

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

Give and Student Wellbeing Team Roundup



Introduction

Our communications in November and December focused on how giving back to others and volunteering in local communities can boost our wellbeing.

We aimed to highlight this through our communications in collaboration with volunteering, the International Society and subsequent 'Craft Swap' event.

We also aimed to highlight Give through our comms by collaborating with volunteering over both @uomwellbeing and @uomvolunteering Instagram accounts.



Give Communications

In November and December we collaborated with volunteering to show students how giving back to others can boost our wellbeing.

We firstly created a post detailing the different ways giving can boost wellbeing which included evidence based messaging and celebrated 'Giving Tuesday'.

We also created a reel filming the different volunteering opportunities students can get involved in. This included decorating a local church hall for Christmas and interacting with elderly members of the community.

We also ran a poll for students to tell us how much they understood about the link between wellbeing and volunteering. We also encouraged students to make a volunteering pledge such as helping a friend or family member.



Craft Swap Event

In December we ran a 'craft swap' event where students could create a homemade item and swap it for a new treasure. This could include a knitted accessory, painting, pottery and more.

We understand with the cost of living crisis that some students are struggling to access or buy materials. To address this, we also ran a pre-crafting event where students could access free materials for the craft swap and sit in a calming atmosphere.

As the event was run in December and many students had returned home this was not received as well as other crafting events we have run. Next year we will reconsider what events we will run and around this time of year and aim to place these earlier in the month.





"[The event helped me] feel relief [and gave me a chance to] practice English"

-Craft Swap Event



International Society Collaboration

In December we also collaborated with the International Society.

This event encouraged students to learn how to craft a festive ornament to give to another student or family member.

Students also learned basic crafting and sewing skills and verbally feedback that they enjoyed the event. Students have also expressed that such events are a good chance to practice English speaking skills.

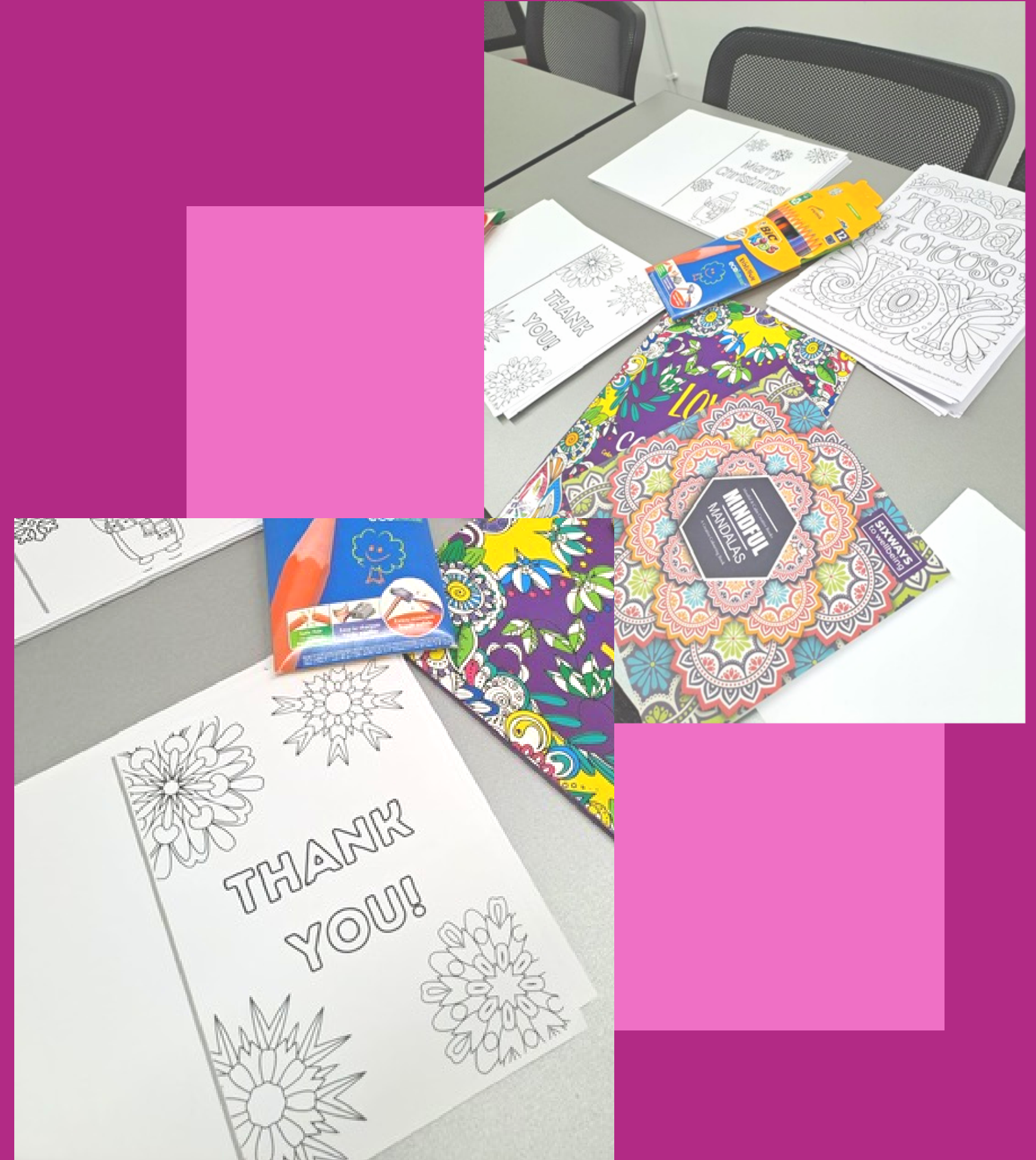
In 2023 we will also be collaborating with the International Society on more events relating to the Six Ways to Wellbeing.



