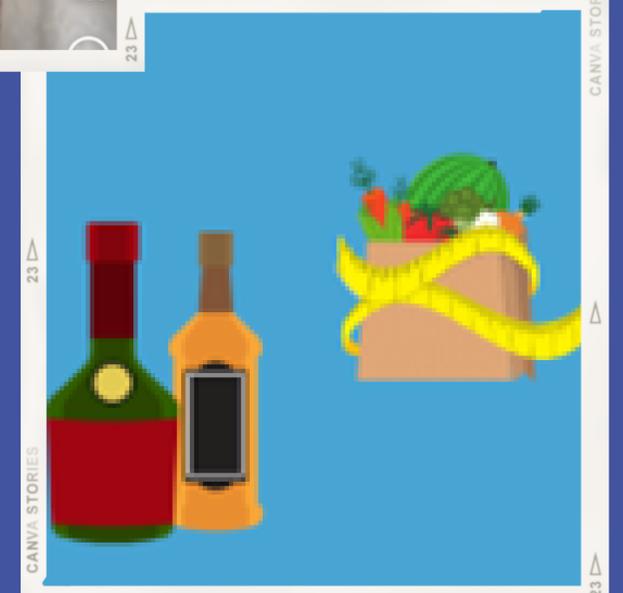
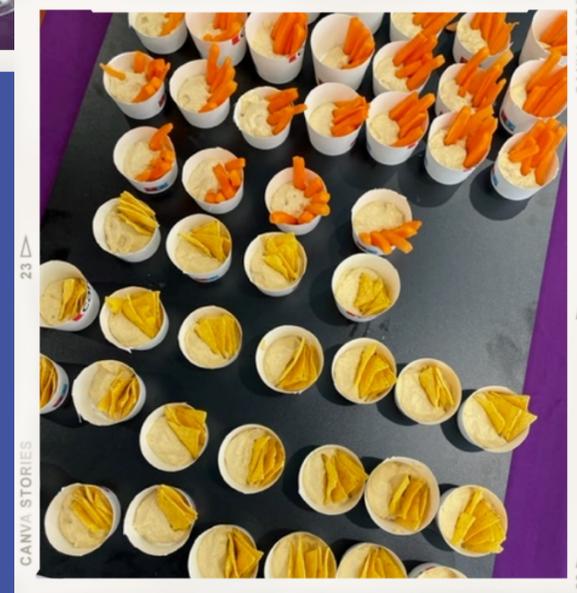
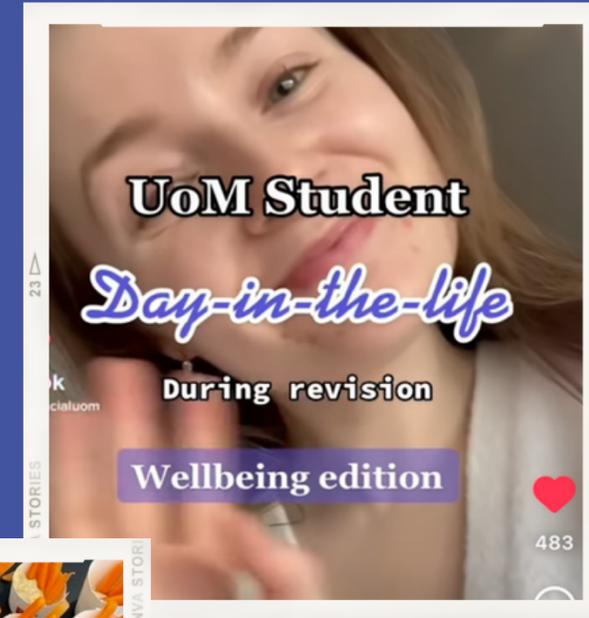


MANCHESTER
1824

The University of Manchester

Be Healthy and Student Wellbeing Team Roundup

SIXWAYS
to wellbeing



Overview

Our communications in May and June focused on how making healthy decisions is integral to wellbeing. We did this by highlighting the benefits of a balanced diet, sleep, personal safety, self care and hydration.

We promoted 'Be Healthy' by supporting Men's Health Week, International Hummus Day, and running a 'Be Healthy' workshop with the psychology department. We also highlighted the importance of hydration by giving out free water bottles to students as a kind gesture to students during the exam season.

