

Student Partnership Agreement Small Projects Funded 2017-18

Project Title, School & Project lead	Project description
A Students' Guide to Conferences. School of Clinical Sciences Sarah Finnie (Student)	The Little France Post-grad society run a number of academic and non-academic events throughout the year. We aim to prepare students for wider world of academia, in this case presenting work and networking at academic events and conferences and applying for grants.
Making of a better you Royal (Dick) School of Veterinary Studies Jessie Paterson (Staff)	The event ran around the theme of 'a new start to the new year' and taking an all-encompassing view of academic skills to include study/non-study support. The week ran with each day having a particular focus and light touch sign posting and some fun activities. The week's activities were shared amongst the students with each VetPAL Leader year group taking on board the planning and running of the activities for one day thus spreading the load and leading to a diverse range of events. On each day the '5 ways to wellbeing' postcards were made available as an on-going thread to the week and this proved useful.
The HCA Staff-Student Cup History, Classics and Archaeology Esther Mijers (Staff)	This project was the first of an annual staff-student competition within the School, and included three rounds: Quiz, Choir 'Sing-Off' and Sports Day. All HCA staff and students were invited to take part, and each event gave different staff and students the chance to take participate in something suited to their talents and abilities. The trophy for the competition is prominently displayed within the School, and the events were publicised widely via the School's social media pages. Whilst this was a competition, the project's primary aim was to encourage students from all year groups and academic disciplines to work together in a friendly and encouraging environment. The entirety of the project was free for staff and students, ensuring accessibility for all.
Immersive Art Therapy Space for Students Edinburgh College of Art Ayshia Taskin (Student)	Mood Booth is a tranquil creative, immersive environment for Edinburgh University students and staff to become rejuvenated in mind, body and spirit. The unique appeal of these bespoke drawing sessions is that they give open access to imagination, exploration and new dimensions.
The ECA Student Voice Edinburgh College of Art Kate Carter (Staff)	The project sought to shape and support the ECA Student Voice. Over the years approaches have been developed, tried, tested and often dwindled. The funding will be used to develop an approach to Student Communication, Democracy and Representation that works across the five subject areas of ECA.
Scottish Mental Health First Aid (SMHFA) training – UG/Staff Royal (Dick)School of Veterinary Studies (RDSVS) Mike Grieve (Staff)	To provide mental health awareness training to groups of staff and undergraduate students. Subjects included current attitudes to mental health issues, recovery, alcohol & drugs, suicide, self-harm, depression, anxiety, psychosis and developing listening skills.

Scottish Mental Health First Aid (SMHFA) training – PG/Staff Royal (Dick)School of Veterinary Studies (RDSVS) Omar Alfituri (Staff)	To provide mental health first aid training to groups of postgraduate students and staff. The course will provide basic general information about mental health problems and helps to remove stigma and fear and to give confidence in approaching a person in distress. Mental health first aid is an initial response to distress and it will train people in first aid required to deal with persons experiencing depression and anxiety. Subjects included current attitudes to mental health issues, recovery, alcohol & drugs, suicide, selfharm, depression, anxiety, psychosis and developing listening skills.
Top tips for staying in good mental health School of Philosophy, Psychology & Language Sciences Kasia Banas (Staff)	This project developed a dedicated resource that would help students maintain good mental health, as well as inform them about the available sources of help. The aim was to develop a single resource that could be used across a number of different media (handbooks, the PPLS student notebook, Year Organiser presentations at the beginning of each year) in the School, but potentially also more widely across the University. The information provided in the resource is evidence-based, drawing on psychological research on well-being and resilience. An important feature of the resource is its attractive graphic design and it is hoped that students will find the postcard and poster easier to engage with.
Chemunity School of Chemistry Chris Mowat (Staff)	This project sought to canvas student opinion on the themes of the Student Partnership Agreement, and then used this to create a web-based resource and social media presence for collating and disseminating useful information in a student-driven manner. A launch event was held in the School's Social Space with upwards of 50 students (UG and PG) attending. At the event board games were provided, including a customised version of Guess Who? with the faces of Chemistry academic staff used. Opinions, feedback, and suggestions for website content were collated on the night, and these were categorised depending on whether they best refer to the student voice, academic support, or mental wellbeing themes. A longer-term aim is to engage with other schools and support services in order to arrange joint events and to share our practise and findings. The website is now fully functional and ready for the new academic year in September.
That Vet Life Podcast The Royal (Dick) School of Veterinary Studies Moriah McCauley (Student)	'That Vet Life' is a student hosted podcast, created to highlight the people and experiences that Inspire, Encourage, and Challenge the veterinary profession. The sharing of ideas and experiences like these are best presented as a podcast because of the auditory form of the content which allows it to be easily accessed and consumed by the target audience. As the current trend of consumable content is moving towards auditory this podcast will not easily lose its place in today's culture. The topics covered are such that it is not only relevant for the target audience of students and veterinary professionals, but that it may even be understood by those outside the veterinary profession. The content of the podcast consists of interviews with veterinary students, educators and professionals covering topics on the veterinary experience. The podcast can be found on any major podcasting platforms, as well as at https://thatvetlife.wordpress.com/
Coding Club- advancing quantitative skills peer to peer School of GeoSciences Izzy Rich (Student)	We applied for a Student Partnership Agreement Small Grant to organise a student-staff event providing one-on-one help with statistics and programming issues and develop a comprehensive online learning resource with commonly encountered problems and their solutions. (CB to complement coding club, to produce an online reusable resource of helpful answers to problems with coding).

