, allowing the immune system to repair itself and preventing further damage. This medication comes in the form of tablets which need to be taken every day.

HIV cannot be transmitted through sweat, tears, saliva or urine.



You cannot catch HIV by:

- Breathing the same air as someone who is HIV positive
- Touching a toilet seat or doorknob handle after an HIV-positive person
- Drinking from a water fountain
- Hugging, kissing, or shaking hands with someone who is HIV positive
- Sharing eating utensils with an HIV-positive person
- Using exercise equipment at a gym.

AIDS

AIDS stands for Acquired Immune Deficiency Syndrome

- Acquired means you can get infected with it
- Immune Deficiency means a weakness in the body's system that fights diseases
- Syndrome means a group of health problems that make up a disease.

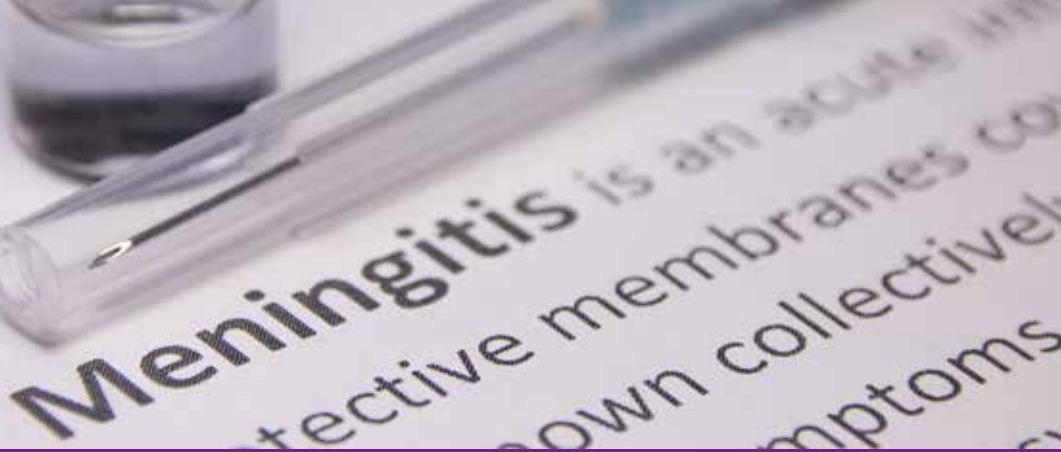
AIDS is caused by a virus called the Human Immunodeficiency Virus (HIV). If you get infected with HIV, your body will try to fight the infection. It will make "antibodies," special immune molecules the body makes to fight HIV.

AIDS is the final stage of HIV infection, when your body can no longer fight life-threatening infections. With early diagnosis and effective treatment, most people with HIV will not go on to develop AIDS.

Let's put a stop to prejudice against people with HIV and AIDS.

Free confidential advice and treatment on sexually transmitted infections is available at the Countess of Chester Hospital.

Further information can also be sourced from :
<http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx>



Meningitis

Meningitis is an infection of the protective membranes that surround the brain and spinal cord (meninges).

The bacteria which cause meningitis and meningococcal disease are spread by coughing, sneezing or direct contact such as kissing, sharing cutlery and sharing toothbrushes. Outbreaks are more likely to occur in places where people live, study or work closely together in large groups.

It is important to know that the disease can develop very rapidly, sometimes within a matter of hours.

The classic symptom of meningitis is a rash, it starts as small red pinpricks at first and then spreads quickly over the body and turns into a red or purple blotches that don't fade when a glass is rolled over it. The rash doesn't appear in all cases so other signs to look out for are:

- A high temperature (fever) of 38C (100.4F) or above
- Feeling and being sick
- Irritability and a lack of energy
- A headache
- Aching muscles and joints
- Breathing quickly
- Cold hands and feet
- Pale, mottled skin
- A stiff neck
- Confusion
- A dislike of bright lights
- Drowsiness
- Fits (seizures).

Do not wait for a rash to appear, if the illness gets worse trust your instincts and get medical help immediately.

For further information: www.MeningitisNow.org

Sepsis

Sepsis, also referred to as blood poisoning or septicaemia, is a potentially life-threatening complication of an infection or injury.

