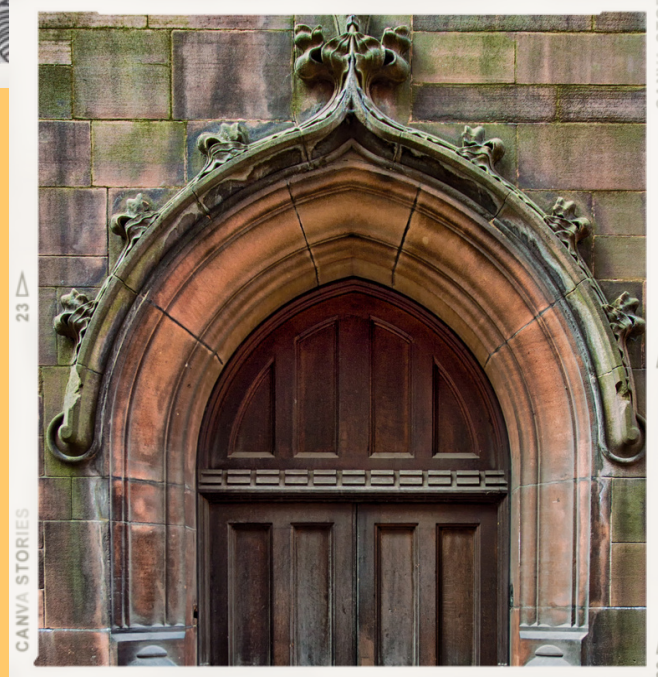
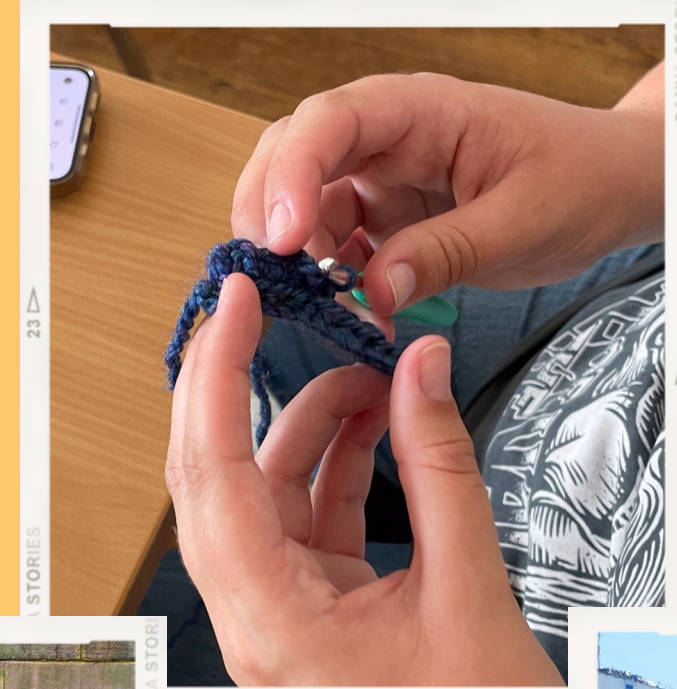


MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

Learn and Discover Student Wellbeing Team Roundup

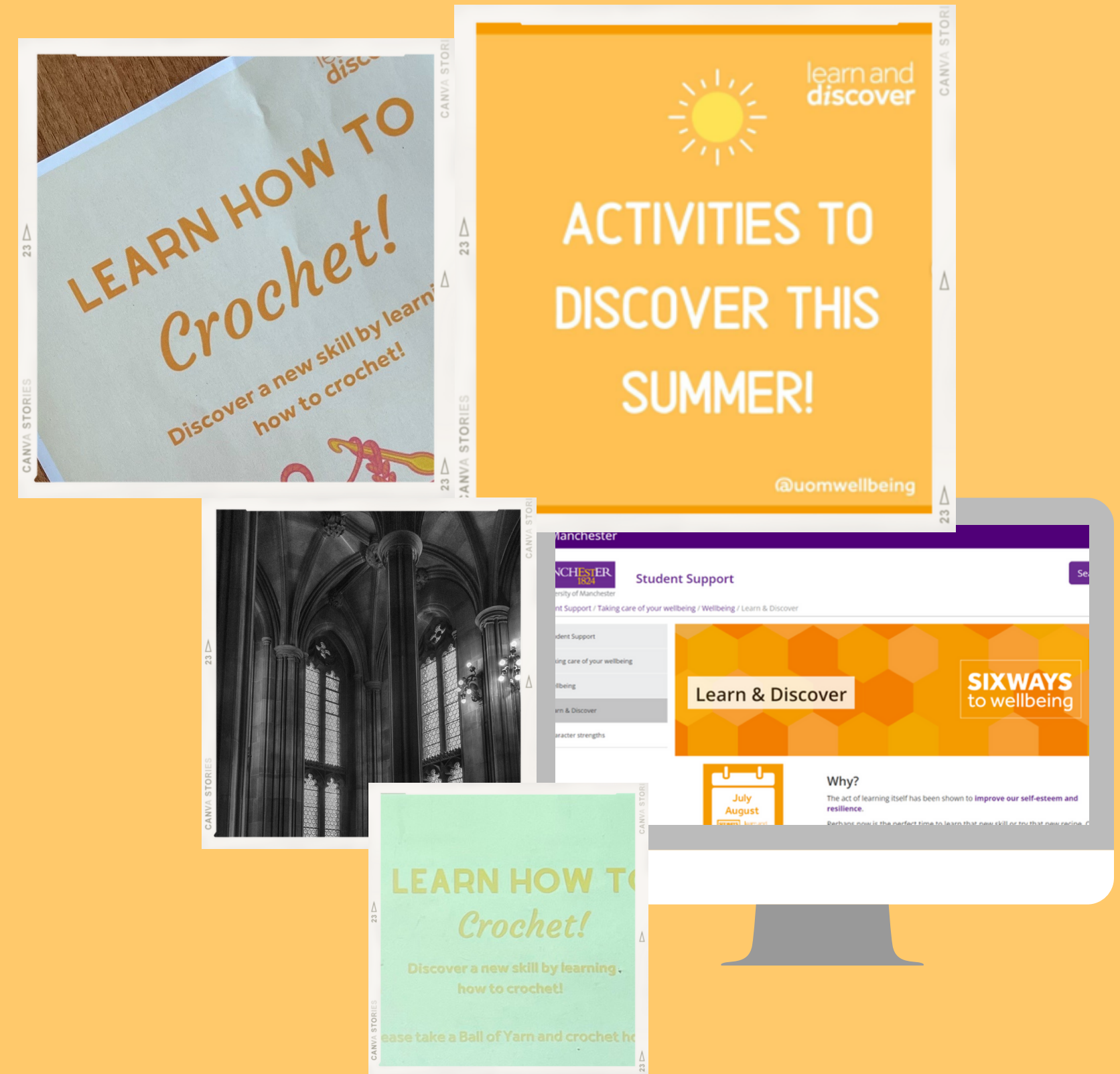


Introduction

Our communications in July and August focused on how continuing to learn and discovering new skills is integral to our wellbeing.

We aimed to show this by spotlighting places in Manchester where students could learn such as Whitworth Art Gallery and the John Rylands Library. We also ran a 'Learn to Crochet' event where students learned a new skill with experienced crafters.

We also celebrated our 100th Wellbeing Wednesday edition with a giveaway that students could enter and began to distribute period products as part of a wider campaign.



learn and
discover

LEARN HOW TO *Crochet!*

Discover a new skill by learning
how to crochet!