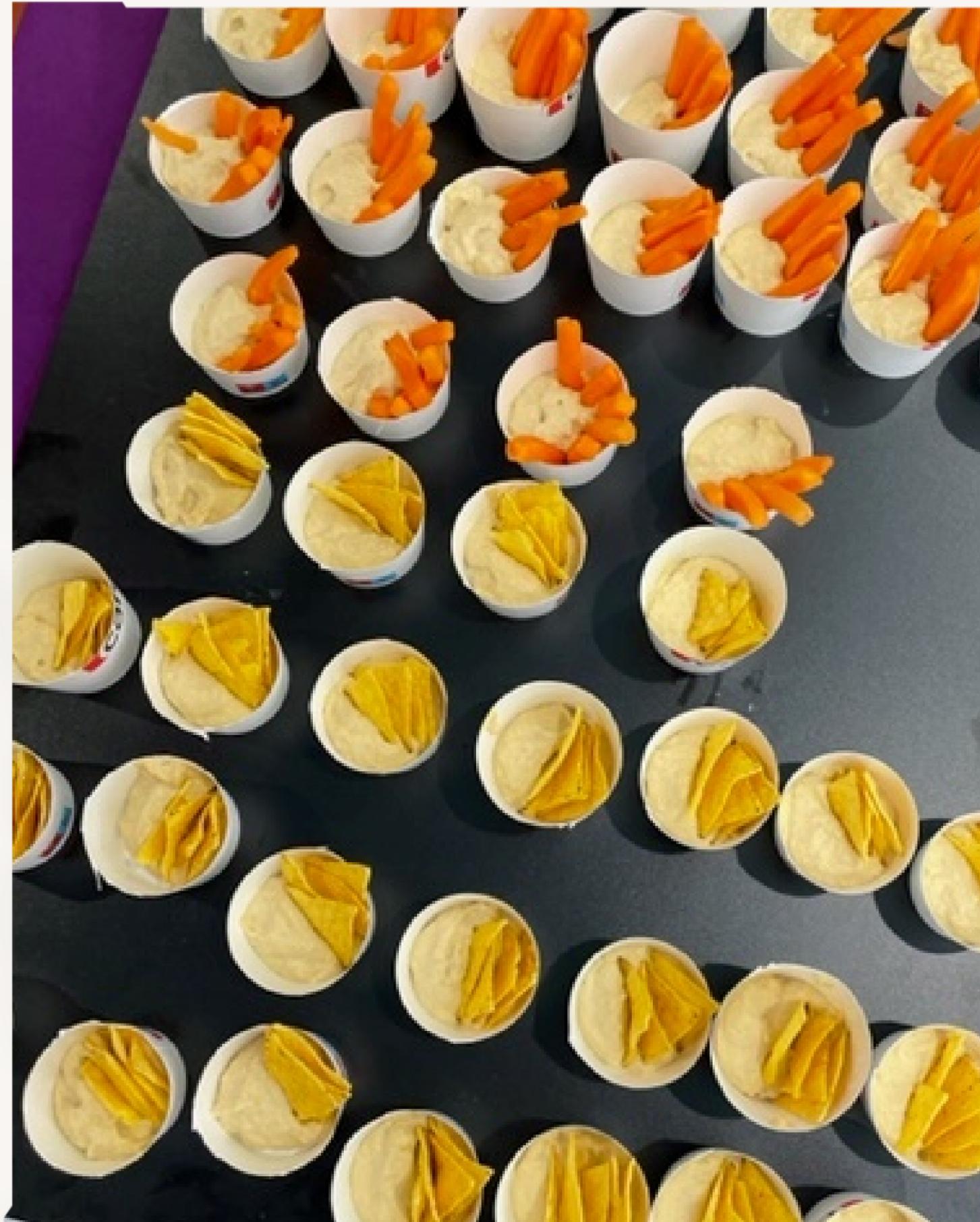
Online and via social media, we highlighted 'Be Healthy' by creating recipe reels, each led by our Student Wellbeing Champions. We also collaborated with @uomofficial to showcase the day-in-the-life of a student taking care of their wellbeing during the revision period.



Mental Health Week

In support of Mental Health Week we promoted a schedule of events, including a 'Be Healthy workshop' with the psychology department and Counselling & Mental Health Service workshops.

The week also coincided with International Hummus Day and to celebrate we gave out free pots of hummus and carrots/tortilla chips to students. This was well received and the students fed back that it was a nice gesture before the exam period.



Mental Health Awareness Week



Be Healthy Workshop!

Did you know your physical health can have an effect on your mental health?

Do you find it difficult to change your unhealthy behaviours?

We have two health psychology experts who will deliver a workshop to show you...

Wednesday 11th

Uni Plaza 6.21

1-3pm

Sign up: <https://bit.ly>



BINGO

Find someone that meets each of the following statements and write down an example (what or where/when) of each statement you meet!

I can play an instrument	I have achieved a graduate level of	I work as a night shift
I have met a millionaire	I have taught myself a new skill	I helped to build a better world I really didn't want for it
I have done voluntary work for a month or more	I have done something I am proud of	I have spontaneously given my help

Be Healthy Workshop

Our Be Healthy workshop was delivered by two health psychology experts and focused on how our physical health can have an effect on mental health. The workshop also covered how students could use a range of health psychology-based techniques to change any unhealthy behaviours.

By the end of the workshop, participants had an action plan on how they would start to make these healthy changes. These included plans to change behaviours around discipline, exercise, sleep and diet, by using the techniques they had learnt during the workshop.

