

University of West London Students' Union



SU ACTIVE Impact Report Active Wellbeing Fund 2024- 25

Objectives

At UWLSU we have proudly delivered a wide range of activities that support our student's wellbeing and mental health through aimed activities and the support from the BUCS Active Wellbeing funding. A huge thanks to BUCS for being able to help us through the funding.

The design of this programme was to expand our reach to students, raise awareness to being part in physical activity can enhance the student's university experience but also their future skills.

The key objectives for this project are:

- To engage 1300 students that don't currently engage with any of our Wellbeing or Physical Activity offer. (10% of the student population)
- To engage and retain students at UWL through providing interventions to support student Wellbeing which will reduce drop-out rates and increase student Attainment.
- To give student the best possible chance to complete their studies.
- To give students the opportunity to maximise their opportunity to achieve the best outcome / degree / grades they can.
- To provide students with a quality of experience that enhances their mental and physical wellbeing.
- To provide opportunities for our student that will break down the inequalities that exist for them.
- To support UWLSU's overall target of 75% of students engaged in extra-curricular opportunities.
- To positively impact and address the needs of our students by providing activities that they have identified.
- To champion the benefits of sports and physical activity and how it supports their overall wellbeing.

Students at UWL have reported experiencing; stress, anxiety, low self-esteem, loneliness, persistent low mood, depression, poor general health and poor general wellbeing over the past a 12-month period and mental health was reported as the third most pressing concern on a day-to-day basis for UWL students. (UWLSU Wellbeing Strategy Consultation Presentation)

UWL Students listed that they feel the provision that is important to them with regards their mental health were the need for; activities that boost confidence and reduce stress, campaigns to raise awareness of mental health and wellbeing and how to

access support, spaces and activities that allow for quiet reflection with access to a gym space and sport.

Key Activities & Programmes

During this time of the funding, we ran a diverse range of activities that aligned with our strategic objectives – these activities ranged from many free classes and sessions at our gym but also physical low commitment sports outside of that such as table tennis, dodgeball, indoor cricket & many more.

We also ran from home activities such as run challenges, walk & cycling to allow students who cannot be around campus as often and helps breaks down those difficult barriers some students may face.

Here is all the list of activities that we ran to go aside with our active wellbeing:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE 8:00 - 8:30		BODY COND. 8:00 - 8:45	LBT* 8:00 - 8:45	BODY COND. 8:00 - 8:45	CORE 8:15 - 8:45
STUDIO 2		STUDIO 2	STUDIO 2	STUDIO	STUDIO 2
BODY COND. 17:15 - 18:00	LBT* 18:30 - 19:00	YOGA 17:00 - 18:00	PILATES 17:00 - 18:00		
STUDIO 2	STRETCH AREA	STUDIO 2	STUDIO 2		
YOGA 18:00 - 19:00		CORE 18:30 - 19:00			
STUDIO 2		STRETCH AREA			
SALSA 19:00 - 20:00					
STUDIO 2					

● CORE
 ● SALSA
 ● BODY CONDITIONING
 ● SELF-DEFENCE
 ● YOGA
 ● LBT
 ● PILATES
 *WOMEN'S ONLY SESSION

Above is all our free classes with instructors for each session.

251521	SU Active - Pickle Ball	UWL Sports Centre	Thu 20/03/2025 16:00 GMT
251520	SU Active - Indoor Cricket	UWL Sports Centre	Thu 20/03/2025 17:00 GMT
223070	SU ACTIVE - Salsa	UWL Sports Centre	Fri 15/03/2024 17:45 GMT
223061	SU Active - Dodgeball	UWL Sports Centre	Mon 18/03/2024 16:00 GMT
222989	SU Active - Indoor Cricket	UWL Sports Centre	Thu 14/03/2024 15:00 GMT
222441	SU Active - Table Tennis	UWL Sports Centre	Wed 13/03/2024 13:00 GMT

Above here is our activities for all our low commitment sessions. These were all tracked and ticketed for free on our website for students to join.

Including – Indoor Cricket, Dodgeball, Salsa, Table Tennis and Pickleball.

Wellbeing Active Scheme Referral

UWLSU

GYM + SPORT FUNDING

Think sport + exercise could benefit a students' mental health?
We fund that!

1. Student speaks to Student Services (you)
2. You complete their assessment
3. You think they will benefit from staying active
4. Refer them for a funded gym membership and/or sports club membership:

Gym Memberships

Sports Memberships

Personal Training

As part of our AW project, we introduced a targeted Gym and Sport Funding scheme designed to support student mental health through increased physical activity. This initiative was developed in partnership with the University's Wellbeing Team, recognising the strong evidence linking regular exercise with improved mental wellbeing.

