

Health & Wellbeing Event 25th to 28th October



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 exhibitors to the Atrium on the Tuesday, Wednesday and Thursday.

- Air Space
- Carers Scotland
- Citizens Advice
- College Chaplain
- Contact the Elderly
- Fire Scotland
- HIPY
- LANDED
- Mermaids
- One Parent Families Scotland
- Open Secret
- Partners for Inclusion
- Police Scotland
- Rape Crisis Scotland
- Nil by Mouth
- Scottish Slimmers
- Skills Development Scotland
- SDS
- Terrence Higgins Trust
- British Heart Foundation
- NHS Blood and Transplant
- Moira Anderson Foundation
- The National Confidential Forum
- Victim Support
- xercise4less
- NHS 24
- MSYP
- Nuffield Health

Our staff and students were offered free Mini Manicures, Mini Facials and Shampoo & Blow dries were available for everyone (*courtesy of Hairdressing, Make-up Artistry and Beauty Students*).

[Inspire Catering had healthy options available all week.](#)

Staff MOT's - Staff had the opportunity to get their blood pressure and BMI checked by the HNC Care and Administrative Practice Students.





On Friday the 28th October, the College hosted a Halloween Special **Wicked 'n' Pink** event in support of Breast Cancer Care and the dress code for the day was **Pink**. There were fantastic prizes for the best dressed. The Events Students organised the day as of their event planning experience and the photography students also participated. In total £640 was raised for Breast Cancer Care.

