

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

Wellbeing Champion February meeting

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WBC Newsletter!

- We've started a WBC newsletter for 2020
- bit.ly/wbcnewsletter2
- Contains details of:
 - Upcoming events/opportunities
 - Things to promote
 - Helpful documents for you
 - Everything that would usually be sent in an email!



Upcoming opportunities!



Don't forget to take pictures!

Mindful messages event:

- **Message writing 19th & 20th Feb**
 - 2pm-4pm Main Library
- **Message distribution 24th Feb**
 - 8am-10am – Study spaces across campus

[Find out more & sign up](#)

Made me happy today photo display:

- Champion event for students to submit their “made me happy today” photographs
- **Help to display photographs Fri 21st Feb**
 - Main Library (times to follow!)

[Find out more & sign up](#)

Upcoming opportunities!



Don't forget to take pictures!

University take notice event:

- The Student Communications team are running a **take notice event** in the week 24th-28th February.
 - Champions are asked to help with distributing cards/posters etc.
 - **Thursday 27th Feb**
 - **Friday 28th Feb**

[Find out more](#)
[& sign up](#)



Muse headbands

- Meditation tool free for students to use
 - Find out more here: bit.ly/uommuse
- Headbands for you to borrow
 - You will need training on how to use them
 - I'll set up a training session based on interest
 - If you'd like to run a meditation session in your school please email:
studentwellbeingchampions@manchester.ac.uk

Wellbeing Wednesdays!

- An initiative to get everyone in the University involved
- Various activities are taking place:
 - Muse headband sessions
 - Charging bicycle
 - Interactive Instagram posts
- Wellbeing Wednesdays could be the basis for your events!
 - Or use this as your monthly promotion!

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It's Wellbeing Wednesday!

How are you looking after your wellbeing today?

#uomwellbeingwednesday

connect give take notice be active be healthy learn and discover

Don't forget about these resources!

List of resources for you to use for your events:

bit.ly/wbceventresources

The resources page on WBC website:

- Event examples & example event plans
- All relevant Google Forms

bit.ly/wbcroleresources

Champion event ideas

- The current suggestions for Take Notice events are:
 - Treasure hunt
 - Bake sale
 - Feel free to use these ideas or come up with your own!

Champion events

- Take notice events:
- Please complete the event proposal form **14 days before your proposed event date!**
- A list of Champion events will be made available for everyone to see.

Events: promotion

- Template posters & social media posts are available on our [Dropbox](#)
- Please also share any University/champion events you see!



Stellify: don't forget
to evidence!

Blogs

- We have a new blog page!

bit.ly/uomwbcblog

- If you're writing a blog this semester, please submit it here:

bit.ly/WBCblogform

Discussion

- Group discussion about your school event plan or blog plan for Take notice.
- If you have time, please complete the event bit.ly/WBCevent-proposal-form
- If you're struggling with Take notice, think of some ideas for Be active!

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Any Questions?
