



Healthy Body Healthy Mind Award

Scotland's Rural College (SRUC)
Students' Association

Submission report for session
2017/18



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Introduction

The Healthy Body Healthy Mind Award is an initiative run by a partnership between NUS Scotland, Scottish Student Sport and Think Positive, funded by the Scottish Government; which focuses on the link between sports, physical activity, smoking prevention and mental health. The awards are also supported by the Mental Health Foundation and ASH Scotland.

This award highlights colleges and universities that work towards making sport and exercise recognised at their institution as a way to maintain good mental wellbeing. The aim of the award is to encourage students and staff to take advantage of their position and ability to make links between sport and exercise and mental wellbeing issues. In doing so, the award scheme aims to improve student mental health at institutions across Scotland.

Taking part in Healthy Body Healthy Mind Award is a big step for the small and specialist Scotland's Rural College Students' Association (SRUCSA) and one we support strongly. SRUCSA are intent on working with SRUC in promoting good mental and physical health for our staff and students across all campuses, and on raising awareness and understanding of the issues that can affect mental health and wellbeing. SRUCSA would like to promote sport, mental wellbeing and healthy lifestyle more, and would like to support everyone studying at SRUC in taking part in various sports activities and in supporting their own good health and wellbeing.

This report intends to provide as much information as possible about SRUCSA's engagement with the Healthy Body Healthy Mind award. At the end of this report, in the appendices, SRUCSA will provide evidence collected this year from each campus in support of this award.

SRUCSA's Healthy Body Healthy Mind activities include:

- Promotion of physical activity and sporting opportunities.
- Mental health support, including Scottish Mental Health First Aid training opportunities for SRUCSA officers.
- The 'Shady the Black Dog' mental health and wellbeing campaign.
- Information on smoking cessation.

As part of this work, SRUCSA have formed a Healthy Body Healthy Mind working group. The aim of this group is to support SRUCSA's commitment to, promotion of and engagement with Healthy Body Healthy Mind activities. SRUC students have continued to engage enthusiastically with SRUCSA on social media; in return, SRUCSA have informed students about this valuable award and its aims, as well as how relevant Healthy Body Healthy Mind is in their lives. As an association, SRUCSA have organised and supported activities such as HBHM days, boxing, meditation, yoga, clubs and societies workshops, Therapets, Purple Friday for LGBT+ History Month and many others.

After activities are undertaken, SRUCSA always collate feedback and possible improvements for the next event. SRUCSA welcome innovative ideas from students, to inspire positive change at every campus. It was agreed to submit this application for the Healthy Body Healthy Mind award because of its positive impact on SRUC students..

Making the award known

1 Star

Aims of taking part in the awards have been defined and made known to the institution

SRUCSA have added a HBHM section on the official webpage under campaigns (section 1 of appendices). This webpage is aimed at students studying at SRUC, to ensure they are aware of what the Healthy Body Healthy Mind award is and why it is so important for the SRUC student body.

Relationship between institution/student union/sports union established so both are aware of activities

The team who is putting together the award submission includes SRUCSA sabbaticals, the Sports and Activities Officer (S&AO), the six Campus Officers, SRUCSA support staff (Learner Engagement Officers, who are part of the SRUC Learner Engagement Team) and other members of SRUC student support and student engagement teams

2 Stars

Set up HBHM group/committee, or added to the remit of an existing mental health/wellbeing group

SRUC's Learner Engagement Team working group and SRUCSA sabbaticals have been leading on SRUC's Healthy Body Healthy Mind work to date, with the support of the SRUCSA officer team. SRUCSA have agreed to form its own Healthy Body Healthy Mind working group - to include current officers and students from each campus - starting in the 2018-19 academic year. The SRUCSA sabbaticals, along with the Learner Engagement Officers who support SRUCSA, are currently forming the remit of the working group, which will discuss HBHM issues on each campus and across SRUC, and determine how best SRUCSA (working in partnership with SRUC) might best meet these objectives.

Ensure publicity is in place to make the aims and criteria of the awards known to the student body (e.g. through the use of social media and promotional material)

Please see the appendices for links to SRUCSA social media pages and HBHM posts (section 3), as well a link to our photo page which documents the posters, leaflets and other materials available to students on SRUC's campuses (section 2).

Ensure HBHM and Tobacco-free Generation logos are used on promotional material

SRUC and SRUCSA have begun adding the HBHM logo to related materials; there are examples on the photo page linked from the appendices (section 2). Once SRUCSA create materials relating to smoking cessation campaigns, they will add the Tobacco-Free Generation logo to those materials

Making the issue known

1 Star

Mental wellbeing resources available to all students through student support services throughout the year

SRUC students have access to mental health and wellbeing support and resources through education and support staff on each campus. SRUC is working for parity of access for all students within location and resource limitations. This includes a team of SRUC staff who are trained in Scottish Mental Health First Aid (SMHFA), who are available to offer initial support to both students and staff at all campuses. At the beginning of the year every student was given a SRUCSA guide which included a section on mental health and wellbeing. Please see the 'Practical changes on campus' section below for further information about SMHFA.

