

MANCHESTER  
1824

The University of Manchester

# Connect and Student Wellbeing Team Roundup

**SIXWAYS**  
to wellbeing



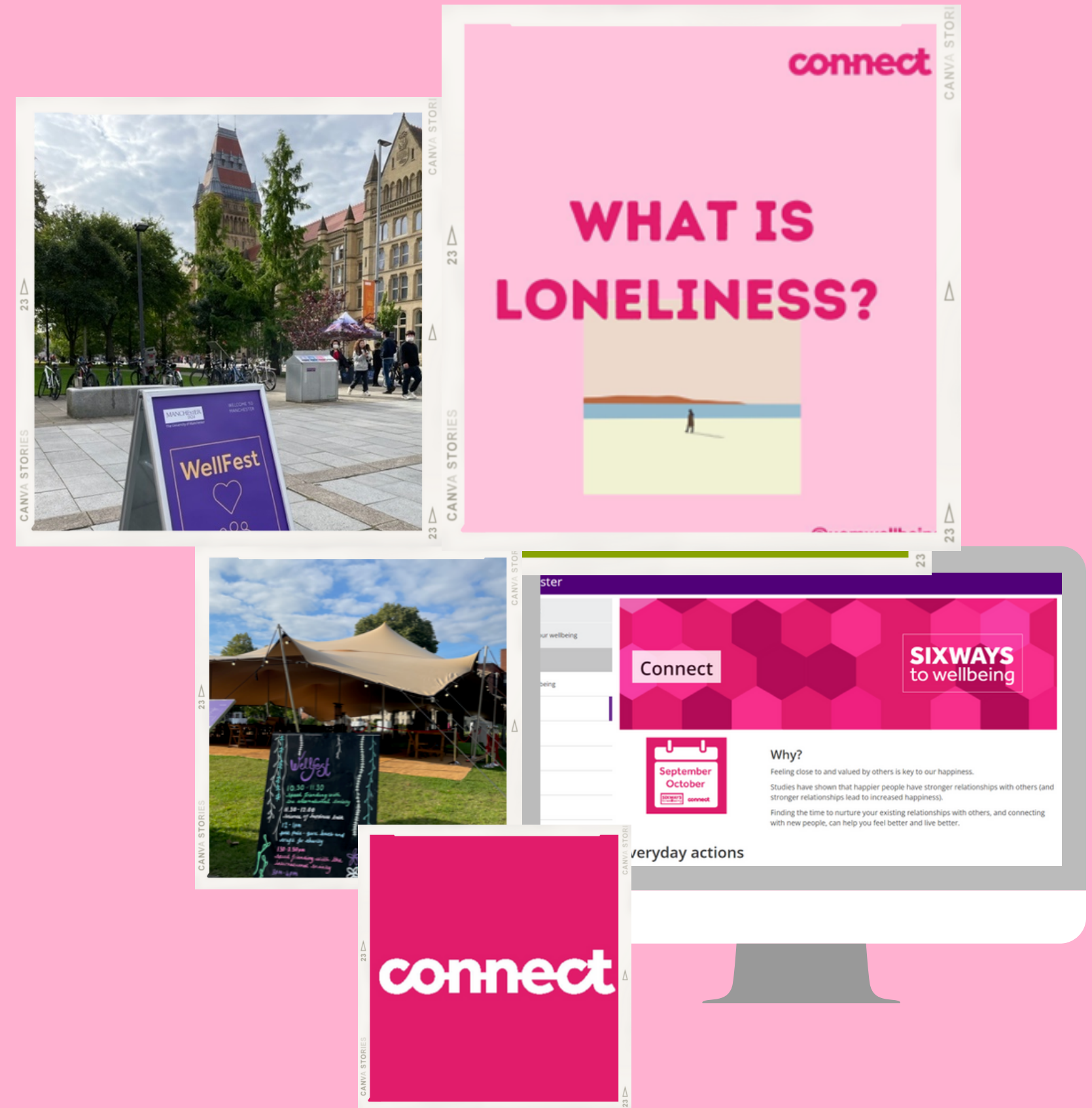
# Introduction

Our communications in September and October focused on how meeting new people and making connections with others is integral to our wellbeing.

