

# Guide to Student Wellbeing



# Connect

## Wellbeing workshops and groups

Wellbeing workshops give you a means to meet and make connections with other students, and good relationships have been found to improve a person's physical and mental wellbeing. Connecting with other students who may be going through what you are can make a major difference in helping you feel better. Our workshops cover a variety of topics such as bereavement, stress management, autism, learning to like yourself and others. Find out more at [hud.ac/r5oq](http://hud.ac/r5oq).

## Students' Union networks and societies


Meeting like-minded people might seem a challenge in a diverse place like the university, but the Students' Union's (SU's) networks and societies give you an opportunity to meet people who share common ground with you. With over 100 Sports Clubs, Societies, Global Societies and Academic Societies, as well as 6 Liberation Networks, there's something for everyone. Find out more at [huddersfieldsu.co.uk/get-involved](http://huddersfieldsu.co.uk/get-involved).

## Global events and societies

A feeling of home even when away from home is what our global societies and events give. Offering you a community representing different cultures, languages and countries, Global Societies create an opportunity for integration, education, fun and friendship. Find out more at [hud.ac/sqo](http://hud.ac/sqo).

## Jo Cox More in Common Centre

The More in Common Centre is open to students of all faiths and none. Inspired by the Jo Cox Foundation and the More in Common philosophy, the building has prayer and community rooms for quiet devotion. Visit [hud.ac/sre](http://hud.ac/sre) to locate the centre and find out latest information such as opening hours and prayer times.



# Be Active

## Reasons to be more active

### 1. Sharper memory and better grades

Adrenalin flows through your blood stream during exercise which makes you more alert and focused whilst improving your attention and concentration span. Immediately after taking part in physical activity, your brain is better at accomplishing tasks and resisting distractions. We therefore recommend partaking in exercise before sitting an exam or having an interview.

### 2. Improve Mood

Dopamine is the "motivation" and "reward" brain chemical. Without enough dopamine, you probably wouldn't feel like getting off the sofa or doing much of anything. People who are depressed typically have a low dopamine level. The fact that exercise boosts the release of dopamine and adrenalin partially explains why exercise is a natural mood lifting antidepressant.

### 3. Improve sleep

Exercising can increase sleep quality by reducing sleep onset- or the time it takes to fall asleep - and decrease the amount of time spent lying awake in bed during the night. Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.



# ActiveHud Opportunities

Build some physical activity into your student life routine with some of our activity offers:

## 1. Active Wellbeing

Free group exercise classes designed to engage with students who are new to exercise. Sessions include Yoga, Tai Chi and Kung Fu. Check out the Active Wellbeing section on [active.hud.ac.uk](http://active.hud.ac.uk) for more information.

## 2. Memberships

Gym, Swim and Class membership with annual, monthly or pay as you go offers across Kirklees Active Leisure (KAL) sites and the University's facilities in Student Central. Visit [hud.ac/l2h](http://hud.ac/l2h) to find out more.

## 3. Social Sports

Over 20 FREE social activity sessions which offer fun and enjoyment in a relaxed environment. Take part in a team game of Futsal or fly solo with Table Tennis or Badminton. And if you're interested in taking your sport to the next level and representing the University competitively? There's something for you! Check out sport opportunities at [hud.ac/sq9](http://hud.ac/sq9)



# Take Notice

## Get, Set, Goal

Get Set Goal is a healthcare student led free service that can help you achieve personal wellbeing goals. Through a series of one-to-one sessions, members of the Get Set Goal team can help to create a personal plan to help you improve your general health and wellbeing. Find out more at [hud.ac/peo](http://hud.ac/peo).

## Woodland Walk

The beautiful scenery on campus provides an environment suitable for nature walks. Stop and take in the green environment along the Huddersfield Narrow Canal. We've partnered with local community group Environment Kirklees on their Greenstreams project to design two short walks that incorporates the University of Huddersfield's grounds and the River Colne catchment, these are easy to access and if you link the two routes together by walking down Kingsmill Lane, the route becomes a 2km circular route, the perfect distance to be completed in your free time! Check out the Greenstreams campus walk at [hud.ac/p2u](http://hud.ac/p2u).