Mental wellbeing resources made available to all students through sport and physical activity providers throughout the year

The SRUCSA S&AO aims to ensure that all students have equal opportunity to take part in SRUCSA-organised mental wellbeing activities at all campuses, with the support of the Campus Officers. As part of their interest in the Healthy Body Healthy Mind award, they have organised a Healthy Body Healthy Mind day. The aim of this day was to introduce the HBHM project to students, as well as introducing them to the mental wellbeing opportunities available to them. SRUC student support staff were also in attendance, and students had the chance to discuss their concerns, some of which they have not spoken about before. Please see sections 2 and 3 in the appendices for photos and social media.

Stop-smoking and smoking prevention resources (including benefits of being smoke-free) available on campus throughout the year

SRUC staff organised smoking cessation events at various campuses, supported by SRUCSA; at these events, the disadvantages of smoking were clearly defined. Through information and activities, members of the Learner Engagement Team gave students who smoke the opportunity to reflect on the effects of smoking and their relationship with it, as well as showing students who don't smoke how it might feel to have a serious lung injury through smoking. The S&AO worked to ensure sporting events throughout the year were smoke-free, including various golf tournaments. In future, there are further smoke-free events planned, including an SRUCSA Sports Day at Oatridge Campus on 23 May. NHS representatives attended events including Freshers' Fayres and the Healthy Body Healthy Mind day to talk to students about smoking and quitting. Learner Engagement Team members and some SRUC students have undertaken staff development through ASH Scotland in issues relating to smoking and mental health, and have provided smoking cessation resources at each campus. Please see sections 2 and 3 in the appendices for photos and social media.

Smokeline number for stop smoking advice to be displayed across institution, if possible at areas where people congregate to smoke

SRUC staff and SRUCSA have shared this information at the various smoking cessation events mentioned, and SRUCSA plan to post and circulate this information in poster form by the end of this academic year. Please see sections 2 and 3 in the appendices for photos and social media.

2 Stars

Take forward a specific mental health campaign that aims to change policies, behaviour and improve student experience

As a symbol of their commitment to support students and staff struggling with mental health issues - and to remove barriers and stigma related to these issues - SRUC and SRUCSA partnered to take forward the Shady the SRUC Black Dog campaign, with a statue of Shady (based at Ayr Campus) and a Shady Twitter account @ShadytheDogSRUC at the heart of the campaign.

The statue is the brainchild of mental health charity SANE, which aims to reduce the stigma surrounding mental health and to provide support for those who are struggling. A universal metaphor for depression, the black dog forms the basis for SANE's campaign to raise awareness of depression and other mental illnesses, enable people to find a more accessible language in which to express inner feelings of anxiety, loneliness or despair, and to encourage them to seek help. SRUC and SRUCSA worked closely with SANE as the statue was created, as well as with students who chose the distinctive SRUCSA design for the coat Shady 'wears'.

Shady's Twitter account – @shadythedogsruc – launched on 31 October 2017. Through the account, Shady tweets positive daily affirmations and message to his followers, and serves as a voice for mental wellbeing support to anyone who needs it. This is done through proactively following and interacting with other like-minded (HE/FE, mental health, positivity) accounts - and by interacting, not just retweeting but responding as Shady, adding information and supportive comments when retweeting, reaching out to other accounts (including those that tweet about 'black dogs' about events etc). Most importantly of all, through Shady people can be signposted to resources and organisations who can best assist them when they are in need; for example, SANE, See Me Scotland and SRUC's own in-house support and education staff. It is planned that these reminders should increase around peak times to address SRUC student stress, such as exam and assessment periods; Shady will make sure to 'reach out' more across SRUC and comment on pertinent events and achievements, to make more of a connection to SRUC students and staff.

For Mental Health Awareness Week in mid-May 2018, SRUCSA will refresh the campaign and introduce a poster and business card to reach out to students who may be experiencing mental health, stress and anxiety issues, to direct them for assistance. At the same time, each Campus Officer (with the exception of Ayr Campus) will receive a large 'Wee Shady' plush mascot, along with a duplicate of the plaque which sets out SRUC's and SRUCSA's commitment to supporting mental wellbeing. Information explaining Shady's purpose will also be displayed, bringing the campaign closer to students on each campus.

Other future SRUCSA plans (in partnership with SRUC) include a Shady-based video for Mental Health Awareness Week, an enhanced SRUCSA mental health resource area and information on the Shady campaign in the SRUC Cultivate blog and the annual Cultivate magazine::

<https://cultivate.sruc.ac.uk/>

Please see sections 2 and 3 in the appendices for all Shady-related photos and social media, including the upcoming Mental Health Awareness Week campaign.

Survey of behaviours and attitudes related to mental health, physical activity and smoking carried out at the institution

The S&AO created and distributed a survey called "How are students at SRUC active?" The aim of this survey was to gauge and encourage student interest in participating in sports at SRUC.

From feedback expressing the need for more sports opportunities, the S&AO is now working to ensure all students have the opportunity to participate in the sports they want to bring to each campus. It was noted that students requested further support in using various pieces of gym equipment, for example, heavy weights. In response, the S&AO took part in weight lifting training and is planning weight lifting seminars on each campus. The S&AO is planning a SRUCSA Sports Day on 23 May (as mentioned previously). This will be accessible for everyone; regardless of fitness or experience, students will have the opportunity to try a variety of activities. SRUCSA are also planning to work closely with Scottish Student Sport (SSS) on this event; see section 6 of the appendices for SRUCSA's communication with SSS, and section 2 for photos of the event documentation.