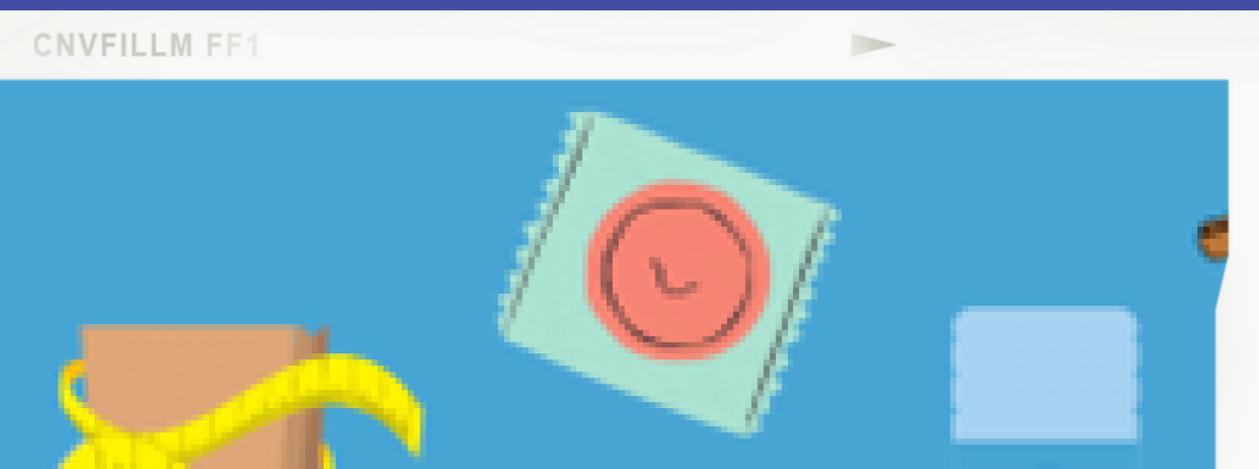
Defining what mental health means to us [was useful and] exploring techniques & explaining the science behind it.

-Be Healthy Workshop May 2022



[I enjoyed] exploring the practical techniques to tackle some situations.

-Be Healthy Workshop May 2022



Thoughtful gestures

As part of Be Healthy, we made a thoughtful gesture to students. As students entered the Main Library, we asked them to write down a wellbeing tip for the exam period and place it on our wellbeing tree. Following this, the students were offered a water bottle and snack.

We also shared information about the importance of hydration and how drinking water boosts productivity. The tree with the wellbeing tips is now in the Atrium for other students to read.

This proved to be a very popular event with great verbal feedback.



Men's Health Week

Between 13th-20th June we supported Men's Health Week. We created an Instagram post around the stigma surrounding men's mental health and what resources are available at the university.

To create the post we collaborated with our 'Student Wellbeing Partner' Louis. It included testimonies from men that had been gathered from focus groups as part of the student partner project. We also included information on how we can try address the stigma surrounding men's mental health

More information on the next page



LGBTQ+ and Men's Focus Groups

In April, we recruited two Student Wellbeing Partners to review specific content on the Student Support website. They have been working with us over the past couple of months to improve the website content relating to our male students and our LGBTQ+ students.

This included conducting research into how other universities used their support webpages to cater for these groups, as well as distributing a survey and holding focus groups with students. They have each produced a report with actionable proposals, which we will implement over the coming weeks. Our partners will then review the changes with those involved in the survey/focus groups to ensure we have captured their thoughts and ideas.

'Be Healthy' Focus Groups

In March we received feedback on 'Be Healthy'. It was relayed that the term could be considered exclusive for individuals experiencing long term health conditions and disabilities.

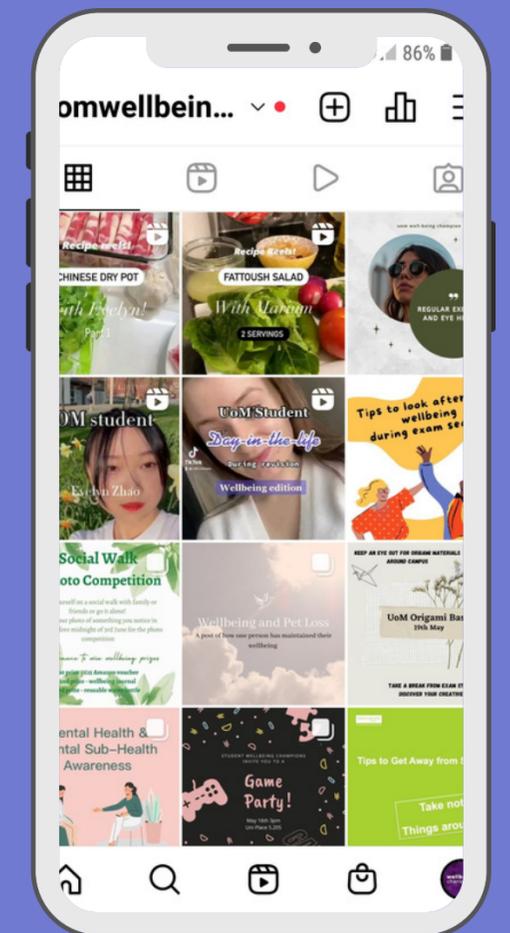
In order to address this feedback, our MGT interns have been running focus groups with students to gain further insight into the topic. We have also made some initial edits to the student support website based on insights gleaned through these groups.

