

Spring 2023 Student Wellbeing Team Roundup



Wellbeing Advisory Group

A wellbeing advisory group was created to understand more about how students currently interact with the university's wellbeing framework and what could be done to improve students' experience and wellbeing.

The advisory group was carried out in three separate sessions -

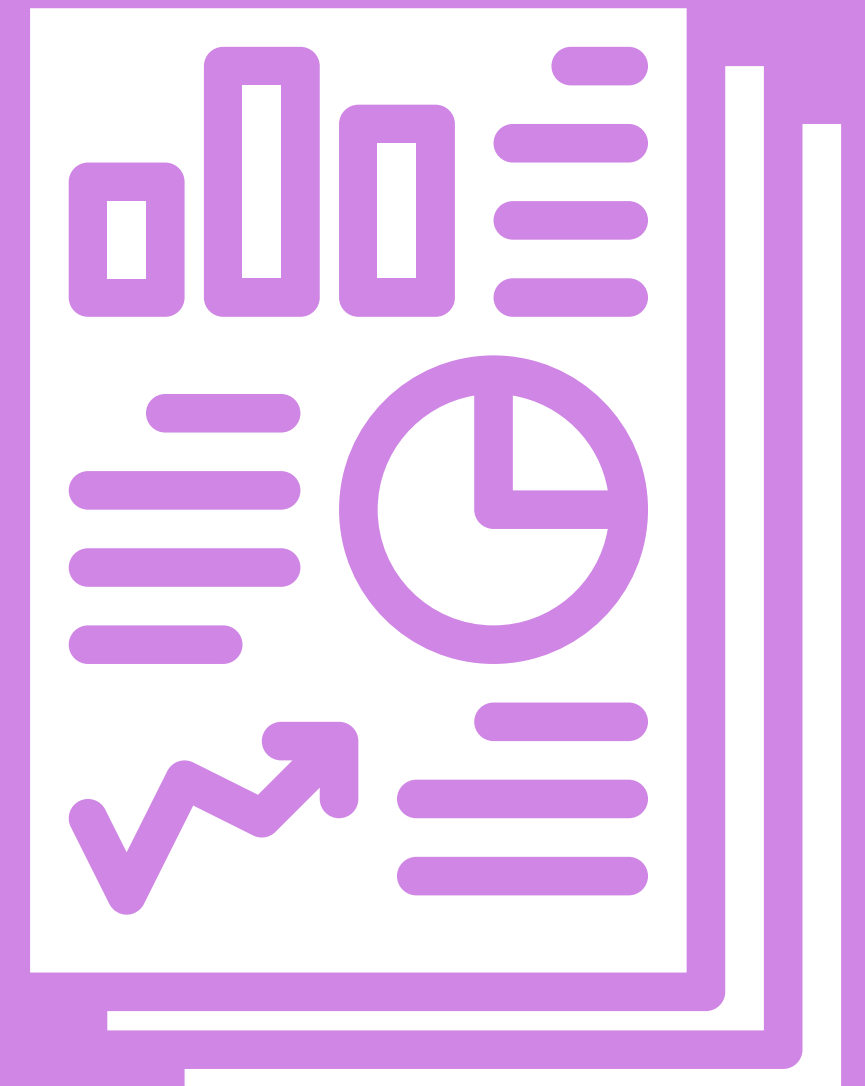
Session 1: Six Ways to Wellbeing Framework

Session 2: Wellbeing Events

Session 3: Wellbeing Social Media & Communications

The wellbeing advisory group has allowed us to gain an in-depth understanding of how students, from different degrees of study, feel about the university's approach to wellbeing. The students who took part in the advisory group reported that they enjoyed being a part of the group and that they felt their views were taken on board.

The wellbeing advisory group report can be found [here](#).