A mental health survey was carried out by SRUC – supported by SRUCSA – during this academic year, asking students what they thought of the current provision of mental health support on their campus and what they felt should be provided. The results document is available to view at:

<http://www.srucsa.org.uk/wp-content/uploads/2018/05/Copy-of-SRUC-mental-health-survey-2017-18-results-JB.xlsx>

It was decided to distribute the survey on paper on each campus, with staff and student officers engaging directly with students at lunch times to encourage interaction. 82 students participated, with their requests for support having a great amount of variety (see graph below). Respondents were asked "What supports are available on your campus?"; 40 respondents identified Student Support Services, 17 said that they were unsure, 11 mentioned advisors or lecturers and 10 mentioned the Occupational Therapist, who is available for direct support on some campuses. The question "what supports would you like to see at your campus?" led to 38 different responses. Although most of these were solitary suggestions, many of these are very good suggestions such as group sessions for stress, anxiety and depression sufferers, ongoing mental health and addiction support and support directed at young men. SRUC student engagement and support teams will consider the responses going forward when developing new projects and resources. In addition, SRUCSA's Speak Week survey results, which mention student support issues will also be considered and addressed, and feedback given to students accordingly.

Practical changes on campus

1 Star

Links and signposting to student support services, internal and external to the institution

At each campus, students and staff are reminded that SRUC and SRUCSA are here to support them, through posters and intranet resources detailing where support and help are available. Business cards with resource information are also soon to be launched at key locations at each campus.

For 3 years SRUCSA has supported the #PeriodPoverty campaign; this has recently been expanded to reach all campuses as well as men's toilets and gender-neutral accessible toilets. This helps SRUC's welfare provision to be more inclusive of our transgender and non-binary students and break down the stereotypes and stigma that still surrounds menstruation, and allows male students who are in supportive roles to access sanitary items at no cost. In autumn 2018, SRUC will be promoting the Scottish Government initiative by joining in undertaking the actions above.

For many years students have been able to find links to dedicated helplines run by external agencies in the Student Handbook which is linked from the first page on the Virtual Learning Environment (VLE) referred to as Moodle. The work being carried out around the Black Dog project is enhancing the awareness of these helplines.

In 2017, SRUC launched a three-year healthy learning and wellbeing strategy to support students and staff (section 4 of the appendices). This was created through partnership between SRUC and SRUCSA and launched in the same time frame as Shady. SRUC and SRUCSA have also worked together to engage students in a Student Mental Health Agreement (section 7 of the appendices). Actions chosen for this year were:

- ❖ 'Survey of existing services'
- ❖ 'Support Services Promotion & signposting'
- ❖ 'Improve access and availability of support'
- ❖ 'Build on existing work around wellbeing focus for students and staff'
- ❖ 'SANE & Black Dog campaign to include Shady the SRUC Black Dog on Twitter'

As visible in the action plan, many of the actions have had significant progress and this campaign has led to the training of staff as Scottish Mental Health First Aiders and the survey of students' views of mental health support mentioned previously.

Links with external mental health organisations

As mentioned, SRUC and SRUCSA worked closely in partnership with SANE on the Shady project and statue. The SANEline - an out of hours mental health support helpline - has supported over 100 SRUC students this academic year and serves as the main helpline outside of SRUC working hours. NHS Scotland representatives regularly attend SRUC student events to offer advice and information on various NHS wellness initiatives and available support. SRUC student support staff work closely with Child and Adolescent Mental Health Services (CAMHS) in supporting vulnerable young students. ASH Scotland have proved valuable in offering training and support to SRUC staff and students on issues regarding smoking, the effect of smoking on mental health and smoking cessation support.

There are also local connections to organisations. At Barony Campus, for example, a group of students work with Soulsoup, a voluntary organisation based in Dumfries; in addition, staff liaise with Support in Mind, and many staff and students have experience of working with CAMHS.

Some individuals trained in Scotland's Mental Health First Aid

As of April 2018, 37 people (both staff and students) have been SMHFA-trained during this academic year. There are over 50 further people who have asked to take part, with further training events planned for May and June. This is a direct action from the launch of the Healthy Learning and Wellbeing Strategy. There may be other staff and students who have been trained through outside organisations such as NUS and CDN; they are added to SRUC's list as they are identified.

Some individuals completed the stop-smoking and smoking prevention eLearning module

Members of SRUC's Learner Engagement Team have all completed this training via ASH Scotland; the S&AO will be completing training in early May.

2 Stars

Sports' Union (and/or Sports Department) and Students' Association working together on HBHM work

The S&AO is working closely with SRUCSA and the other officers on the Healthy Body Healthy Mind initiatives, ensuring wherever possible that HBHM resources are available to all students. SRUCSA will continue this work in the upcoming academic year and continue to support SRUCSA-led clubs and societies workshops across campuses, open to all students interested in taking part in or setting up clubs, sports teams and other societies.

