

1. Create your Wellbeing Toolkit

Wellbeing Action 'Toolkit':

Identify potential signs of stress and poor wellbeing in group members:

- e.g. Consistently not turning up to training/sessions

Identify three specific support services (relevant to my group):

#1

#2

#3



OUR WELLBEING CHAMPION IS
NAME

2. Identify 5 steps to boost group wellbeing

5 Steps we are taking to boost wellbeing

1. E.g. Monthly wellbeing resource highlight
2. E.g. Bringing earplugs to our weekly gigs
3. E.g. 'How are we out of 10' check ins at the start of sessions
4. E.g. Started a buddy scheme to mix returners and newbies
5. E.g. 'Committee talk to at least one new student every session' rule to help newbies feel welcome



Not sure how to measure the success of the above?
Does it feel unachiveable? Remember:

≧ **S.M.A.R.T** ✨

Specific, Measurable, Achievable, Realistic/Relevant, Time-bound!

3. Make your Wellbeing Champion visible via posts, newsletters or your groupchat. You could use this template:

Wellbeing Champion Intro



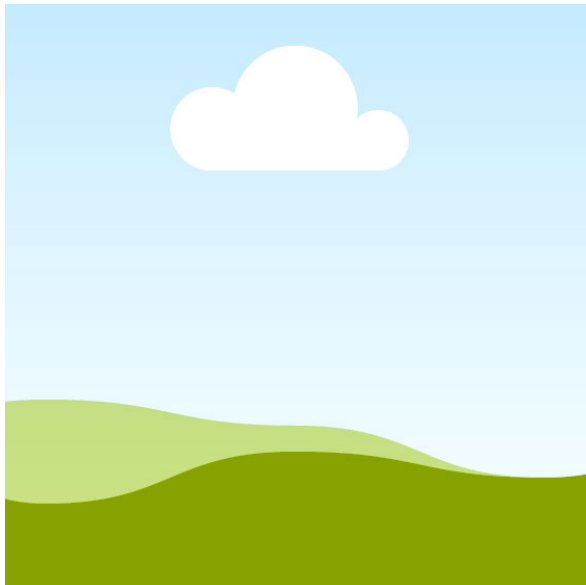
HI! I'M ___ (OPTIONAL PRONOUNS) YOUR
WELLBEING CHAMPION!

MY ROLE IS TO HELP OUR GROUP PROMOTE
POSITIVE WELLBEING USING SCHEMES,
SOCIALS, SIGNPOSTING AND MORE.

What I'm working on...

Some handy links:

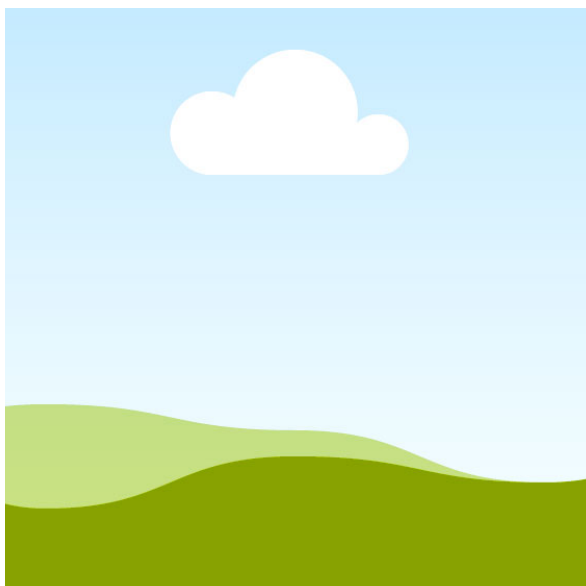
4. Participate in or promote at least 2 awareness days/weeks/months



EVIDENCE

You can achieve this by:

- Fundraising
- Raising awareness
- Posting on your socials
- Running themed events
- Celebrating the day



EVIDENCE

NOT SURE WHERE TO START? USE
OUR [AWARENESS DAYS GUIDE](#)



 Bristol SU

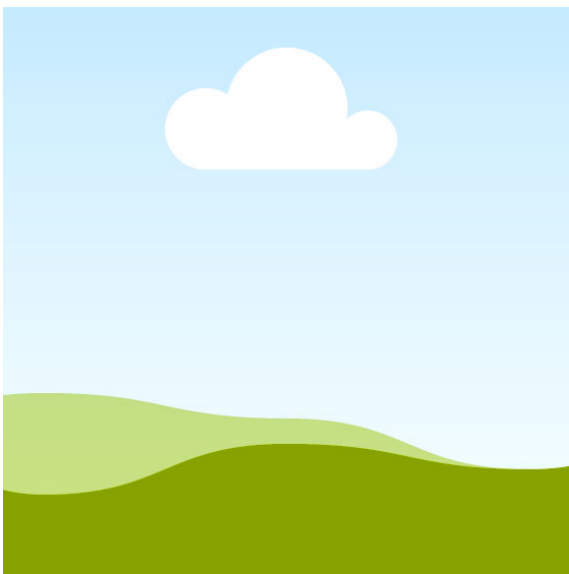
**Student Groups
Awareness Day Resource**



5. President and Wellbeing Champion: Each join at least one wellbeing related workshop so they can signpost members

This includes:

- Active Bystander workshops
- SU training/recordings
- Wellbeing Champion core training
- External workshops (e.g. Gambling awareness or mental health first aid not run by the SU)



EVIDENCE

IF YOU COMPLETE THE
ATTENDANCE FORM AT
SU TRAINING YOU DON'T
NEED TO SUBMIT
EVIDENCE





Tips and Considerations:



- Is your group known for partying? Our university promotes harm reduction for substance and alcohol use and offers non-judgmental support, for more info on where to find help, visit BDP: [The Drop](#), for guidance.
- Collaborate with your Equality and Diversity Sec to foster inclusivity, and consider the diverse experiences of your group members. Ensure LGBTQIA+, Disability & Neuro-divergence and BAME representation is considered. Feeling seen and accepted by your group will enhance membership wellbeing.
- Provide wellbeing resources in multiple languages; help with transcription is available through your SU, please email us for more details.

Knowledge Check!



Remember:

You can't pour from an empty cup!

Make sure your wellbeing is catered for before you help others!

Do you know the following key-terms...



Signposting:

Being knowledgeable and offering clear guidance to your members on navigating the process of accessing university support services



Disclosures:

The act of revealing or sharing personal or confidential information with others (e.g. a member has told you they are struggling with gambling debts)



Wellbeing:

Overall quality of life, which encompasses physical, mental, emotional, and social health



Safeguarding:

Actions and measures taken to protect the safety and wellbeing of others, prevent harm and ensure appropriate support is in place

... And do you know where you can access support from the university?



www.bristol.ac.uk/students/support/wellbeing/request-support/

To get in-touch with the SU team, please contact: bristolsudevelopment@bristol.ac.uk



Bristol SU