



Keele
University



Celebrating Dignity and Wellbeing Week

Monday 5th November to
Sunday 11th November
2012

In Support of Keele Nightline



Keele Unity

Celebrating Dignity and Wellbeing Week 5th - 11th November 2012

**Main Event: “Because You Matter” -
Thursday 8th November 2012
@ Westminster Theatre Chancellor’s Building
Open to All Staff, Students, and Visitors**

A week packed full of events, activities, and information dedicated to raising awareness and engaging staff, students, and visitors in a range of dignity and wellbeing initiatives.

Keele University is committed to creating a working, studying, social, and living environment where health and wellbeing, and dignity and respect can flourish, enabling a positive experience for all staff and students to realise their potential.

Everyone’s welcome

Dignity and wellbeing week is an inclusive event open to staff, students, and local community groups and agencies. Attendance at events is free and unless stated run on a drop-in basis - no need to book.

Further information can be found on the Keele Unity web pages www.keeleunity.ac.uk

If you have a specific requirement or would like further information please contact Sameera Hewa Wellalage, Equalities and Recruitment Administrator, Human Resources, on Tel - 01782 733407 (ext 33407) or email s.s.hewawellalage@keele.ac.uk



Main Event: “Because You Matter” Timetable

Thursday 8th November 2012 @ Westminster Theatre Chancellor’s Building

- 10.30 - 12pm John Bamford, UCU: **Anti-bullying in the workplace workshop** @ Rm CBA0.075
- 12pm Lunch @ Rm CBA0.075
- 12.45 PVC Kevin Mattinson (Community and Partnerships):
Open and Welcome
- 1pm **Key Note Address: Dr Claire Fox**, Senior Lecturer Psychology *“From Bullying in Schools to Bullying among University Students: How should these issues be addressed?”*
- 1.45pm Claire Appleby, Director HRSS: *“Dignity and Respect at Keele”*
- 2.15 Ian Williamson, Head of Occupational Health and safety: **Workplace Health Award - “Celebrating Investment in a Healthy Workforce”**
- 2.45 Alex Clifford, VP Welfare, KeeleSU: **Keele Night Line - “an essential support service by students for students”**
- 3pm Jason Harrison, Head of Marketing and Communications, **Recourse Charity: ‘Recourse - The only charity providing support to staff in HE and FE’**
- 3.15pm Close

10am-3.15pm Wellbeing Information Stalls and other activities throughout the day @ Foyer, Chancellor’s Building

- Recourse Charity: Supporting Education Professionals
- Keele Night Line
- INDIAN HEAD MASSAGE @ £5 per 10mins to raise funds for Night Line
- Smoking Cessation (NHS)
- Changes and Arch North Staffs
- Aquarius - *“Take the beer goggles challenge”*
- Samaritans
- POSTURITE - *ergonomics to protect long term health*
- UCU, UNISON, and UNITE
- Occupational Health Services for Staff
- Student Support and Development Services
- HRSS - *“Retirement Planning”*
- Peter Walter, Head Chef: *“Lunch Time Healthy eating cooking demonstration”*
- Cycle Challenge: *“Chancellor’s Building to the Olympic Park”* - anyone can take part

Timetable of events

Events throughout the Week 5th - 11th November

Monday 5th November 2012

Date and Time	Session	Open To	Location
9.30am to 10.30am	Mairaid Walsh, Counsellor and Service Manager, Staff Counselling Service, UHNS: "Personal Resilience " A brief exploration of what we mean by resilience and of some strategies that research has shown can help us develop our own resilience to stress and difficult life events.	Staff	Rm DH1.30A Dorothy Hodgkin
10.30am to 11.00am	Relaxation Roadshow <i>Bite size relaxation session - drop in no sportswear needed</i>	Staff, Students, Visitors	Salvin Room, Keele Hall
10am - 2pm	Weight Loss 6 Week Challenge Drop -in to be weighed and given advice on healthy eating	Staff, Students, Visitors	Sports Centre
10.30am to 12.30pm	Phil Edwards, WM Ambulance Service: "Heart Start" <i>"what would you do in a life threatening emergency? - heart start will show you!"</i> Please book your place via, DOHS, Tel - 33566 or E-mail c.a.osborne@keele.ac.uk	Staff and Students	Stanley Mathew Suite, Sports Centre
1.30pm to 3.30pm	Phil Edwards, WM Ambulance Service: "Heart Start" <i>"what would you do in a life threatening emergency? - heart start will show you!"</i> Please book your place via, DOHS, Tel - 33566 or E-mail c.a.osborne@keele.ac.uk	Staff and Students	Stanley Mathew Suite, Sports Centre
6.30pm to 7.30pm	Work out Class: ZUMBA fitness	Students	KeeleSU, Ball Room
Evening	Keele Postgraduate Association (KPA): Nightline Fundraising Evening	Students	The KPA Clubhouse