<p>Exploring the educational training requirements of nursing and medical students at the University of Edinburgh</p> <p>School of Health in Social Science Maggie Carson (Staff)</p>	<p>Recent guidance from the Nursing Midwifery Council's Educational Framework (NMC, 2017) states that nursing students should "have opportunities throughout their programme to collaborate and learn with other professionals" and "to learn with and from peers". In this project we would like to address this current deficit by exploring, through a Focus Group, what additional training nursing and medical students would like to receive and how we as educators could provide academic support for this to occur in a cross disciplinary manner. We propose to invite all the current nursing student Year reps (n=9) and the Medical Education Society student reps (n=8) to participate in a facilitated Focus Group interview. Permission will be obtained from the students to record the Focus Group and the recording will be transcribed and a thematic analysis undertaken to inform future curriculum development and planning.</p>
<p>Yoga @CRM</p> <p>MRC Centre for Regenerative Medicine Joan Casamitjana (Student)</p>	<p>This project aimed to offer low cost yoga sessions to any member working in the Centre at a convenient time. A certified instructor ran sessions in a designated area of the Centre on a weekly basis at a time agreed by interested participants (eg early morning, lunchtime). Pilot sessions proved very popular so a regular instructor was contracted on a weekly basis.</p>
<p>Solidari-Tea</p> <p>School of Biological Sciences Louise Horsfall (Staff)</p>	<p>A fortnightly coffee morning will be arranged for PhD students within the School of Biological Sciences to discuss difficulties outwith the technical aspects of their research. Refreshments will be provided. The event will begin with a scene-setting talk from a member of staff or a student who has overcome adversity. The venue will be the Waddington break out space (and seminar room, if required), on Thursday mornings, every two weeks. All PhD students and staff with an interest in promoting positive mental health will be welcome. While this means that all 280 students will be invited to the events, we anticipate a much smaller number (approximately 20-30) will choose to attend. However, until such an event is trialled we will not know how many students will self-identify with a desire to be involved. This event will create a relaxed environment for experiences to be shared between students who otherwise might not be in touch with one another, and with key staff support.</p>
<p>Our Speakeasy</p> <p>School of Engineering Daniel Pokras (Student)</p>	<p>For the last 6 months, our SpeakEasy has been collecting anonymously handwritten stories from strangers throughout Edinburgh which show the incredible diversity this city boasts as well as the vulnerabilities that were willing to be shared. Many of which, including my own, have been therapeutic, helping build a sense of community and improving mental health. On top of collecting stories from strangers, Our SpeakEasy has also runs StorySlams, which are open mics where people can go up on stage to share a story on the theme of the night. The purpose of these events as appose to the anonymous stories is that the StorySlams bring a face and a name to the story which can exert empathy for the greater community. See themoth.org We would like to branch out with this project amongst the academic University community. We propose a blend of the two events, at monthly intervals among the University, designed to bring students and staff together. We would like to create a small project where we would get staff and students in their Colleges/departments together, and have them all write a personal story. We would then provide a platform for people to read out these stories in front of everyone if they wish, allowing for all these individuals to be seen as more than just their job or student status, stripping the barriers and allowing staff and students to get to know one another in the hopes of working together better. These stories would then, with the permission of their authors, be hung up around the colleges with the title "staff" or "student", to allow others to see these powerful revelations, and to help everyone</p>

	remember that all members of the University community are ultimately just people, working towards a goal common to both – research and education.
Keeping well abroad School of Literatures, Languages and Cultures Veronique Desnain (Staff)	This project aims to encourage students to think about well-being in terms of the specific challenges presented by the year abroad by sending in photographs that illustrate either a challenge or a solution in terms of their physical and mental welfare in the country in which they are spending time. Each photograph will be accompanied by 2-3 sentences to highlight its links with welfare/well-being. The photographs will be hosted on the recently launched DELC Creative page and the photos will be entered into a competition. The committee of Babble (DELC Creative magazine) which is composed of staff and students from all the languages in DELC will select a winning photograph, which will receive a prize (book token) All the photographs will then be exhibited in 50 George Square. The exhibition will open with a reception that will bring together staff, returning 4th years and 2nd years preparing to go abroad. The photographs will also be uploaded onto DELC Creative as a permanent online exhibition. This project is part of a wider initiative to foster a sense of community and raise awareness of welfare issues within the Department of European Languages and Cultures.