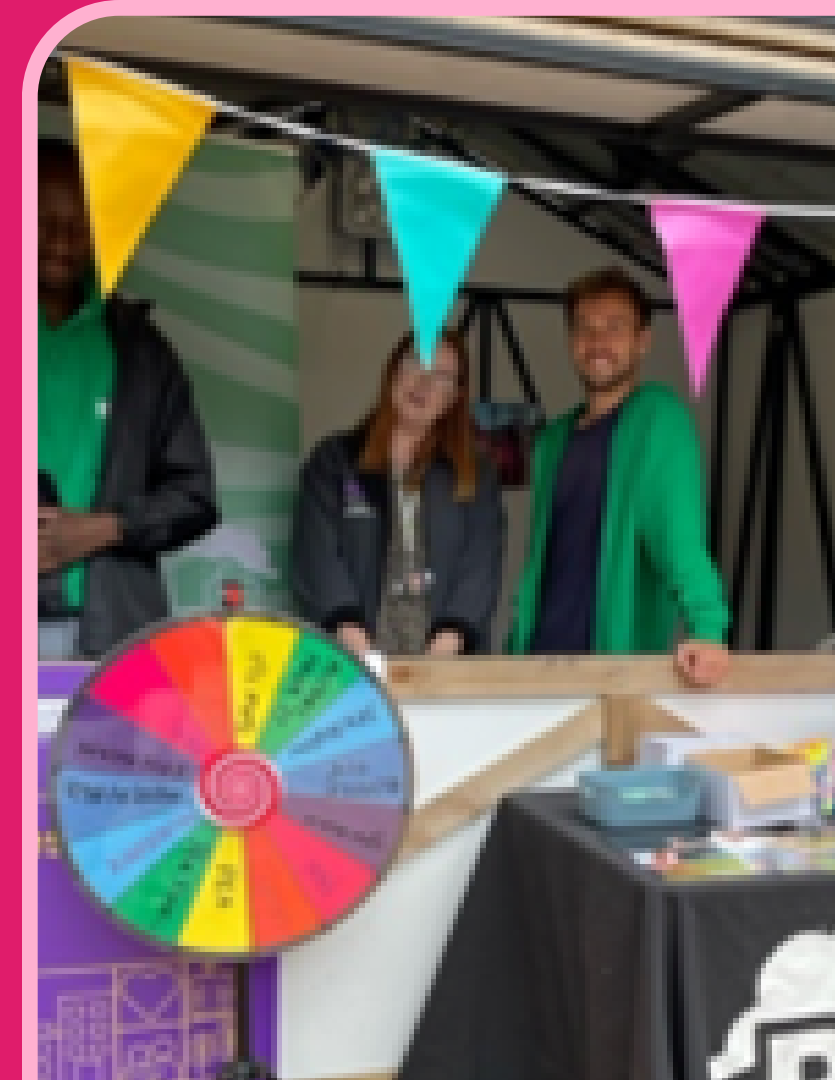
We aimed to highlight this in welcome week with 'Wellfest', a wellbeing festival that encouraged students to connect with others.

We also held an event where students could meet guide dogs and connect with those that had similar interests. In addition, attendees learned the value of connecting with animals.

During October, we launched a 'loneliness' Instagram campaign with the Students' Union alongside a pumpkin painting and clothes swap event which was received very well.



# Wellfest



# Wellfest and Welcome week

As part of our welcome events we facilitated Wellfest, a wellbeing festival where students could take part in activities and win prizes to boost their wellbeing. Events were held in two locations - a stretch tent on Gilbert Lawn and in huts outside University Place.

In the stretch tent UoM Sport held a zumba class, the International Society ran a speed friending event and volunteering conducted an event for students where they crafted for the charity Post Pals.

At the huts, students were able to find out about the support services at university as well as the Six Ways to Wellbeing.

Attendance at Wellfest was high and we received great feedback from the teams involved in making the day a success.



# Loneliness Campaign

In October, the Social Prescribing Team, the Student Wellbeing Team and the Students' Union collaborated on a campaign around loneliness. The aim of this was to normalise experiences of loneliness at university and provide students with ideas of how to ease these feelings.

