

Health and Wellbeing at Bangor University

5-16 November 2012

Summary:

Deiniol and Normal libraries hosted Bangor University Library & Archives' first health and wellbeing event in line with the national marketing campaign for libraries in Wales in November. There was an understanding with all partners involved that as the library had not held an event such as this before that this would be a learning curve to identify what works and what doesn't work. Nine activities (listed below) were timetabled to take place, though 3 were cancelled. On the whole, the fortnight went well and Library & Archives intend to hold another Health and Wellbeing event, potentially on an annual basis, incorporating the successful activities listed below.

Standing Exhibits:

- Book Display – Mood boosting books were borrowed from LINC partner library stock and positioned next to a display of rare medical/ anatomical journals containing ancient illustrations and old medical cures for ailments. 1 book requested from mood boosting books display in Deiniol. 1 referral to LINC partner library recorded.
- Body Wise Exhibition – Comprising of model body parts, organs, bones, supporting literature and information cards (see additional material) detailing on function, healthy versus unhealthy eating, lifestyle choice and the effects of alcohol, smoking, drug use and stress on the body. Regularly people perusing the exhibition; organs from the model torso were taken out so people could put them back in where they should be; the torso was put back together on numerous occasions. The exhibition itself is designed to suit a range of age groups with long term objectives in mind (see future development section).
- Health Promotion Library publicity – a display of leaflets and other relevant information supplied by the Health Promotion Library. Large numbers of leaflets were taken from the displays in both libraries.

Events:

- I can live life to the full (2 hour workshop held by Bangor University Counselling Service) – no attendees week 1; week 2 session cancelled as a result. The department involved said they usually market events for a few months in advance and suggested this is one reason for the low turnout. If compared to the drop in and taster sessions, it may be possible that a 2 hour session is too long, especially for students or people who work.
- 2 x 1 hour reflexology taster sessions (external individual) – 9 people attended (full capacity); positive feedback from both attendees and reflexologist; event was considered interesting, unusual, informative. Reflexologist offered to attend future events.
- Alexander technique sessions (private individual) cancelled on morning of week 1 for both weeks.
- 1 x Mindfulness taster session (Bangor University department) – 4 attendees; session well received by attendees despite low numbers.
- PubMed and WG research skills session – this event was marketed too late and possibly did not have enough information about what the session covered. The subject material is also only relevant to 2 of the academic schools within the university which narrowed the target market considerably.

- Refworks (research skills drop in) – highest turn out for activities, around 35-40 people; this is very relevant to students and will definitely be held again in future. This session helped PBU Library identify user needs and has allowed the library to improve the service.
- 1 x Jin Shin Jyutsu taster session (external individual) – 3 attendees.
- Health advice drop in (Bangor University Student nurse) – sessions well attended; drop in health advice sessions now held on a weekly basis in Normal Site Library.

Target Audiences and Services Promoted:

- Bangor University Staff and Students.
- General public for activities not relating to study.
- Bangor University Library & Archives' collections and services – i.e. core texts, e-resources, rare books, study skills.
- NWLP partner collections.
- LINC service.
- Offerings of internal Bangor University Services & Departments.

Promotion:

- Bangor University library web pages.
- Posters were displayed around the library, numerous university buildings and shops/pubs/commercial properties in Bangor, especially in Upper Bangor.
- Posters for relevant events were also sent to Coleg Menai, and Gwynedd and Anglesey Library Services.
- Most respondents heard about the events via emails, online promotion and posters.

Surveys:

- 16/18 said they would attend events in the library again.
- 10/18 were surprised at what goes on in their library.
- 13/18 reported events were informative.
- Sessions were considered educational, inspiring, motivational, fun, interesting, and relevant to the user.

Comments included:

- “Would love to have more of these kind of tutorial workshops to do with referencing, essay writing, note taking etc.”
- “Very good session, well run – pleased Ms Greene attended to everyone individually.”
- “This is a fantastic initiative – well done.”
- “Brilliant idea, well done.”

