

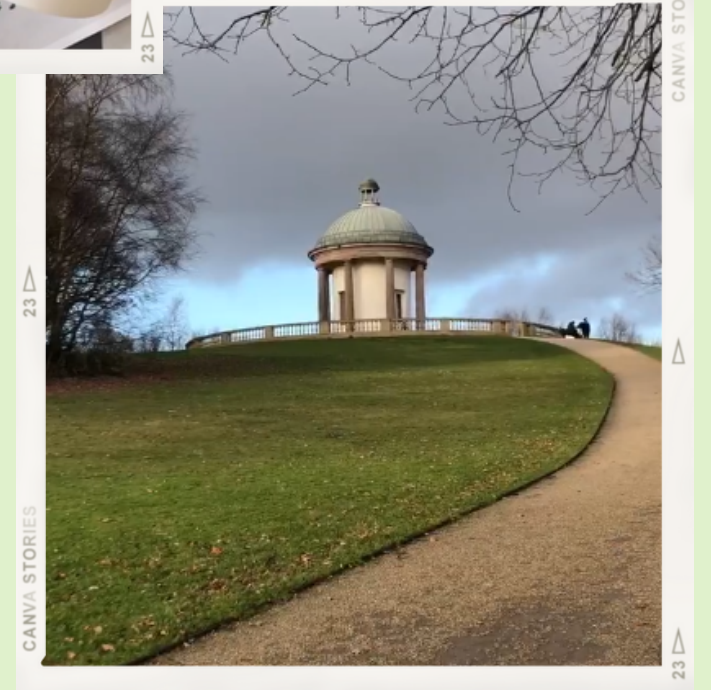
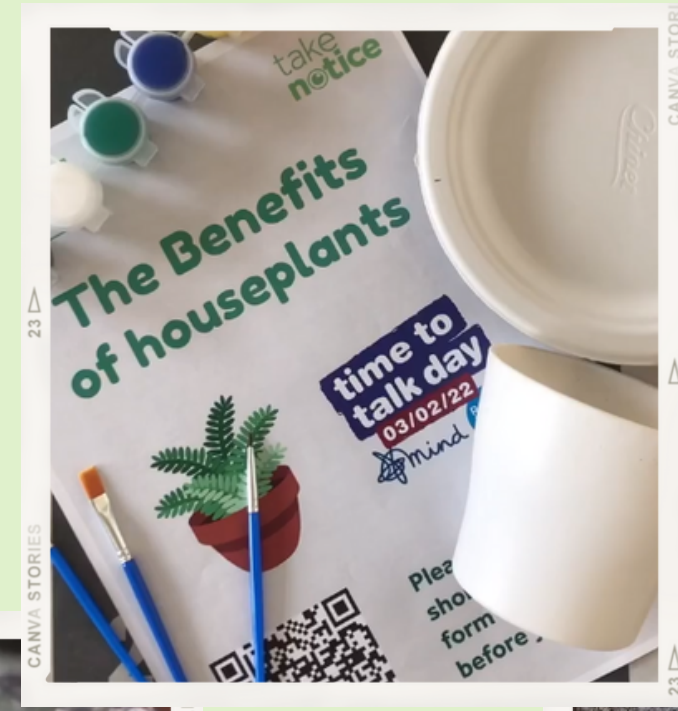
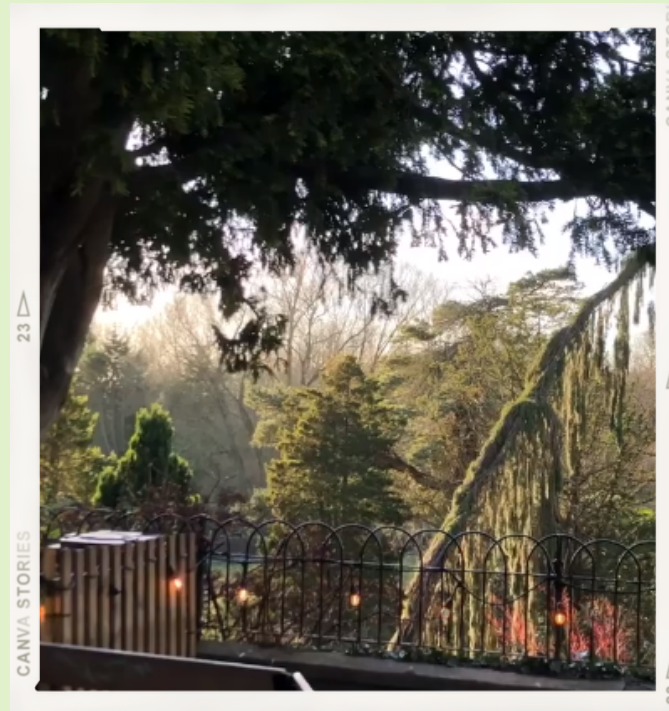
MANCHESTER
1824

