

Student Minds SU's

Programme Information Pack
2021/2022



student
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Student Minds SUs Overview

What is Student Minds SUs?

Student Minds SUs is a community designed to empower you and your Students Union to become leaders in mental health.

We believe Students' Unions play a vital role in ensuring universities are places that support positive mental health and wellbeing of their communities. They can be role models for the sector as mentally healthy organisations and be a force for good, advocating for and empowering students to create change locally and nationally.

Through Student Minds SUs, we partner with a cohort of amazing SUs with the aim to equip, support and develop partners to tackle challenges relating to mental health in higher education and play a leading role in shaping a better future.



What's new for 2021-22?

In the 2019/2020 academic year, we worked with 11 partner Students' Unions to co-create the Student Minds SUs programme. In the last academic year, we created a low-cost and low-burden programme that was responsive to the needs of our 17 SU members in the context of the Covid19 pandemic.

In the wake of the Covid19 pandemic, we know that the mental health and wellbeing of our students and staff is more important than ever. We recognise that SUs are still navigating the impacts of the pandemic and transitioning to the next normal, so we want to keep the community membership low-cost and low-burden, with the flexibility to engage more with the support offer, topics and conversations that are relevant to them.

This year, our members have told us that they want the programme focus to shift from being responsive to the pandemic, to empowering SUs to achieve long-term, strategic change in their approach to mental health and wellbeing. SUs need to be equipped to respond to the lasting impacts of the last 12 months and play a leading role in promoting the mental health of our higher education communities. We will achieve this by supporting SUs to work towards the good practice principles in the Mentally Healthy SUs Framework.

We aim to take a blended approach and deliver some aspects of the programme online, and in person where this is more effective. We will continue to listen to members' needs and work collaboratively to achieve positive outcomes for students and staff.

Who is the programme for?

The programme is designed to support Students' Unions, SU staff, students and student officers who are eager to demonstrate leadership, collaborate and explore new ways of working to make mental health an organisation-wide priority and have a positive impact on the mental health and wellbeing of their communities.

The programme will bring together SUs from across the UK to build a peer support and practice-sharing network.

“The work that Student Minds is doing with Students' Unions is invaluable. I would wholeheartedly recommend working with Student Minds to any Students' Unions.”

*Jess Carrier, Welfare and Community Officer,
Leeds Beckett SU 2018-2020*

Student Minds SUs Community Benefits

1. Mentally Healthy SUs Framework

Through extensive consultation with stakeholders from SUs and the wider sector, we have developed the **Mentally Healthy SUs Framework**. The framework sets out how Students' Unions can achieve a whole-union approach to mental health and wellbeing, and outlines 10 aspirational good practice principles for SUs to work towards.

Throughout the programme, you will get access to and learn more about the framework. We will support you to understand how to embed the good practice principles to create genuine impact within the SU and for the wider student membership.

2. Student Minds SUs Digital Community

You will have access to our digital community platform, where you can create a profile, connect with others, ask questions, start discussions and share resources and ideas.

“A huge thank you to Student Minds for their network event yesterday. It was a privilege to have the space to discuss liberation, mental health and the implications for the student experience ALL DAY. So many exciting things to action”

Welfare Sabb

3. Network events

We will provide a full calendar of events, including monthly network events that are centred around each principle of good practice in the Mentally Healthy SUs Framework and offers an opportunity for members to share good practice around approaching a whole-organisation approach.

Calendar of Network Events*

Network Events 2021/22

- 1: Creating a strategic commitment to mental health and wellbeing
- 2: Using student insight to inform your approach to mental health and wellbeing
- 3: Thriving sabbatical officers
- 4: Creating a shared language and understanding around mental health and wellbeing at the SU
- 5: Understanding of the Student' Union's role in the wider student support landscape
- 6: Actively practicing and promoting co-production with students
- 7: Staff Wellbeing as a strategic priority
- 8: Having the knowledge, confidence and skills to respond to a student or colleague experiencing mental health difficulties
- 9: Student Leaders and their role in responding to disclosures
- 10: Creating an Environment and Culture that supports positive mental health and wellbeing

* Please note that the calendar of events is an example of what the year will look like and is subject to change

4. Regular briefings and insights

We will share learning from our national [research projects](#), our listening and programmes such as the [University Mental Health Charter](#) and [Student Space](#), to inform your activities.