Internal Partners:

- Health and Safety Services.
- School of Biological Sciences.
- School of Chemistry.
- School of Medical Sciences.
- Centre for Mindfulness Research and Practice.
- Student Support Services and Student Counsellors.
- School of Psychology.
- Health and Safety
- Estates and facilities

External Partners:

- The Complementary Therapy Centre, Bangor, Gwynedd.

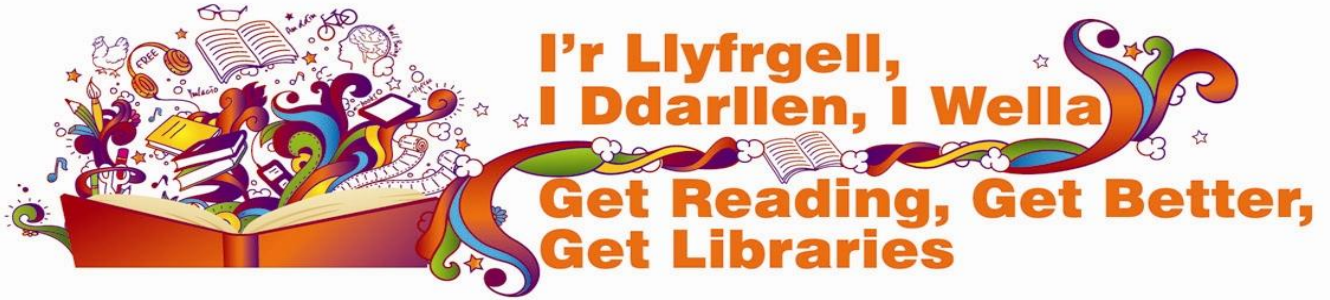
- Wendy Lord (reflexologist)
- Vivienne Hamilton-Sheilds (Jin Shin Jyutsu)
- Health Promotion Library Wales (HPL)
- NWLP partners.

Use of Resources:

- Bangor University departments donated some body parts and posters which complimented the exhibition considerably, providing objects that Bangor University library would never have been able to afford. The University's Estates & Facilities department cleaned & restored stands and frames etc..., relating to these items free of charge.
- A grant of £500 from CyMAL was used to purchase a wider range of models including a small skeleton, a life size 3D poster of a muscular skeletal man, a spine, and models of unhealthy organs, which particularly highlighted the health element.
- Bangor University Library & Archives staff compiled and translated the information cards, and created and distributed publicity posters.

Future Development:

- Bangor University hope to hold annual health and wellbeing promotion and work with Coleg Menai students and staff to provide holistic therapies, beauty/sports massage etc. Staff members working within teaching departments at the college have agreed in principle to allow students to offer taster sessions/ 5 minute massage sessions etc. at an event in the future. This helps college students to practice their craft and gain experience and encourages partnership working and ensures reliability.
- It is anticipated that private individuals will again be happy to work with libraries free of charge for extra publicity for their services. However, private individuals are not necessarily reliable and it may be wise to have 2 people providing the same therapy/treatment on the same day so if one cancels, the session can still take place. Once reliable persons are identified, they may be happy to work with libraries on a regular basis.
- Body Wise exhibition will be used annually for National Science Week and future health and wellbeing initiatives.
- Body Wise exhibition will also be used within Bangor University for the annual primary school children's visits to the Main University Library during the summer as an added curriculum exhibition.
- As Bangor University is a member of the North Wales Libraries Partnership, other NWLP partners can book and borrow the exhibition for display in their libraries, allowing them to market the exhibition to schools or participate in institute health and wellbeing drives. HPL leaflets will be used to complement the exhibitions and activities such as labelling the bones on a skeleton will be provided for hands on involvement.
- Feedback from surveys completed during the event suggested that the session held on Refworks (citation tool for assignments) came at the right time. The week that the session was held in coincided with the period just after assignments were released; this is when students are writing essays and therefore require the skills. Drop in sessions are more flexible and informal, so possibly more suited to the student mentality – they can come at a time that suits them as opposed to fitting into a timetable around their lectures and social life and it does not matter if they arrive half way through the class.



A HOFFECH GAEL LLAI O STRAEN YN EICH BYWYD?

Gall ymwybyddiaeth ofalgar eich helpu!

Gydag **ymarferion ymlacio i reoli straen a dulliau i leihau straen**, bydd Sue Williams yn dangos sut y gallwch ddileu straen o'ch bywyd gwaith ac astudio mewn **gweithdai rhyngweithiol** dwy awr yn **RHAD AC AM DDIM** a gynhelir:

14.30-16.30 dydd Mawrth, 15 Tachwedd yn y

Llyfrgell ar Safle'r Normal



RHAID ARCHEBU EICH LLE!

Anfonwch e-bost at Sue Williams
s.m.williams@bangor.ac.uk a

Gwyn Williams yn
iss106@bangor.ac.uk i archebu eich lle.

Mae'r digwyddiad hwn yn agored i bawb sy'n darllen y poster hwn!

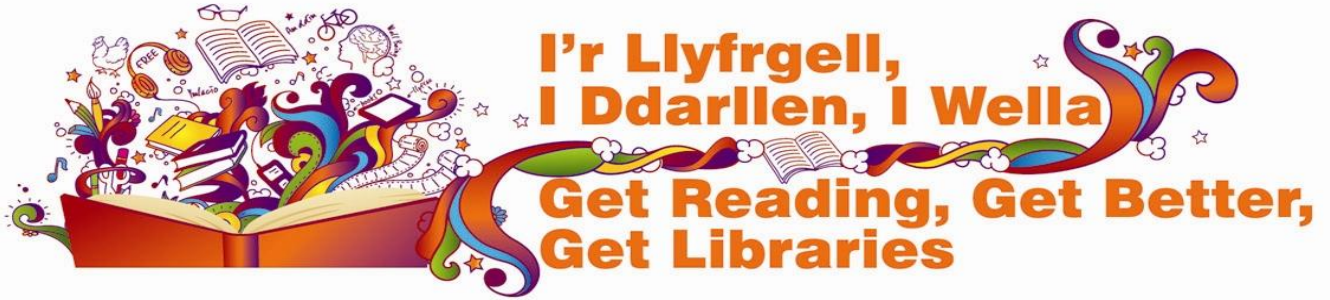


PRIFYSGOL
BANGOR
UNIVERSITY

Diolch i Adran Cyngori Gwasanaethau Cefnogi
Myfyrwyr Prifysgol Bangor, Gwasanaeth Llyfrgell ac
Archifau Prifysgol Bangor, a Llywodraeth Cymru



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



WANT LESS STRESS IN YOUR LIFE?

Mindfulness will help you!

From **relaxation exercises** to **stress management** and **stress reduction techniques**, Sue Williams will give you the tools to take the stress out of your study and work life in a **FREE** two hour **interactive workshop** to be held:

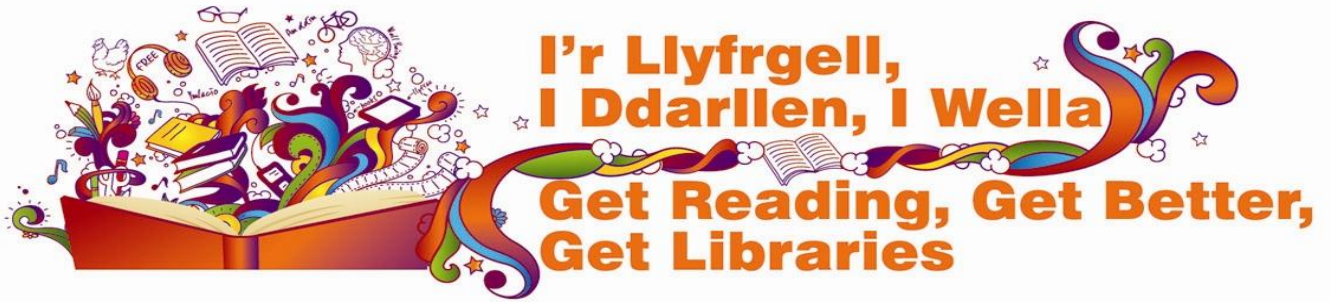
14.30-16.30 Thursday 15th November in Normal Site Library



BOOKINGS ESSENTIAL!

Please email both Sue Williams on s.m.williams@bangor.ac.uk and Gwyn Williams on iss106@bangor.ac.uk to book your place.

This event is open to **ANYONE** reading this poster!



TAKE THE PAIN OUT OF FOOTNOTES AND BIBLIOGRAPHIES!

Want to know how to reference citations quickly and easily?

Refworks is an “online reference manager”, which **enables you to store and organize your references online**. It is freely available to university members and can be accessed anywhere you are online, with your university user name and password. You can use a tool called Write-N-Cite to **insert references from Refworks into essays** in Microsoft Word, and **create a bibliography** (list of references) at the end of the essay.



Drop in for a quick tutorial:

**14.30-15.30 Friday 16 November
in Normal Site Library**

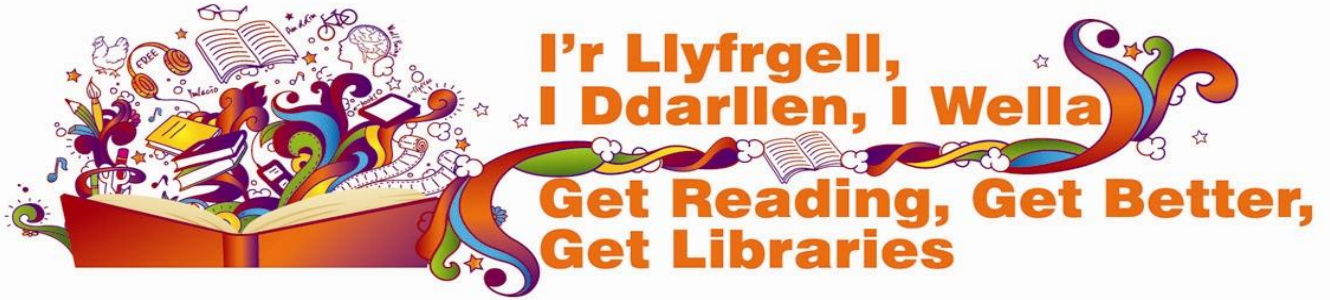


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Bangor University Library and Archives Service and
Welsh Government.



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Lywodraeth Cymru
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CYMRYD Y BOEN ALLAN O DROEDNODIADAU A LLYFRYDDIAETHAU!

Eisiau gwybod sut i gyfeirnodu eich dyfyniadau yn gyflym ac yn hawdd?

'Rheolwr cyfeiriadau ar-lein' ydi **Refworks**, sy'n eich galluogi i **storio a threfnu eich cyfeiriadau ar-lein**. Mae ar gael am ddim i aelodau'r brifysgol a gellwch fynd ato ar-lein o unrhyw le, gan ddefnyddio eich rhif defnyddiwr a'ch cyfrinair prifysgol. Gellwch ddefnyddio offer o'r enw Write -N-Cite i **fewnosod cyfeiriadau o Refworks mewn traethodau** yn Microsoft Word, a **chreu llyfryddiaeth** (rhestr o gyfeiriadau) ar ddiwedd y traethawd.



**Galwch heibio am diwtorial
cyflym:**

**14.30-15.30 dydd Gwener 16
Tachwedd yn y Llyfrgell Normal**



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Gwasanaeth Llyfrgell ac Archifau Prifysgol Bangor, a
Llywodraeth Cymru.



Ariennir gan
Lywodraeth Cymru
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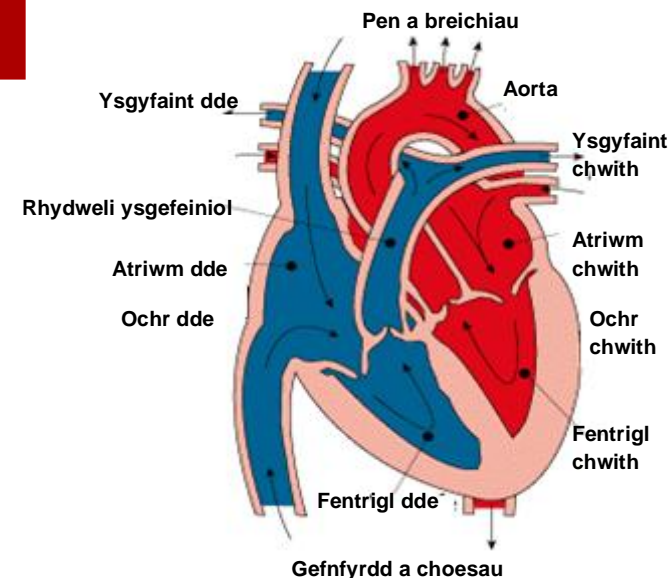
Calon

Ffeithiau am y Galon

- Mae'r galon fel pwmp sy'n cadw'r gwaed yn symud trwy'r corff.
- Mae'n danfon ocsigen a maeth at bob rhan o'r corff.
- Bydd yn cario i ffwrdd carbon diocsid a chynhyrchion gwastraff.
- Gelwir unrhyw glefyd y galon yn glefyd cardiofasgwlaidd (CDV).
- Bydd pwysau gwaed uchel, gorbwyso, diffyg ymarfer corf, cefndir ethnig neu hanes o glefyd y galon yn y teulu gynyddu'r perygl o CDV.

Ffynhonnell y testun: British Heart Foundation <http://bhf.org.uk>; Heart Wales <http://heartwales.org.uk>; Public Broadcasting Service, <http://www.pbs.org/wgbh/nova/heart/heartfacts.html>, ymgynghorwyd ar 13 Hydref 2012. Ffynhonnell y delweddau: <http://www.stockfreeimages.com/>

Delwedd: Rhoelster Cardiopulmonary www.rpg.com/



Mae **braster** yn yr arteriau yn **lleihau'r** cyflenwad gwaed i gyhyr y galon.



Mae **mwu** o **fraster** mewn **un cwpan** o **hufen iâ** nag sydd mewn un **hambyrgyr** a **mwu** o **golesterol** na **10 gneuen does**.



Gall **braster** yn yr arteriau achosi poen yn y frest (angina), strôc neu drawiad ar y galon (myocardial infarction.)



Gall bwyta gormod o **halen** godi'r **pwysau gwaed** a all **gynyddu'r perygl** o ddatblygu **clefyd y galon**.



Gall gormod o **golesterol** arwain at **glefyd y galon**.

Bwydydd sy'n uchel mewn cholesterol a braster - Menyn, hufen, laeth cyfan, caws, cig coch seimllyd, bwydydd cyflym, sglodion, bisgedi, teisennau, creision, cylchoedd nionod, ysgytlaeth, diodydd melys.

Calon

Ffeithiau am y Galon

- Bydd eich calon yn curo:
 - ~ Oddeutu 100,000 gwaith mewn diwrnod.
 - ~ Oddeutu 35 miliwn gwaith mewn blwyddyn.
- Yn ystod eich oes, bydd y galon ar gyfartaledd yn:
 - ~ Curo mwy na 2.5 biliwn o weithiau.
 - ~ Pwmpio oddeutu 1 miliwn casgen o waed – digon i lenwi mwy na 3 tancer mawr!
- Bydd y modd rydych yn delio a straen meddwl yn cynyddu'r perygl o ddatblygu clefyd y galon.

Gall llyfrau, cerddoriaeth a noson dda o gwsg helpu i leihau straen meddwl.

Gall ymarfer corf rheolaidd leihau'r perygl o gael clefyd y galon wrth 50%.



© Willi1972



© Marsevis



© Spe

Gall bwyta llai o siwgr leihau'r perygl o glefyd siwgr a chlefyd y galon.



© Snehitdesign

Mae'r galon yn hoff – Frwythau, llysiau, cnau, hadau, pysgod, cig coch, llus, moron, tatws melys, tomatos, orennau, pupura cloch melys, te gwyrdd.

Rhybudd!

Mae gormod o alcohol yn atal cyhyr y galon rhag gweithio'n iawn.

Mae ysmegu'n cau'r arteriau i'r galon. Mae ysmygwyr bron ddwywaith yn fwy tebygol o gael trawiad ar y galon na phobl sydd erioed wedi ysmegu.



© Rhondar



© Duel



© Budda

Mae cocên yn llidio cyhyrau y galon, yn achosi gwingiadau yn yr arteriau ac arhythmia (curiad calon abnormal) a chynyddu'r perygl o geuladau a strôc.

Bydd Heroin yn achosi marwolaeth drwy drawiad ar y galon

Gall ketamine wneud difrod difrifol i'r galon, yn enwedig o'i gymryd efo alcohol, ecstasy a sylweddau eraill.

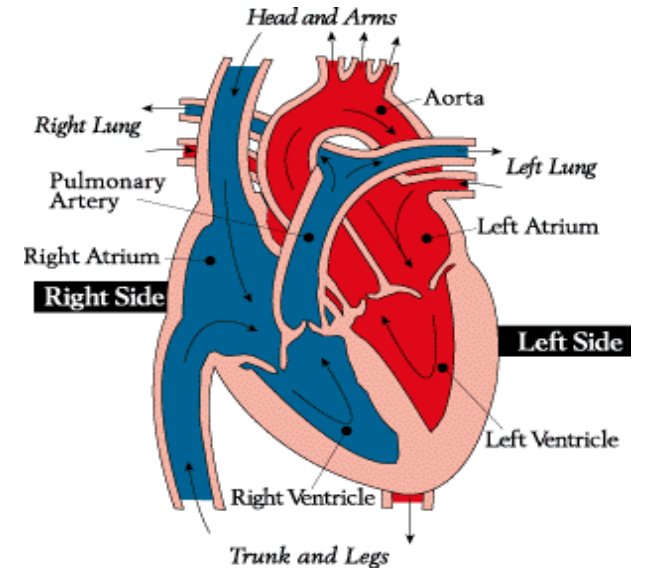
Heart

Some Heart Facts

- The heart is a pump that keeps blood moving around the body.
- It delivers oxygen and nutrients to all parts of the body.
- It carries away carbon dioxide and waste products.
- Any disease of the heart is known as Cardiovascular Disease (CDV).
- High blood pressure, being overweight/obese, lack of exercise, ethnic background or family history of heart disease increases the risk of CDV.

Text source: British Heart Foundation <http://bhf.org.uk>; Heart Wales <http://heartwales.org.uk>; Public Broadcasting Service, <http://www.pbs.org/wgbh/nova/heart/heartfacts.html>, accessed 13 October 2012. Images source: <http://www.stockfreeimages.com/>

Image: Rochester Cardiopulmonary www.rcpg.com/



Fat in the arteries **reduces** the **blood supply** to the **heart** muscle.



A single cup of **ice cream** has **more fat** than a **hamburger** and **more cholesterol** than **10 glazed doughnuts**.



Fat in the arteries may **cause chest pain** (angina), **stroke** or a **"heart attack"** (myocardial infarction).



Eating too much **salt** may raise your **blood pressure**, which increases the risk of developing **coronary heart disease**.



Too much **Cholesterol** can lead to **coronary heart disease**.

Foods high in cholesterol and fat – Butter, cream, whole milk, cheese, fatty red meat, fast foods, chips, cookies, cakes, crisps, onion rings, milkshakes, sugary drinks.

Heart

Some Heart Facts

- Your heart beats:
 - ~ Around 100,000 times in one day.
 - ~ Around 35 million times in a year.
- During an average lifetime the human heart will:
 - ~ Beat more than 2.5 billion times.
 - ~ Pump around 1 million barrels of blood – that's enough to fill more than 3 super tankers!
- How you deal with stress can also increase the risk of CDV.

Books, music, exercise and a good night's sleep help reduce stress.

Regular physical exercise strengthens your heart and reduces the risk of heart disease by 50%.



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Cutting down sugar intake decreases the risk of diabetes and CDV.

Hearts like – Fruit, vegetables, nuts, seeds, fish, lean meat, blueberries, carrots, sweet potato, tomatoes, oranges, sweet bell peppers, green tea, pumpkin.

Warning!

Too much alcohol stops the heart muscle working properly.

Smoking blocks the arteries to the heart. Smokers are almost twice as likely to have a heart attack compared with people who have never smoked.



© Rhondar



© Duel

© Budda

Cocaine – inflames the heart muscles, causes spasms of the arteries and arrhythmia (abnormal heartbeat), and increases the risk of blood clots and stroke.

Heroin – causes death from cardiac arrest.

Ketamine can dangerously damage your heart, especially if taken with alcohol, ecstasy and other substances.

Y Sgerbwdd

Rhai ffeithiau am y sgerbwdd.

- Creuwyd y system ysgerbydol o esgyrn yn y corff a meinweoedd (gewynnau, tenynnau a chartilagau).
- Mae gan oedolion 206 o esgyrn yn eu cyrff. Mae 54 o'r rhain yn y dwylo.
- Mae esgyrn yn amddiffyn organau hanfodol y corff.
- Mae'r esgyrn a welwch mewn amgueddfeydd neu yn y cig yr ydych yn ei brynu wedi marw. Mae'r esgyrn yn eich corff yn fyw ac yn tyfu.
- Mae'r sgerbwdd yn cynnal y corff ac yn gwarchod yr organau.
- Cysylltir yr esgyrn gan gymalau.
- Mae'r esgyrn yn symyd pan mae'r gewynnau yn cywasgu.
- Mae mer yn yr esgyrn sy'n creu celloedd gwaed.
- Mae calsiwm, nagnesiwm a fitamin D yn angenrheidiol ar gyfer esgyrb iach.



Mae **alcohol** yn gwahardd eich corff rhag amsugno calsiwm ac yn **gwanhau esgyrn**, yn enwedig os ydych yn yfed yn ystod llencyndod.

Darganfyddwyd colliant asgwrn sylweddol mewn ysmygwyr gwrywaidd a benywaidd oedrannus.



Mae heroin a methadone yn ymosod ar yr asgwrn a bon yr asgwrn. Mae hyn yn creu diffygion mwnol fydd yn effeithio ar allu eich corff i gynnal adeiladwaith a defnyddnifer o brosesau'r corff.

Mae Fitamin D yn rheoli faint o galsiwm sydd yn eich gwaed. Mae Fitamin D a chalsiwm mewn wyau, ymenyn, corgimychiaid, pysgod ac wystrys.

Heb eich hesgyrn, buasai eich corff fel jeli.

Pan gawn ein geni cartilage yw ein hesgyrn! Mae'r broses o asgwrneiddio yn troi'r cartilag yn asgwrn, sy'n cymeryd blynyddoedd i rai esgyrn.



Mae yfed mwy na 2 gwpaned o goffi neu ddioddydd ysgafn y dydd yn achosi colled mewn calsiwm.

Gweithrediadau Activities such as walking, running, dancing, and playing sports help keep your bones strong and healthy.

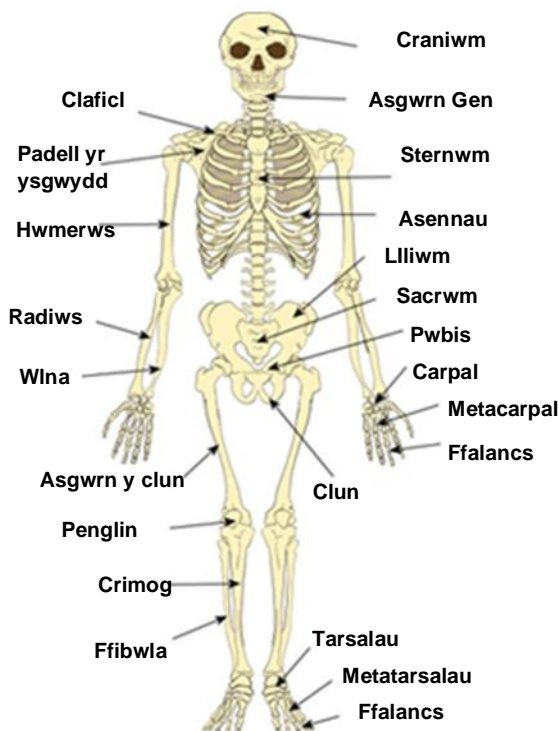


Mae magnesiwm yn helpu i'ch corff gadw calsiwm ac fe'l gwelir mewn, pwmpen, almon, cashiwm, meipen a sbigoglys.

© Willi1972



Mae esgyrn yn hoffi – brocoli, llyisiau, sbeisys, ffa, llaeth, caws, iogwrt, garlleg, sinamon, oregano, tofu, almwn, a llyisiau dail gwyrdd megis bresych deiliog, bresych, and spigoglys.



Skeleton



Some Skeleton Facts

- The skeletal system is made up by the bones in the body and the tissues (tendons, ligaments and cartilage) that connect them.
- Adult humans have 206 bones in their bodies. 54 of these are in the hands.
- Bones protect the body's vital organs.
- Bones in museums or in the meat you buy to eat are dead. The bones in your body are alive and grow.
- The skeleton supports the body and protects the organs.
- The bones are connected by joints.
- The bones move when the muscles contract.
- Bones contain marrow which makes blood cells.
- Calcium, magnesium and Vitamin D are essential for healthy bones.

Alcohol stops your body absorbing calcium and **weakens bones**, especially if you drink during adolescence.

Significant bone loss has been **found in** older male and female **smokers**.



Heroin and methadone attack the **bone and bone marrow**. This creates mineral **deficiencies** which will affect the body's ability to maintain the structure and function of **countless body processes**.

Speed / amphetamine causes the body to **lose calcium**.



Drinking more than **2 cups of coffee** a day or **soft drinks** result in **calcium loss**.

Activities such as walking, running, dancing, and playing sports help keep your bones strong and healthy.



Magnesium helps your body **retain calcium** and can be found in **celery, pumpkin, almonds, cashews, turnip and spinach**.



Bones like – broccoli, herbs, spices, beans, milk, cheese, yoghurt, garlic, cinnamon, oregano, tofu, almonds, and leafy green vegetables such as, kale, cabbage, and spinach.

Vitamin D regulates the amount of **calcium** in your blood. **Eggs, butter, prawns, fish and oysters** contain **Vitamin D and calcium**.

Without your bones, your body would be like jelly.

When we are born our bones are actually cartilage. The process of ossification turns the cartilage to bone, which takes a few years for some bones.