# Learn

## Togetherall

Togetherall is an online support platform that offers information, self-help advice, peer discussion, forums and online programmes to address concerns or wellbeing issues you may be experiencing. It is confidential and once you have logged in for the first time with your university email address you set up an anonymous profile so that no-one knows personal information about you. Go to [hud.ac/k4o](http://hud.ac/k4o) to get started.

## Library and HudReads

The library has a wide range of information sources and sometimes you may want to study without any noise or interruptions. There are dedicated silent study spaces on Floors 2 and 5 where you can work without distractions. There are also bookable Study Rooms on Floors 2,3,5 and 6 bookable at [hud.ac/src](http://hud.ac/src). If you are feeling stressed or need to get away from it all, head to the Calm Zone on Floor 5. This is a silent space with activities including colouring and a range of wellbeing support resources. Why not relax with a book that is not related to your course? See the leisure and reading for pleasure collection on Floor 4 of the library, adjacent to the Help Centre. You can view the HudReads collection [hud.ac/srd](http://hud.ac/srd).

## Self-help Guides

The Wellbeing service has a range of self-help guides available on a variety of topics. You can access them at [hud.ac/p27](http://hud.ac/p27). There are also some great resources to support your wellbeing on Student Space, a web resource delivered by Student Minds, the UK's student mental health charity. Find it at [studentspace.org.uk](http://studentspace.org.uk). For those of you who are on research or PhD programmes you may find the self-help resources within the Wellbeing Thesis a great way to support your emotional and mental wellbeing whilst studying. You can access these at [thewellbeingthesis.org.uk](http://thewellbeingthesis.org.uk).



# Give

## Volunteering opportunities

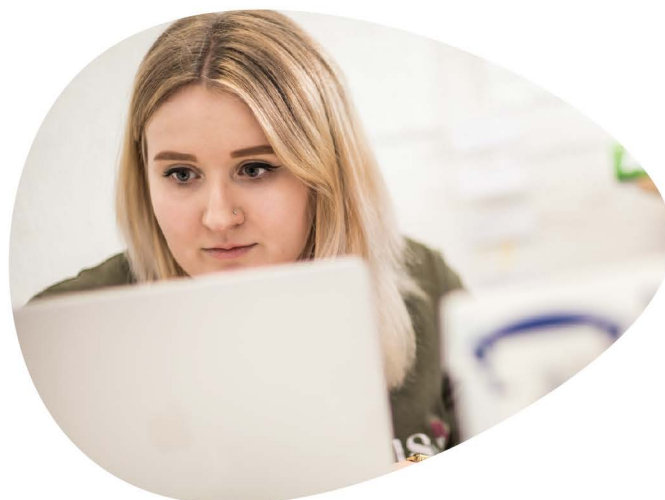
Volunteering is not only fun and rewarding, but a brilliant way to gain useful experience you can add to your CV. There are lots of opportunities to volunteer locally (and further afield) advertised through the Careers Service JobShop. Finding these is easy as you can filter for voluntary opportunities. To use the Job Shop, simply sign in at [hud.ac/lfkq](http://hud.ac/lfkq). Another good place to visit is the Opportunities Catalogue page at [hud.ac/ne9](http://hud.ac/ne9).

## ActiveHud volunteering

Volunteering at ActiveHud gives you valuable experience that puts you in a fantastic position for future jobs, whatever your career aspirations. You don't need to be studying a sport related course, or even be sporty yourself, passionate and creative students from all courses are welcome. Visit [hud.ac/rby](http://hud.ac/rby) to see available vacancies.

## Green volunteering

The University works with local charities like the Canal and River Trust, Environmental Projects in Kirklees and the White Rose Forest Partnership to offer a year-round 'Green Volunteering Programme'. Events range from tree planting, litter picking and conservation management. No experience is required and the programme offers students an opportunity to meet new people, get outdoors and enhance their CV at the same time. Find out more at [hud.ac.uk/sustainability](http://hud.ac.uk/sustainability).