The University of Manchester

Take Notice and Student Wellbeing Team Roundup



SIXWAYS
to wellbeing



Introduction

We welcomed in 2022 with our first way to wellbeing, Take Notice.

In January and February we encouraged students to Take Notice of how they were feeling. We released content on Blue Monday with messaging around addressing negative self talk. We ran a 'Grow your own Plant' event which encouraged students to participate in a mindfulness activity. We also facilitated a talk around the difference between limerence and healthy relationships as part of our Valentine's Day comms.

We also released content including our Manchester park Instagram reels which depicted how students could Take Notice of their surroundings. In our communications around Time to Talk Day, we emphasised the importance of checking in with friends and family as an alternative spin on Take Notice.



Instagram Data

138

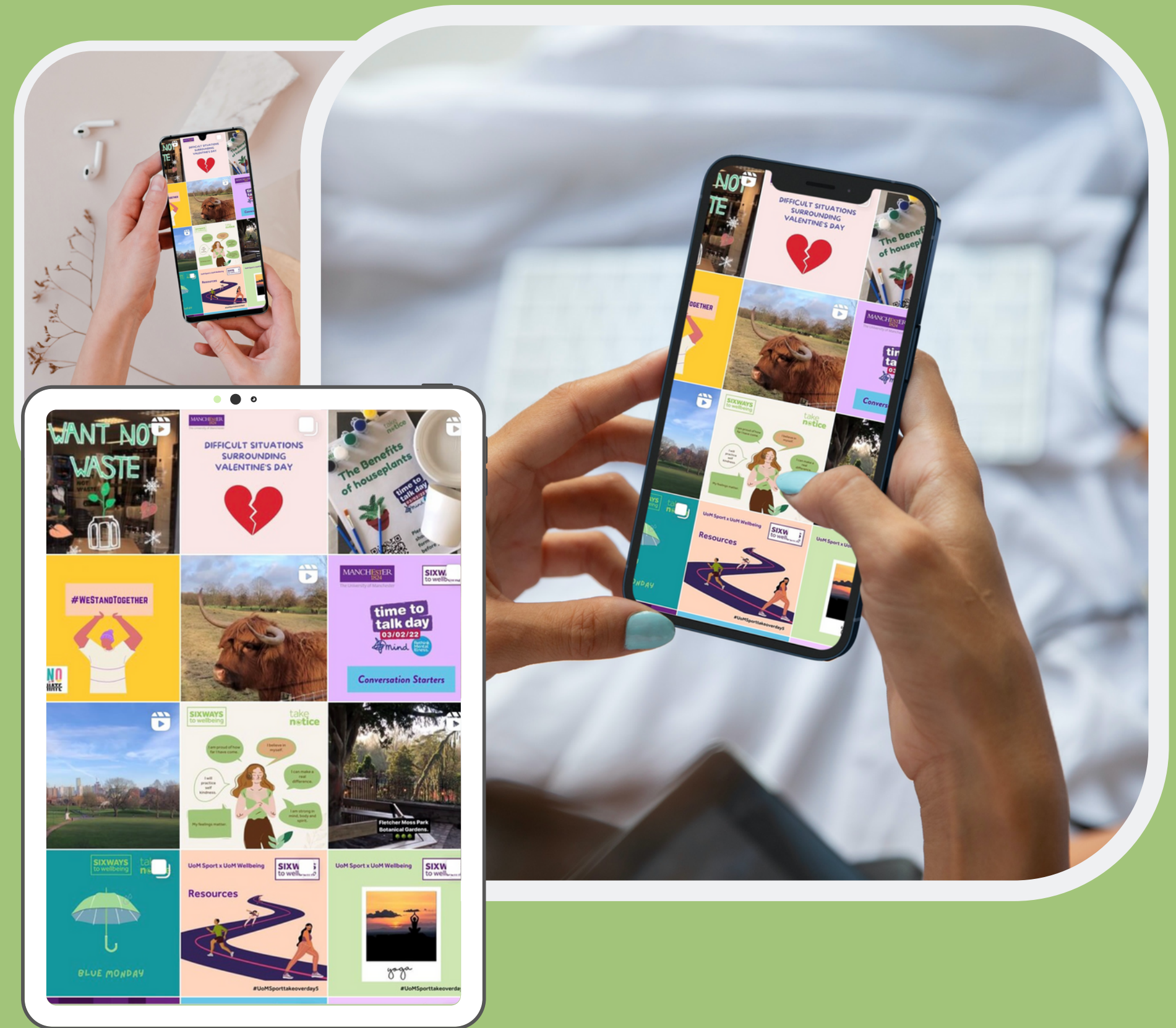
New followers to the account over January and February.

