

## #QUBeWell Action Plan - 2022-23

### Introduction

The following action plan sets out a range of actions that have been agreed to implement in line with the #QUBeWell Framework on student mental health and wellbeing. Its actions will be delivered primarily by the three main stakeholders: Student Disability & Wellbeing Services, Queen's Sport, and Queen's Students' Union. However, as a whole-university approach, ongoing collaboration and advocacy will occur with student and staff teams across the University.

The contents of this Action Plan should be read in conjunction with the high-level #QUBeWell 3-year Operational Plan (2021-2024).

### Themes

The following themes have been identified to focus on for 2022-23:

1. Suicide Prevention.
2. Building a Sense of Community, Belonging & Identity.
3. Cost of Living Crisis.
4. Training & Awareness-Raising.

### Pillars

These are underpinned by the four pillars of the #QUBeWell Framework

1. Learning Environment
2. Support & Resources
3. Working Environment
4. Living & Awareness-Raising

### Actions

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
1	Arrange regular meetings of the #QUBeWell Management Group with a clear Terms of Reference and action plan.	#QUBeWell Management Group	Monthly meetings arranged.	Support & Resources.	Ongoing
2	Develop a student and staff training matrix to map out the types of training available, and relevance for particular cohorts.	#QUBeWell Management Group	Training matrix developed for students.	Support & Resources.	Dec 22
3	Develop a Suicide Safer Policy, as part of #QUBeWell.	#QUBeWell Management Group	Suicide safer policy developed and published.	Support & Resources;	Dec 22

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				Learning Environment.  Living & Awareness-Raising.	
4	Develop and publish the Mental Health and Wellbeing Policy Statement for 2023-24 onwards. Present for approval to Education Committee (Student Experience).	#QUBeWell Management Group	Mental Health Policy Statement approved by June 2023.	All pillars.	June 23
5	E-Learning: Roll out of staff e-learning module on supporting student mental health and wellbeing.	Student Wellbeing Service	E-Learning Module deployed with target of 33% uptake in Year 1.	All pillars.	Jan 23
6	Work towards further embedding of knowledge and initiatives which promotes wellbeing in the curriculum.	Student Wellbeing Service	Contribute towards discussions and planning in relation to embedding wellbeing at the heart of the curriculum, within the context of the Education and Skills Workstream of Strategy 2030.	Learning Environment.	June 23
7	Toolkit on the use of #QUBeWell created, implemented, and shared with colleagues.	#QUBeWell Management Group	Toolkit published and accessible by staff.	Living & Awareness-Raising.	April 23
8	#QUBeWell website development. Scale up content and develop communications plan.	#QUBeWell Management Group	Content plan produced with timelines identified.	Living & Awareness-Raising.	April 23
9	Establish ongoing discussions with 'critical friends' of #QUBeWell to contribute to strategic decision-making.	#QUBeWell Management Group	One meeting to be held in year 1	Living & Awareness-Raising.	Feb 23
10	Undertake a review of the Student Alcohol and Drugs Policy, following the guidance of Universities UK (UUK).	Student Wellbeing Service.	Drugs and Alcohol Policy reviewed and approved for 2023-24.	Support & Resources.	June 23