Give and Mindful Colouring

In November we also ran a mindful colouring event for students. To incorporate the Give way to wellbeing, we designed templates of cards that students could colour in and give to friends and family. This included thank you and Christmas/ holiday themed cards in anticipation for the festive season. We ran this event because giving cards and doing small acts of kindness for others has been shown to boost our wellbeing.

We found that although there was interest online for this event and it had proven popular in the past, it was not well attended. We are aiming to improve this event and consider when this event may be recieved better.



Nov-Dec Instagram Data

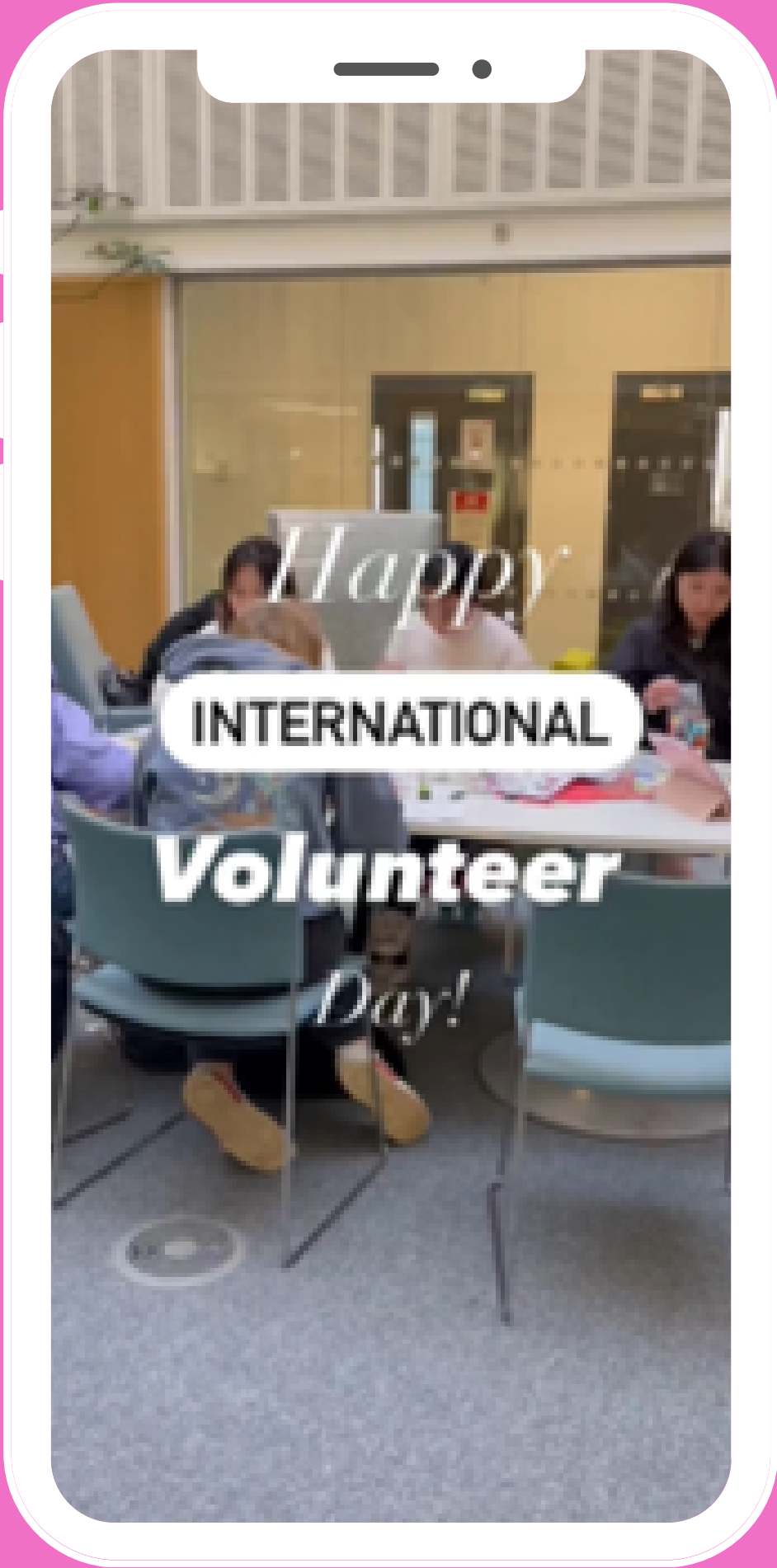
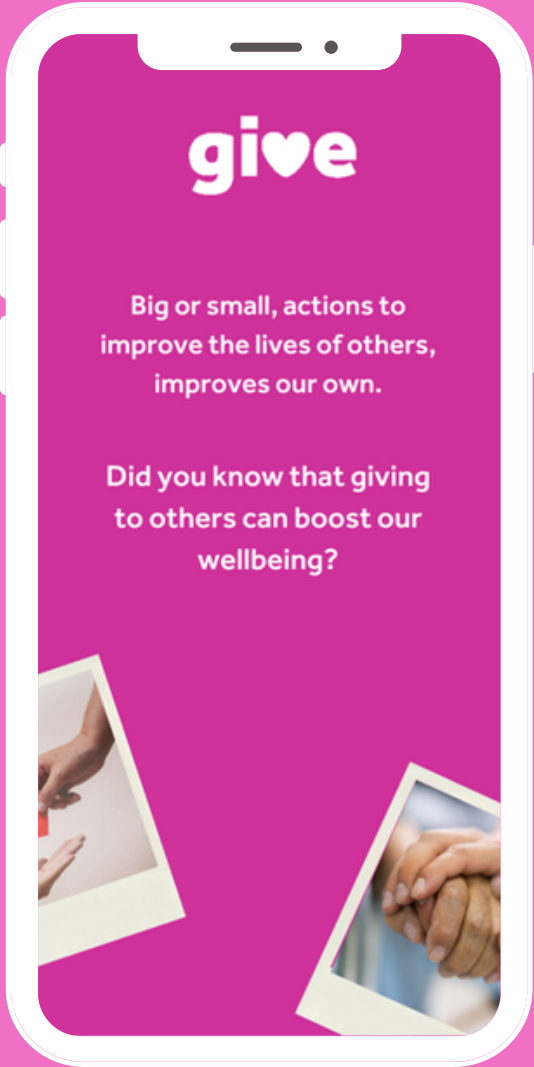


Accounts reached*



New followers

@uomwellbeing



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

Wellbeing Champion Scheme

The wellbeing champions training took place at the start of November. Students learnt about the six ways to wellbeing and what their role would be as a wellbeing champion.

We are always passionate about improving the wellbeing champions scheme. We took on board the feedback students gave us from our training session last year and used this to re-develop the training. At the end of the second training session we found that the satisfaction rating had increased from 8.8/10 to 9.8/10.