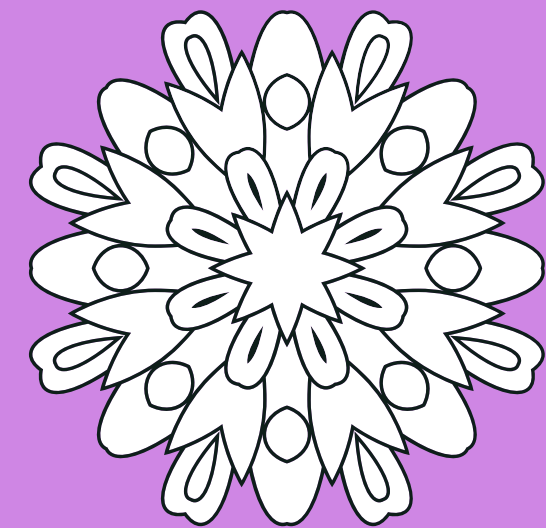
Mindfulness Group

A four-week mindfulness group was set up where a group of students could attend weekly mindfulness sessions ahead of the start of exams. The sessions involved being able to use our mindfulness muse headbands which provide real-time feedback on your brain activity and heart rate! Other mindful activities included mindful colouring and mindful eating.

The sessions also included mini wellbeing-based activities to help students connect with each other. These included mental check-ins, gratitude thoughts and ice breaker activities.

Students who came to every session were given a free mindfulness colouring book and pencils as thank you.


However, the muse headbands did have connectivity issues and so in future we would look into purchasing new headbands.





"[It helped me to] track my mind and
know myself and my feelings better".

-Mindfulness Group



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know myself and my feelings better".

-Mindfulness Group

Wellbeing Champions Events

Mindful Chocolate Eating Packs:

Mindful chocolate eating packs were created to encourage students to take a break from their studies and Take Notice of the present moment. Around 80 packs were placed around the main library and ALIG. Each pack contained some chocolate and instructions on how to mindfully eat the chocolate.

Yoga and Mindfulness:

A yoga and mindfulness session was held where students could drop by to the SU dance studio and take part in some yoga and mindfulness guided by a qualified instructor! The event was very well attended and gave students the time and space to relax ahead of exams starting.

Wellbeing Photography Competition:

During the exam season a photography competition was held to encourage students to take a break and look after their wellbeing while also capturing the moment in a photograph! Wellbeing prizes were on offer to the best entries!



wellbeing
champions



Wellbeing Champions continued

wellbeing
champions

As one of their tasks, our champions have also been delivering wellbeing presentations at a range of peer support debriefs. In these presentations our champions let peer support mentors know about the university's six ways to wellbeing framework and how their first-year mentees can engage with it to look after their wellbeing. Altogether our champions have presented to around 100 students!

Our champions have also been creating more social media content for us which has included posts about how to start your morning, how to improve your wellbeing, how to fix your sleep cycle and new things you can discover at Manchester Museum. You can find all the content created for the Instagram account here: [@wellbeingchampionsuom](https://www.instagram.com/wellbeingchampionsuom)



"I was so pleased with how we planned and executed our yoga event as I think it was such a success."

- Student Wellbeing Champion

The satisfaction rating champions gave for being involved with the wellbeing champions programme has increased from last year to 8.8 out of 10!

"I became more aware of ways to look after my wellbeing and interacting with others [has been a] positive experience."

-Student Wellbeing Champion

"[I enjoyed] meeting and getting to know like-minded people while working together with them to make a positive impact on others as well."