Caught early the outlook is good for the vast majority of patients. It is crucial not to delay seeking medical attention.

Sepsis accounts for 44,000 deaths annually in the UK. This means that a person dies from sepsis every 5 minutes.

How will I know?

In the early stages it's often difficult to distinguish sepsis from flu. If you have or have recently had, a fever and develop any of the following symptoms:

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine (in 18 hours or a day)
- Severe breathlessness
- 'I know something's badly wrong with me'
- Skin that's mottled, bluish or very pale.

If you suspect sepsis, try to ensure that the patient receives urgent medical attention. Don't be afraid to say "I think this might be sepsis".

Remember, if it does turn out to be sepsis, getting treated even one hour earlier might make the difference between life and death.

Don't delay, call 999.

For further information: www.sepsistrust.org





Diabetes

There are two main types of diabetes:

Type 1 – where the body's immune system attacks and destroys the cells that produce insulin. This type is managed with either tablets or injections.

Type 2 – where the body doesn't produce enough insulin, or the body's cells don't react to insulin. This type is managed with diet and exercise.

Type 2 diabetes is far more common than Type 1. In the UK around 90% of all adults with diabetes have Type 2.

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into the cells, where it's broken down to produce energy.

Insulin is a hormone. It works as a chemical messenger that helps your body use the glucose in your blood to give you energy. You can think of it as the key that unlocks the door to the body's cells. Once the door is unlocked, glucose can enter the cells where it is used as fuel. In

Type 1 diabetes the body is unable to produce any insulin so there is no key to unlock the door, and the glucose builds up in the blood.

The common symptoms of diabetes:

- Going to the toilet a lot, especially at night
- Being really thirsty
- Feeling more tired than usual
- Losing weight without trying to
- Genital itching or thrush
- Cuts and wounds take longer to heal
- Blurred vision.

It's a common misunderstanding that Type 1 diabetes is caused by eating too much sugar – it's not. In fact, nobody knows exactly what causes the autoimmune reaction – but we do know that it's got nothing to do with lifestyle, and there's nothing you can do to prevent it. To tackle Type 2 diabetes: eat a healthy balanced diet, be active and take any medication as prescribed by your doctor.

At this time there is no known cure for Type 1 diabetes or Type 2 diabetes.

For further information: www.diabetes.org.uk

Cancer

Statistics show that 1 in 2 people in the UK will develop cancer at some point in their lives. The disease is more common in older people, with more than a third of cancers diagnosed in people aged 75 and over.

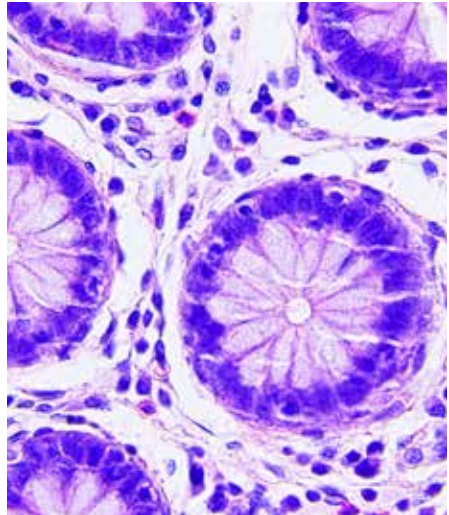
Cancer starts in our cells. Cells are tiny building blocks that make up the organs and tissues of our body. Usually, these cells divide to make new cells in a controlled way. This is how our bodies grow, heal and repair. Sometimes, this goes wrong and the cell becomes abnormal. The abnormal cell keeps dividing and making more and more abnormal cells. These cells form a lump, which is called a tumour.

Not all lumps are cancerous.

- A lump that is not cancerous (benign) cannot spread to anywhere else in the body
- A lump that is cancer (malignant) can grow into surrounding tissue.

Breast cancer is the most common cancer in the UK, accounting for almost a sixth (15%) of all cases in males and females combined. The next most common cancers in UK people are prostate (13%), lung (13%), and bowel (11%). These four types - breast, prostate, lung and bowel - together account for more than half (53%) of all new cases in the UK (*statistics sourced from Cancer Research UK).