The MGT interns will be collating their findings in a report to decipher any next steps.

Student Wellbeing Champions

This semester the wellbeing champions have been running their own events.

- Charity Bake Off - We held a bake-off competition with prizes for the best bakes. Cakes were sold outside the SU and a total of £79.74 was raised and split between the charities MIND and PTSD UK.
- Games Social - one group ran a games social for students to drop by and 'out play their stress'. Games included mafia, trivia murder party, board games and lots of free snacks!
- Origami Packs - some champions created origami packs for students to have a go. Around 60 packs were made and placed around campus!
- Photography Competition - a photography competition was run to encourage students to go out for a walk and take notice of the nature around them. Prizes were awarded for the best entries.
- Peer Support Presentation - one of our champions gave a presentation during a peer support debrief and raised awareness of how students can look after their own wellbeing.



Our wellbeing champions Instagram page has also been creating great content including story takeovers, informative posts and blog posts!

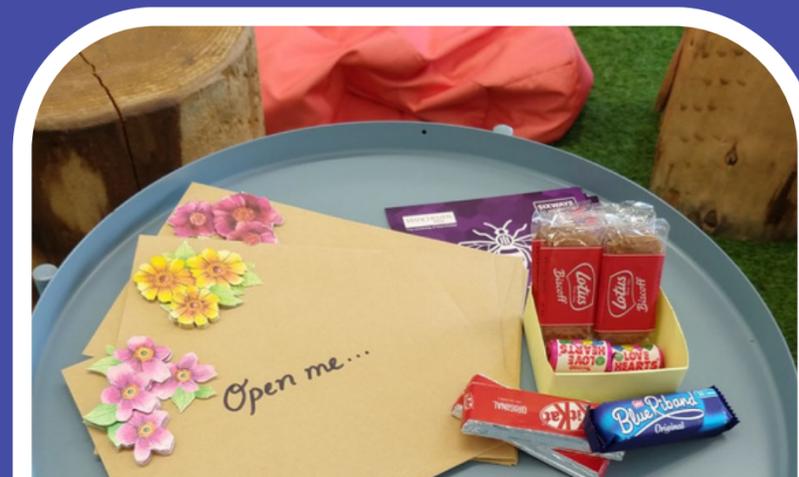
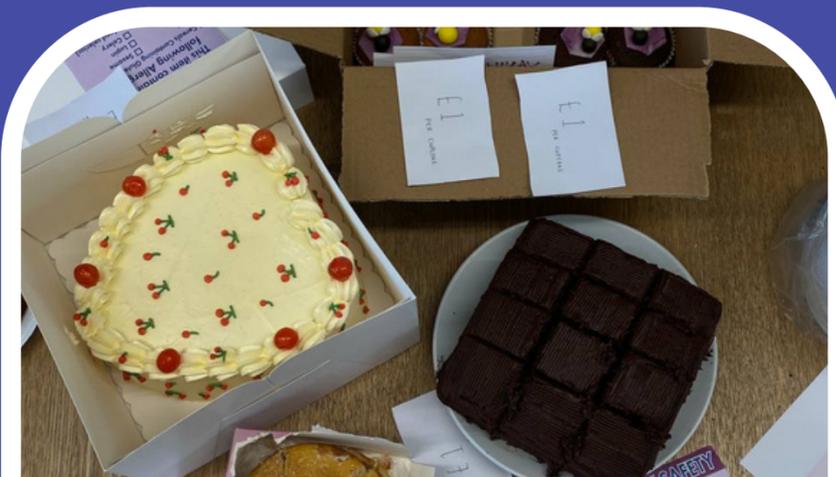
Wellbeing Champion Feedback

This year we placed more of an emphasis of the champions' own wellbeing. One of the ways in which they did this was by completing a mindfulness meditation in a wellbeing champion meeting.

Students also reflected on which way to wellbeing they would like to improve on. They also identified a wellbeing action they wanted to commit to and created a plan on how to achieve this.

Studies show we are more likely to commit to a task if we are aware that we need to share our progress with others.

Students found these tasks beneficial and shared that it helped their overall wellbeing.



I became more mindful and aware of what constitutes wellbeing. I learned that wellbeing is a journey rather than an overnight change.

