

## Health and Wellbeing Programmes – Victoria University 2018

Date	Programme	Details	Contributes to Health & Wellness theme	Where and time	Booking links (copy and paste to your browser)	Notes
1.2.18 to 28.2.18	Aotearoa Bike Challenge	Teams bike any distance and enter details to website, join Victoria University Team for extra points	WH	Start anywhere on a bike, bike at least 10 mins Completed	<a href="https://www.lovetoride.net/wellington/pages/prizes?locale=en-GB&amp;page=3_bike_up_your_business">https://www.lovetoride.net/wellington/pages/prizes?locale=en-GB&amp;page=3_bike_up_your_business</a>	55
13.2.18	RU OK Workshop	Susan Wall, Psychologist	E & S W	Completed		11
16.2.18	Suicide Prevention workshop	Dr Annette Beautrais	E & S W	Completed		6
18.2.18	Round the Bays Event	Subsidy of 55 staff for entry to the event, host picnic site, provide breakfast and prizes of \$50 vouchers	WH	Completed		80 total
14.3.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield – Topic: eating in the office, lunches, working late, quick and easy meals.	WH	completed	<a href="https://vuw.libcal.com/event/4021623">https://vuw.libcal.com/event/4021623</a>	30
21.03.18	One for the Blokes – For Women	Pete Roe and Neil Sorensen	E & S W	completed	<a href="https://vuw.libcal.com/event/4031538">https://vuw.libcal.com/event/4031538</a>	3
9.4 – 24.4.18	Influenza vaccinations	MedPro Nurses	General	completed	To book please check Vic News article each week until mid-April	1050 approx

17.4.18	One for the Blokes	Pete Roe	<b>E&amp;S W</b>	completed	<a href="#">To book</a>	6
2.05.18	Prostate Cancer Awareness	Bill Guthrie Prostate Cancer Foundation	<b>HA</b>	completed	<a href="https://vuw.libcal.com/event/3885210">https://vuw.libcal.com/event/3885210</a>	3
2.05.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield – Topic Gut Health – how our microbiome impacts us, Irritable bowel syndrome	<b>WH</b>	completed	<a href="https://vuw.libcal.com/event/4021626">https://vuw.libcal.com/event/4021626</a>	30
8.05.18	Sleep Workshop	Dr Lora Wu, Massey University	<b>E &amp; S W</b>	completed	<a href="#">To book</a>	30
11.05.18	Suicide Prevention workshop	Dr Annette Beautrais	<b>E &amp; S W</b>	completed	<a href="#">To book</a>	11
31.5.18	Mindful Solutions - meditation	Kelsang Shechog will guide the first session on meditation for 2 hours	<b>E&amp;S W</b>	completed	counselling-service@vuw.ac.nz	0 (no advert)
7.6.18	Mindful Solutions - meditation	Kelsang Shechog will guide the second session on meditation for 2 hours	<b>E&amp;S W</b>	completed	counselling-service@vuw.ac.nz	
13.6.2018	Staff and student Showdown	Questions and answers from both staff and students to understand how we can successfully collaborate. Hosted by Marc Wilson	<b>E&amp;S W</b>	The Hub 1-2pm	Just turn up to the Hub at 1pm	
19.06.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield – Topic: No nonsense eating – good snacking, portions, shopping savvy	<b>WH</b>	Pipitea RHMZ06 12.00 to 1pm	<a href="https://vuw.libcal.com/event/4021628">https://vuw.libcal.com/event/4021628</a>	

25 June – 15 July	Staff Winter Wellness – Victoria Recreation	\$5 Staff Entry - To all fitness studio & group exercise classes	VR	Victoria Recreation – Kelburn Campus	<a href="http://bit.ly/SWW18">http://bit.ly/SWW18</a> or contact: <a href="mailto:christina.betty@vuw.ac.nz">christina.betty@vuw.ac.nz</a>	
25 June – 15 July	Staff Winter Wellness – Victoria Recreation	Staff Only Yoga - Free beginner yoga at 11am in the Dance Room on Friday 29 June, 6 & 13 July.	VR	Victoria Recreation – Kelburn Campus	<a href="#">To book</a> or contact: <a href="mailto:christina.betty@vuw.ac.nz">christina.betty@vuw.ac.nz</a>	
25 June – 15 July	Staff Winter Wellness – Victoria Recreation	<b>Staff Only Workshops</b> <b>Core &amp; Stretch</b> – learn the importance of the core and keeping mobile through stretching  <b>Knee Niggles</b> – learn how to prevent injuries and strengthen your knees for everyday activities	VR	Victoria Recreation – Kelburn Campus	<a href="#">To Book Core &amp; Stretch</a>  <a href="#">To Book Knee Niggles</a>  or contact: <a href="mailto:christina.betty@vuw.ac.nz">christina.betty@vuw.ac.nz</a>	
25 June – 15 July	Staff Winter Wellness – Victoria Recreation	<b>Staff Futsal World Cup</b> Entries open Monday 11 <sup>th</sup> June and close Monday 25 <sup>th</sup> June, please pick up and drop all registration forms to Victoria Recreation reception to secure your spot  Limited spaces – maximum	VR		<a href="http://bit.ly/SWW18">http://bit.ly/SWW18</a> or contact: <a href="mailto:christina.betty@vuw.ac.nz">christina.betty@vuw.ac.nz</a>	