The campaign was introduced by a member of the Social Prescribing Team- Caitlin, followed by a three part Instagram post on loneliness and how students can access support at the university.

We also asked students via a poll feature if they had experienced loneliness. A total of 65 students voted in the poll, with 99% percent of these students voting yes.

In addition to this, we asked students some of the ways in which they combatted loneliness. The responses received included joining societies and meeting friends.



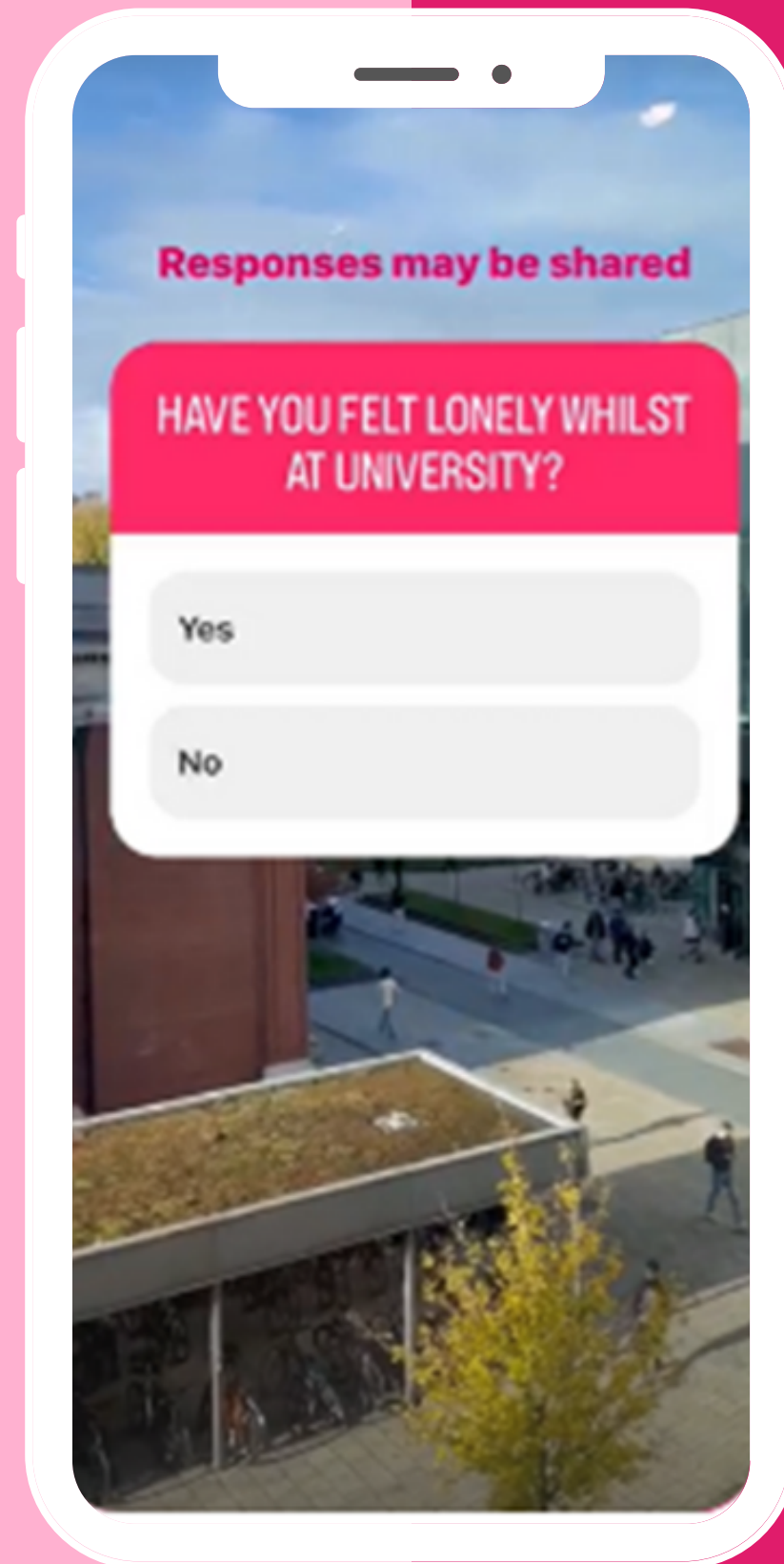
# Loneliness Campaign Data

428

Total Likes

70

Total student interaction  
with polls



5926

Accounts reached

