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| Allowed students to start the year feeling relaxed and confident | Helped student wellbeing | Improved retention and success outcomes| Signposted to additional support services | Promoted social opportunities in the local area | Scheme has been rebranded as the Thursday Club and continued this academic year “I have enjoyed making bracelets and putting a charm.£“Helped me to get centred. Met people in a relaxed way with the painting.”“The summer club helped me to familiarise with the college (travelling to, familiarising with bothy, canteen, library). It helped with my anxiety.”“The ladies were very helpful and it helped familiarise me with UHI grounds.” Summer ClubUHI InvernessW | **Goal:** To meet the needs of vulnerable students who find the first few weeks of college or a new environment overwhelming. It would allow students to familiarise themselves with the campus and meet its support staff during the quieter period, exploring any worries they may have.**Submitted by:** Claire Kilburn-Young**Project:** To develop pre-start workshops with a social and wellbeing focus. This would particularly appeal to students with enhanced transitional needs who would likely prefer a less formal and more nurturing opportunity than academic workshops.**Benefit to:** All students, particularly those with neurodivergences or mental health related difficulties.

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| ****Key message: Provide a regular social opportunity and support pre-start****  |
| Encourage students to take part in structured and unstructured craft, wellbeing, and leisure activities |
| Lunch provision, provided by local grant funding |
| Foster a sense of community, and belonging to the college campus |
| Improve resilience and confidence |
| Improve early retention and success outcomes |
| **Project delivery**  |  |
| Summer Club activities were planned and delivered by Wellbeing Officer and supported by The Bothy Support Assistant |
| Sessions included a buffet lunch, art or craft activity, wellbeing activity, a therapy animal, games, and the chance to speak to support staff |
| Participants completed an online form capturing their thoughts on the day and their pre/post stress levels |
| The Club aimed to provide structure and social contact over the long Summer break |
| Participants also learnt mental wellbeing self-management skills  |

**Impact:**  Summer Club was the most popular pre-start offering, with 103 attendances from 31 different participants over the 6 sessions. Participants reported feeling it successfully prepared them for college, and that they were more relaxed and less stressed. Of all the participants, only two have withdrawn from their course. |