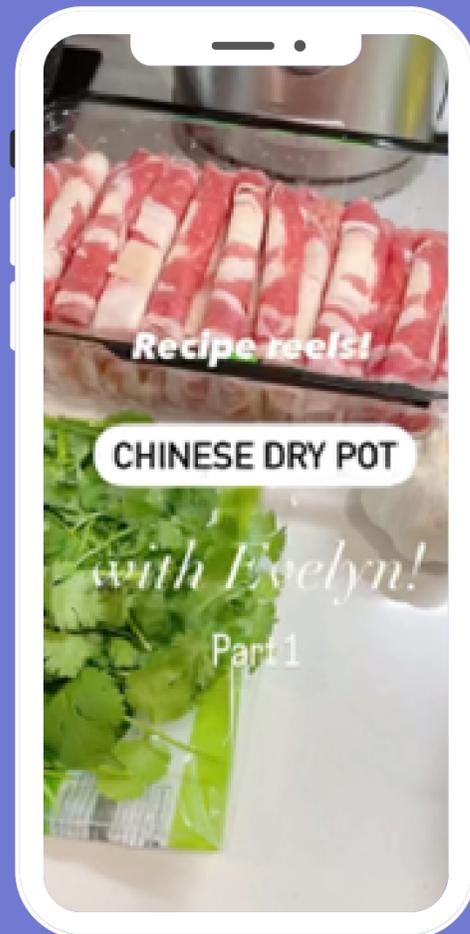
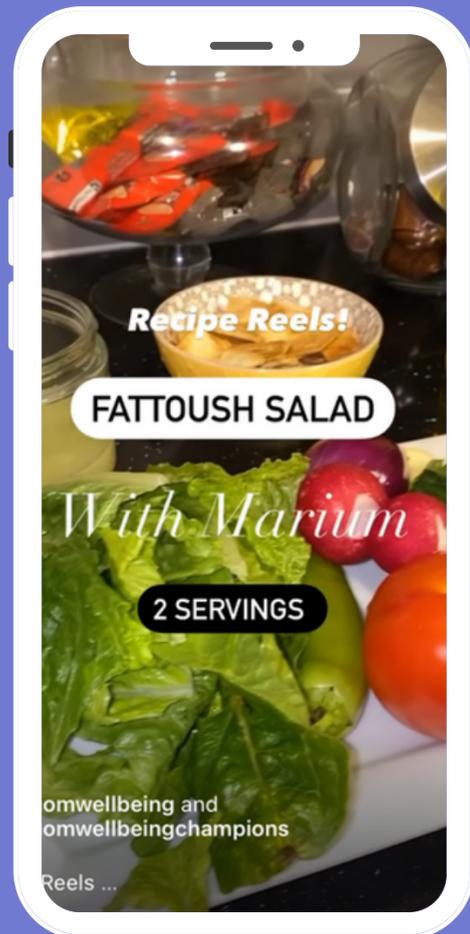
I liked working effectively with people having the same passion.

I care more about wellbeing now. I can balance my study or work time with leisure better now.

You can meet like-minded people and work in group. You also have the opportunity to do something beneficial for the wider student community.

Recipe Reels

In June, our Student Wellbeing Champions utilised our Instagram reels to film themselves making healthy international recipes. The reels included instructions and ingredients needed so that students could follow along. These reinforced the 'Be Healthy' messaging as the meals were nutritious and able to be made on a budget.



A Day-in-the-Life Collaboration

In May we collaborated with @uomofficial to create A Day-in-the-Life instagram reel of a student looking after their wellbeing during the exam period.

The collaboration was initially made and published on TikTok which was received well, gaining 142 likes. Next it was posted via the collaboration feature between @uomwellbeing and @uomofficial reaching a total of 18.5K accounts- roughly seven times the size of our current following.

The reel amassed a total of 500 likes and was saved by 49 students in total.



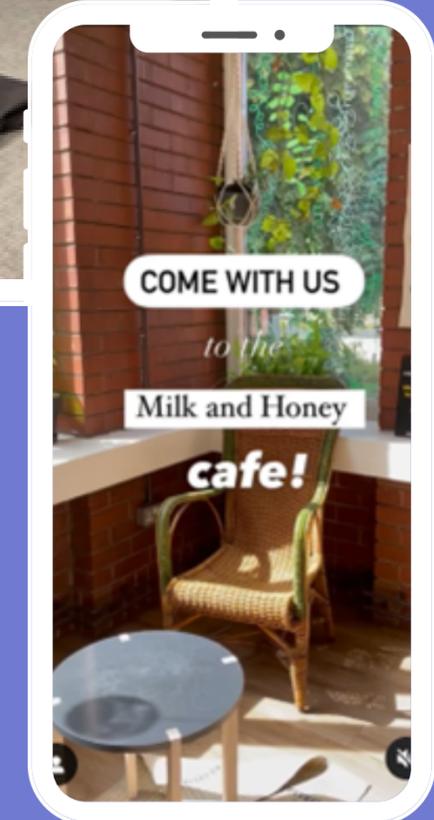
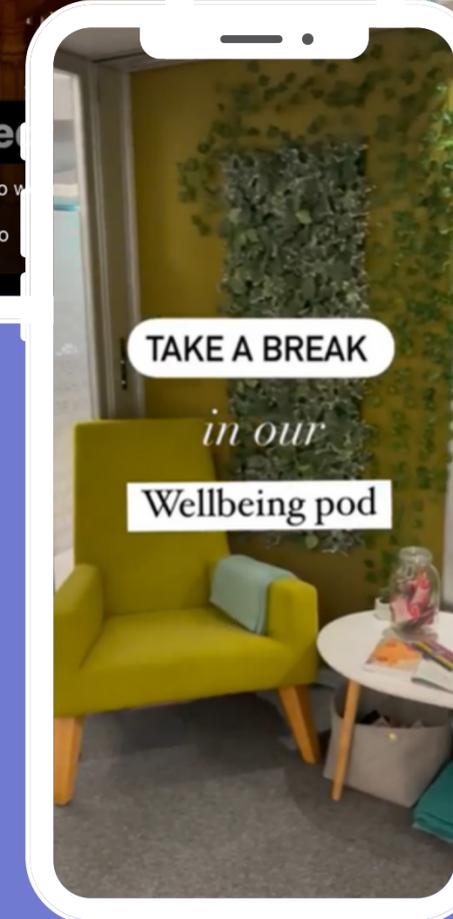
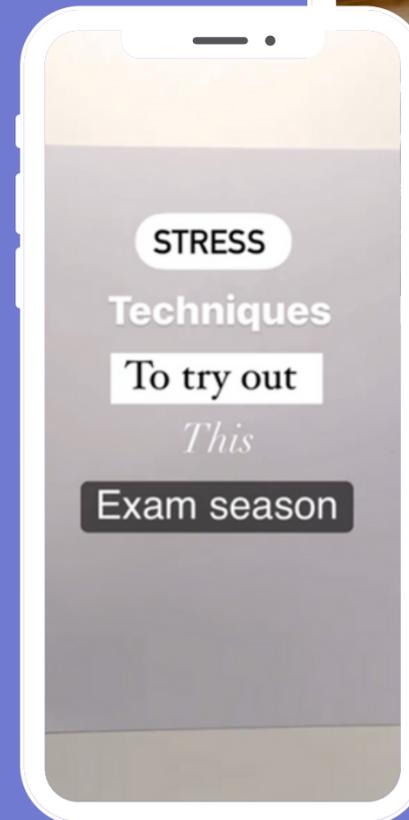
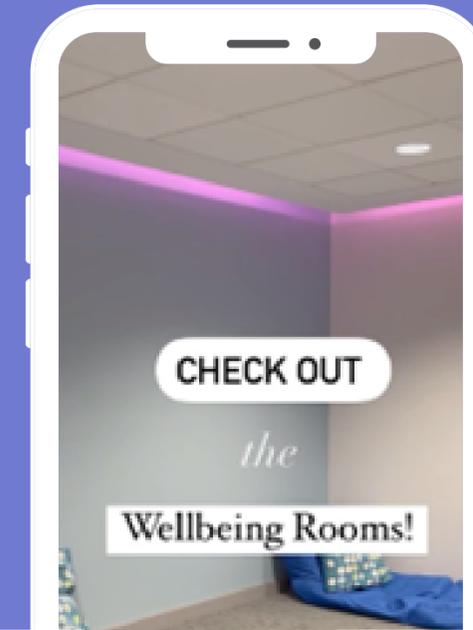
Instagram Reels

1,240

Likes

227

Reels saved by students



Instagram Data

In May and June, the Instagram feed changed to dark blue, creating consistency with the Six Ways to Wellbeing branding and our messaging across platforms.