938

Total likes across January and February.

160

160 saved posts from students over January and February.



Instagram Reels

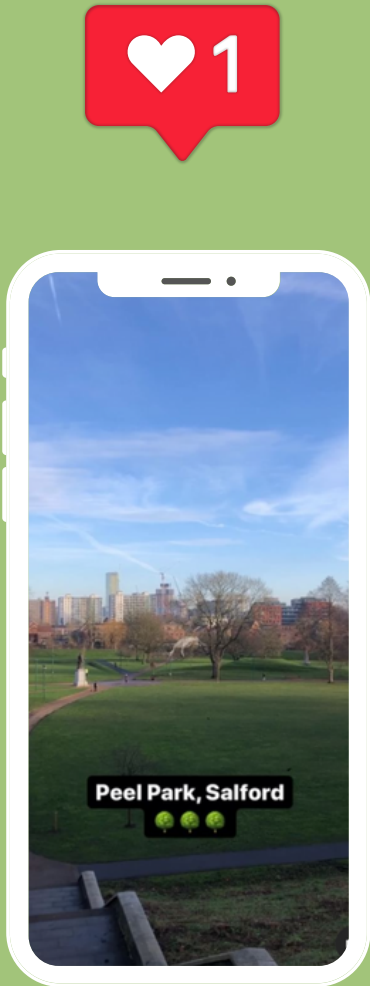
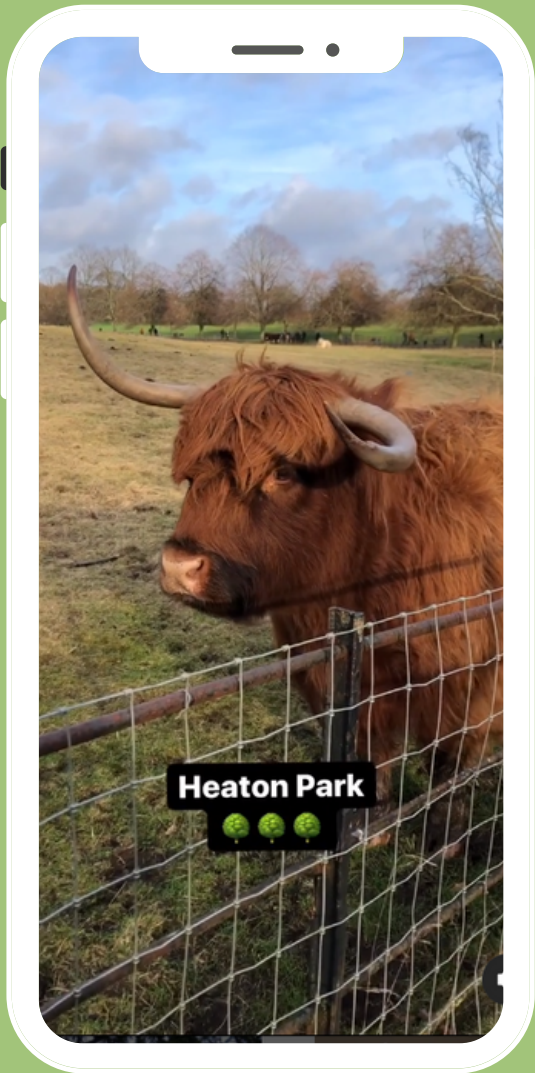
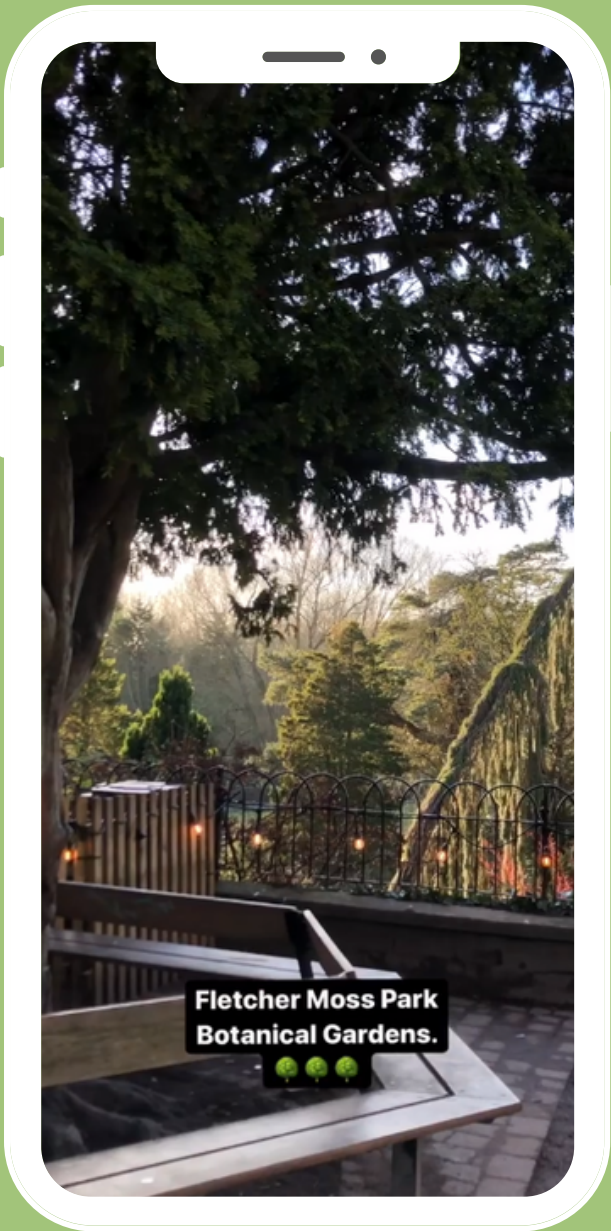
In January we launched Instagram reels on @uomwellbeing with a focus on how students can Take Notice in local Manchester parks and green settings. We spotlighted Fletcher Moss botanical gardens, Heaton Park and Peel Park. As the reels have been well received by students, we plan to release a new one each week focusing upon the 6 Ways to Wellbeing.



New Accounts reached average with reels.