There are more than 200 different types of cancer, which can cause many different symptoms. The changes listed are some of the most important to look out for and act on. If you develop any of these symptoms it doesn't necessarily mean you've got cancer. It's important to see your doctor, even if you don't think it's serious. It's also a good idea to get to know your body and what's normal for you. This will make it easier for you to spot any changes that are unusual or don't go away.



- A cough or croaky voice that won't go away
- Difficulty swallowing
- Heartburn or indigestion
- An unusual breast change
- An unusual lump or swelling anywhere on your body
- A change in the size, shape or colour of a mole
- A sore that won't heal after several weeks
- Unexplained weight loss
- Very heavy night sweats
- An unexplained pain or ache
- Change in bowel habit such as constipation, looser poo or pooing more
- Blood in your poo
- Blood in your pee
- Bleeding from the vagina after sex, between periods or after the menopause
- Problems peeing.

For more information:
<https://www.cancerresearchuk.org/>
www.macmillan.org.uk



Domestic Abuse

There are different kinds of abuse, but it's always about having power and control over you.

Remember:

- You are not to blame
- You are not alone
- You can get help
- You are already a survivor
- You can get your life back.

If you answer yes to any of the following questions, you might be in an abusive relationship.

Emotional abuse:

Does your partner ever:

- Belittle you, or put you down?
- Blame you for the abuse or arguments?
- Deny that abuse is happening, or play it down?
- Isolate you from your family and friends?
- Stop you going to college or work?
- Make unreasonable demands for your attention?
- Accuse you of flirting or having affairs?
- Tell you what to wear, who to see, where to go, and what to think?
- Control your money, or not give you enough to buy food or other essential things?

Threats and intimidation

Does your partner ever:

- Threaten to hurt or kill you?
- Destroy things that belong to you?
- Stand over you, invade your personal space?
- Threaten to kill themselves or the children?
- Read your emails, texts or letters?
- Harass or follow you?

Physical abuse:

The person abusing you may hurt you in a number of ways.

Does your partner ever:

- Slap, hit or punch you?
- Push or shove you?
- Bite or kick you?
- Burn you?
- Choke you or hold you down?
- Throw things?

Sexual abuse:

Sexual abuse can happen to anyone, whether they're male or female.

Does your partner ever:

- Touch you in a way you don't want to be touched?
- Make unwanted sexual demands?
- Hurt you during sex?
- Pressure you to have unsafe sex – for example, not using a condom?
- Pressure you to have sex?

If your partner has sex with you when you don't want to, this is rape.

Have you ever felt afraid of your partner?

Have you ever changed your behaviour because you're afraid of what your partner might do?

Helping a friend if they are being abused

If you're worried a friend is being abused, let them know you've noticed something is wrong.

They might not be ready to talk, but try to find quiet times when they can talk if they choose to.

If someone confides in you that they're suffering domestic abuse:

- Listen, and take care not to blame them
- Acknowledge it takes strength to talk to someone about experiencing abuse
- Give them time to talk, but don't push them to talk if they don't want to
- Acknowledge they're in a frightening and difficult situation
- Tell them nobody deserves to be threatened or beaten, despite what the abuser has said
- Support them as a friend – encourage them to express their feelings, and allow them to make their own decisions
- Don't tell them to leave the relationship if they're not ready – that's their decision
- Ask if they have suffered physical harm – if so, offer to go with them to a hospital or GP
- Help them report the assault to the police if they choose to
- Be ready to provide information on organisations that offer help for people experiencing domestic abuse.

You have a right to be safe in your home and in your relationship. Choose someone to talk to whether you plan to stay or leave who can help and support you.

If you are leaving try to plan it through – when are you going? Where are you going? Take important records with you (medical, school, financial, birth certificate, passport) and precious personal things).

- Tell someone who cares about you that you are safe
- Be careful after you have left
- Get legal advice
- Talk with a specialist worker

For more information:

[www.cheshirewestandchester.gov.uk/
domesticabuse](http://www.cheshirewestandchester.gov.uk/domesticabuse)

www.warrington.gov.uk/domesticabuse



Action for Happiness

Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life – where people care less about what they can get for themselves and more about the happiness of others.