Scan this QR code to give feedback

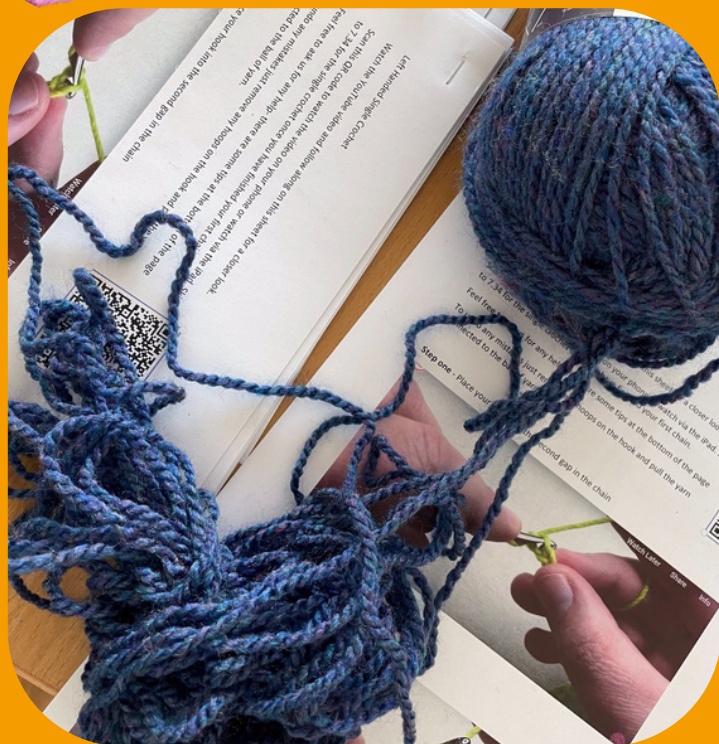


Learn to Crochet!

As part of the Learn and Discover way to wellbeing we ran a 'Learn to Crochet' event as crafting has been shown to encourage a range of health benefits.

Students were given a ball of yarn and hook to work with and began learning by watching a step by step video. Students had with 1:1 support from experienced crafters within the wellbeing and social prescribing teams. They were also given a crochet manual to assist them.

Students fed back that they enjoyed the event and were grateful to learn a new skill outside of their studies. They also reported that the crochet event boosted their wellbeing and were grateful to continue this at home. The remaining materials are stationed in the 'Wellbeing Pod' in The Atrium for students to continue to learn how to crochet.



'I got to learn new skills, non-academic one, which has provided me with a very nice break from my study'

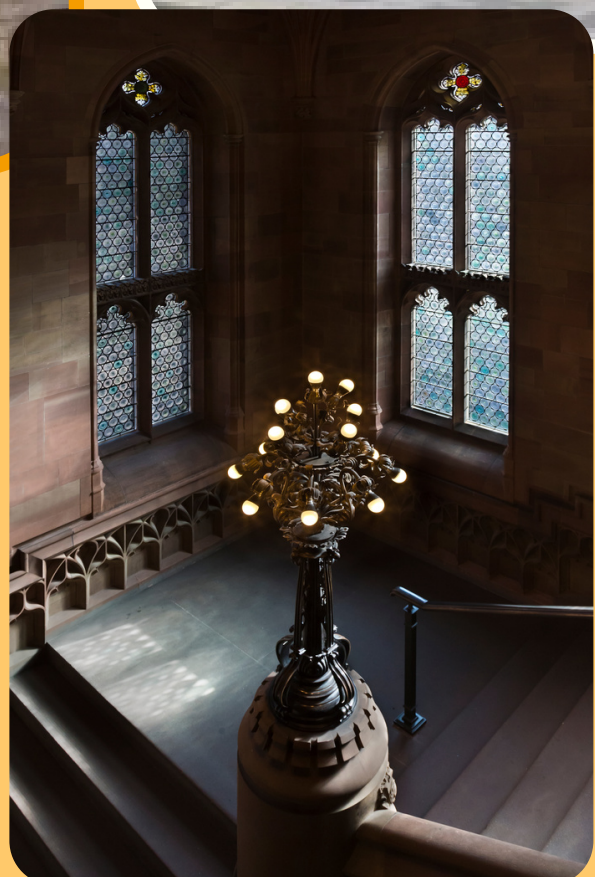
-Learn to Crochet! -July 2022



'It was my dream to learn crochet.
The trainers were so calm and friendly'

-Learn to Crochet! -July 2022





Learn and Discover Series

As part of the Learn and Discover way to wellbeing we showcased the museums and art galleries in Manchester as part of an Instagram reel series.

The first instalment focused on Whitworth Art Gallery and included the galleries 'School of Creativity' which is a community space for visitors to learn through play, making and doing.

Our second instalment was the John Rylands Library and included information on the history of the grade 1 listed building.

The last instalment was of Manchester Art Gallery which showcased their artworks and 'room to breathe' - a space dedicated to the mindful viewing of art.

