



CAMPAIGN UPDATE REPORT

Prepared for:	Student Council	Date:	05/12/2017
Prepared by:	Faculty Voice Committee (FVC) and Liberation, Equality, Diversity and Inclusion Committee (LEDIC)		

Summary: *This paper provides an update on the implementation of the priority campaign 'Let's Be Honest'*

Aim: To educate the ARU community about mental health issues and services available to students, to support the ARU community and proactively address mental health issues through open and accessible support networks, and to encourage action by ARU to provide excellent mental health services for all students.

Objective(s):

1. Provide resources, including Mental Health First Aid training for staff and students, Mental Health Toolkit, and self-help apps.	IN PROGRESS
2. Deliver de-stress events during Wellbeing Week	COMPLETED
3. Produce posters of statistics from data	NOT STARTED
4. Launch 'Let's Be Honest' report, both the PDF online and the report as an event	IN PROGRESS
5. Showcase student content, both at launch and on website, relating to mental health	IN PROGRESS
6. Support the Liberation and Campaign reps	ONGOING
7. Celebrate LGBT+ History Month	IN PROGRESS
8. Provide monthly de-stress events	ONGOING
9. Provide monthly drop-ins	ONGOING
10. Provide support for international students	IN PROGRESS
11. Provide Winter Wellbeing support.	IN PROGRESS
12. Deliver 'You're Irreplaceable' message (potentially a bracelet campaign)	IN PROGRESS
13. Develop personal tutor review, encourage personal tutor mental health resources	IN PROGRESS
14. Meet with MP for Cambridge, Daniel Zeichner	IN PROGRESS
15. Implement 'Let's Be Honest' report recommendations	IN PROGRESS

Updates:

- Mental Health First Aid training is being delivered to staff. It will be available for 16 students (course reps/society & committee members) in January. The Mental Health Toolkit is available on the website
<https://www.angliastudent.com/represent/campaigns/letsbehonest/> or
https://issuu.com/angliaruskinstudentsunion/docs/mental_health_guide).
- De-stress event was run during Wellbeing Week (yoga).
- Let's Be Honest report launch is set for 6th Dec – report will launch online midday (PDF) and an event will take place in Peter Taylor House at 5:30.
- Student Showcase will be presented as a part of this event.
- LGBT+ History Month is being planned now for February 2018.
- You're Irreplaceable will potentially be integrated into these events through a bracelet campaign.

8. We have had a number of successful Monthly De-Stress Events to relax and calm students, with more planned – the next event is Dec 5th on both campuses: Lush Bath Bomb making (<https://www.angliastudent.com/represent/campaigns/destress/>).
9. Monthly drop ins have been happening and are ongoing.
10. International student outreach/support is ongoing, including the upcoming event cultural GIAG in Feb 2018, a 'Speed Friending' being planned for second semester and events planned during Global Week.
11. Winter Wellbeing website articles are underway and events such as 'Fresh Check' in early second semester will reach out during this time (for example, <https://www.angliastudent.com/news/article/union/How-to-keep-cheerful-over-winter/>)
13. Personal Tutor Review is underway – this is a notable project undertaken alongside the university (funding provided) and has made great strides. The 'Let's Be Honest' report makes some recommendations for how personal tutors can support mental health which will be emphasised during this review.
14. Meeting has been scheduled with Daniel Zeichner and the Officers
15. Following the launch of the report, we will continue to lobby ARU to work towards the recommendations – some of the recommendations are already in progress.

Student Council are asked to **DISCUSS**