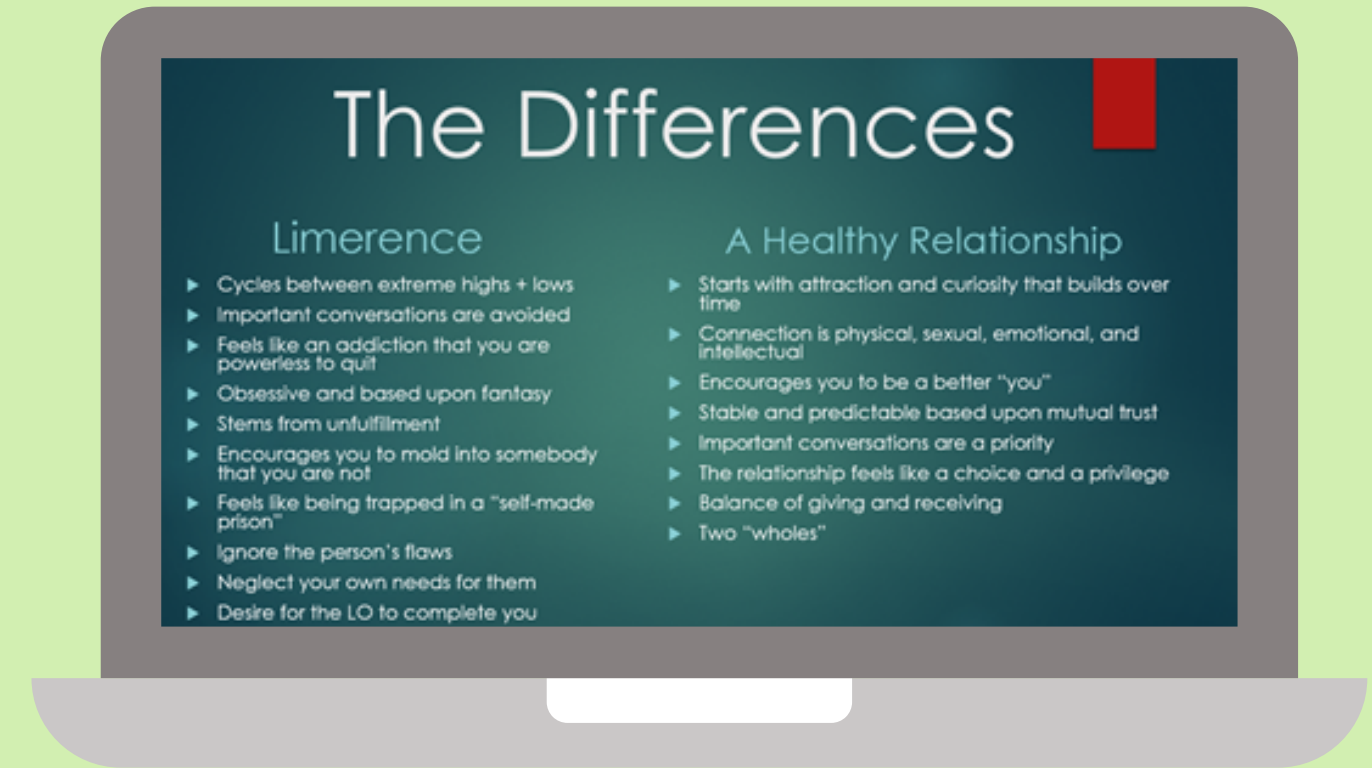
Saved reels on average from students.



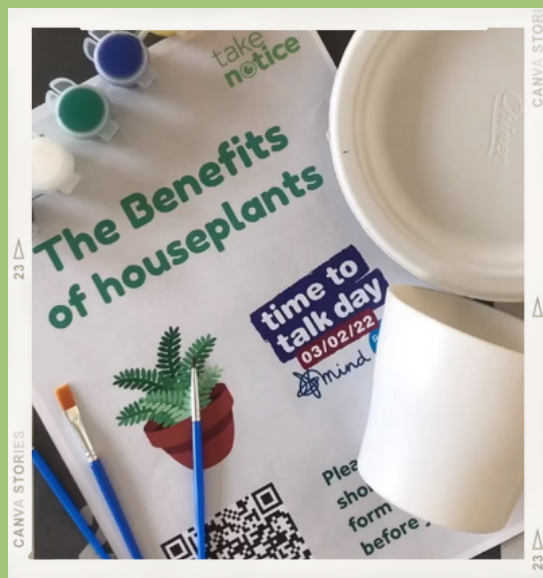
Time to Talk Day/ Valentine's Day

We spotlighted Time to Talk Day by running a 'Grow your Own Plant' event which was well received by students. Students were given art supplies to paint a plant pot and then soil and seeds to plant. We found that students would like to participate in more art based and in person events. One student said, 'it got my mind to focus on something purely to enjoy and helped to calm it. I had forgotten how art comforted me and it was good going back to it.' 93% percent of students thought that the event boosted their wellbeing.

