

Section 1: Contact details	
Name of organisation?	Union of Kingston Students'
Name and title of person writing the case study	Student Advisor, Union of Kingston Students'
Date submitted	August 2018
Student population	24,720
Section 2: Why did you decide to participate in Self Care Week?	
What is the context to this case study?	As a student union advisory department, we wanted to promote internal and external support organisations that students can access on and off university premises. We also wanted to understand what type of support students wanted from the union.
What was the problem you were faced with?	Being away from home for the first time, students often need support on how to look after their physical health and mental wellbeing, Self Care Week is a great way of highlighting what students can do for themselves, what help is available should they need it and where to access this.
What was the solution or approach to this?	<p>Our aim was to encourage students to get more active, promote healthy lifestyles and to help in reducing daily stresses. We also wanted students to talk opening about their mental wellbeing and so provided a safe space so they felt comfortable in sharing their problems openly. Ultimately, we wanted to help students settle into student-life and into the wider community.</p> <p>With this remit we compiled a programme of events to be held during Self Care Week to support students' health. Activities were held over five days and across our four campuses and included yoga, dance classes, a mental health chalk walk, a bake sale, craft sessions and interactive talks on drugs, alcohol and smoking.</p> <p>We also ran a stall outside the nurse's examination rooms which was a good way of engaging with students.</p>

Section 3: Barriers													
What barriers, difficulties or challenges did you encounter?	<p>There were two main barriers:</p> <ol style="list-style-type: none"> 1) Managing events was sometimes difficult because we are a small team and activities were spread over our four campus areas. 2) We had a tight budget. See section 5 (outcomes and impact). 												
How did you overcome them?	We spread ourselves very thinly!												
Looking back, what would you have done differently?	<p>We will invite a team of student volunteers to help with activities for our next Self Care Week.</p> <p>We might also look at engaging with external local organisations, perhaps with pharmacies, the local Clinical Commissioning Group or Local Authority to find out if there is the potential for a collaborative project.</p>												
Section 4: Who was involved from the organisation and outside?													
Give details of any external partners involved	We joined up with partners from the different campuses including: Library and Learning Services which provided venues and promoted events, Student Life, which offers advice on money, accommodation and disabilities helped to promote the Week and Wellbeing signposted to services including counselling, sexual health and the doctor's surgery.												
Section 5: Outcomes and impact													
How much did you spend?	<table border="1"> <tr> <td>Self Care Week Kit Raffle Prize</td><td>£7.10</td></tr> <tr> <td>Self Care Week Materials (Refreshments)</td><td>£7.89</td></tr> <tr> <td>Nursing Campaign</td><td>£25.40</td></tr> <tr> <td>Crafting Materials</td><td>£3.00</td></tr> <tr> <td>Self Care Week Flyers</td><td>£56.00</td></tr> <tr> <td>Total=</td><td>£99.39</td></tr> </table> <p>We are pleased that we managed to run Self Care Week activities on such a tight budget. It helped that we could use existing university activities and</p>	Self Care Week Kit Raffle Prize	£7.10	Self Care Week Materials (Refreshments)	£7.89	Nursing Campaign	£25.40	Crafting Materials	£3.00	Self Care Week Flyers	£56.00	Total=	£99.39
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	<p>cheap materials, which meant we managed to put on fun and engaging events at every campus. However, this did restrict us on the scope of our campaign as we were not able to do the 'focal' events that we would've wanted to do if we had had more budget. In the future, we would like to be able to have speakers (eg public figures or authors) to speak to students about mental health. It would also be great to be able to buy things like stress balls or mugs so that students can have a lasting memory of the Week.</p>
What were the benefits for your students?	<p>Feedback suggests that students felt more supported and were more aware of where to go for help.</p>
What were the benefits to you and/or your colleagues?	<p>We were pleased that students engaged with our Self Care Week activities and as a result we will be seeking funding from the University to help us continue our self care promotion, particularly around mental wellbeing.</p> <p>We were also delighted that our efforts were recognised by the Self Care Forum, the charity which organises Self Care Week nationally, who awarded us with the winner's prize for our activities. The award gave us an extra boost to continue our efforts to support our students by helping them help themselves. We hope to use the cash prize for activities this year.</p>
Section 6: Impact evidence	
Do you have formal or anecdotal evidence of success/impact?	<p>Student feedback was very positive with many saying how educational these events were and that they felt more comfortable in talking about their health issues as a result. Our nursing faculty and faculty of social sciences seems to be particularly engaged and here is a link to facebook videos.</p>

<p>Do you have any materials to supplement your case study?</p>	
<p>Section 7: Next steps</p>	
<p>Where do you intend to go from here?</p>	<p>We plan to continue providing support to our student population and to continue assessing their health needs. One of our main objectives was to use Self Care Week as an indicator of our strengths and weaknesses and use it to help plan our next Self Care Week event. Also, student testimonies provided us with information that will help us to fully utilise our student support organisations and external support organisations. We also plan to use our student feedback to bring in more external support organisations to help students with their mental wellbeing.</p>
<p>Is there something your clinical commissioning group or</p>	<p>External support could come from our local CCG and council and it is</p>

local authority can do to help you continue to promote self care?	worthwhile engaging with these local organisations to find out if there is the appetite for collaborative working to support our students even more.
Section 8: Your top tip!	
What's your top tip to others wanting to encourage people to self care?	<p>We would urge all universities, schools and colleges to participate in Self Care Week and use it to highlight the importance of maintaining good physical health and mental wellbeing. It is also helpful in signposting people to health services which is something that can hugely benefit the student population. For example, pharmacists are not at all on student's radar as a source of health advice and they should be!</p> <p>Also, not everyone will engage in everything so we would recommend organising a variety of different activities to peak the interests of a wider audience.</p>
Section 9: Self Care Forum	
Are you aware of Self Care Forum resources?	An abundance of material is available from the Self Care Forum website , for example buttons and banners are ideal images to use on websites and for social media during Self Care Week and fact sheets can help students understand how to look after their minor conditions themselves. Another free resource is the Expert Self Care student apps , one of which has been produced to help students protect their mental wellbeing.