62

Posts saved by students

# Sept- Oct Instagram Data



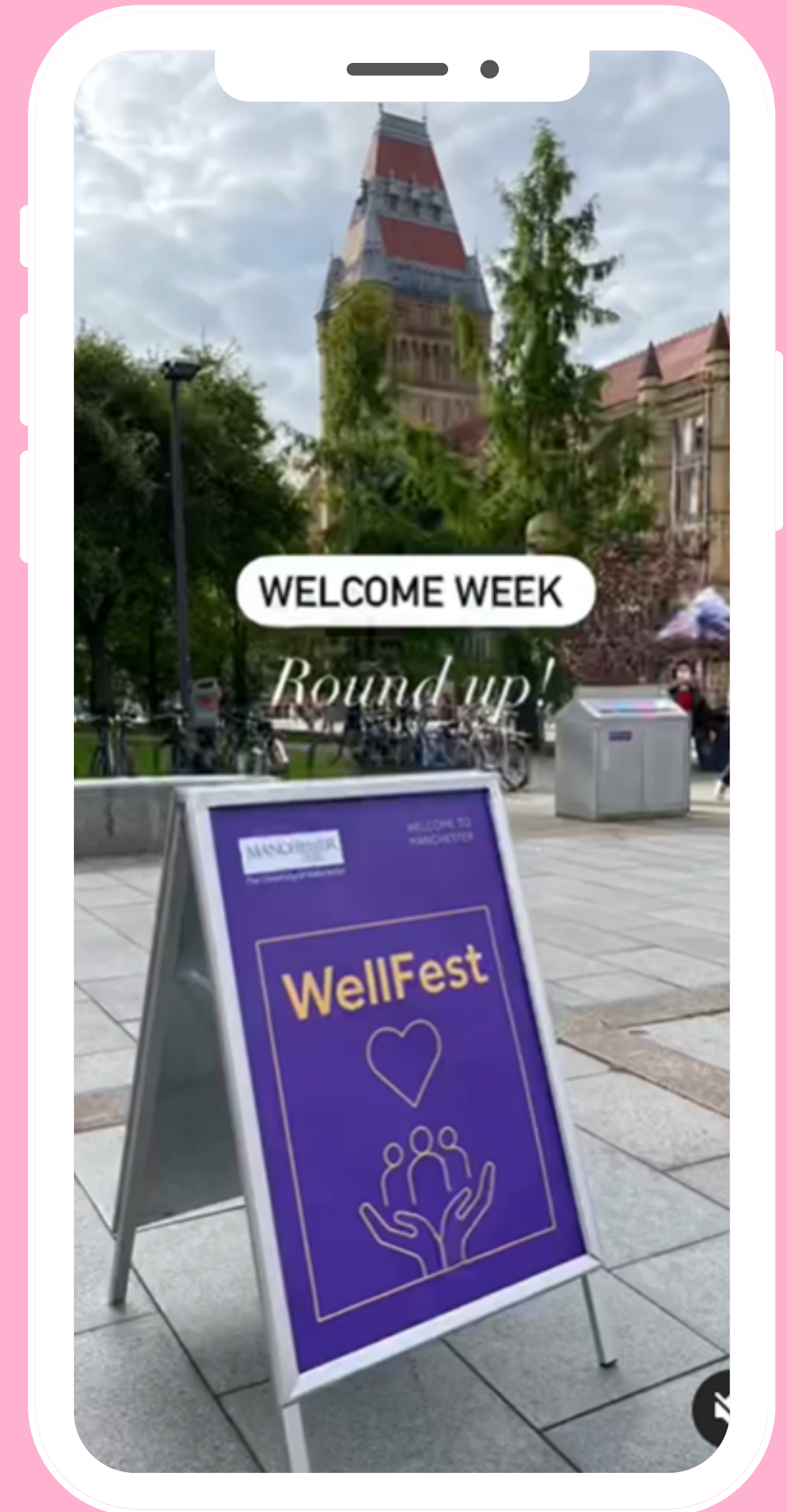
Accounts reached\*



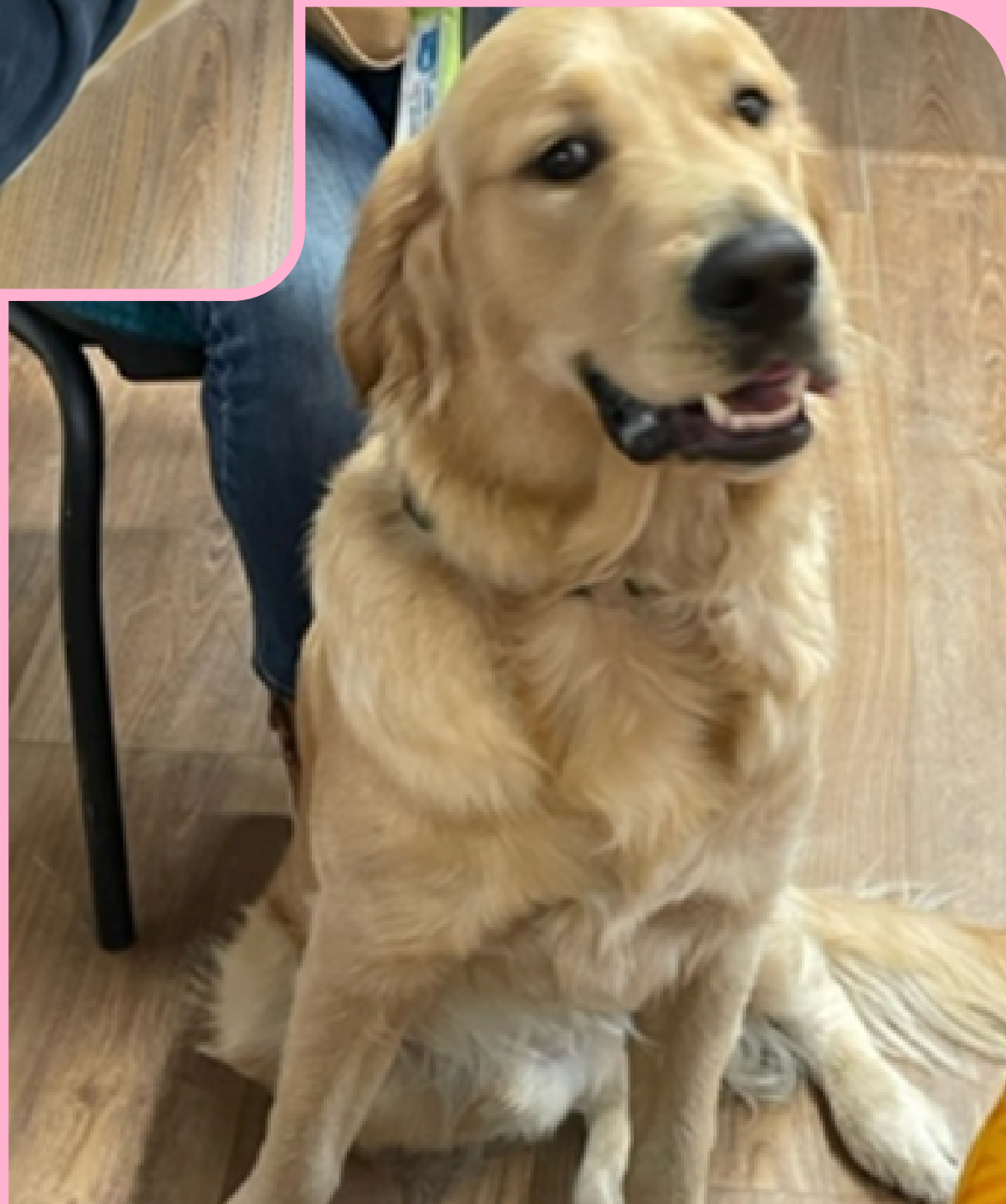
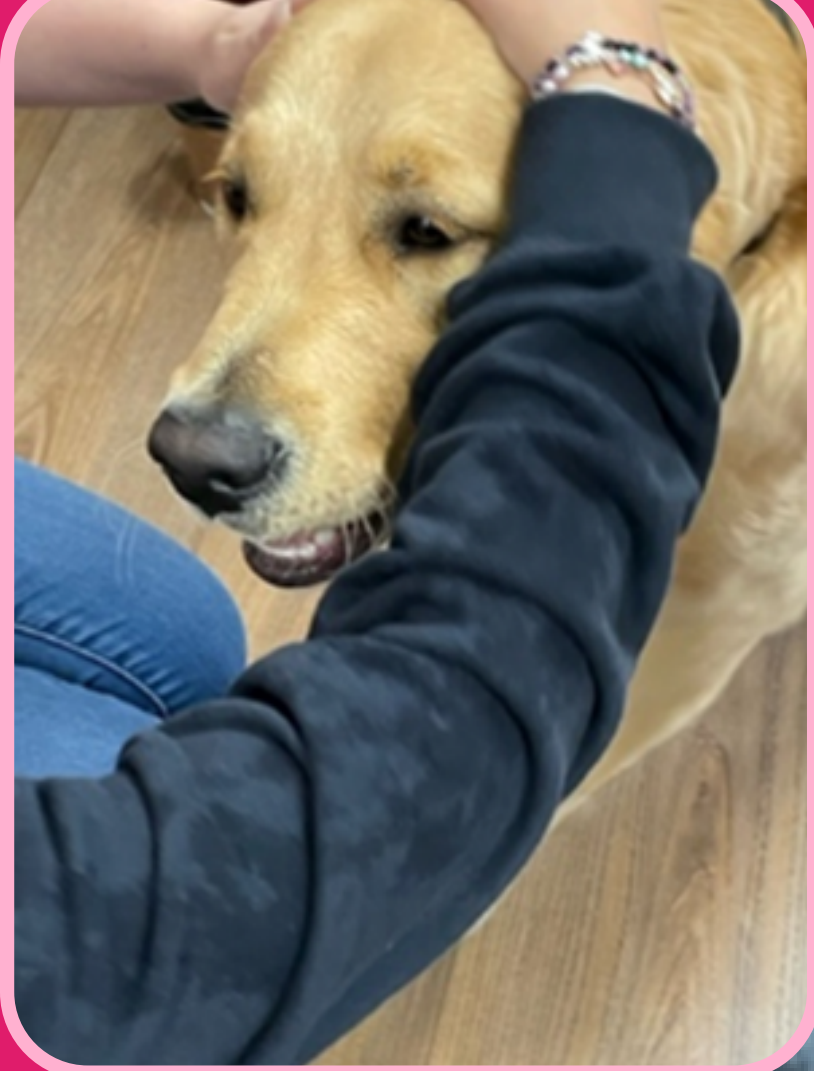
New followers