# Support

## iPoint

In the first few weeks at uni, you might have questions about your Student Finance, your timetable or simply how to get to your lecture. Later in the year, you might want advice on postgraduate study or getting a job. Whatever you need, iPoint is the place to come for help. Its friendly and welcoming Customer Support Team offer a wide range of services and support to help you with all your academic and personal wellbeing questions. They may also help you to access more specialist support. If you visit [hud.ac/spi](http://hud.ac/spi), you'll find a range of Frequently Asked Questions that could give you an on-the-go response. Alternatively, there's an iPoint in Student Central, Barbara Hepworth and Daphne Steele buildings. iPoint is open from 8.30am - 5.00pm Monday to Friday (9.00am - 5.00pm in the summer), and you can contact them by calling 01484 471001 or sending an email to [ipoint@hud.ac.uk](mailto:ipoint@hud.ac.uk). No question is ever too serious or too silly – iPoint is there to help you make the most of your university experience. For more information, kindly visit [hud.ac/spg](http://hud.ac/spg).

## Wellbeing Support

The Wellbeing Service offers one to one appointments, giving you the opportunity to discuss any difficulties you may be facing with a member of the team. You can also access our web based resources for specialist support services that are available locally and across the UK to support you with a range of issues at [hud.ac/wellbeing](http://hud.ac/wellbeing).

## University Health Centre

The University Health Centre is the GP practice closest to the University and is experienced in looking after the health care needs of the student population. To register, follow this link, [hud.ac/pij](http://hud.ac/pij). Once you have registered as a patient, if you are unwell, you can contact the centre on 01484 430386 to receive medical attention.

## Too Good to Go

To reduce food waste in the University and to provide you with the opportunity to eat delicious and substantial food for only £3, the University of Huddersfield and the Students' Union have partnered with Too Good to Go. Find out how to get this at [hud.ac/ik7](http://hud.ac/ik7).

## Disability Support

The Disability team work with you to identify how a disability or condition may impact your studies and to explore options for support and adjustments. To learn more about the support provided to disabled students by the University visit [hud.ac/disability](http://hud.ac/disability).



## **Student Finance and Hardship Funds**

If you are going through financial difficulty, you may be eligible for financial support which is provided for home, EU and international students. The Student Finance Office offers support with financial queries, offering appointments, and holding daily drop-in sessions via Teams from 10.00am - 12.00pm and 1.00 - 3.00pm. For financial queries, you can email the Student Finance Office at [sfo@hud.ac.uk](mailto:sfo@hud.ac.uk) or call 01484 472210 between 9.00am and 4.30pm.

## **Students' Union Advice Centre**

On Floor 5 of Student Central, there is a full-service Advice-Centre managed by the Students' Union. Students can use the service for free, and it operates independently of the university. Advisors will take the time to go over your options with and assist you in determining the best course of action. To book an appointment, visit [hud.ac/l1v](http://hud.ac/l1v).

## **Academic Skills Tutors and Subject Specific Librarians**

Academic Skills Tutors can help you develop your learning, understand what is expected or even just to confirm that you are on track. They offer one-to-one tutorials and can work closely with your lecturers to embed relevant workshop sessions within your course. Discover how to meet with an Academic Skills Tutor at [hud.ac/f32](http://hud.ac/f32). The Library has Subject Librarians who are experts in locating resources and assisting in researching topics within their fields. You can book an online appointment with a librarian or for immediate help, speak to a member of staff on the Help Desk (Floor 4 of the library) during staffed hours or email [library@hud.ac.uk](mailto:library@hud.ac.uk). You can also find a range of guides written by your librarian at [hud.ac/p4o](http://hud.ac/p4o).

## **Royal Literary Fellowship**

Do you need help with your academic essay writing? The Royal Literary Fund Fellowship places professional writers in higher education institutions to help students with their academic essay writing. The University's Royal Literary Fellow will help students on a one-to-one basis with their academic writing skills in a free, confidential and relaxed setting in an office in the University Library. To book an appointment visit [hud.ac/h1a](http://hud.ac/h1a).

