**Well Now** is a monthly wellbeing newsletter for staff from the University Wellbeing & Engagement Group, that provides information campaigns and promotes development activities for staff at the University. You can find it by clicking the link: [Well Now January 2021](#). If you would like to subscribe and receive the newsletter directly to your email inbox, follow this link to be added to our subscriber list: [Subscribe to Well Now](#)

**Flexible Working Forum**, Thursday 11 February 2021, 13.00 to 14.00: [Flexible Working Forum - PDMS - University of St Andrews](#) (st-andrews.ac.uk)

**Student Advice and Support Centre**: [ASC | Current Students | University of St Andrews](#) (st-andrews.ac.uk)

**Disability and Health-Related Issues**: [https://www.st-andrews.ac.uk/hr/edi/disability/](https://www.st-andrews.ac.uk/hr/edi/disability/)

For any queries regarding **staff wellbeing**, please email [wellbeingforstaff@st-andrews.ac.uk](mailto:wellbeingforstaff@st-andrews.ac.uk)

If you need any confidential support, for physical or mental wellbeing, please don’t hesitate to contact **Occupational Health**: [occhealth@st-andrews.ac.uk](mailto:occhealth@st-andrews.ac.uk)