

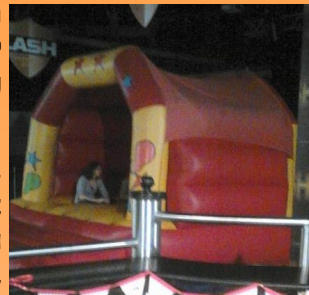
Student Minds Cardiff's plans for 2014/2015



Next year Student Minds Cardiff and Cardiff Mental Wealth Society are merging under the name of Student Minds Cardiff.

This year Cardiff Mental Wealth Society:

- Trained cohorts of nightline volunteers, covering the topics of alcohol and drug abuse, depression, anxiety and self-harm.
- Held a stall in Cardiff Student's Union for National Stress Awareness day giving out stress balls and asking students what they do to de-stress.
- Organised Inner Child Day, transforming part of Cardiff's Student Union into a children's party with a bouncy castle, face-painting, Lego, arts and crafts and much more. The day aimed to reduce stress!



Student Minds Cardiff hopes to continue running the events organised by Cardiff Mental Wealth Society this year, and add to NSAD by organising a charity yoga session on the day.

Student Minds Cardiff will promote the support groups to new university students in September 2014 by having fridge magnets of the Student Minds Cardiff logo in welcome packs, and on the fridges in student accommodation. Student Minds Cardiff will also have stalls at fresher's fairs at Cardiff universities, where we will be giving out free Student Minds Cardiff pens and information about the support groups.



For more information please visit the national website:

<http://www.studentminds.org.uk/>

or email Student Minds Cardiff: Cardiff@studentminds.org.uk



What does Student Minds Cardiff do?

Student Minds Cardiff runs fortnightly support groups for students experiencing eating disorders led by trained facilitators.

We encourage students to have the confidence to talk and to listen; to find inspiration and motivation in each other's stories. We bring people together to share strategies for managing mental health, and to talk honestly, in a safe and pro-recovery environment.

We also host fundraising events to raise money for Student Minds Cardiff, and to raise awareness of mental health.

What has Student Minds Cardiff achieved in 2013-2014?



- Ran support groups
Student Minds Cardiff has provided support in our self-help groups to a number of students with eating disorders.

- Held a charity clothes swap
Student Minds Cardiff organised a clothes swap, where students brought in their unwanted clothes, and could come in the next day to choose some new clothes. Entry money went to Student Minds.

- Trained Nightline volunteers

Student Minds Cardiff trained two cohorts of nightline volunteers as part of their induction training, on how to approach conversations regarding eating related problems so they were prepared if they received such a call.

- Social Media

This year Student Minds Cardiff has improved its publicity through social media such as Facebook and Twitter, increasing our audience and seeking greater recognition amongst students who may need our services, or know of someone else that does. It is also a great way to promote our upcoming events, give students uplifting messages and provide links to relevant articles.

Like our Facebook page:
'Student Minds Cardiff'

Follow us on Twitter:
'@StudentMindsCDF'.



Student Minds Cardiff organised a week of events to raise awareness of eating disorders and to provide a supportive environment for those with an eating disorder, and their friends and families.

- Sock it to ED

For the 'sock it' to eating disorders campaign Student Minds Cardiff gave out free socks, and launched a photo competition. Students had to post online creative pictures of them in their socks!

- Supporting the Supporters Workshop

Student Minds Cardiff hosted a 'supporting the supporters' workshop. The workshop was aimed at students whose housemate, partner or relative has an eating disorder. It aimed to help them understand eating disorders and how to effectively communicate with a friend or loved one who has difficulties around food.



Taking this photo was not an easy feat!

- Informative Talk

An informative talk was also held, where 2 previous co-ordinators of Student Minds Cardiff talked about their own experiences of an eating disorder, and their journeys into recovery.

- Music Gig

Eating disorder awareness week ended with Student Minds Cardiff's annual Mind Your Head gig at the Vulcan pub. The night consisted of some great music by Cal Hillan, and The Suncats, and amazing raffle prizes were given away!

Student Minds Cardiff has also held a gig during Mind Your Head week, organised a pub quiz with other student led services and promoted the support groups at fresher's fairs.