

AN AGENDA FOR STUDENT HEALTH

CHAired BY JIM DICKINSON WITH DOMINIQUE THOMPSON AND JOHN
DE PURY

Social Prescribing at Hallam

“It’s challenged me to get out of my comfort zone and explore activities I may never have known existed. The students I’ve met on the scheme have provided me with positive feedback and appear to have genuinely gained value from the service.” -

Joanna, Connector

- **Main reasons students have considered dropping out: Mental health (54%), loneliness (27%), lack of support network (19%), struggling to make friends (17%).**
- **HSU had a pre-existing infrastructure that could be tapped into as a wellbeing resource, rather than reinventing the wheel or outsourcing a service.**
- **Sports clubs, events, GIAGs, societies, volunteering brokerage, academic opportunities, jobs.**
- **“University community” in practice.**
- **An opportunity for meaningful peer support.**

The logo for Hallam Student Union (HSU) is located in the bottom right corner. It consists of the letters "HSU" in a bold, white, sans-serif font, centered within a white speech bubble shape. This speech bubble is set against a larger, light blue speech bubble background that has a wavy, cloud-like top edge.

Getting Started

- **Self Referral & Wellbeing Practitioner Referrals.**
- **We have mechanisms in place for safeguarding & inclusion funds to remove as many barriers as possible.**
- **Activities have included: badminton, ice skating, zine workshops, volunteering at local city library, birdwatching walks, joining LGBTQ+ society.**
- **A diverse range of students referred 21 in total, including home, international, mature, men, LGBTQ+, young carers and those with long term health conditions.**

“We have managed to create an inviting and successful scheme that reminds people about the importance of joy, and how it can be found in community and meeting new people.” - Elizabeth, Connector

Evaluations & Looking Forward

“Thanks again for going with me, I really enjoyed it. Never had this much fun since I came to Hallam, see you around :)” - connectee in a message to their connector

- Preliminary results are really positive!
- Expansion is funding dependent.
- Hoping for a launch Sept 2024.
- Contact at e.groark@shu.ac.uk

“Being a connector holds value not only in professional realms but also in personal development, fostering relationships and forging new connections that contribute to personal growth and development. Witnessing the benefit that arise for those involved in the programme is also particularly rewarding.” - Iman, Connector

HSU