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING

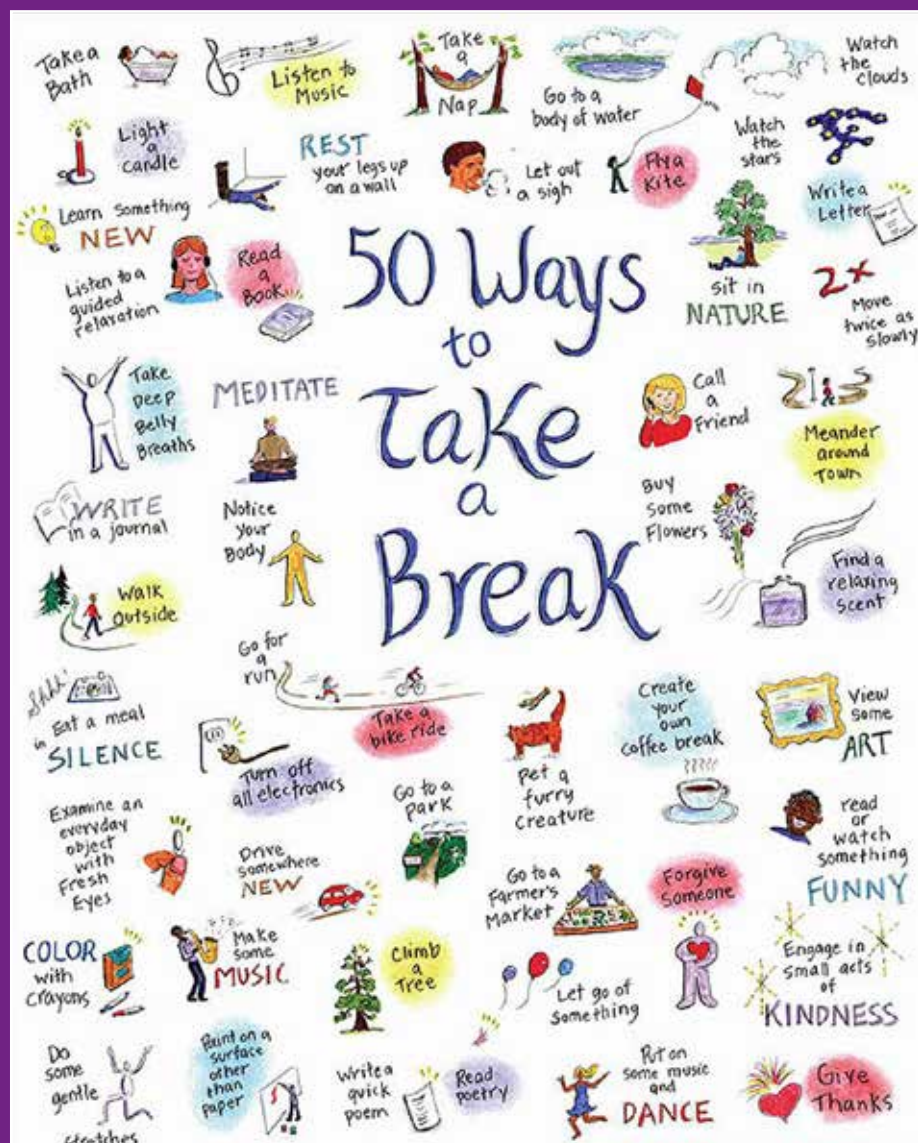


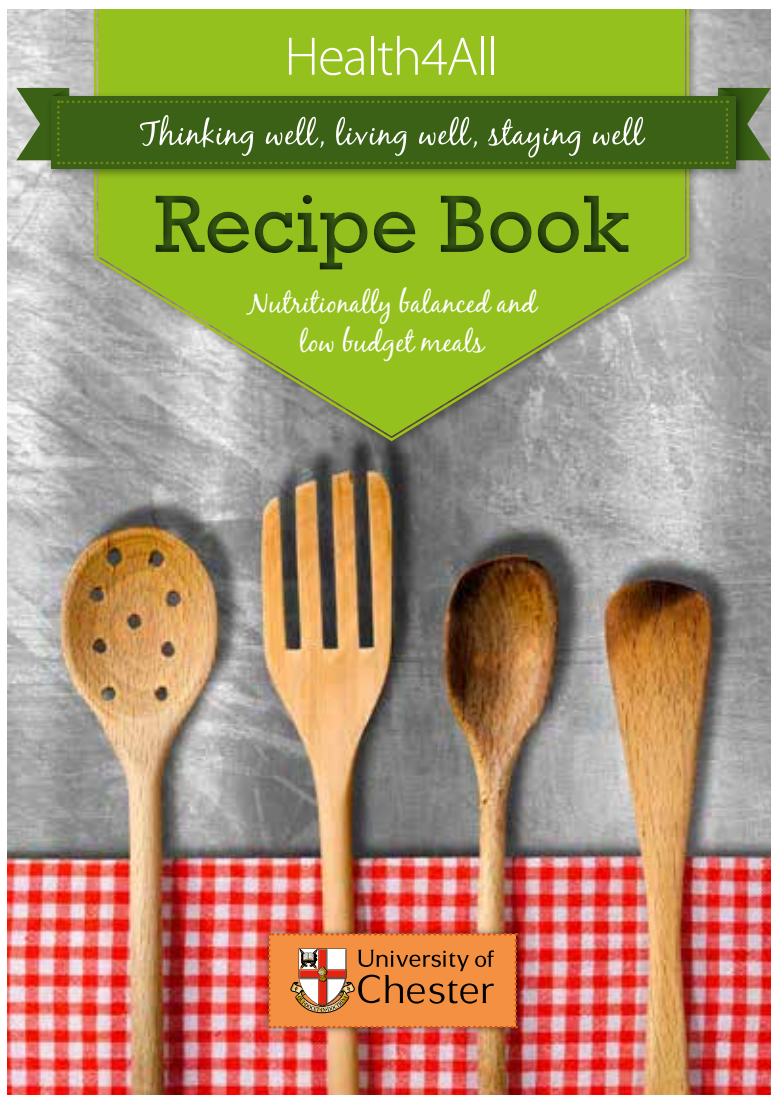
Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

50 Ways to Take a Break





A range of 'easy cook' real food ideas for busy people.

The recipes provided:

- Are easy to follow
- Use many store cupboard ingredients
- Are low budget
- Are nutritionally balanced.

The book was compiled thanks to the submission of recipes by staff and students at the University.

To purchase copies of this unique Recipe Book for £4.00, please email s.rothwell@chester.ac.uk or call on ext 2045 to arrange collection/payment.

SECTION 5 – ACTIVITIES



Goal Setting

Do you have a goal or goals in mind that you want to achieve? Goals help you focus on making realistic changes that make a difference to you.

Keep in mind that people who write their goals down are 80% more likely to reach them than those who don't.

When setting your goals make sure they are SMART.

S	Specific	Think in terms of the 5 W's – Who, What, Where, When and Why.
M	Measurable	How are you going to measure your progress, you need to be able to check that you are stepping closer to you goal.
A	Achievable	Be realistic about the changes and end goal. Start with small changes and build up.
R	Relevant	Make sure the goal is what you need to change, is it worthwhile, is it the right time to go for this goal.
T	Timely	Set a time limit for all the smaller steps and when you want to achieve the goal by.

Goal Area	My Goal	Specific	Measureable	Achievable	Relevant	Timely
Career						
Health						
Family						
Spiritual						
Social						
Financial						