6. Coordinator Meetings

Lead staff contacts from each SU will have the opportunity to come together regularly to share updates on their progress and key learning

5. Progress Review Meetings

Meet with a member of the Student Minds Sector Improvement Team for three annual progress review meetings. You will reflect on your SU's progress towards the Mentally Healthy SUs Framework, share learning and have the opportunity to get tailored advice from the Student Minds team. For example, how to implement a whole-organisation approach to mental health, help you to develop a really effective mental health campaign, or explore how to create positive impact for students at your university.

5. Customise your programme with training and support add-ons

Student Minds SUs partners have access to a range of training sessions, support and development opportunities developed especially for SUs. They aim to equip your people with the knowledge, confidence and skills to develop the best approaches to mental health and support you to create cultural change at your SU. The add-on model allows you to build a programme which is directly relevant to you and your priorities and only pay for what you need.*

Look After Your Sabbs: a practical workshop looking at structures and culture in the SU to ensure that sabbatical officers can be well supported in order to thrive and perform.

Campaigning and creating positive change: to empower your SU officers and staff to follow our LEAD model of mental health campaigning in creating their own mental health campaigns.

Strategy workshop: to support your team to develop a whole-organisation strategy for mental health and wellbeing.

Introduction to Mental Health in HE: aiming to provide foundational knowledge and shared understanding of mental health among your staff and students.

Appraisal Visit and Improvement Plan: a one-day appraisal visit from an expert consultant who will work with the SU leadership team, staff and students to evaluate your progress towards a whole-organisation approach to mental health and create a tailored improvement plan.

Discounted access to:

[**Look After Your Mate Train the Trainer:**](#) Our innovative and engaging online training programme enables university and SU staff to deliver our Look After Your Mate workshop. The workshop empowers students to support friends experiencing mental health difficulties, whilst looking after their own wellbeing.

[**Mental Health In Sport Train the Trainer:**](#) Our Mental Health in Sport programme equips staff involved in higher education sport with the knowledge, confidence and skills to make sport at their university inclusive of individuals experiencing mental health difficulties.

*prices will be confirmed mid-June

Community Outcomes and Your Investment

Programme outcomes

Programme members will:

- Gain a foundational understanding of mental health and the key challenges to creating mentally healthy communities.
- Understand a whole-organisation approach to SU mental health and have the tools to implement this.
- Learn from peers, research and mental health leaders about good practice in promoting mental health and wellbeing.
- Challenge how received ways of working can impact staff and student mental health and identifying ways to address this.
- Effectively collaborate and share learning to create a positive impact on mental health and wellbeing at a UK-wide scale.
- Empower staff and student leaders to build the knowledge, confidence and skills to be **advocates and agents for change in promoting mental health and wellbeing**.

What is expected of you

For participation in the programme to lead to real, sustainable change, there are enabling conditions:

- A senior manager to be the strategic lead, who has a visible commitment to improving mental health across the whole organisation and is responsible for communicating the purpose of the programme to staff and students and ensures that learning leads to change.
- Staff and student leaders have the time, space and support to engage with the full range of the programme.
- Staff and student leaders regularly contribute to the community and share learning.
- We also expect you to have an active Coordinating Lead who is our first point of contact, who shares information from Student Minds with the SU community and attends the Coordinator meetings.

Fees & How to Apply

Fees	We are currently finalising our fees for next year and will release fee structure ahead of the Q&A Session.
Q+A Sessions	We will be hosting Q&A sessions on the 17th of June , where you can hear more about the programme. Register for the Q+A <u>here</u> .
Application deadline	Applications open on 1st July. Email <u>susupport@studentminds.org.uk</u> for an registration form and submit this by Friday 6th August 2021 .
Programme Begins	The programme will commence on Monday 6th September .



About Student Minds

Student Minds is the UK's student mental health charity.

We empower students and members of the university community to develop the knowledge, confidence and skills to look after their own mental health, support others and create change. We train students and staff in universities across the UK to deliver student-led peer support interventions as well as research-driven workshops and campaigns. By working collaboratively across sectors, we share best practice and ensure that the student voice influences decisions about student mental health.

Together we will transform the state of student mental health so that all in higher education can thrive.



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We can't wait to meet you!

For more information contact:

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@StudentMindsOrg

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www.studentminds.org.uk/studentsunion

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