		6 teams Games are 30mins, held each Thursday between 12.30pm and 2pm				
Wednesday 27 <sup>th</sup> June.	Maintaining Balance and Flow in your Daily Work Life	Ken Mellor	<b>E &amp; S W</b>	AM103 12.30pm – 4.30pm	<a href="https://vuw.libcal.com/event/4273667">https://vuw.libcal.com/event/4273667</a>	
10.7.18	Sleep Workshop	Dr Lora Wu, Massey University	<b>E &amp; S W</b>	Pipitea RHMZ05 9am to 11am	<a href="#">To book</a>	
11.7.18	One for the Blokes	Pete Roe	<b>E &amp; S W</b>	Kelburn AM101 9am to 12 noon	<a href="#">To book</a>	
23.7.18 for three weeks (date to be confirmed)	Climb A mountain Challenge	3 week stair walking event involving teams achieving Everest	<b>WH</b>	All campuses	Check staff wellbeing website; vicstaffwellbeing.weebly.com	23.6.18 (date to be confirmed)
24.7.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield - Topic: Need energy? How to use the Glycaemic Index	<b>WH</b>	Kelburn AMLT105 12 noon to 1pm	<a href="https://vuw.libcal.com/event/4021631">https://vuw.libcal.com/event/4021631</a>	
25.7.18	RU OK workshop	Facilitated by Susan Walls Reg Psychologist	<b>E &amp; S W</b>	AM101 9-3pm	<a href="https://vuw.libcal.com/event/4221069">https://vuw.libcal.com/event/4221069</a>	
3.8.18	Suicide Prevention	Dr Annette Beautrais	<b>E &amp; S W</b>	Kelburn AM101 10am to 4pm	<a href="#">To book</a>	
28.8.18	Prostate Cancer Awareness	Bill Guthrie Prostate Cancer Foundation	<b>HA</b>	RHMZ05 9am to 10.30am	<a href="https://vuw.libcal.com/event/3885216">https://vuw.libcal.com/event/3885216</a>	

18.9.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield- Topic All in the mind – what we eat affects how we think and vice versa	<b>WH</b>	Pipitea RH 104 12.10 to 1.10 pm	<a href="https://vuw.libcal.com/event/4021634">https://vuw.libcal.com/event/4021634</a>	
17.10.18	Nutrition workshops with Food Savvy	Dietician Georgia Wakefield – Topic: No thanks I’m sweet enough! – types of sugar and perceptions, sweet strategies	<b>WH</b>	Pipitea RH 104 12 to 1pm	<a href="https://vuw.libcal.com/event/4021649">https://vuw.libcal.com/event/4021649</a>	
24.10.18	RU Ok workshop	Susan Walls, Registered Psychologist	<b>E&amp;S W</b>	CO118 at Kelburn	<a href="https://vuw.libcal.com/event/4221070">https://vuw.libcal.com/event/4221070</a>	
30.10.18	Suicide Prevention	Dr Annette Beautrais	<b>E &amp; S W</b>	Pipitea RH 102 10am to 4pm	<a href="#">To book</a>	
20.11.18	Sleep Workshop	Dr Lora Wu, Massey University	<b>E &amp; S W</b>	Kelburn, AM106 9am to 11am	<a href="#">To book</a>	
Ongoing:	Corporate Rate at the Skin Institute every weekday of the year, ongoing.	The Skin Institute Clinic Corner Customhouse Quay & Panama Street, Wellington CBD, 6011		Cost: <b>\$120 pp</b> Take your Vic Uni id with you.	<b>Free Phone:</b> 0800 SKIN DR (0800 754 637) <b>Email:</b> appointments@skininstitute.co.nz	
	Core strengthening and stretching sessions	Emilia Sa’u from Victoria Recreation will provide free stretching sessions for any work area, group, at your office or area. These are great for office staff	<b>WH</b>	Free for any groups on any campus	Contact Emilia Sa'u directly on; Emilia.Sa'u@vuw.ac.nz	
	Fruit and Vege Co-op	Provision of fresh fruit and vegetables every week. Order Thursday, pick up the following Thursday.	<b>WH</b>	Pick up at all of these sites: Kelburn, Pipitea and Te Aro	To order: <a href="http://www.victoria.ac.nz/students/campus/health/fruit-and-vegetable-">http://www.victoria.ac.nz/students/campus/health/fruit-and-vegetable-</a>	

					<b>co-op.</b> To volunteer: <a href="http://signup.com/go/ZgCncUC">http://signup.com/go/ZgCncUC</a>	
	Shingles Vaccine (normally September each year)	A user-pays system for Shingles vaccines on site for those <b>over 50 yrs old.</b> (Vaccine only available for those over 50)		Kelburn TBA Cost normally \$225.00	To register interest: <a href="mailto:staff-wellbeing@vuw.ac.nz">staff-wellbeing@vuw.ac.nz</a>	

KEY:

Well Hearts

Healthy Ageing

Victoria Recreation

Emotional and Social

Ongoing, all themes

NB all of our events and workshops are advertised on Vic News in the Health and Wellbeing Section. Also, check [vicstaffwellbeing.weebly.com](http://vicstaffwellbeing.weebly.com) for regular updates. Contact [Trish.knight@vuw.ac.nz](mailto:Trish.knight@vuw.ac.nz) for more details.