Colouring Mandala



Wordsearch

A	Y	G	I	F	J	K	O	P	K	A	P	R	J	H	N	K	I	W	T	A	F	R	U	I	T	E
D	E	O	K	N	I	B	S	U	G	A	R	K	J	I	K	M	J	N	I	R	B	V	J	R	X	W
S	Y	R	G	Q	P	W	A	T	O	K	L	O	P	M	W	J	E	D	U	W	L	A	P	F	Y	J
P	O	T	H	A	D	G	F	I	L	E	G	A	S	S	A	M	P	O	A	D	J	H	D	O	A	P
G	J	M	O	P	O	X	E	Z	T	B	C	Z	J	I	N	A	T	I	H	W	I	M	J	L	K	J
W	I	R	L	Y	I	C	T	J	I	Z	D	B	A	O	M	P	A	Z	I	F	K	E	L	W	D	T
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C	R	I	P	I	P	E	E	L	S	H	I	M	D	E	N	F	O	Q	Z	P	S	I	C	E	G	M
D	N	C	H	N	Q	T	J	W	V	A	L	C	O	H	O	L	K	P	F	M	C	H	P	T	B	K
H	K	R	M	R	X	S	C	S	A	Z	L	P	A	S	P	E	N	V	S	W	A	T	R	W	L	L
Y	P	E	Z	A	G	Z	H	B	I	L	F	T	V	S	D	X	T	C	C	P	H	T	G	K	F	O
D	A	X	F	E	X	O	B	R	U	Y	D	M	I	H	S	S	E	R	T	S	S	G	E	R	T	U
L	H	E	A	L	T	H	I	S	V	N	R	P	N	I	T	D	P	O	W	B	O	I	D	F	W	B
Q	I	B	X	Q	D	B	O	L	C	F	J	D	J	G	E	K	L	H	N	W	Z	T	R	E	F	Y
R	J	N	L	S	A	L	I	W	Z	Q	F	K	S	A	P	A	Q	V	K	V	S	E	P	W	K	T
P	U	S	M	A	R	T	Z	B	J	C	O	N	N	R	S	A	L	A	D	C	O	K	L	K	Q	R
E	Y	A	H	K	E	B	J	R	A	X	N	L	W	Y	D	X	F	R	W	A	T	E	R	A	V	W

ALCOHOL

GOAL

RELAX

SLEEP

TEETH

CONNECT

HEALTH

RECYCLE

SMART

UVB

ENVIRONMENT

HEART

SAFETY

STEPS

WATER

EXERCISE

LEARNING

SALAD

STRESS

WELLBEING

FRUIT

MASSAGE

SALT

SUGAR

YOGA

Useful Telephone Numbers

Medical Help	111 www.nhs.uk
Samaritans	08457 90 90 90 www.samaritans.org
National Drugs Helpline	0300 123 6600 www.talktofrank.com
Alcoholics Anonymous	0800 9177 650 www.alcoholics-anonymous.org.uk
Cruise Bereavement	0808 808 1677 www.cruise.org.uk
Macmillan Cancer Support	0808 808 0000 www.macmillan.org.uk
Quit Smoking Helpline	0800 622 6968 Quit 51 www.quit51.co.uk
Mind	0300 123 3393 www.mind.org.uk
Organ Donation	0300 123 2323 www.organdonation.nhs.uk
Countess of Chester Hospital	01244 3651000 www.coch.nhs.uk
Domestic Abuse	01606 351375 Cheshire, West & Chester 01925 244281 Warrington
Meningitis	0808 80 10 388 www.meningitisnow.org
Diabetes	0345 123 2399 www.diabetes.co.uk
Sepsis	0800 389 6255 www.sepsistrust.org

To find out more information

Links:

Health4All: Portal – Key Resources – Health & Well-being

Sustainability: Portal – Key Resources – Green Chester

Student Futures: Portal – Support Departments – Student Futures

Fitness: Portal – Support Departments – Hospitality and Residential Services – Sport and Active Lifestyle

Sexual Violence: Portal – Key Resources – Discussion Boards – Sexual Violence

<https://portal.chester.ac.uk/hrms/Pages/health4all.aspx>

<http://www.greenchester.co.uk/>

<https://portal.chester.ac.uk/studentsupportandguidance/Pages/wellbeing-and-welfare.aspx>

<https://portal.chester.ac.uk/studentsupportandguidance/Pages/sport-and-recreation.aspx>

<https://portal.chester.ac.uk/equalityanddiversity/Lists/Sexual%20Violence%20Discussion%20Board/AllItems.aspx>

<https://www.cute-calendar.com/category/health-awareness-days.html>

Feedback/suggestions

The Health4All team are keen to hear your views and ideas for any future events.

Do you have an event that you would like to see the University hold?

Are you interested in helping out at an event?

Would you like to host an event?

Please contact your Healthy University Coordinator on:

Email: **Health4All@chester.ac.uk**

Phone: **01244 512045**

