



MENTAL HEALTH CAMPAIGNS

# UBELONG BURSARY EXAMPLES

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## **UUSU are offering a bursary of up to £500 for student groups to run their own campaigns and activities on student mental health and wellbeing.**

In order to be awarded a bursary, student groups must send in a bid that details:

- The activity you are undertaking;
- The impact you are trying to achieve with your campaign;
- And outlining how you will spend any funds awarded.

You can view the bid briefing pack and find an application form on the UUSU website, under Mental Health in the Campaigns section.

To help you put together your bid, here are two successful bids from last year!

## **PARAMEDICINE**

Mental health and wellbeing is essential when training or working as a paramedic. The job can be tough due to the types of calls that paramedics can be sent to and during our placement, students have already been exposed to distressing calls. Having appropriate coping strategies can help deal with traumatic experiences. Some of the best forms of coping strategies to cope with these experiences is talking about them with your peers and get outdoors. Through our campaign we hope to create an environment where people can speak freely as well as learn positive coping strategies for the future.

We plan to target the HSC 'Take 5' Steps to Wellbeing. This includes; be active, give, connect, keep learning and take notice.

Our idea is to hold a cold water immersion morning or evening. It has been proven that cold water immersion or 'cold water dipping' has both physical and mental health benefits. This campaign would meet four parts of the five steps to wellbeing. Being outdoors is a part of being active. Coming together as a society to share a new learning experience will include connecting with others and keep learning. The mental health benefits will include letting go on thoughts and focusing on the moment (taking notice).

The students in the society come from all over Northern Ireland and we all come together to study at Magee. We would plan to hold this event at one of the beaches along the North Coast (for example Downhill Beach or Portstewart Strand) to give

people the chance to explore this part of the country. The session would entail a short meditation and a discussion on how this activity can have great physical and mental health benefits. Then the group would have dip in the sea. To keep this activity inclusive, it could be a full body dip or a paddle in the water. This would demonstrate the new skills they have learnt about how to cope with the body's cold water stress response. After the dip, we would have warm drinks to heat up again as well as have a chat after the bonding experience. This would hope to get people together to talk after this bonding experience.

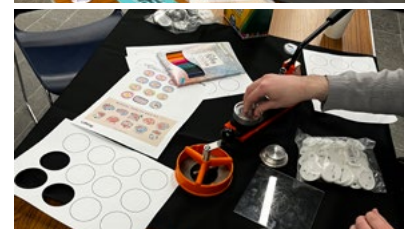
Resource	Link/evidence of cost	Cost
Yoga Instructor	Email attached with instructors day rate	£150
Coach	<Enquiry PDF attached>	£300



## CRAFT AND CHAT X DEBATE SOCIETY COLLAB

We plan to hold a Be You event to help those who may be feeling isolated or stress in order to improve the Health and Wellbeing of students. The event is called Be You as we are encouraging people to be themselves in a creative way, using the items listed students will be able to make personal items to wear around university which are representative of and affirm their own unique identity.

We are collaborating this event with Craft and Chat to add a talking element for those who may feel isolated or stressed after coming out of lockdown and the Cost-of-Living Crisis making some students feel like outsiders; one in four students is lonely all or most of the time according to statistics. 45% of Students in University experience stress. It has been proved that creativity can reduce stress by about 75%, we are using this to base our event on.



