



BUCS ACTIVE FUNDED PROJECTS

JANUARY 2019

SUMMARY

18 universities have been successful in receiving BUCS Active funding linked to 20 projects tackling inactive female students and using physical activity to tackle mental health issues. Collectively these universities will be receiving £162,000 to support activity aimed at targeting over 5,400 new student participants.

This opportunity has been made available through the funding BUCS received from Sport England. BUCS were overwhelmed with the response from members with 53 Expressions of interests received from 49 institutions across England, combining in a request of over £480,000 to reach over 16,000 students across the two interventions.

The profile of the universities vary across the 18 projects, in terms of geographic location, student population and university sporting level – with universities represented between 4th to 124th position in the BUCS competition table for 2017-18.

Universities running projects are as follows:

Using Physical Activity to tackle mental health issues

- [Canterbury Christ Church University](#)
- [University of East Anglia](#)
- [Edgehill University](#)
- [Falmouth and Exeter Students Union](#)
- [University of Leeds](#)
- [Leeds Beckett University](#)
- [London School of Economics](#)
- [Manchester Metropolitan University](#)
- [Newcastle University](#)
- [University of Nottingham](#)
- [Nottingham Trent University](#)
- [Northumbria University](#)
- [University of Suffolk SU](#)
- [University of Warwick](#)

Tackling Inactivity in Female students

- [University of Bath](#)
- [Canterbury Christ Church University](#)
- [University of Derby](#)
- [University of Leicester](#)
- [Manchester Metropolitan University](#)
- [University of Sheffield](#)

Below is an overview of these projects, providing details of target audience and summary of the activity that will take place.

INTERVENTION 1: USING PHYSICAL ACTIVITY TO TACKLE MENTAL HEALTH ISSUES

Canterbury Christ Church University

This project 'Study Fit' aims to provide students identifying with low mental health and wellbeing a re-introduction to being active. The introductory programme will provide an extended opportunity for individuals to develop a physically active lifestyle that will in turn improve their mental wellbeing. The programme will work in two related ways; students will be referred to Christ Church Sport by the University's Student Support Services or will be able to self-refer directly to Christ Church Sport.



Whether students are referred by SSS or are self-referred, all students will begin the programme with an initial consultation with a Christ Church Sport mentor. Participants will be expected to sign-up to a 12 week programme where they are encouraged to build up their weekly activity levels and improve their wellbeing by engaging in classes, sessions and activities.

There will be 4-weekly reviews to monitor engagement and encourage adherence with a personal Christ Church Sport mentor, supported by a personalised activity plan. The plan will be developed jointly between the student and mentor and will consider activity preference, routine, aims and potential barriers. At the end of the 12 week programme, it is anticipated that participants will have developed competence and confidence within their new physical activity routines and will be motivated by the positive impact to maintain the physical activity programme outside of the programme.

Activities;

- Move More – Campaign providing advice and motivation to help students lead a more active and healthy lifestyle. There are also movement and physical activity opportunities such as walking, cycling and running (including a mentor led Couch to 5k programme)
 - Social Sport
 - Gym & Exercise Classes
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University of East Anglia

UEA wants to further develop their provision to improve mental health by diversifying their existing activity offer by delivering more activity away from their sports facility. They aim to do this by engaging with hard to reach students by offering an alternative, and innovative sport and physical activity offer and providing activity during exam period, delivering sessions that are accessible, easy and fun for students to engage with.

The project aims to target students not currently engaged with the activities in the sports facility and use the outdoors and library sessions to do so.

Activities;

- Explore Norfolk
 - Weekly Dog Walking Group
 - Library Yoga
 - Library Smoothie Bikes
 - Recreational Cycling Sessions
 - Cycling Safety
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Edgehill University

Edgehill University are targeting students experiencing isolation, anxiety, depression or mental health conditions and/or at risk of leaving university who are currently partaking in only minimal periods of physical activity or sport.

Activities;

A referral scheme where the Student Wellbeing Team refer students meeting the proposed criteria and provide the option of a sport or fitness suite focused pathway. The scheme would allow the staff to offer support on a tiered basis:

Tier 1 (Fully Supported): Receive a weekly 1-hour appointment with Wellbeing Instructor

Tier 2 (Mid-level Support): Receive a 30 minute appointment with Wellbeing Instructor



Tier 3 (Independent support): Receive a 30 minute appointment with any fitness suite team member

The project provides additional value as this will enable the students with lower mental wellbeing to be able to access supplementary support and have a consultation with a qualified fitness professional. Edgehill University also aim to use Coach AI as an additional means of interaction to reduce number of students who drop out from the opportunity.