Students and staff at each campus have been active in supporting local Healthy Body Healthy Mind activities. Aberdeen Campus students take part in Craibstone Equestrian Club, which currently offers weekly horse riding lessons at local stables and will start competing from next academic year; in addition, Aberdeen's Safeguarding Officer set up a Craft Club to combat loneliness whilst in halls of residence, and the newly-formed Animal Care Society will be holding social events and fundraising for animal charities. Elmwood Campus students are setting up a Green Club to encourage students to think about sustainable farming and to take on lunchtime gardening work to combat loneliness. At Barony Campus, support staff are introducing lunchtime mindfulness sessions and walks. The Barony Sports and Social Club regularly organise lunch and evening mini-sessions for games hall sports, as well as yearly events like the Barony Race (for staff, students and dogs) and the Barony Bash (outdoor fun, games and sport). The SRUC Rock Climbing & Mountaineering Club - based at Edinburgh Campus but open to members across SRUC - promote physical activity through weekly climbing wall sessions and monthly outings across Scotland and the North of England. The Outdoor Pursuits Society based at Ayr Campus organise weekly climbing sessions in Glasgow and local hikes. The cross-campus SRUC Snow Team organised a snow sports trip for the second time; this year students from Aberdeen, Ayr, Barony, Edinburgh and Elmwood all went to Pas de la Casa, Andorra for a week of skiing and snowboarding.

SRUCSA's planned initiative for the upcoming academic year is to set up Daily Mile routes on all campuses, to encourage staff and students to take part of their lunch break to walk a mile each day, thus increasing their daily activity and decreasing their stress. This is based on a Scottish Government initiative for school children, which is now gaining popularity in all age groups. Some campuses (for example, Barony Campus and Oatridge Campus) have defined nature/walking paths, but it is SRUCSA's goal to widen this to all campuses. SSS have offered support, by connecting SRUCSA with Heriot-Watt University and Dundee & Angus College who have introduced this initiative; they have also directed SRUCSA to contact Paths for All, who offer direct technical support for institutions looking to set up nature/walking paths (and have done this

previously at Oatridge Campus!). See section 6 of the appendices for SRUCSA's communication with SSS.

Key individuals being trained in SMHFA (e.g. student facing staff, sports leaders and student officers)

Included amongst SRUC's SMHFA-trained staff and students are senior tutors, residential staff, student support staff, members of the SRUC officer team and SRUCSA support staff.

Key individuals completed the stop-smoking and smoking prevention eLearning module (e.g. student facing staff, sports leaders and student officers)

Included amongst SRUC's staff and students trained by ASH Scotland are student support staff, SRUCSA support staff and the S&AO.

Staff and students know how and where students can be signposted to stop-smoking and mental health services

Staff and students are aware of how to find smoking cessation and mental health services, through emails, intranet/Moodle and posters and leaflets on all campuses. These services have been signposted at Freshers' Fayres, the HBHM day and smoking cessation events.

Please see sections 2 and 3 in the appendices for photos (of events and leaflets) and social media.

A smoking prevention and stop-smoking event linked to 'No Smoking Day' in March

Events related to No Smoking Day were held on various campuses in March, organised by SRUC's Learner Engagement Team.

Please see sections 2 and 3 in the appendices for photos and social media.

Evaluation

1 Star

Reflection and review of work should be evident

As provided - see report.

Provide a report reviewing all activities using the HBHM template

As provided - see report.

Report to include supporting evidence such as photos, posters, emails, social media screenshots etc. to back up written report

As provided - see appendices (including section 5, which shows sample event plans for SRUC Learner Engagement student events and how they relate to the Healthy Body Health Mind initiative).

2 Stars

Numbers and roles of staff and students trained included in report

As provided - see 'Practical changes on campus' and appendices.

Gaining student input and feedback included in evidence

As provided - see report and appendices.

Mental health, physical activity and smoking survey results

As provided (for mental health and physical activity) - see report and appendices.

Conclusion

SRUC in the academic year 2017-18 is a hive of positive and healthy activity, including a new strategy for the future and a new alignment between education, research and consulting. SRUCSA are pleased to join SRUC in taking forward that positivity, by supporting and promoting good health and wellbeing for all its students and staff. Supported by its mental health and wellbeing strategy and its Student Mental Health Agreement, SRUC provide the best possible support for mental health and wellbeing across all campuses. Indeed, the SRUC Learner Engagement Team - which includes student support at all campuses - recently won a bronze medal from the National Association for Managers of Student Services (NAMSS) honouring its work in the field of mental health and wellbeing support, something of which SRUCSA is very proud (see section 2 and 3 of the appendices for further information).

SRUCSA will join with SRUC to keep this going into the future, by looking at improving support and setting goals for its future. SRUCSA's aim is to provide more activities and sports events, including the upcoming Sports Day, and to encourage the creation of new clubs, sports teams and societies through Freshers' Fayres and other workshops. SRUCSA want to ensure students stay involved and stay healthy, and will do their best to support them in this endeavour. To this end, it will create a forward plan where all HBHM activities will be clearly defined, and all clubs and societies will be given support to achieve HBHM goals. The SRUCSA officer team will be encouraged to provide as much information after each event as possible - including feedback from students, supporting evidence and ideas for possible improvements - to support the application for this award next year.

SRUCSA is a young students' association, still finding its feet with regard to mental health and wellbeing support. While applying for 2-star HBHM award status this year, SRUCSA intend to work to 3-star status in the upcoming year, and are already taking on 3-star work with regard to SRUC's LGBT+ and disabled students.