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
11	#QUBeWell University Wellbeing Week	Student Wellbeing Service.	University Wellbeing Week events programme published, target of 10-15 events.	Living & Awareness-Raising.	Late Feb / Early Mar 23
12	Deliver a schedule of Wellbeing on Weekday events across 2022-23 that encourage students to Protect and Maintain their mental health and wellbeing and foster a sense of community.	#QUBeWell Management Group: Student Wellbeing Service, Mind Your Mood, and other student-facing programmes.	Weekly events delivered across 2022-23.	Living & Awareness-Raising.	June 23
13	Work alongside the development of the Assessment Support Framework to influence the elements that promote students as healthy learners.	#QUBeWell Management Group	Contribution to Project Implementation Group and White Paper throughout cycle of business.	Learning Environment.	June 23
14	Co-create a module on Canvas that empowers students to become Healthy Learners, aligned to the academic skills supported on Canvas managed through LDS.	Student Wellbeing Service, Learning Development Service, CED	Module on Canvas.	Support & Resources.	June 23
15	Create a series of short videos to educate and empower students to become healthy learners. Topics to be aligned to wider Assessment Support Framework and Wellbeing priorities e.g. Take 5 Steps to Wellbeing, Goal Setting, Work/Study balance.	Student Wellbeing Service, Mind Your Mood	Five videos based on the Take 5 Steps to Wellbeing.	Living & Awareness-Raising.	June 23
16	Establish a Community of Practice offering support, signposting and training for Student Support Officers and core staff working across Schools and Directorates.	Student Wellbeing Service, School and Directorate staff	Quarterly Community of Practice meetings.	Support & Resources.	June 23
17	Joint campaign to promote "Report and Support" tool for students experiencing bullying, sexual misconduct, bullying, harassment and hate crime	Student Wellbeing Service, MRCI, SU	Campaign launch scheduled for early Semester 2.	Support & Resources.	Feb 23
18	Review of FAQs and process for students reporting alleged misconduct from another students or staff member.	Student Wellbeing Service, Academic Affairs	Clear and concise information.	Support & Resources.	Feb 23

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19	Collaborate with QSIS team, embedding ISSA into the student record for students and Schools.	Disability Services, QSIS	Student records aligned to DS.	Support & Resources.	Review by Feb 23
20	Review of the process to support students with short-term impairments and those without medical evidence who need support and exams	Disability Services, Schools	Student records aligned to DS.	Support & Resources.	June 23
21	Review staffing structure to support staff and student wellbeing across participation and performance sport	Queen's Sport/Student Plus/DASA	Agree funding and recruit new dedicated sporting staff to support QUBeWell action plan	Support & Resources	July 23
22	<p>Active Campus: Clubs Driving up participation in social sport and physical activity for all students and staff at Queen's.</p> <p>Support student led clubs to provide opportunities to engage with a wide group of students through a diverse range of clubs offering opportunities to engage in Sport and physical activity</p>	Queen's Sport / Students' Union	<p>Target of 4000 Student Club Memberships</p> <p>Student Club Officer Training targeting 150 student officers</p> <p>Taster and Induction Sessions hosted at PEC, Boathouse, Upper Malone</p> <p>Coaching in place across 30teams</p> <p>Bookings and programming in place across all sporting facilities</p> <p>30 competitions planned across Performance/Development and Active Clubs</p>	Living & Awareness-Raising	June 23
23	<p>Active Campus: Lifestyles Driving up participation in social sport and physical activity for all students and staff at Queen's.</p>	Queen's Sport Supported by a range of partners -Student Wellbeing	Target 3,000 students to take part in Active Campus activities and events across 50	Living & Awareness-Raising	July 23

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
	Continue to deliver opportunities across campus in partnership with internal departments/teams and organisations	<ul style="list-style-type: none"> <li>-Staff Wellbeing</li> <li>-Accommodation</li> <li>-Student Clubs</li> <li>-Mind your Mood</li> <li>-Schools</li> <li>-Clubs and Societies</li> <li>-Staff Wellbeing</li> </ul>	<p>different initiatives and programmes;</p> <p>Launch new sponsorship with Vanrath as a principal partner for Active Lifestyles at Queen's Sport</p> <p>Wellbeing Wednesday's - taster sessions/signposting and information</p> <p>Mind your Mood – Free drop-in sessions across campus</p> <p>Accommodation Programmes – Accommodation run/taster session at BT2 and BT9</p> <p>Referral Programme – target of 20 students through the programme each year</p> <p>Couch 2 5 k (two programmes per year)</p> <p>Campus Leagues – 11 aside/6aside intramural football programmes</p>		<p>Feb 23</p> <p>March 23</p>
24	<p>Active Campus: Fitness</p> <p>Driving up participation in social sport and physical activity for all students and staff at Queen's.</p> <p>Leading provider of fitness in Belfast</p> <p>Innovative programmes and opportunities for all levels</p>	Queen's Sport	Target of 7,500 student Sport members involved in fitness, group training, personal training	Living & Awareness-Raising	June 23