Falmouth & Exeter Student's Union

This project aims to build on current projects 'Give it a go' week and 'Why Not Wednesday' – which both aim to increase student participation in physical activity and make them more sustainable and inclusive. Moving forward they will develop these to encompass student wellbeing, tackling mental health issues and promoting healthy lifestyle through physical activity as well as nutrition.

Adding to their existing projects, the Student's Union has created a project called 'Choose your Day' where students who have visited the referral scheme can pick and choose which activities they want to participate in.

Activities;

- Surf Therapy
 - Stand Up Paddle boarding
 - Sea Kayaking
 - Coastal walking
 - Beach Yoga
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University of Leeds

Their programme is based on the delivery of 3 x core themes, all of which will have a direct impact on their student population;

1. Staff to student support - Lifestyle and Wellbeing Programme. An existing and proven programme that supports students who have been referred from the University Student Counselling Service to the Sport & Physical Activity Service.
2. Student to student support - Working with the Student Minds Charity and the CHANGES project to provide students with the tools and confidence to identify and signpost their peers who are presenting mental health challenges. Also working with 2 LUU societies, Mind Matters and Mantality, to deliver specific events for their peers.
3. Workforce development - Staff and student training in Mental Health First Aid, Mental Health Awareness and the CHANGES programme.

Activities;

Staff to Student Support "Lifestyle and Wellbeing Programme"

- Students referred by their counsellor
- 12 week programme
- Student granted a Premium Edge membership with uncapped access to facilities
- Student completes 5 structured 1-1 sessions with Wellbeing Coordinators looking at exercise, lifestyle, stress, diet and sleep
- Can bring a friend for free to certain sessions for support
- 4 x student wellbeing classes delivered per week

Student to Student "Student Minds Mental Health in Sport" workshop and CHANGES Workshop



- 2 x CHANGES workshops delivered from Feb 19 - May 19, focusing on outgoing and incoming committee members
 - 4 x Mental Health in Sport workshop delivered between Jan 19 and May 19
 - 4 x events delivered by Mind Matters / Mantality delivered between Jan 19 and May 19
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Leeds Beckett University

The programme will target students who do not normally access physical activity opportunities and those students who would prefer to access more flexible sporting activities. It also aims to focus on those students who access support from student wellbeing services and implement an exercise referral scheme where mental health councillors refer students to Sport and Active Lifestyles who would benefit from participating in physical activity.

The project will focus on reducing the amount of referrals to wellbeing services by providing a variety of social sport and wellbeing activities to engage those students who would otherwise not access sport opportunities and in return reduce social isolation.

Activities;

- Student Wellbeing Exercise Referral Programme
 - Social Sport Turn Up and Play Activities
 - Wellbeing and Lifestyle Courses
 - Attendance at Mental Health in Sport Workshops
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London School of Economics

LSE's project 'Your Lifestyle' aims to target students who have self-identified as having mental health issues, as well as student communities who have been identified as being more susceptible to facing mental health difficulties through insight work. They aim to do this by introducing a referral scheme which will include an initial questionnaire to assess individuals' current physical health status and experience with exercise - this will determine their personalised activity plan. Each student will be allocated a student 'buddy' who will accompany them to activities and offer support.

Following the programme, students will complete a post-programme questionnaire to determine their next steps, with the aim to map out their own LSE pathway that will shape the future of their student experience.

Activities;

- 4 flexible sessions per week, with each participant attending 2 of those per week
 - 1 unique event per week hosting up to 60 attendees. These events will be specifically targeted to non-members of the Your Lifestyle/ Active Lifestyle programme to try to engage students who are not already involved in the programmes
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Manchester Metropolitan University

Looking to build on their existing referral scheme, MMU will target two key areas; inactivity within the university and developing a workforce to support the long term delivery of the programme. Their intention with this project is to develop a better understanding of the impact physical activity has on mental health and provide more insight to what activities and partnerships work most effectively.



Alongside this, they propose to launch a P.A.L. (Physical Activity Leader) Scheme which will look at developing a student workforce to act as buddies for students referred through their counselling and disability service.

Activities;

- **Zone Out** - a programme designed to give students a break from studies and exams. They will deliver two of these in faculties over February and March with an enhanced offer during the busy exam period of May.
 - **Exercise 101** - four introductory gym sessions delivered through Your PT.
 - **Active Campus** - Mental Health First Aid Training for all session leaders with an increase in mindful sessions on their Active Campus programme to widen the variety of sessions within their FREE student activity offer.
 - **P.A.L (Physical Activity Leaders)** - A peer-to-peer scheme to better support students with physical activity.
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Newcastle University

Newcastle University plan to split the project into 3 sections;

For students already engaged/known to the University Counselling Mental Health Teams

- 1) Climbing Group: Research project to see the effect of climbing on students with mental health difficulties compared to traditional therapies. There is potential to develop a range of activities as alternatives.
- 2) Exercise Referral: For students that have not continued physical activity at university/who are re-engaging with physical activity. Through this, they aim to use physical activity (exercise classes) as both a treatment for students with mental health difficulties and to create regular activity habits.

General Student Population

- 3) Healthier Body and Mind Programme: Creating a healthier body and mind programme appealing to both those already active, reducing drop offs from sport and as entry points for those who are not already engaged. A campaign to increase awareness to student mental health involving a range of activities to increase and maintain mental wellbeing during the academic year especially at key points in the student life cycle such as exams.

Activities;

- Wellbeing to sport referral
 - Healthier Mind and Body
 - Campaign
 - Research Climbing Group
 - Gym Users at Reduced Rate
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University of Nottingham

This project will use physical activity to create a safe space to allow men to talk about their mental health whilst getting active. University of Nottingham are aiming to target the male student population who do not regularly engage in physical activity due to ill mental health as well as those who are conscious of their own mental health and wish to prevent/address this. They also plan to engage with the support network and peers of these people to allow them to be supported in their journeys.

Activities;



- 'Man's Night In' will be hosted in the Sports Village, where there will be a safe space talk led by a mental health psychiatrist, head of student welfare and a returning male student who has previously suffered with mental health issues.
 - Activities including; futsal, boxing, martial arts, archery and yoga.
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Nottingham Trent University

The project will be launched during term 2 when there is a lot of pressure on students to finish deadlines and most students will have exams. Course leads will be informed about drop-in sessions so that they can signpost students who they feel would benefit from them.

NTU aim to target students who have been referred to the Student Services Department for mental health issues, counselling or disability support and have expressed interesting in accessing help in continuing to participate in sports activities whilst at university.

Activities;

- Student Referral Scheme
 - Pop-up Initiatives
 - Strong Partnership/Insight Work
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Northumbria University

The project aims to utilise the outdoors and looks to target first year students living in halls who are not currently engaged in sport or physical activity and those who are already accessing the referral programme with Student Support and Wellbeing. The project also aims to encourage students to familiarise themselves with the opportunities available to them on their doorstep and provide them with basic knowledge and skills to allow them to organise their own outdoor activities.

Activities;

- 6 outward bound hikes/cycles around the Lake District, Northumberland and North Yorkshire
 - 10 weekly Active Halls local guided walks/cycles taking place from the university to various local parks, the quayside areas and costal lines.
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University of Suffolk Student's Union

This is a referral project with peer 'buddy' support in person, by text and online and enhances Suffolk's social sports offer with five beginners social sport sessions per week, alongside an initial gym visit if desired.

They have worked with the University's mental health team to understand the issues and challenges that their students who disclose low mood and anxiety face; the reasons that they don't take part in social sports and how they could encourage them to do so. Here is their promise to referred students:

- FREE! Six beginners' sessions (including a gym visit).
- NEVER go alone. They'll be there to meet you.
- TIME for you at a time that suits you – at lunchtime, after lectures...
- REMINDERS by text and online and they'll link you with others to keep you motivated.
- REWARD when you've completed six sessions.

Activities;



- Referral Programme
 - 6 free social sports session including beginners' yoga (lunchtime). Zumba, Clubercise , 20/20/20 and Badminton.
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University of Warwick

Following a successful pilot, University of Warwick plan to apply innovative learnings from Mind's Get Set Go project in a university setting. The Get Set Go project demonstrated that group based activities (GBA's) to be an effective way of increasing physical activity in populations with mental health difficulties. The project also showed the importance of peer support and social connection for facilitating and continuing physical activity for enhancing wellbeing. Based on this, UoW aim to work with academic departments to deliver physical activity as a preventive approach.

Activities;

- Group Based Activities (Mental Health difficulties pop) including; climbing, mindful running and gym-based activity
 - Department Based Activities (inactive/low active general student wellbeing) consisting of 6 30 minute sessions eg. yoga and boxercise
 - TRiM (Inactive/low active student wellbeing)
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INTERVENTION 2: TACKLING INACTIVITY IN FEMALE STUDENT PROJECTS

University of Bath

University of Bath aims to utilise the local Cotswold Area of Outstanding Natural Beauty and ensuring students are able to participate in social physical activity in their own way. Offering low level walking, cycling and beginner running sessions in the outdoors. With a focus on female students all sessions, as much as possible, will be led by female activators who will be trained and upskilled as part of this programme. They plan to link with BANES (Bath and North East Somerset) Council to deliver Walk Leader training via Walking for Health and Bikeability Leader training to ensure that their activators are equipped to lead these sessions. They are also going to provide participants with a number of bike safety sessions, again through bikability, to ensure all of their female participants feel safe riding a bike.

Activities;

- Walking – 50 Unique Participants
- Cycling – 50 Unique Participants
- Beginner Running – 50 Unique Participants

Routes for each of the activities, similar to Run England's 3-2-1 Routes, will be plotted around campus, all of which starting low level and short distance, leading up to having different routes for different abilities.

Canterbury Christ Church University

In 2018 Canterbury Christ Church began a pilot programme delivering physical activity sessions to academic groups. These 'enrichment' sessions have been a great success and have received very positive feedback from programme staff and students. Their objective is to use the programme to specifically target academic programmes with a high number of female students. The programme will be delivered through academic departments to help foster the association between study or work and being physically active. As they are



collaborating with academic leaders, physical activity is designed into part of their programme of study which they hope will result in high attendance.

Activities;

- Creating a This Girl Can community led by a this girl can ambassador
 - Move More- walking, cycling and running
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University of Derby

This project 'Derby Girls Can Will' aims to support inactive female students to become regularly physically active over a sustained period of time through the use of person-centred behaviour change strategies. It also aims to provide real-life learning opportunities for 10 student Activators (from the Physical Activity, Nutrition and Health Psychology courses - PANH) to deliver behaviour change consultations, engagement activities, physical activity sessions and oversee appropriate monitoring data.

They will also be using motivational interviewing and behaviour change talk to have an impact upon sustained behaviour change around physical activity habits. Using the learning and evidence from their Move More project which successfully supported 593 inactive students and staff to doing 1x30 a week using this approach they have opted to also apply it to this project.

Activities;

- Referral System
 - Lifestyle Coaching Sessions
 - Bespoke activities including couch 2 5K and boxercise
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University of Leicester

The programme is targeted at females who currently have very low participation rates within the institution. The project will follow a tailored approach targeted at low level female participants from a BAME background with the aim to create relationships with Faith Societies to help increase female participation. Due to cultural reasons, there are several barriers to this specific group of females in participating in physical activity therefore this programme aims to provide a safe space to allow them to do so.

Activities;

- Faith Group Sessions
 - Learn to Lift
 - Female Only Gym Sessions
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Manchester Metropolitan University

Manchester Metropolitan University is aiming to deliver a Female in Training (F.I.T) Scheme for staff and students to enhance their female only programme. The project will encourage staff and students to attend and participate in a number of F.I.T activities aimed at increasing their activity levels.

With this programme MMU aim to enhance their fitness and exercise offer whilst also upskilling female volunteers to support the delivery of the programme.

Activities;



- Women Who Lift Course
 - Female only gym sessions
 - F.I.T. Ambassadors
 - Exercise with Confidence Scheme where there will be two core options-8 week exercise where students will have access to a free membership at all 3 gyms on campus or MMU F.I.T including free membership and access to football, badminton, Zumba, yoga and netball.
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University of Sheffield

University of Sheffield aims to increase the number of female only activities with a view to not only see a rise in levels of activity but also an increase in confidence from those involved.

The project 'I can do it, you can do it' is targeting disengaged female students with the aim to increasing their confidence in a health and fitness environment. They also want to encourage more women to get involved in the sport profession more widely and would like to provide educational qualification opportunities for women as well as having more qualified women in their health and fitness team.

Activities;

- Weekly Female Only Gym Sessions
 - Educational Sessions
 - Advice drop in sessions as part of the Sports Officer's Wellbeing Wednesday initiative.
 - Focus Groups to identify barriers and discuss practical steps to remove them
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Further Information

- All projects will commence in 1st February
- Details of learning from each project will be available from July 2019 on the BUCS Website.