Throughout LGBT+ History Month in February, SRUCSA reached out to the LGBT+ community through varied activities and stalls. SRUCSA's LGBT+ community at Ayr Campus ran a very successful inclusivity campaign during LGBT+ History Month where clubs, societies, students and staff could show their support of our LGBT+ students and share helplines and words of support. These posters of support have taken up residence in the windows of most staff members at the Ayr campuses since February. The S&AO learned a great deal from the SSS Festive Gathering, where the problems and barriers of LGBT+ students with regard to engaging with student sport were clearly defined. For the upcoming Sports Day at Oatridge Campus, she will give rainbow laces to all participants to show SRUCSA's sporting support for our LGBT+ community.

SRUCSA's Disabled and Mental Health Society (DAMHS) have also worked with SRUC to introduce posters that help students identify key signs of poor mental health and who they can approach for help. DAMHS have had a strong voice in ensuring that classrooms, Disabled Students' Allowance (DSA) and elections are more inclusive and engaging for students at SRUC and across Scotland, with two SRUCSA motions to this effect being passed at the NUS Scotland Disabled Students Conference.

SRUCSA are proud of what they and SRUC have achieved to support the health and wellbeing of SRUC's students and staff, and of what is planned for the future. We hope that this work is found worthy of a Healthy Body Healthy Mind award, to confirm to the wider SRUC community that their wellbeing is of the utmost importance to both SRUCSA and SRUC.

We would like to acknowledge the hard work of and thank the following:

SRUC Learner Engagement Officers James Bamkin and Paula Cuccurullo.

Students and staff of SRUC for their participation, time and input - with a special mention for our class representatives who do a great job representing the student voice at SRUC.


Supporting organisations, including: NUS Scotland, Scottish Student Sport, Think Positive, SANE, NHS Scotland, the Mental Health Foundation, ASH Scotland.




Appendices

1) SRUCSA Healthy Body Healthy Mind website

<https://www.srucsa.org.uk/campaigns/healthy-body-healthy-mind/>



SRUC Students' Association
Dùthchail na h-Alba Comann Oileanach



About SRUCSA ▾ Representation ▾ Elections ▾ Clubs and Societies ▾ SRUCSA Student Guide Campaigns ▾

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Healthy Body Healthy Mind

What is the Healthy Body Healthy Mind Award?

The Healthy Body Healthy Mind Award is a initiative run by a partnership between NUS Scotland, Scottish Student Sport and Think Positive, funded by the Scottish Government; which focuses on the link between sports, physical activity, smoking prevention and mental health. The awards are also supported by the Mental Health Foundation and ASH Scotland.

This award highlights colleges and universities that work toward making sport and exercise recognised at their institution as a way to maintain good mental wellbeing.

The aim of the award is to encourage students and staff to take advantage of their position and ability to make links between sport and exercise and mental wellbeing issues. In doing so, the award scheme aims to improve student mental health at institutions across Scotland.

SRUC is committed to achieving a Healthy Body Healthy Mind Award in 2018



SRUC and SRUCSA are intent on promoting good mental and physical health for our staff and students across all campuses, and on raising awareness and understanding of the issues that can affect mental health and wellbeing.

Our Healthy Body Healthy Mind activities include:

- Promotion of physical activity and sporting opportunities.
- Mental health support, including Scottish Mental Health First Aid training opportunities.
- The 'Shady the Black Dog' mental health and wellbeing campaign.
- Information on quitting smoking.


We have added photographs and social media in support of our award submission - click on the links to see more.

Want to know more? Want to get involved? Drop us a line at SRUCSA@sruc.ac.uk, or talk to one of our officer team or SRUCSA staff. We'd love to hear from you and we'd love to have you working with us to improve physical and mental health across SRUC.




2) SRUCSA HBHM photo evidence page

<https://www.srucsa.org.uk/campaigns/healthy-body-healthy-mind/photos/>



SRUC Students' Association
Dùthchail na h-Alba Comann Oileanach



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[Home](#) > [Campaigns](#) > [Healthy Body Healthy Mind](#) > [Photos](#)

Photos


Photo galleries:

- [Shady the SRUC Black Dog – @ShadytheDogSRUC on Twitter](#)
- [World Mental Health Day](#)
- [National Association for Managers of Student Services Awards](#)
- [Therapets](#)
- [Smoking awareness events](#)
- [Clubs and activities](#)
- [Sporting events](#)
- [LGBT+ History Month and Purple Friday](#)
- [Posters, handouts and other educational and promotional material](#)
-


[Shady the SRUC Black Dog – @ShadytheDogSRUC on Twitter](#)



Announcement of the winning design for Shady the SRUC Black Dog



Black dog silhouettes on all campuses to attract attention to Shady and SRUC mental health support before he was unveiled



Black dog pawprints on all campuses to attract attention to Shady and SRUC mental health support before he was unveiled

3) SRUCSA HBHM social media evidence page

<https://www.srucsa.org.uk/campaigns/healthy-body-healthy-mind/social-media/>

Home > Campaigns > Healthy Body Healthy Mind > Social media

Social media

Shady the SRUC Black Dog on Twitter @shadythedogSRUC - sharing positive messages, links to support resources and information on SRUC's commitment to mental health and wellbeing



4) SRUC Healthy Learning & Wellbeing Strategy

https://www.sruc.ac.uk/downloads/file/3528/sruc_healthy_learning_and_wellbeing_strategy

3 Introduction to SRUC'S Strategy

The Healthy Workplace & Wellbeing strategy 2017-2020 outlines our mission to ensure that the SRUC community will have improved health and wellbeing. The strategy sets the direction of travel, provides a framework for future decisions, and has been designed to fit SRUC's history, culture, and the employee and student characteristics.

