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# Mental Health & Wellbeing Days: Course Level interventions for music students

## Rationale for programme

After conversations with our student reps about what they would like us to organise as part of their enhancement activities, the resounding response was to take a day to look at wellbeing and mental health. Working with our cohort we constructed a day of activities that involved staff and services across the University, bringing together many of the support systems we already have in place to help our students during the course of their studies. This also helped us to signpost appropriate sessions and support services within the University throughout the day, as well as encouraging cohort cohesion. The session included around 80 Popular Music & Music Business students, held on January 23<sup>rd</sup> - the same week as 'Blue Monday', intentionally positioned to occur after their assessment week.

## Big White Wall

60 minute session with Student Welfare

The day continued with a briefing from Susana Franklyn from Student Wellbeing about mental health and the Big White Wall project.



## Programme Of Activities

10am Breakfast brief

12pm

Mindfulness  
& Wellbeing

1pm

Mental  
Health

3pm

Yoga  
Session

4pm

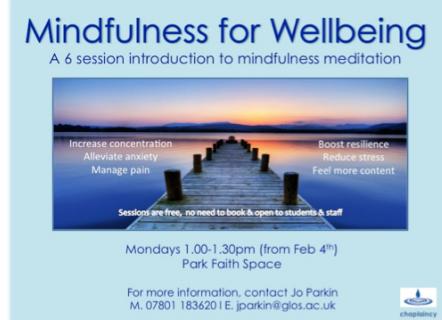
Therapy  
Dogs

6pm Course meal

## Mindfulness & Wellbeing

60 minute session with University Chaplain

The day started with an introduction to wellbeing and meditation  
taster sessions by campus chaplain Jo Parkin.



## Yoga Session

60 minute yoga session with Your Yoga

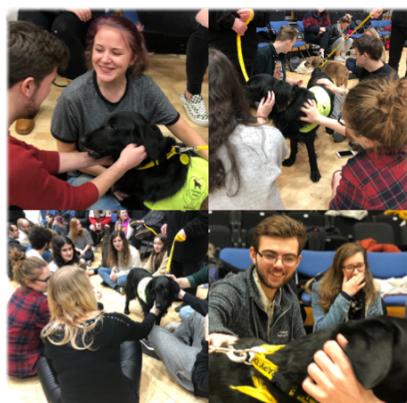
Continuing to utilise staff skills from around the institute, we were joined by Dr Eva Krainitzski for a gentle yoga session



## Therapy Dogs Nationwide

90 minute session with therapy dogs

We had an incredibly popular visit from Therapy Dogs UK, so popular in fact we had to keep turning away students from other courses once word got out on social media. We finished with a course meal at Wagamamas, which was a fantastic opportunity for staff and students alike to share some time and help us prepare for what was an already busy semester.



## Student Experience

Following the wellbeing day a feedback form was circulated to all participants with 91% saying they would attend again, 87% saying they would recommend it to their peers and 77% of students feeling 'it helped them find out about wellbeing and mental health, as well as the support services the University has in place'