Students told us they appreciated the opportunity the event gave to talk to their friends and meet new people.



As part of our Valentine's Day comms, we organised an online talk where staff and students could learn more about the difference between a healthy relationship and limerence from an external speaker. The event was well received by students with one attendee saying, 'it made me more self aware of my own behaviours and taught me some new strategies for making positive changes to my life.' Another student wrote, it helps me understand my behaviours.' As the talk was well received by students we plan to organise similar events in the future.



'It got my mind to focus on something purely to enjoy and helped to calm it. I had forgotten how art comforted me and it was good going back to it.'

'Grow your own Plant' event February 2022



'[The Valentine's Day talk] validated some emotions [and] created a safe space for everyone to relate and not feel alienated. The applicable tips at the end were also very helpful.'

Valentine's Day Talk, February 2022



National Student Money Week

Between 21st-27th February we supported National Student Money Week. The theme this year was sustainability, which gave us the opportunity to collaborate with 'Want Not Waste' through an Instagram reel promoting the sustainable on-campus shop. Students received tips from student volunteers within the shop on how they can save money and be sustainable. For this, we used the 'collab' feature on Instagram which increased engagement. We will continue to use this function to demonstrate the different resources students can access at the university.

We also ran a 'Clothes and Books Swap' in University Place where students could bring in their old items and swap them for free. Engagement for this event was positive with lots of students swapping items.

We collaborated with the Student News Team to write an article on financial wellbeing which included wellbeing advice, money saving tips and what financial support is available at the university.



Student Wellbeing Champion Recruitment



Recruitment of Student Wellbeing Champions started in the first week of semester 2. We trained the wellbeing champions to understand the Six Ways to Wellbeing to allow them to facilitate events and promote the framework.

Now the Champions are in post and trained, they will begin to run events around the Six Ways both on campus and within halls.

Student Support Website Data



Student Support Website



Users accessing the Student Support website over January and February. The most popular pages accessed by students included information on mitigating circumstances and financial support.



NHS Guidebooks



Total views of the NHS Guidebooks via the Student Support Website throughout January and February. Anxiety was the most frequent guidebook accessed.



Wellbeing Chat



Total chats facilitated by the online chat function on the Student Support website across January and February. Despite demand for the wellbeing chat, the number of students accessing it remain low. We plan to promote the chat function in the coming months.



Email



Appointments



Student issues



Continued

Over January and February there were a total 252 queries via email directed towards the central student support email (studentsupport@manchester.ac.uk). There are a range of queries sent to this inbox and we aim to reply within 2 working days.

42 students requested appointments for wellbeing related concerns. These students were supported through conversations around how to boost their wellbeing, and in some cases students were referred on to more specialist support.

Our wellbeing advisors see a range of students with varying queries. Examples include practical concerns including time management/motivation, on course support around mitigating circumstances and more specific mental health/wellbeing concerns such as low mood and anxiety.

take notice

Taking Notice is difficult in the exam period and during the bleaker winter months. We aimed to show students how they can Take Notice of themselves, their friends/ family and their surroundings despite some of the challenges the winter months might bring.



be *active*

Our next way to wellbeing is Be Active, which will span over March and April. We will be covering the benefits of movement and exercise in relation to wellbeing, with a focus on inclusivity in this area. Updates will be circulated via the Student Support Listserv, @uomwellbeing on Instagram and the Wellbeing Events Calendar (bit.ly/UoMWellbeingCalendar).