The strategy sets out our parameters and priorities for the next three years:

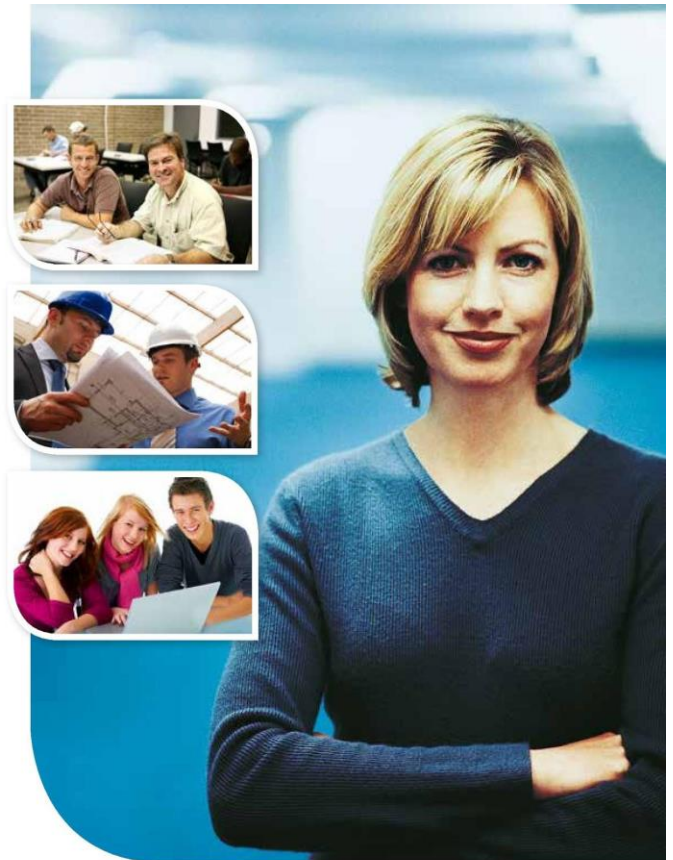
- **Wellbeing:** We will create an organisation where employees want to work and students want to study, because they feel valued and part of a supportive community
- **A healthy workplace:** We want staff and students to work in an environment where injuries and illness are prevented, and where older workers and students, or those with chronic illness or disabilities, are supported and accommodated
- **An effective strategy:** Our strategy is one that adopts a holistic approach to health and wellbeing, and its close association with sustainability, equality, inclusion and business performance

4 Why Are We Proposing This Strategy?

This strategy is fundamentally about promoting health, wellbeing, and a healthy workplace, as set out in *Section 3, Introduction to SRUC'S Strategy*. It draws on lessons from other sectors and identifies a holistic, proactive approach to managing health and wellbeing issues at work. It changes the focus from absence and illness management to wellbeing initiatives and connecting this to the health of SRUC as an organisation.

If we only manage absence, cases of illness and in the case of students under achievement and retention, our focus will always remain on reactive responses enquiry after the fact. It is more beneficial to link the health and success of our business and the education of others, instead, to the health and wellbeing of all our community.

Issues such as obesity, alcohol and drug abuse, and mental ill health have a negative impact on the institution, the individual and those around them. When people take responsibility for their own health through positive lifestyle changes, and are supported in this in their



3

Healthy Learning & Wellbeing Strategy

5) Learner Engagement Event Plans

Holistic Health and Wellbeing Events

Aims:

To promote a holistic approach to health and wellbeing covering the links between:

- Mental health
- Physical health
- Long term health
- Smoking
- COPD interactive demonstration
- Budgeting and money management
- Sleep hygiene

These sessions will be an opportunity for the Learner Engagement team to participate in preventative health and wellbeing initiatives, whilst also raising the awareness of the support available to students at each campus. Meeting students across the campuses will also enable the team to gain feedback from students and staff for their wellbeing needs and to support students (and to support staff to support students) with any needs that may be affecting their studies.

Timescales:

Lunch time sessions set up at each campus for Learner Engagement staff to promote the resources and activities whilst also promoting the services offered by Student Support.

Resources:

- Skeleton
- Smoking literature
- Mental health literature
- Physical health literature
- Healthy eating materials
- NHS Inflatable cigarette
- NHS smoking skittles
- Sports equipment
- Drinking straws – COPD interactive demonstration
- Sexual health resources
- Materials for feedback from students and staff

This roadshow will cover the range of topics listed above and will focus on how mental health and wellbeing is intrinsically linked. This will include the impacts of smoking both short term, linking in effects on the body, costs and budgeting and also the longer term effects and the damage caused that is unsure until years down the line.

Healthy Body, Healthy Mind

Tip 1. Have some Good Mood Food

Tip 2. Exercise

Tip 3. Socialise without alcohol

Tip 5. Live Well

Tip 6. Take a break

Tip 8. Support Network

Tip 9. Go Smoke Free

Tip 10. Get some sleep

-

LGBT+ History Month

Aims:

To raise awareness of LGBT+ History Month to all and to encourage support for Purple Friday.
To raise awareness and tolerance of each person and their identity, to make college a safe and inclusive environment to all.