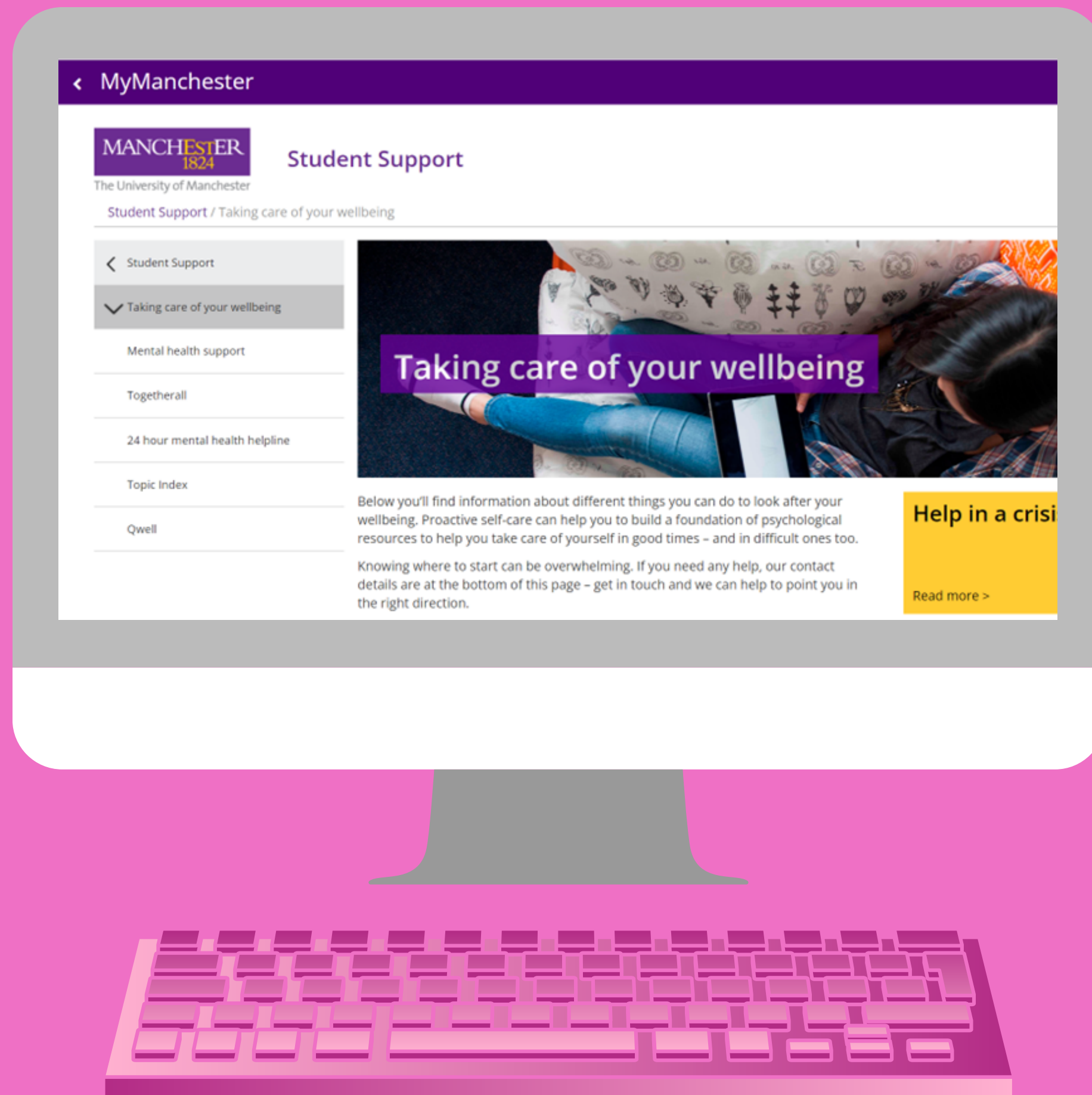
wellbeing
champions

"[I liked being] able to voice my own ideas as well as hear others "

- Wellbeing Champions Training

"it was very interactive"

- Wellbeing Champions Training



Student Support Website Data

Student Support Website Data



Student Support Website



Users accessing the Student Support website over November and December. The most popular pages accessed by students included information on financial support.



NHS Guidebooks



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



Wellbeing Chat



Total chats facilitated by the online chat function on the Student Support website across November and December. 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



Appointments



Student issues



240



8



Continued

Over Novemebr and Decemebr there were a total 240 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.

8 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.

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



During the 'Give' way to wellbeing we aimed to show students that Giving back and volunteering in local communities 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.



Our next way to wellbeing is 'Take Notice' where we will focus on how being present and mindful of the moment can boost our wellbeing.

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

More info can be found here:
<https://bit.ly/monthlywellbeingessentials>