



SCCA Health & Well-being Week

The inaugural School of Culture & Creative Arts Health & Well-being Week will take place from 31 March - 4 April 2025.

The week long programme builds on recent initiatives to focus on staff well-being and is designed to raise awareness of health and well-being issues, empower you to look after your own well-being, and give you vital information about where to find advice and support. It is intended to act as a catalyst for the sustained development and embedding of more permanent practices within the School of Culture & Creative Arts and contribute to lasting welfare benefits among colleagues.

All the events are free, open to all colleagues and include sessions on topics such as Mindfulness, Pilates, Tai Chi and Yoga. There are also opportunities to catch-up with colleagues over coffee and watch a film!

Admission is **FREE**, but please register to secure a place (**see Eventbrite link issued via email**).

You are welcome to attend any or all events each day.

Please contact cca-hosa@glasgow.ac.uk if you have any queries.

SCCA Inaugural Well-being Week Launch and Lunch

Monday 31 March, 12.30-2.00pm, James Arnott Theatre, Gilmorehill Halls

Colleagues can participate in Malawian Storytelling and interactive sessions and then stay for a catered finger buffet lunch with dishes representative of the rich cultural diversity that exists within our School.

Spring walk

Wednesday 2 April, 1.10-1.50pm. Meet at Main door of Gilmorehill Halls, University Ave

Let's put a spring in our step on this relaxed, creative, & slow-paced walk. We will tune into our environment, leave our troubles behind us, hunt for some Easter eggs (and maybe even walk like bunnies!)

Books, Browse and Brews

Thursday 3 April, 9.30-11.00am, Gilmorehill Halls Foyer

Throughout Well-being Week, all staff are encouraged to bring along any preloved books of fiction and drop them off in a box that will be placed in the foyer of Gilmorehill. At this event on Thursday, we will swap novels and poetry while enjoying a cup of coffee, a cake and a chat. While all of us read all the time, reading for pleasure, fun and relaxation can sometimes be neglected. But reading feelgood fiction can uplift your mood, reduce stress, encourage relaxation and provide a comforting escape!

SCCA Well-being Week Close: Feelgood Film Screening

Friday 4 April, from 2pm in the Andrew Stewart Cinema, Gilmorehill Halls

Join us for a feelgood film screening to celebrate the end of the first SCCA Well-being week. You, the audience will vote for the film from a choice of 6 cheery titles from around the world. **Please vote here: <https://forms.gle/S3gHWwrCGWVyiQNN8> by Thursday, 3 April.**

Popcorn will be provided!