LGBT+ History Month information to be displayed at the campus and on social media throughout the month of February. Social media to be used to promote Purple Friday and encourage students and staff to support the day and to learn more about LGBT+ History Month. To raise awareness of the services available at the campus for any students who may need support around LGBT issues.

Timescales:

Information to be displayed throughout the month of February and for staff and students to be encouraged to wear purple clothing on Friday 23rd February 2018.

Resources:

- LGBT history information from LGBT Youth Scotland
- Social media information from LGBT Youth Scotland

Healthy Body, Healthy Mind

Tip 3. Socialise without alcohol

Tip 5. Live Well

Tip 6. Take a break

Tip 8. Support Network

-

Therapets Events

Aims:

To promote the importance of relaxation, study / life balance, socialising and where to access assistance if needed.

The Therapets sessions will be an opportunity for students and staff to take time out of their busy study / work time to spend down time relaxing and socialising with others. The sessions are a way of bringing students from a range of courses, studying at the same campus, who may not usually socialise, together. Students staying in residence, are quite often, away from their family pets for a large amount of time and these sessions can enable students to have an opportunity to spend time with the Therapets dogs.

Timescales:

These events will take place for a period over the lunch break, the timings of which will be chosen by the Senior Tutor at the campus to fit in with the needs of their students.

Resources:

- Mental health literature
- Physical health literature
- Sexual health resources
- Therapets resources (hand gel, wipes, water bowls for the dogs, treats for the dogs)
- Therapets Feedback sheets and pens
- Refreshments for the Therapets volunteers

Healthy Body, Healthy Mind

Tip 3. Socialise without alcohol

Tip 4. Spend time laughing

Tip 6. Take a break

Tip 8. Support Network

6) Emails to/from Scottish Student Sport (SSS)

From SSS to Heriot-Watt and Dundee & Angus staff, on behalf of (SRUC LEOs), 18 April 2018 - re. Daily Mile

Hi everyone, hope you are all fantastic this Wednesday morning.

I'm getting in touch on behalf of our colleagues at Scottish Rural College Students Association. They have already put in a power of great development work this year around physical activity, sport, health and wellbeing.

As part of this and more specifically, as part of their Healthy Body Healthy mind submission, (Learning Engagement Officers at SRUCSA) are looking to establish a Daily Mile project to provide accessible physical activity opportunities for their students and staff. They are keen to explore some best practice examples from across the sector. With both Heriot Watt and Dundee & Angus having created some fabulous work around the Daily Mile, there is definitely an opportunity for some best practice sharing.

(LEOs) are contactable on the above email addresses and look forward to hearing from you both.

As always SSS are happy to support in any way we can!

Have a fantastic Wednesday.

Kind regards,

(SSS)

Response from (LEO), 19 April 2018 - re. Daily Mile

Hello (SSS) and all,

Thanks so much for connecting us all! I have copied in our SRUCSA Sports and Activities Officer for her information.

The Daily Mile is something we would love to get going across all of our campuses, as part of our Healthy Body Healthy Mind initiatives. I know from personal experience how much fresh air and physical activity can improve mental health and positivity, as well as physical health, and we have a lot of amazing campuses to roam (both rural and urban), so I am really enthusiastic about taking this forward. [HW and D&A staff), if you have time to do so, any information, tips and guidance you could pass on - how to create outdoor and indoor courses, working with your facilities and estates staff, the best ways to publicise – would be very much appreciated.

Thanks so much for your help and we look forward to hearing from you.

Kind regards,

(LEO)

From (SSS) to (LEO), 20 April 2018 - re. Daily Mile

Hi (LEO), just had a thought on this too.

Both the contacts we've provided you with will have very valuable experiences and practice for you.

However, Paths for All might be worth exploring. Have a look on their websites too (just for prior reading). I know they offer some funding and support for daily mile related activities and they have regional development coordinators like ourselves who would be happy to support in the future.

Have a great Friday and weekend!

Kind regards,

(SSS)

From (SRUCSA S&A Officer) to (SSS), 30 April 2018 - re. Sports Day 2018

Dear (SSS),

I hope you are well. I haven't seen you for a long time. As a part of my role I would like to organise Sports day at Oatridge on 23th of May. Approximate start of this event is around 11:40 (arrival & registration) see Event plan for further details. There are different sports which will student take part in e.g. football, rugby, badminton, longest jump, plank endurance and throwing a medicine ball. I don't have many experience with organising events, so I was just thinking of contacting you to make sure the event will run smoothly. I am sending you the poster for this day, application for this day and also event planning for this day. Would you be happy to look at this documents and give me some feedback on it, just to see if I am doing things right.

I also wanted to ask you if SSS would be happy to support us on this day. For example if you have some trained referees, it would be amazing if some of them can come to this event. Also would SSS be happy to give SRUCSA some freebies for this day? We will also be giving rainbow laces on the day to make sure we are supporting LGBT+ community.

Thank you and looking forward to hearing back from you.

Best Regards,

(S&AO)

From (SSS) to (S&AO), 1st May 2018 - re. Sports Day 2018

Hi (S&AO),

Long time no see! I hope all is well. We have just had our annual planning week which was lots of fun.

Great work on the sports day planning. I have a few things that might be useful to discuss over the phone in the lead up to the event. I've included them below too.

