



Bioquarter Diversity, Inclusion and Athena SWAN (ED-AS)

Mental-health boosting activities in the Bioquarter

Good morning everyone,

We know that working at the Bioquarter is valuable and rewarding, but can also sometimes be stressful and difficult; and sometimes some support is needed.

The University run a counselling service (available [here](#)); but you may feel that counselling is not for you, or you want to try something in addition - or the waiting list may be long. And so, we have compiled a list of activities that support good mental health and which take place in the Bioquarter. They are all very welcoming to anyone who would like to join in!

Jog Scotland groups

Many people find that physical activity improves mental health - if you would like some more information on how this works, the Mind website [here](#) has some details.

There are three jogging groups a week which leave from the Bioquarter. They are welcoming and friendly, especially to beginners. Read more about these jogs on their [website](#).

Mindfulness sessions

Regular mindfulness drop-in sessions are run by the Chaplaincy as part of their Mindfulness and Compassion Initiative. Everyone is welcome and invited to attend, from complete beginner to experienced.

During the academic term sessions are held every Friday between 1.10 and 2pm in Room 5, Chancellors.

Next dates: September 13th/ 20th/ 27th; October 4th/ 11th/ 18th/ 25th; November 1st/ 8th/ 15th/ 22nd/ 29th.

To find out more about the Edinburgh University Mindfulness Initiative please read [here](#)

Weekly Thursday lunchtime walk

Walking is one of the easiest ways to get active. A weekly walk leaves from the Chancellor's Building reception; emails from Marie Craigon to the social noticeboard (socialnoticeboard-lfcrescent@lists.ed.ac.uk) give details each week. The walks will start up again in late August after school holidays - all welcome!

SolidariTEA

These sessions for postgraduate students are an entirely confidential place to discuss stresses - related to work, personal issues, or anything else - in a supportive environment. Tea, coffee and biscuits are provided for all (including vegan and gluten free).

Sessions take place at 11am on the first and third Wednesdays of every month, in the Fyffe room, third floor QMRI.

Contact - postgradslittlefrance@ed.ac.uk

Biorhythms - the Bioquarter community choir

Biorhythms is a new choir for all staff, students, patients and visitors to the Bioquarter. The aim is to increase wellbeing for everyone - so it is free and there is no audition or need to read music.

Rehearsals are on Tuesday evenings, 7-9pm, in the seminar room, CRM building, 5 Little France Drive. The first rehearsal is Tuesday 3rd September.

If you would like to attend please book your spot on [Eventbrite](#)

CRM Wellbeing at Work

In October 2018, the Centre for Regenerative Medicine funded a number of places for staff and students to undertake training with MHScot Workplace Wellbeing to become Mental Health First Aiders. CRM now has 13 trained first aiders from all areas of the Centre who are available to support, signpost and promote good mental health for all staff and students.

Following training the First Aiders launched a 'Wellbeing at Work' initiative. This is a programme of monthly activity led by one of the first aiders, during the working day, and is generally an activity that one of the first aiders finds beneficial to their own mental health and wellbeing.

So far sessions have been run on gardening, crafting, good mood food and walking. Activities are open to anyone across the Bioquarter so if you would like more details please email crmwellbeing@ed.ac.uk.

For details of the Bioquarter D&I committee contact emily.findlay@ed.ac.uk