(Not net following achieved)

@uomwellbeing



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



## Guide Dog Event

During Welcome Week we held a Guide Dog event, welcoming Bailey and Jester accompanied by their handlers to the Students' Union.

Students learned about the importance of Guide Dogs in the community and the benefit connecting with animals has on our wellbeing.

Students told us that they enjoyed this event and in the spirit of Give, £200 was donated on behalf of the students to the charity.

This event was received well but may have been better attended if the event was run after Welcome Week due to the number of events running at this time.



## Arts and Crafts for Wellbeing

In October we ran the first Arts and Crafts for wellbeing sessions with the Social Prescribing Team. This began with a pumpkin painting session in anticipation of Halloween. Studies have shown that Arts and Crafts can boost our wellbeing.

Students were given a free pumpkin and painted them in a calm and relaxing environment.

This event was very well received and attended. Students verbally reported that the event boosted their wellbeing and that they enjoyed taking the time out from their studies to do this.



**'It makes me feel like time slows down and I can have a peaceful moment being creative.'**

**-Pumpkin Painting Event 2022**



**'I was having a bad day and it was nice and relaxing.'**

**-Pumpkin Painting Event 2022**

# Clothes Swap

With the Cost of Living Crisis we have looked for new ways to help students save money and look after their financial wellbeing. On the 19th October we ran a 'Clothes and Books Swap' where students could hand in their used items and swap them for new treasures.

This event was well recieved with a total of 15-20 swaps of items. Students told us that an event of this nature was very helpful and they would like to see more of these events in the future.

We found that we could improve this event by looking for new ways to promote it. Lots of students did not know that this event was running and wanted to swap items but did not have the time to retrieve them.



# Science of Happiness

Science of Happiness ran as a four week course and introduced students to scientifically-validated strategies for living a more satisfying life. Students explored how to be happier, how to feel less stressed and how to flourish. The course consisted of pre-recorded materials, live interactive lectures, between session homework tasks and happiness hubs where students got to try out evidence based activities with their group.

Staff from the Student Wellbeing Team have been involved with promoting the course, training students and being a facilitator on the course.

## Course structure:

Week 1 - What is Happiness?

Week 2 - Dealing with Adversity

Week 3 - Restful Minds

Week 4 - Achieving your Goals

## Outcomes:

Analysis of standardised self-report measures revealed that mental well-being significantly increased and generalised anxiety significantly decreased. There were also significant increases in satisfaction with life and resilience.



For Better.  
For Good.

# Weekly Wellbeing Events

In October the format for Wellbeing Wednesday was reviewed and subsequently changed based on staff and student feedback.

Events will now be run every Wednesday and a new template has been created to promote weekly wellbeing events for students across campus and relevant departments. Staff signed up to the Student Support Listserv are sent this asset every Friday to promote on their channels, with an Instagram story scheduled every Sunday on our own account.

We hope that by placing a focus on events, students will be more engaged with the suggestions on the template and will subsequently be able to engage in activities to boost their wellbeing that they might not have been aware of.

If colleagues have an event they would like to include on the new weekly wellbeing event template please email us at [studentsupport@manchester.ac.uk](mailto:studentsupport@manchester.ac.uk)

SIXWAYS  
to wellbeing

## Wellbeing Events 31st-5th October

### Monday

**DIY Dads\*** - Are you interested in learning about DIY? Sign up and learn from the experts!

### Tuesday

**Shared silence with St Peters house\*** - This is a silent, meditative space to ground your awareness around the simplicity of breathing.

### Wellbeing Wednesday

**The Green Wellbeing Project\*** - Why not take a break from your studies and head over to the Firs botanical grounds in Fallowfield and try some light gardening.

### Thursday

**Bonfire Night photo competition\*** - Are you in halls of residence? Connect with friends, visit a bonfire event and enter your photos into ResLife's photo competition!

### Friday

**Mixed dodgeball\*** - This sporticipate session is aimed at beginners and new players. Why not try something new and learn how to play a new sport!