Tuesday 6th November 2012

Drop-in from 10am to 2pm	Paul Firth, Health and Rehabilitation, SHAR: "Body Mass Index (BMI)"	Staff, Students, Visitors	Practical Rm 2 MacKay Building
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10.15am – 10.45am	Relaxation Road show Bite size relaxation session – drop in no sportswear needed	Staff, Students, Visitors	Main Concourse, Dorothy Hodgkin
12pm – 2pm	Emily Ouyang, “Origami Workshop” Relax and unwind by having a go a origami and learning a little about its origins.	Staff, Students, Visitors	Nettle Rm, The Hub, Home Farm
6.30 – 7.30pm	Work out Class: ZUMBA fitness	Staff and Students	KeeleSU Ball Room
All day	KeeleSU farmers Market:	Staff, Students, Visitors	New Concourse

Wednesday 7th November 2012

10.30am – 11.00am	Relaxation Road show Bite size relaxation session – drop in no sportswear needed	Staff, Students, Visitors	The Hub, Home Farm
12.30pm to 2pm	Dr Claire Fox, Senior Lecturer Psychology and Becky Hale RA: ‘Preventing Domestic Abuse: Working with Children and Young People’.	Staff, Students, Visitors	DHO.51
2pm to 4pm	Mark Fudge, Head of Counselling and Wellbeing: “Introduction to Assertiveness Skills” <i>An opportunity to learn about how we might communicate more effectively and understand the blocks which might prevent us from saying what we really want to</i>	Students	Salvin Room, Keele Hall
1pm to 2pm	Dave Emley, Natural Sciences: “Arboretum Tour” Enjoy a healthy autumnal woodland walk! Visit the arboretum website for further information www. Keele.ac.uk/arboretum	Staff, Students, Visitors	Meeting point at the Clock House
5.00pm – 7.00pm	KeeleSU: Student Welfare Forum – “Dignity, Respect, Bullying – what this means for students at Keele”	Students	KeeleSU

Thursday 8th November 2012

10.30am – 11.00am	Relaxation Road show Bite size relaxation session – drop in no sportswear needed	Staff, Students, Visitors	KeeleSU, Ballroom
6pm to 8pm	Kin Ball Tournament: <i>have a go at something a bit different!</i> <i>Kin Ball is a fun game suitable for all ages and abilities</i> Registration is required for this event. Please email Paula Rogerson at p.wallett@keele.ac.uk to register your attendance.	Staff and Students	Sports Centre
10am – 3.15pm	Main Event: Dignity and Wellbeing: “because you matter”	Staff, Students, Visitors	Westm. LT, Chancellor’s Building, Stalls @ Foyer CB

Friday 9th November 2012

9.30am to 10.30am	Mairaid Walsh, Counsellor and Service Manager, Staff Counselling Service, UHNS: “Stress Awareness and Management” An introduction to some thinking about the impact which stress has on our physical, mental and emotional functioning and to some strategies which can help us to manage stress.	Staff	Nettle Rm, The Hub, Home Farm
10.30am – 11.00am	Relaxation Road show Bite size relaxation session – drop in no sportswear needed	Staff, Students, Visitors	Sports Centre
12pm to 2pm	John Easom, Alumni Officer: “Campus Tour: Myths and Legends” Enjoy a leisurely walking tour of the campus, with some Keele myths and legends thrown in for good measure.	Staff, Students, Visitors	Meeting Point Freshers Gate Keele Hall

Saturday 10th November 2012

5pm – 6pm	Aqua Gym Free Aqua Gym session @ the New Jubilee2 swimming baths, Newcastle. First come first serve – Max 16 people To book your place contact Paula Rogerson at p.wallett@keele.ac.uk	Staff and Students	Jubilee2 Brunswick St Newcastle ST5 1HG
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Other Activities Throughout The Week:

Weight Loss 6 Week Challenge

Take up the weight loss 6 week group challenge at the sports centre on **Monday 5th November** between 10am and 2pm, to be weighed and given advice on healthy eating for the duration of the challenge. Please contact Paula Rogerson for further information at p.wallett@keele.ac.uk

Relaxation Road show

Take a short break out of your busy day to relax and unwind

The relaxation road show will be touring the campus with bite-size relaxation sessions delivered directly at a venue near you. These sessions are open to all staff and students. **Come as you are - no need for trainers or sportswear!**

The relaxation road show will be visiting on the following dates and times:

Keele Hall, Salvin Room
Dorothy Hodgkin Concourse
The Hub
KeeleSU
Sports Centre

Monday 5th @ 10.30 - 11
Tuesday 6th @ 10.15 - 10.45
Wednesday 7th @ 10.30 - 11
Thursday 8th @ 10.30 - 11
Friday 9th @ 10.30 - 11

Keele Postgraduate Association (KPA)

Healthy eating and balanced diet week
8th - 11th November @ KPA Clubhouse

For further information visit the KPA website at <http://keelepostgraduate.wordpress.com>



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These Events are Supported by a range of our partners:

