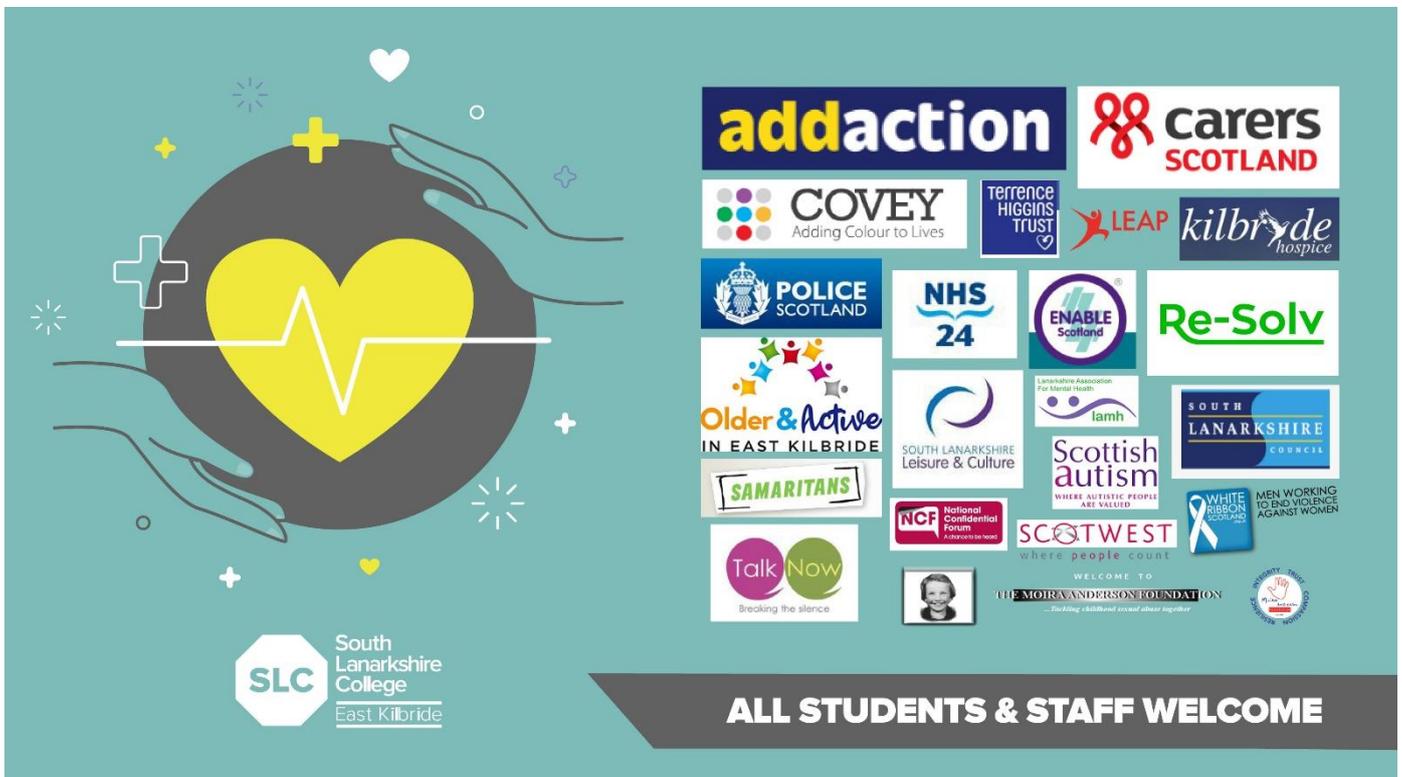


Health & Wellbeing Event – Tuesday 22nd to Friday 25th October 2019

The aim of this event is to inform and inspire the College community to take positive steps with regards to their own Health & Wellbeing as well as that of others.



We were delighted to welcome the following range of exhibitors to the College on the Tuesday, Wednesday and Thursday.

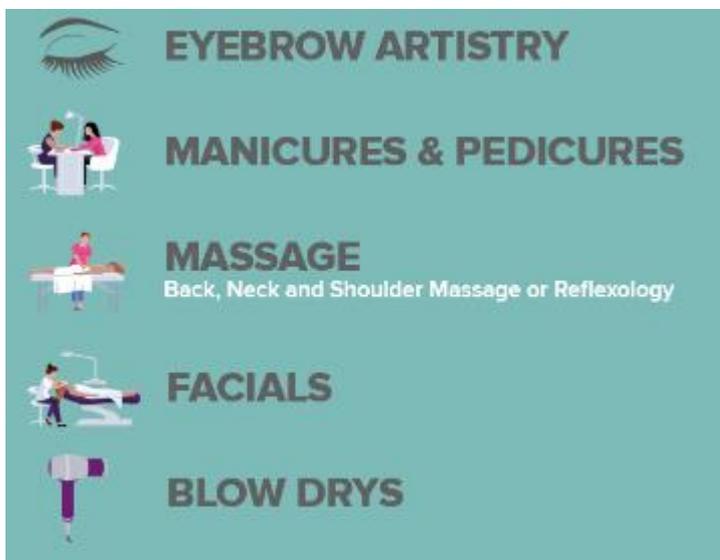


Healthy Eating

Students and staff had the opportunity to enjoy complimentary porridge for breakfast and soup and fruit for lunch.



Complimentary Therapies



The Hairdressing and Make-Up Artistry and Beauty students offered students and staff free Mini Manicures & Pedicures, Mini Facials, Eyebrow Treatments, Massages and & Blow dries.

Winter Flu Vaccination

The College was delighted that 108 staff received their winter flu vaccination. Staff also had the opportunity to get their blood pressure and BMI checked by the HNC Care and Administrative Practice Students.

Guided Stress and Meditation Session

On Wednesday 23rd October, students and staff were encouraged to drop into a lunchtime, bite-sized guided mediation session.

Paws Against Stress

The College teamed up with ‘Paws Against Stress’ to offer six 15-minute Therapet sessions with specially approved therapy dogs aiming to reduce stress levels.

The therapeutic benefits of stroking a dog have long been recognised and each session gave 15 students and their lecturer the opportunity to relax with the 5 friendly, sociable dogs and the volunteer owners. Feedback was excellent.



Breast Cancer Now

On Friday the 25th October, as part of Breast Cancer Awareness month the Events Students organised an event to raise awareness and funds for the men and women who are affected by Breast Cancer.

The day forms part of their event planning experience and there were fantastic raffle prizes. In total £1531 was raised for Breast Cancer Now, the research and care charity.



**DRESS IN PINK
OR ORANGE ON
FRIDAY 25TH
OCTOBER.**

Take part and win £50 cash!

Pinktober
25 OCTOBER 2019

We are raising money to support all the men and women who are affected by Breast Cancer

Blood Donation

On Wednesday 11th October, as part of the Health & Wellbeing initiative, Scotblood brought the donation pods to the College and collected 47 pints of blood, helping to save and improve the lives of people across Scotland.

GIVE BLOOD