\*You can book on these events on the wellbeing calendar via the link in our bio

# Wellbeing Champion Recruitment

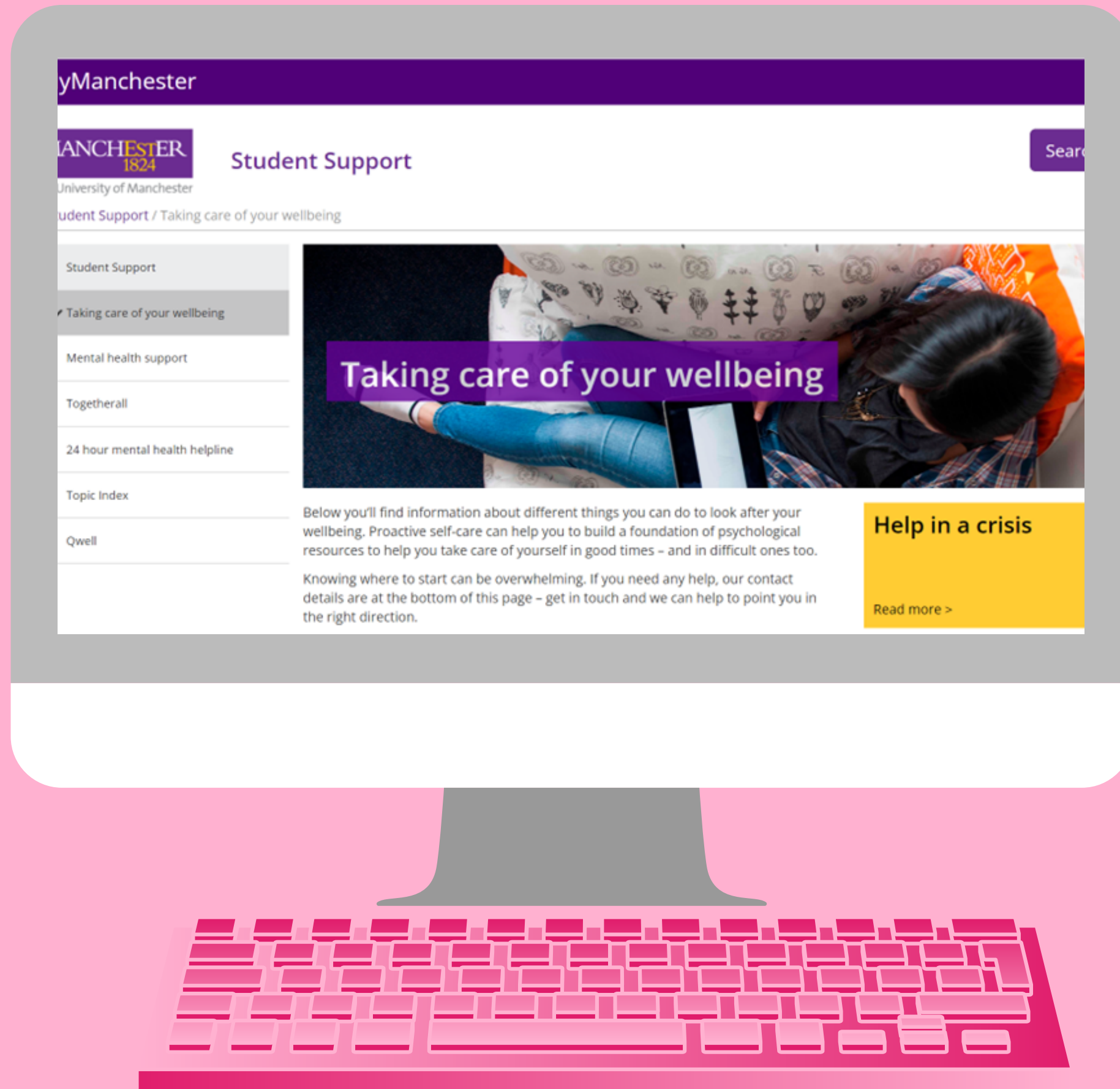
We have been recruiting new Student Wellbeing Champions over the past weeks alongside retaining previous champions who wished to continue their role.

In order to apply to the scheme, students are required to fill in a short application form explaining why they are interested, the current skills they have, and any ideas they have for events/social media content.

The majority of recruitment took place at Wellfest where we received interest from around 90 students! We also advertised the role via email and Instagram.

Training will take place at the start of November after which students will be ready to run their own events and create content.

**wellbeing  
champions**



# Student

# Support

# Website

# Data

# Student Support Website Data



**Student Support Website**



Users accessing the Student Support website over September and October. The most popular pages accessed by students included information on tuition fees and financial support.



**NHS Guidebooks**



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



**Wellbeing Chat**



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



Email



## Continued

Over September and October there were a total 317 queries via email directed towards the central student support email ([studentsupport@manchester.ac.uk](mailto:studentsupport@manchester.ac.uk)). There are a range of queries sent to this inbox and we aim to reply within 2 working days.



Appointments



9 students had 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.

# connect

During the 'Connect' way to wellbeing we aimed to show students that creating and nurturing our bonds with others 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.

# give

Our next way to wellbeing is 'Give' where we will focus on how giving back to others can boost our wellbeing.

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