Each instalment had great engagement with one reel gaining 140 likes.

Decorating The Atrium

As part of an ongoing effort to make the Atrium a welcoming space, we have been creating murals and introducing new wellbeing focused items to the space. Some of the murals include motivational quotes, a campus map and a Six Ways to Wellbeing panel.

The wellbeing focused items will include bean bags, stress balls, colouring books and more. With assistance from the social prescribing team, we have also relaunched a wellbeing pod where students can relax and take care of their wellbeing in a calming environment.



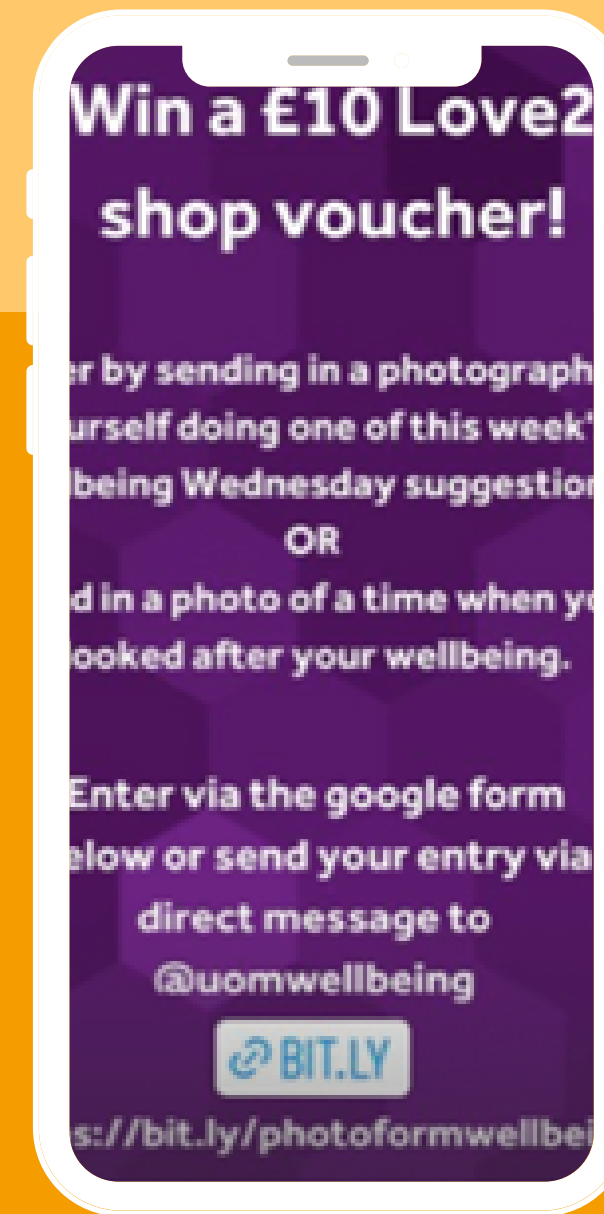
100th Wellbeing Wednesday edition

On the 27th of July we released our 100th Wellbeing Wednesday edition! Wellbeing Wednesdays are weekly wellbeing suggestions we release to show students how they can look after their wellbeing.

To celebrate, we ran a giveaway by asking students to send in a photo of a time where they looked after their wellbeing or followed the Wellbeing Wednesday suggestions. The winner received a £10 Love2Shop Voucher and their photograph was posted on @uomwellbeing.

Examples of our previous Wellbeing Wednesdays can be accessed on the @uomwellbeing Instagram highlight and are posted every Tuesday afternoon. If you are running a wellbeing related event and would like to see it included in our Wellbeing Wednesday assets, email us at studentsupport@manchester.ac.uk

We will be reviewing and relaunching the Wellbeing Wednesday format in the coming months.



2022 Wellbeing Champion Blogs

The wellbeing blogs our 2022 wellbeing champion cohort created have now been posted on the wellbeing champions section of the student support website and can be [found here](#)

- 5 wellbeing activities in Manchester
- Wellbeing during pet loss
- Travelling for wellbeing
- Volunteering as a beekeeper
- Regular exercises for eye health



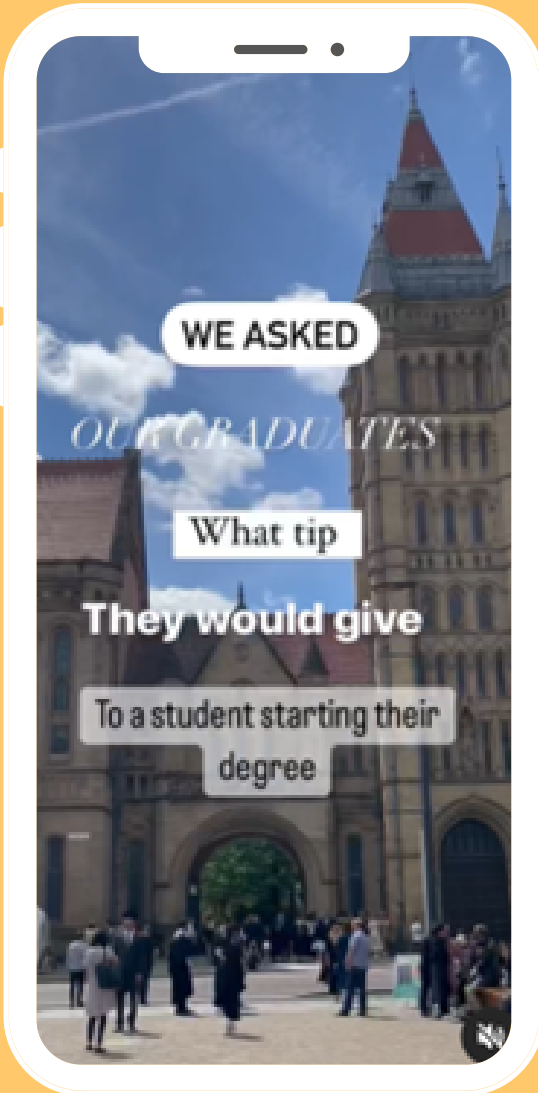
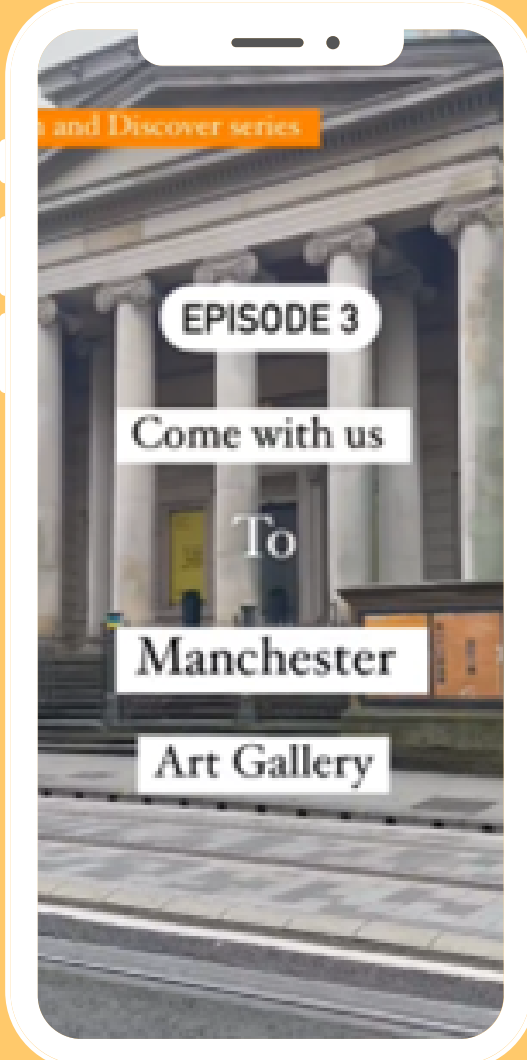
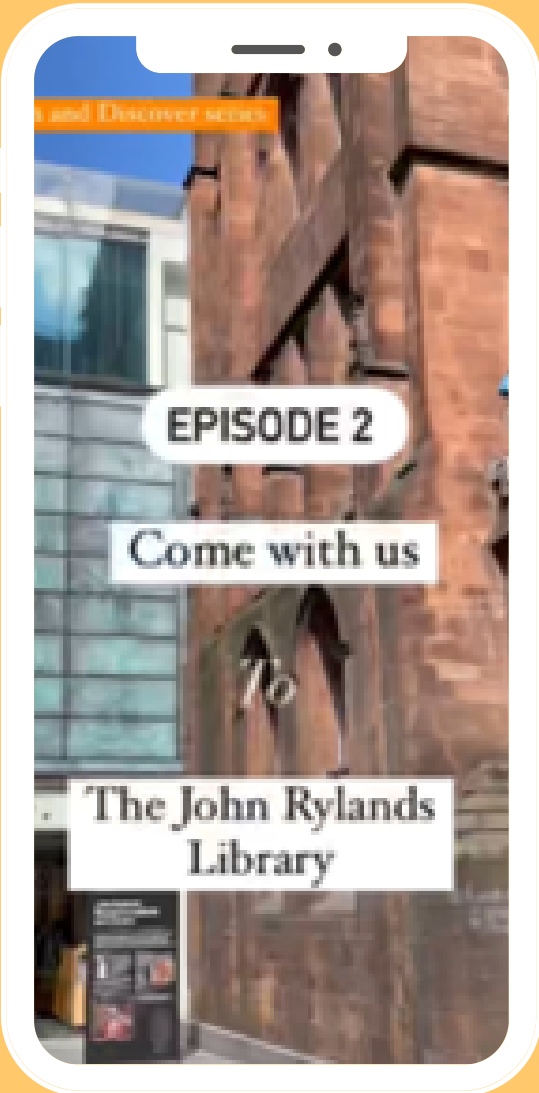
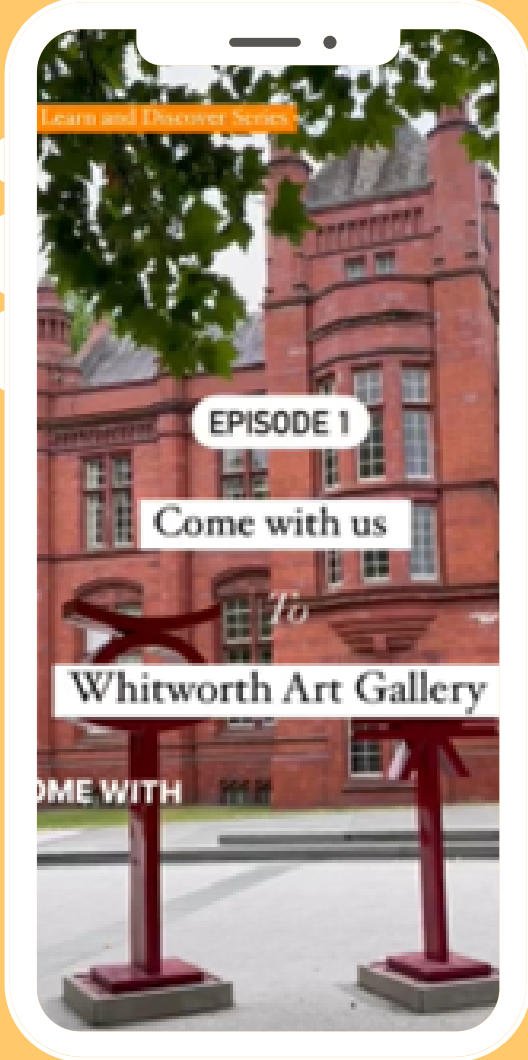
Instagram Reels