## **Student Engagement and Attendance Monitoring Team**

Our Student Engagement Coaches are here to help you settle into your studies and to offer you support and guidance on a wide range of issues. This may include guidance on university processes, support with barriers to your attendance, or support with any personal circumstances that are affecting your studies. We encourage all our students to 'Just Ask' so we can offer help and guidance. You can book a 20-minute appointment by visiting [hud.ac/soo](http://hud.ac/soo). If you have a quick question and would rather email, contact [justask@hud.ac.uk](mailto:justask@hud.ac.uk)

# Connect

## Wellbeing Workshops and groups

To find out about our workshops, visit [hud.ac/r5oq](https://hud.ac/r5oq) or scan the QR code



## Students' Union networks and societies

Discover the Students' Union networks and societies at [huddersfieldsu.co.uk/get-involved](https://huddersfieldsu.co.uk/get-involved) or scan the QR code



## Global events and societies

Interested in being part of a global community? Visit [hud.ac/sqo](https://hud.ac/sqo) or scan QR code



## Jo Cox More in Common Centre

To find the centre visit [hud.ac/sre](https://hud.ac/sre) or scan the QR code



# Be Active

## Active Wellbeing

For details on free group exercise classes visit [hud.ac/pj6](https://hud.ac/pj6) or scan QR code



## Memberships

Find out about ActiveHud's gym, swim and class memberships at [hud.ac/l2h](http://hud.ac/l2h) or scan the QR code



## Social Sport

Learn about ActiveHud's free social activity sessions, visit [huddersfieldsu.co.uk/get-involved](http://huddersfieldsu.co.uk/get-involved) or scan the QR code



# Take Notice

## Get, Set Goal

Get help with achieving personal wellbeing goals, visit [hud.ac/peo](http://hud.ac/peo) or scan the QR code



## Woodland Walk

Check out the Greenstreams campus walk at [hud.ac/p2u](http://hud.ac/p2u) or scan the QR code



# Learn

## Togetherall

To use Togetherall, visit [hud.ac/k4o](https://hud.ac/k4o) or scan the QR code



## Library Study Rooms

Book a Study Room at [hud.ac/src](https://hud.ac/src) or scan the QR code



## HudReads

Relax with a book not related to your course. View the HudReads collection at [hud.ac/srd](https://hud.ac/srd) or scan the QR code



## Self-help guides

To access the University's Wellbeing Service guides, visit [hud.ac/p27](https://hud.ac/p27) or scan the QR code



You can find great resources delivered by Student Minds at [studentspace.org.uk](https://studentspace.org.uk) or by scanning the QR code



The Wellbeing Thesis can be accessed at [thewellbeingthesis.org.uk](https://thewellbeingthesis.org.uk) or by scanning the QR code



# Give

## Careers JobShop

Find opportunities for volunteering via the Jobshop at [hud.ac/lfkq](http://hud.ac/lfkq) or scan the QR code



## Opportunities Catalogue

To view the opportunities catalogue, visit [hud.ac/ne9](http://hud.ac/ne9) or scan QR code



## ActiveHud Volunteering

View available vacancies to volunteer at the University's gym ActiveHud at [hud.ac/rby](http://hud.ac/rby) or scan the QR code



## Green Volunteering

Find out more at [hud.ac.uk/sustainability](http://hud.ac.uk/sustainability) or scan the QR code



# Support

## iPoint

Learn about the range of support the iPoint offers, visit [hud.ac/spg](http://hud.ac/spg) or scan the QR code



## iPoint FAQs

Get an on-the-go response, visit [hud.ac/spi](http://hud.ac/spi) or scan the QR code



## Wellbeing Support

Find out about the range of wellbeing support provided by the University at [hud.ac/wellbeing](http://hud.ac/wellbeing) or scan the QR code



## University Health Centre

Register with the University Health Centre at [hud.ac/pij](http://hud.ac/pij) or scan the QR code



## Too Good to Go

Find out how to get delicious meal for only £3 at [hud.ac/ik7](http://hud.ac/ik7) or scan the QR code



## **Disability Support**

Learn about the support provided to disabled students at [hud.ac/disability](http://hud.ac/disability) or scan the QR code



## **Students' Union Advice Centre**

Book an appointment at [hud.ac/l1v](http://hud.ac/l1v) or scan the QR code



## **Academic Skills Tutors**

Discover how to meet with an academic skills tutor at [hud.ac/f32](http://hud.ac/f32) or scan the QR code



## **Subject Specific Librarians**

Need help researching a topic? Contact a subject librarian at [hud.ac/p4o](http://hud.ac/p4o) or scan the QR code



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Inspiring global professionals