33.5K

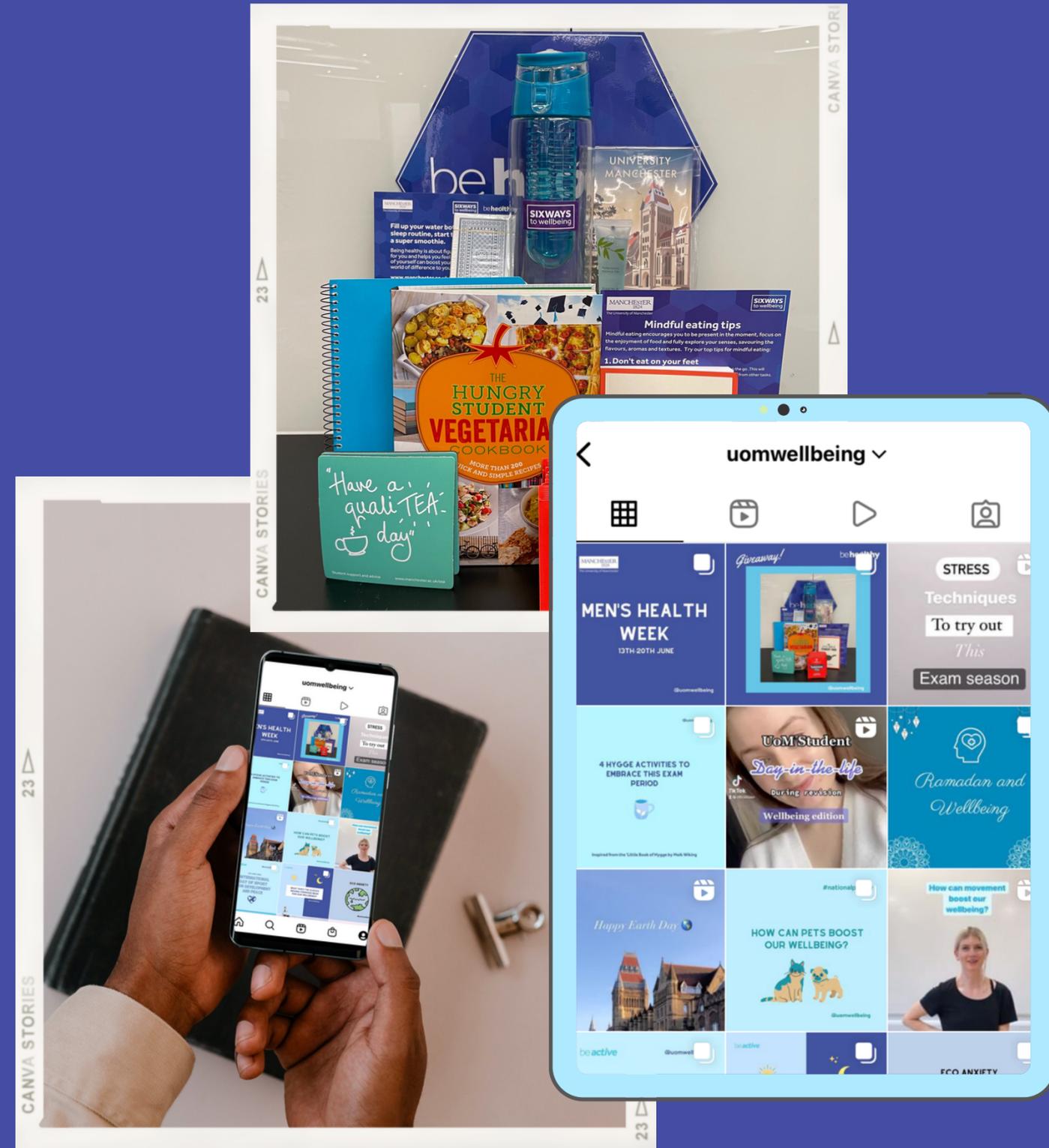
Accounts reached over May and June*

70

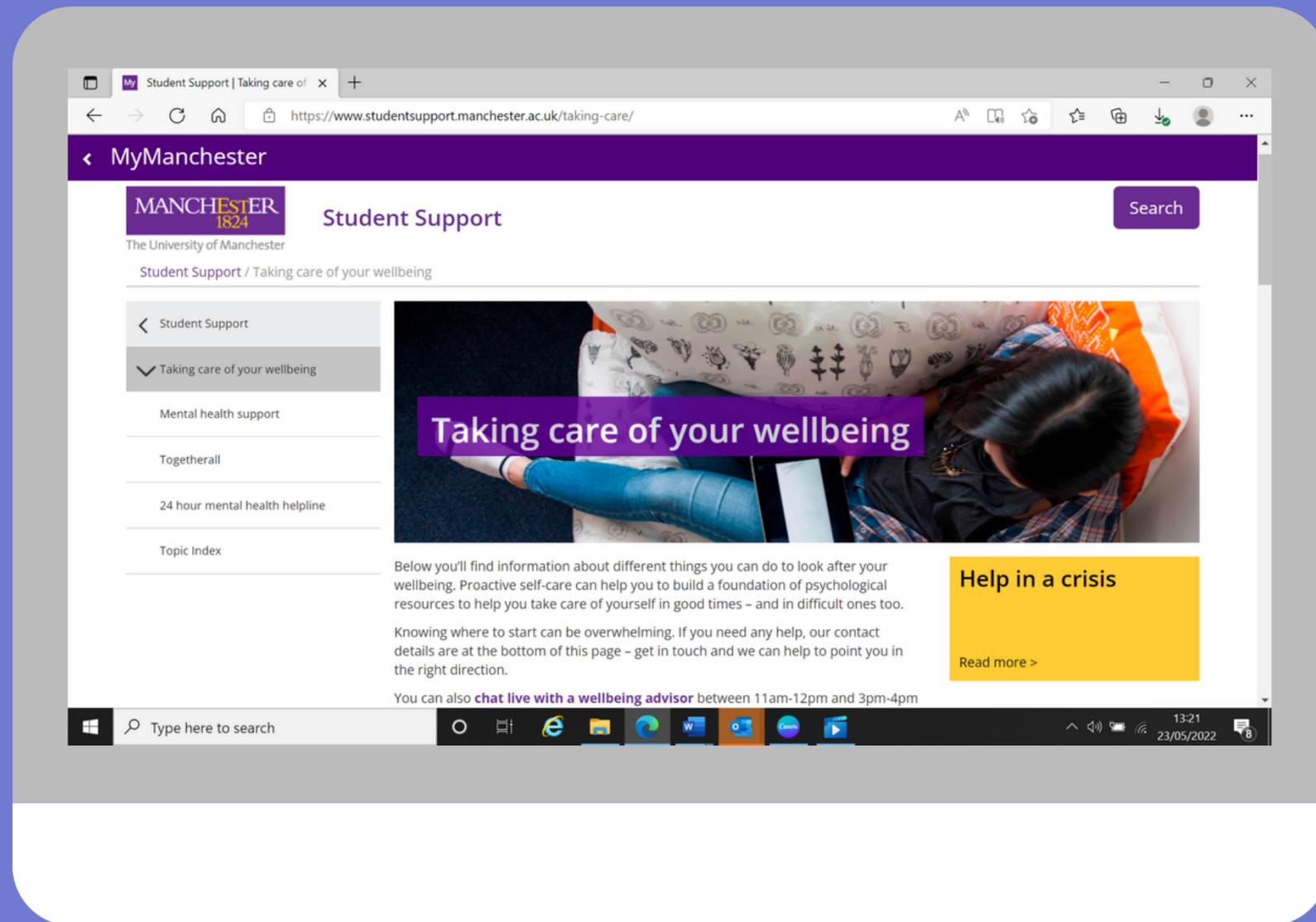
New followers across May and June.