Through this collaboration, students who engage with Wellbeing or Student Services can be assessed and referred if physical activity is likely to support their mental health. Where appropriate, students are offered funded access to a gym membership, sports club membership, and/or personal training, removing financial barriers that may otherwise prevent participation.

The referral process is as follows:

- A student engages with the University Wellbeing or Student Services team.
- The practitioner completes an assessment considering the student's mental health needs.
- If staying active is deemed beneficial, the student is referred to the funding scheme.
- The student receives funded access to gym and/or sports opportunities.

This approach embeds physical activity as a preventative and supportive wellbeing intervention, rather than a standalone recreational offer. By integrating sport and exercise into existing wellbeing pathways, the scheme supports a more holistic model of student mental health, improves access to healthy coping strategies, and aligns with the broader aims of the AW project to enhance student wellbeing and retention.

Funding & Budget

Cost of gym instructors 24/25 Classes: **£3,387.1 (£5.60 per head)**

Other classes are managed by student staff.

Yoga, Pilates – Instructors paid

Other classes such as HIIT etc are managed by student staff.

Gym Social / Marketing Spendings:

£1099.09

UWLSU Gym Branding Additional

Gym Counter for pop up stall to promote

Posters, Freshers offers etc.

Low commitment spendings: £1,271.15 (£7 a head)

Padel equipment, Table Tennis social, Gymnastics entry, Taekwondo entry, Footgolf sessions, Indoor Cricket

Prizes – Smart watches, vouchers for walking challenges on the Technogym app

Reaction Table for Freshers

Run Club

Women's Only Gym

Women's Only HIT Class

Report Data

During our two-year funding we gathered data across all our activities.

Please see below for more information:

Year 23/24:

Gym: 507

Low Commitment Sports: 337

Year 24/25:

Low commitment Sports: 165

Gym: 607

Overall Total: 1114(Gym) & 502 (Low Commitment Sports)

Total: 1616 Students Engaged

Evaluation & Impact

The Active Wellbeing funding has had a **significant positive impact** on student opportunities, engagement, and overall wellbeing at UWL. Across the two-year funding period, **1,616 students** engaged with gym-based or low-commitment physical activity opportunities, demonstrating strong demand for accessible and inclusive wellbeing interventions.

The programme successfully reached students who were **not previously engaged** with traditional sport, gym, or wellbeing provision. By offering free and low-pressure activities, alongside funded gym and sports memberships, we were able to reduce common barriers such as cost, confidence, time commitment, and fear of judgment. This was particularly impactful for students experiencing stress, anxiety, low mood, loneliness and general wellbeing.

The **Wellbeing Active Scheme referral pathway** strengthened the link between physical activity and mental health support. Embedding funded gym and sports access within existing wellbeing services enabled a more **holistic and preventative approach** to student support. Students referred through this pathway reported improved motivation, confidence, routine, and social connection, reinforcing the role of physical activity as a valuable tool for managing mental health.

Low-commitment activities and home-based challenges further extended our reach to commuter students and those unable to attend campus regularly, ensuring the programme was inclusive and flexible. The variety of activities on offer allowed students to explore movement in ways that suited their needs, interests, and comfort levels, contributing to improved engagement and retention.

Overall, the funding has enhanced the **quality of the student experience**, supported mental and physical wellbeing, and aligned strongly with UWLSU's objectives around student engagement, equality of access, and retention. The success of the programme highlights the value of investing in physical activity as a core component of student wellbeing provision.

Next Steps

Moving forward, UWLSU aims to build on the success of the Active Wellbeing project by focusing on **long-term sustainability** and continued collaboration. We plan to embed key elements of the programme, such as low-commitment activities, inclusive gym sessions, and the Wellbeing referral pathway, into our ongoing delivery model.

We will continue working closely with the University Wellbeing Team to strengthen referral routes and ensure physical activity remains an integrated support option for students experiencing mental health challenges. Continuous exploring of opportunities that will be essential to maintaining access for students who need it most.

Additionally, we aim to further develop student-led delivery, peer support, and targeted sessions (such as women's-only and beginner-friendly activities) to ensure the programme remains accessible, relevant, and scalable. Ongoing evaluation and student feedback will continue to shape future delivery and help demonstrate the long-term impact of physical activity on student wellbeing and success.

Key Highlights









Thank You

UWLSU would like to extend a **sincere thank you to BUCS** for their continued support and investment through the Active Wellbeing funding. This funding has been instrumental in enabling us to deliver inclusive, impactful activities that support our students' mental and physical wellbeing, break down barriers to participation, and enhance the overall student experience. Without BUCS' support, many of these opportunities would not have been possible.