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
	Investment in equipment and facilities to enhance the fitness offer at Queen's Develop a BT1 fitness 'community' to support students within accommodation at BT1 and BT2		On average 80 classes/courses per week/Target for 60% students Inductions and engagement programs for all Accommodation students at BT1 with Gym included in all residential fees – circa 3,500		
25	Develop a monitoring framework for clubs to measure impact and identify any gaps regarding funding to sustain and develop student sport clubs  Develop a monitoring framework for active lifestyle programmes to measure impact on each programme and identify any gaps with a focus on diversity/inclusion and link to wellbeing  Develop a monitoring framework for fitness provision to measure impact and identify any gaps regarding programmes, equipment, staff and facilities to sustain and develop fitness provision	Queen's Sport	Impact Report and findings to support future investment in Sport  Wellness Survey (pre and post) Impact Report Produced Joint Promotion of programmes and highlight value of partnership	Living & Awareness-Raising	June 23
26	Performance Sport – Teams	Queen's Sport	Support services in place across 14 Teams – Coaching,	Support & Resources	July 23

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
			<p>Athletic Development, Medical, Lifestyle and Skills, Nutrition</p> <p>20 number of domestic , national and international competitions planned</p>		
27	Performance Sport – Athletes	Queen’s Sport	<p>120 Sporting Student Scholars across Elite Athlete Programme, Sports Bursaries, Academies x 5 with 7 scholarship programmes in total.</p> <p>Update Criteria and Guidelines for Academic Flexibility to allow high performing student athletes to pursue dual sporting and academic careers.</p> <p>Enhanced mental health and wellbeing, increased resilience and improved mental health literacy of over 100 students.</p> <p>A.I.M seminars targeting all coaches and athletes</p>	Learning Environment	
28	Facilities – Lifecycle and Capital Investment	Queen’s Sport	Masterplan and Outline Business Case for Sport – agreed capital investment plan	Support & Resources	May 23

No.	Action & Description	Responsibility	Target / Outcomes	Pillar	Timescale
			<p>and new operating model for sport</p> <p>Significant student footfall across all sporting sites (BT1, PEC, Boathouse, Upper Malone, Mourne Cottage) with over 1m users per year.</p> <p>Upgrades - Functional Training room Boathouse Shower, Pitch 4 and 5 , S&amp;C provision at Upper Malone to be upgraded</p> <p>LED upgrades across all facilities – PEC Main Hall, Pitch 4,5,6</p>		
29	Publish the findings of OMNI 2022 Student survey.	Students' Union	Findings to be published in the 22/23 academic year.	Learning Environment	Jan '23
30	Social Prescribing pilot	Students' Union with support from other University Depts., particularly Disability & Wellbeing Services.	Funding secured for a link worker and associated software programme. Recruitment to commence after Christmas with a view to having a prescribing project ready to start by the first term in 2023.	Support & Resources	Ongoing
31	Look After Your Mate (LAYM) Training	Students' Union	Evaluation data from LAYM sessions delivered to date to be analysed in	Living & Awareness-Raising	June '23



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			December/January to explore ways to improve. Continue roll out for remainder of 22/23 academic year.		
32	COL Breakfast Initiative	Students' Union, EPS, Disability & Wellbeing Services, Campus Food & Drink	Two-week breakfast trial to be completed by Nov 18 <sup>th</sup> . All students attending to have received COL support cards and all data collected to be reviewed w/c Nov 21 <sup>st</sup> to inform forward actions.	Support & Resources	Dec '22
33	Run events and explore initiatives to further support students in a COL crisis	Students' Union with support from other University Depts.	Delivery of COL-related initiatives and events.	Support & Resources	June '23
34	Explore innovative ways to engage students in mental health and wellbeing training and awareness initiatives.	Students' Union with support from other University Depts.	Broad range of events and initiatives delivered that cover a variety of topics to be delivered across the University.	Living & Awareness-Raising	June '23
35	Blackbullion roll-out / promotion	Students' Union with support from other University Depts. (e.g., Accommodation, Student Finance)	Increased sign-ups as the academic year progresses supported by Blackbullion's campaigns, SU marketing initiatives, and promotion through other University channels.	Support & Resources	Ongoing
36	Suicide Awareness sessions	#QUBeWell Management group	Mix of different types of suicide awareness/prevention sessions delivered by the end of 22/23.	Living & Awareness-Raising	June '23