-Student Wellbeing Champion

International Society Collaboration

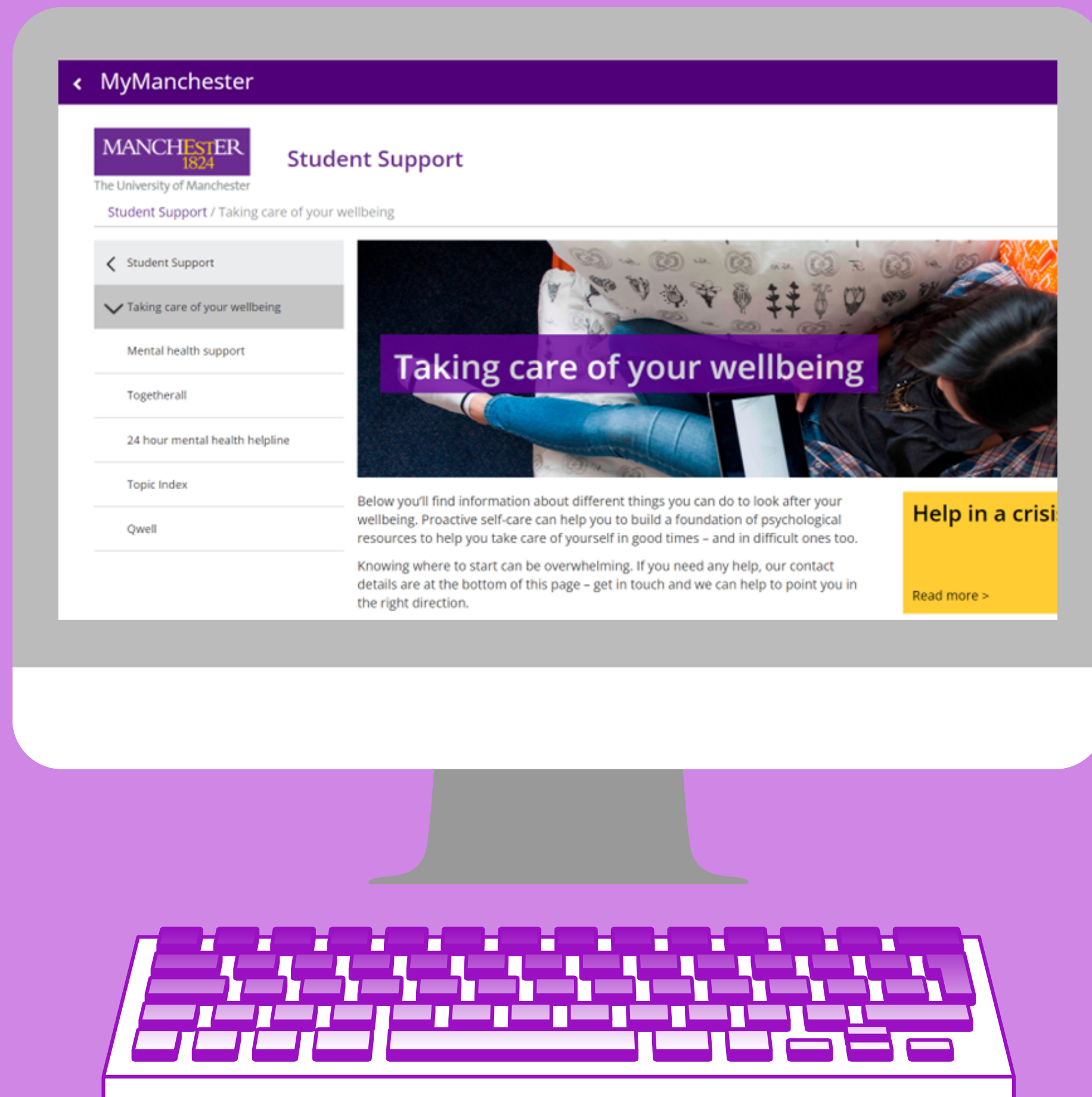
wellbeing
champions

In April we collaborated with the International Society to run a Zumba event in support of the Be Active way to wellbeing.

Dance and moving our bodies has shown to help us boost our wellbeing. In this event, students were able to come down to the SU theatre and try out a Zumba taster session which was led by a Zumba instructor!

Students expressed that they enjoyed the event and some also had the chance to meet new people!





Student Support Website Data



**Student Support
Website**



NHS Guidebooks



Wellbeing Chat



Student Support Website Data

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



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



Total chats facilitated by the online chat function on the Student Support website across the spring season. 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



Continued

Over Spring there were a total 181 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.

45 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.