With it being your first event I'd keep it as easy as possible and then you can enjoy it as much as the students!

Below are a few guiding points and questions:-

Event Organisation

- 1) With Oatridge keen on Rugby, perhaps your Campus Officer might like to run a 1 hour touch training session and then a game afterwards? You could have some come and try activities like a badminton court, fitness challenge etc in the background. That way you are targeting the demand for rugby at Oatridge, but also making it inclusive for anyone who wants to give it a go.
- 2) Do students have the day off classes so they can participate in sport?
- 3) How many volunteers/staff do you have supporting you run the event?
- 4) If the event is open to all SRUC students (and is one session), then google forms or survey monkey is an efficient way to create a registration form. The link can easily be copied into emails and added to social media posts.

Marketing and promotion

- 1) As well as a poster, could you create a social media event?
- 2) Having in person promotion in the weeks beforehand like a stall in the café each lunchtime or speaking about the event in classes always works a treat.
- 3) Including some images of students playing sport within the poster and having simple/positive language explaining why students should come and 'give it a go', is an eye catching way to spark students interest.

Measuring Impact

- 1) Creating a survey students can fill in on the day (to measure attendance and next steps as I imagine the aims to get students active). If you'd like to do this we can chat further on what to include.

I've also copied in our South East coordinator as Oatridge sits within her region, and our new West Coordinator who is also very experienced in all things student sport.

I hope this helps. Like I mentioned above, if you'd like to chat through on the phone, my number is below .

Have a fab afternoon.

Warm wishes,

(SSS)

7) SRUC Student Mental Health Agreement Action Plan

Survey of existing services	Assigned to	Progress To be started – In progress – Complete
Initial survey to be taken during lunch breaks over the course of a one week period to gauge feedback on Student Support		Information to be collated to demonstrate needs identified by the survey and actions to be taken
Follow up information to be gathered as part of Speak Week organised by SRUCSA	Gemma Jones	Speak Week survey carried out, waiting for report
To continue to run awareness events cross campus and to gain feedback from students as to the events that they wish to take part in.	SRUC and SRUCSA to work in collaboration to make these events happen	Continue to provide awareness sessions and opportunities for students to feedback their needs and wants.
Support Services Promotion & signposting		
A review of the Student Handbook information including updating of all links and contact details for support services both internal and external.		Review of Student Handbook undertaken by LEC and available on Moodle to all students and staff.
Welfare staff to be appointed at each campus within residences to provide additional after hours general wellbeing and keeping safe support.		Updates of all support contacts undertaken by LEC and available on Moodle to all students and staff.
Improve access and availability of support.		
Increase the numbers of SRUC & SRUCSA staff who have Scottish Mental Health First Aid training.		To date 62 staff and student officers have volunteered for the training which will result in every campus having access to Mental Health First Aiders.

Improve access to support from Mental Health Professionals and further increase availability of self help material.		<ul style="list-style-type: none"> - 4 sites have access to a Mental Health Occupation Therapist for 6 hours bi-weekly (Aberdeen has remote access, Edinburgh and Oatridge provide on site support and Cupar has support as and when required) - Aberdeen also has a counsellor bi-weekly - Benchmarking of services meeting with Edinburgh University to ascertain how SRUC can take forward and develop current services.
Further increase availability of Mental Health OT's to all campuses.		Ongoing work being undertaken by LEM to further increase availability of Mental Health OT's to all campuses.
Build on existing work around wellbeing focus for students and staff		
Therapets sessions to be agreed with Senior Tutors and dates set based on needs of the campus		<ul style="list-style-type: none"> - Introduction of Therapets/Llamas around exam periods and at key events such as Freshers', and the annual SRUC Careers Event in consultation with Senior Tutors for specific needs of the campus. - Evaluations for each session to be completed to monitor the impact for future events.
Smoking prevention / cessation, mental and physical health and wellbeing roadshows		Roadshows that reinforces resilience and ways to promote physical/ mental health and wellbeing and smoking prevention / cessation – ongoing.
SRUC and SRUCSA Staff attending Ash Scotland Smoking and Mental Health Training – Edinburgh 22.3.18		Complete
Online Ash Scotland Smoking training to be undertaken by key staff.		To be distributed

Wellbeing strategy launched by SRUC.		<p>Wellbeing strategy set out by SRUC on 2/10/17, to focus on prevention and encouraging self management.</p> <p>On-going access to support via the link above to online self help & helpline support.</p> <p>Introduction of a 24 hour crisis helpline for staff which is pro-active in supporting staff mental health and well being.</p> <p>Introduction of student and staff appointments with a nurse from an external organisation to check Health and Wellbeing which includes Mental health</p> <p>Review of Staff and Student Policies around Mental Health</p>
SANE & Blackdog campaign to include 'Shady' on Twitter		
Launch of Shady our SANE Black Dog in partnership with the Student Association		<ul style="list-style-type: none"> - The SANE Black Dog 'Shady' has promoted discussion in particular around social media and student engagement. - Daily positive affirmations from Shady via @shadythedogsruc on Twitter.
Access to SANE helpline for all students across all campus for out of hour support.		<ul style="list-style-type: none"> - Students are taking responsibility for their mental wellbeing by contacting helplines out-with college hours during weekends and from 4:30pm – 10:30pm.