1,242

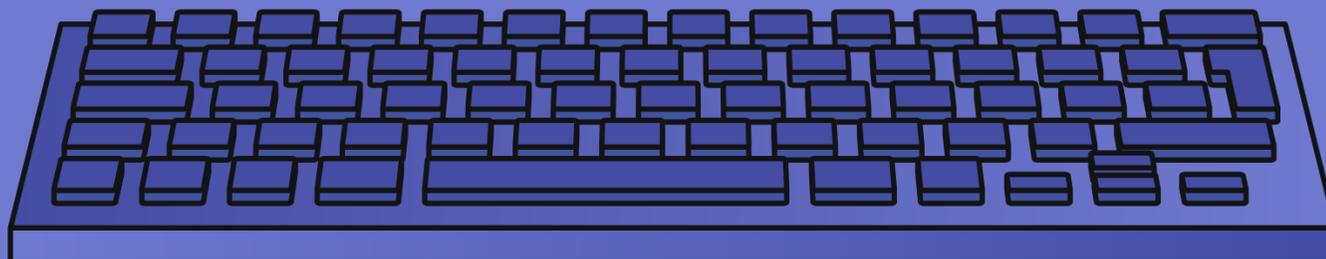
Likes from students over May and June.



*The number of unique accounts that saw any posts or stories from @uomwellbeing at least once.



Student Support Website Data



Student Support Website Data



Student Support Website



Users accessing the Student Support website over May and June. The most popular pages accessed by students included information on student services and mitigating circumstances.



NHS Guidebooks



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



Wellbeing Chat



Total chats facilitated by the online chat function on the Student Support website across May and June. Despite demand for the wellbeing chat, the number of students accessing it remains low.



Email



Continued

Over May and June there were a total 216 queries via email towards the central student support inbox (studentsupport@manchester.ac.uk). There are a range of queries sent to this inbox and we aim to reply within two working days.



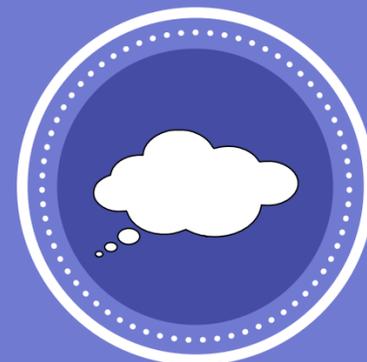
Appointments



59 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.



Student issues



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/academic appeals and more specific mental health/wellbeing concerns such as low mood and loneliness.

be healthy

During 'Be Healthy' we aimed to show students that being healthy includes a multitude of elements and not just a balanced diet.

We welcome feedback and ideas to improve our service. We also strive to make our channels as inclusive as possible and we are constantly evolving.

learn and discover

Our next way to wellbeing is 'Learn and Discover', where we will focus on how students can use the summer break to find new hobbies and keep learning.

Updates will be circulated via the Student Support listserv, @uomwellbeing and the Wellbeing Events Calendar (bit.ly/UoMWellbeingCalendar).