Resource	Link/evidence of cost	Cost
Badges	<a href="https://www.amazon.co.uk/Jancosta-Acrylic-Activities-Decoration-Fillers/dp/B09QHNDLV/ref=sr_1_6?crid=HN5JVUU3PK5H&amp;keywords=badges+make+your+own&amp;qid=1676289059&amp;prefix=badges%2Caps%2C82&amp;sr=8-6">https://www.amazon.co.uk/Jancosta-Acrylic-Activities-Decoration-Fillers/dp/B09QHNDLV/ref=sr_1_6?crid=HN5JVUU3PK5H&amp;keywords=badges+make+your+own&amp;qid=1676289059&amp;prefix=badges%2Caps%2C82&amp;sr=8-6</a> (60)	£15.58
Lettering	<a href="https://www.amazon.co.uk/Patches-Alphabet-Letters-Embroidered-Projects/dp/B08238TP9Sref=sr_1_43?crid=3SU8HDSC7NV8X&amp;keywords=lettering+for+clothes&amp;qid=1676290285&amp;prefix=lettering+for+%2Caps%2C80&amp;sr=8-43">https://www.amazon.co.uk/Patches-Alphabet-Letters-Embroidered-Projects/dp/B08238TP9Sref=sr_1_43?crid=3SU8HDSC7NV8X&amp;keywords=lettering+for+clothes&amp;qid=1676290285&amp;prefix=lettering+for+%2Caps%2C80&amp;sr=8-43</a>	£13.99
Lanyard	<a href="https://www.amazon.co.uk/CKB-Breakaway-Premium-Safety-Lanyard/dp/B01FFWYD3C/ref=sr_1_8?crid=2H90OZW1MI8QI&amp;keywords=white%2BLanyards&amp;qid=1676289135&amp;prefix=white%2BLanyards%2Caps%2C69&amp;sr=8-8&amp;th=1">https://www.amazon.co.uk/CKB-Breakaway-Premium-Safety-Lanyard/dp/B01FFWYD3C/ref=sr_1_8?crid=2H90OZW1MI8QI&amp;keywords=white%2BLanyards&amp;qid=1676289135&amp;prefix=white%2BLanyards%2Caps%2C69&amp;sr=8-8&amp;th=1</a> (100)	£44.99
Sewing Kit	<a href="https://www.amazon.co.uk/AUERVO-Premium-Supplies-Emergency-Scissors/dp/B07FP7HBZ1/ref=sr_1_5?crid=1MWIZ8YLOY5A6&amp;keywords=sewing+kit&amp;qid=1676290350&amp;prefix=sewing+kit+%2Caps%2C89&amp;sr=8-5">https://www.amazon.co.uk/AUERVO-Premium-Supplies-Emergency-Scissors/dp/B07FP7HBZ1/ref=sr_1_5?crid=1MWIZ8YLOY5A6&amp;keywords=sewing+kit&amp;qid=1676290350&amp;prefix=sewing+kit+%2Caps%2C89&amp;sr=8-5</a>	£3.99
Tote Bags	<a href="https://www.amazon.co.uk/Shopping-Friendly-Shoppers-Printing-Decorating/dp/B07C2ZLQ4S/ref=sr_1_6?crid=2VINI2M1BPJ1I&amp;keywords=plain%2Btote%2Bbags&amp;qid=1676288706&amp;prefix=plain%2Btote%2Bbags%2Caps%2C82&amp;sr=8-6&amp;th=1">https://www.amazon.co.uk/Shopping-Friendly-Shoppers-Printing-Decorating/dp/B07C2ZLQ4S/ref=sr_1_6?crid=2VINI2M1BPJ1I&amp;keywords=plain%2Btote%2Bbags&amp;qid=1676288706&amp;prefix=plain%2Btote%2Bbags%2Caps%2C82&amp;sr=8-6&amp;th=1</a> (50)	£53.75
Fabric Pens	<a href="https://www.amazon.co.uk/Fabric-Permanent-Clothes-Pillowcases-Markers/dp/B07VQRYRYP/ref=sr_1_5?crid=153A9QU5TUBRD&amp;keywords=fabric+pens&amp;qid=1676289210&amp;prefix=fabric+pens+%2Caps%2C91&amp;sr=8-5">https://www.amazon.co.uk/Fabric-Permanent-Clothes-Pillowcases-Markers/dp/B07VQRYRYP/ref=sr_1_5?crid=153A9QU5TUBRD&amp;keywords=fabric+pens&amp;qid=1676289210&amp;prefix=fabric+pens+%2Caps%2C91&amp;sr=8-5</a> (3 sets)	£26.97
Pens and Pencils	<a href="https://www.amazon.co.uk/Colour-Therapy-Colouring-SuperTips-Washable/dp/B07V5QDF1J/ref=sr_1_7?crid=1JD742WGI012E&amp;keywords=pens+and+pencils&amp;qid=1676290530&amp;prefix=pens+and+pencils%2Caps%2C86&amp;sr=8-7">https://www.amazon.co.uk/Colour-Therapy-Colouring-SuperTips-Washable/dp/B07V5QDF1J/ref=sr_1_7?crid=1JD742WGI012E&amp;keywords=pens+and+pencils&amp;qid=1676290530&amp;prefix=pens+and+pencils%2Caps%2C86&amp;sr=8-7</a>	£5.65
Patches	<a href="https://www.amazon.co.uk/NICEVINYL-Embroidered-Iron-Patches-Applique/dp/B09Q1GRRD1/ref=sr_1_13?crid=RF4B191H0YV8&amp;keywords=assorted+patches&amp;qid=1676289249&amp;prefix=assorted+patches+%2Caps%2C88&amp;sr=8-13">https://www.amazon.co.uk/NICEVINYL-Embroidered-Iron-Patches-Applique/dp/B09Q1GRRD1/ref=sr_1_13?crid=RF4B191H0YV8&amp;keywords=assorted+patches&amp;qid=1676289249&amp;prefix=assorted+patches+%2Caps%2C88&amp;sr=8-13</a>	£33.87
	<a href="https://www.stikets.co.uk/name-labels/clothing-labels/circle-iron-on-labels.html">https://www.stikets.co.uk/name-labels/clothing-labels/circle-iron-on-labels.html</a> (12x12 with logos of each)	£28.60

**Total**

**£227.06**

## DOCTORAL SOCIETY (DOC SOC) COLERAINE

Approximately 1% of those aged 25-64 worldwide who have attended university hold a PhD. Every PhD journey is unique, and it may be quite lonely and difficult. As a result, we formed the doctor on society, which brings together like-minded individuals to support their journey and create a feeling of community in a safe environment.

Maintaining mental and physical well-being may assist students throughout their journey. Having the knowledge of what can help support good, well-being and health many students cope in these difficult times.

In an effort to combat the January blues, we hope to organise a well-being afternoon in the Doc in Coleraine, where PhD students could take a break from their studies, relax, learn coping skills, and build a support system.

We will provide students with a general well-being guide as part of our event, with an emphasis on the importance of sleep, sports, and nutrition. By displaying affiliations across the rooms, we hope to help students in boosting their belief of positivity and self-worth. We have contacted Millburn Complementary Therapy Centre, who has agreed to support this event (subject to grant approval). A few therapists will provide students with trial sessions of treatments that can aid in relaxation, such as aromatherapy hand massage, Indian head massage, and reflexology.

Our goal is for students to go away from this event feeling re-energized and equipped with the skills necessary to manage stress and take care of their health.

Resource	Link/evidence of cost	Cost
Millburn Complementary Therapy Centre – therapists x3 (2hrs)	Email attached to application with therapist quote	£270
General wellbeing guide	Free, already obtained	Free
Affiliation Cards	Already available	Free
Total		£270