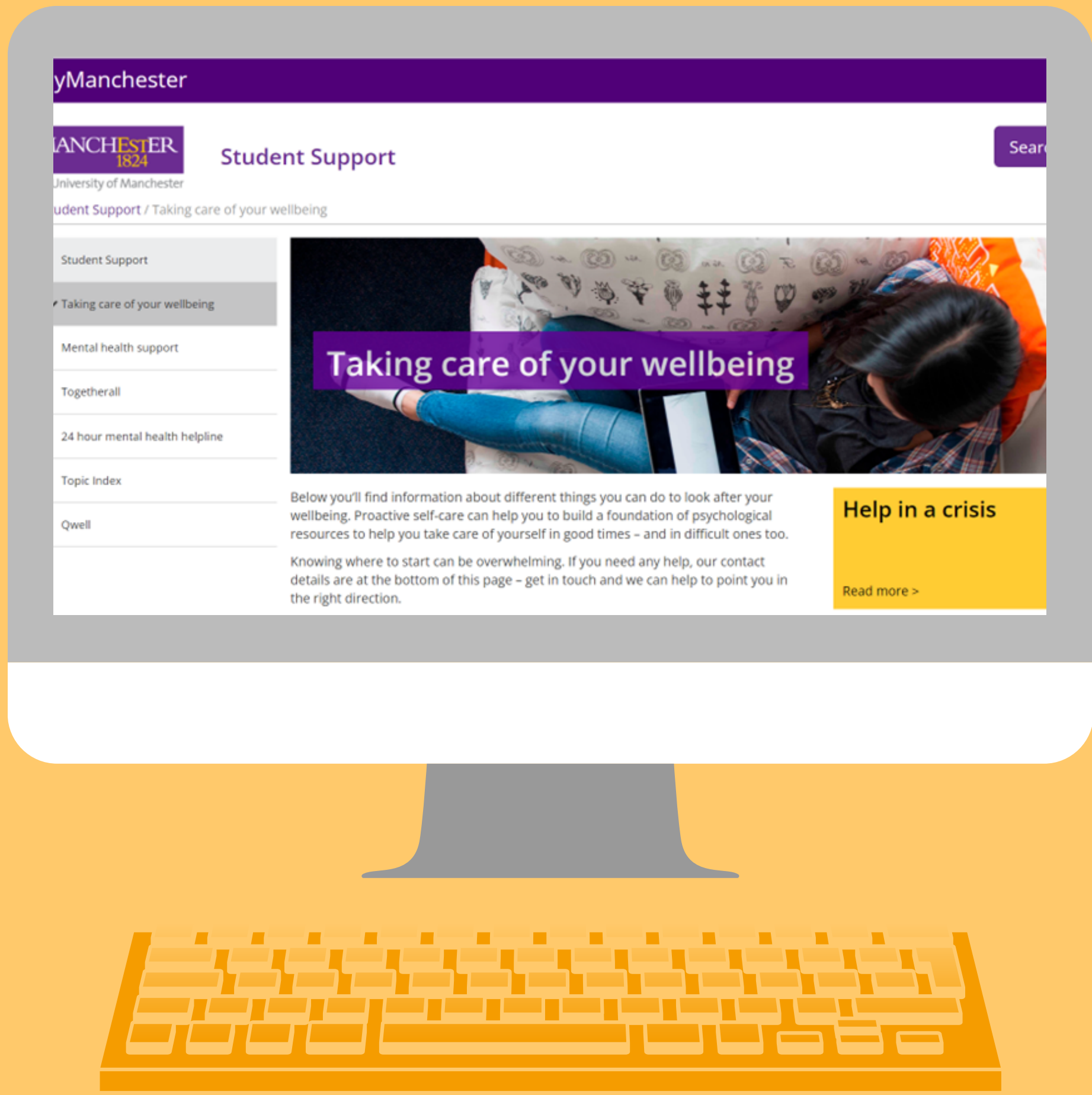
Accounts reached with reels*



Reels saved by students.



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



Student Support Website Data

Student Support Website Data



Student Support Website



Users accessing the Student Support website over March and April. 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 March and April. Anxiety was the most frequently accessed guidebook.



Wellbeing Chat



Total chats facilitated by the online chat function on the Student Support website across July and August. Despite a demand for a wellbeing chat service, the number of students accessing the chat remains low. We plan to increase promotion the chat function in the coming months.



Email



Continued

Over July and August there were a total 229 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.



Appointments



34 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 and more specific mental health/wellbeing concerns such as low mood and feeling isolated.

learn and **discover**

During the 'Learn and Discover' way to wellbeing we aimed to show students how continuing to learn new skills can boost our wellbeing.

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. We will respond to any suggestions or queries and are grateful for your feedback.

connect

Our next way to wellbeing is 'Connect' where we will focus on how students can connect with others at the university and why making bonds with others is integral to our wellbeing.

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