

# Summer in Queensland

UQ Wellbeing Report 2020-2021



CREATE CHANGE





# UQ Wellbeing

health. culture. connections.

The UQ Wellbeing's objective is to improve the health outcomes for students from Culturally and Linguistically Diverse backgrounds. By working in partnership with students and established programs the project aligns with UQ's values by supporting our people and contributes to the long term objectives of the UQ strategy by strengthening and supporting our diverse community.

## The project has 4 focus areas

1. Mental Health
2. Healthy Relationships and Reproductive Health
3. Nutrition and Physical Health
4. Community and Cultural Connections

The Summer in Queensland Program aimed to support the health and wellbeing of students residing in Queensland over the summer holiday period 2020 – 2021, who were unable to return home as a result of the restrictions placed on travel due to COVID-19.

As part of the Summer in Queensland Program UQ Wellbeing delivered a range of activities to support over 280 students. Students were invited to provide feedback on the sessions they attended. Below is a summary of health promotion activities delivered and the feedback received from students.

Acknowledgement: UQ acknowledges and thanks Allianz Care for supporting this project



Right: Who We Are final artwork



# Summer in Queensland Programs and Activities

## Student Cooking Demonstrations

A program of cooking demonstrations were delivered in partnership with Multicultural Australia at UQ's School of Human Movement and Nutrition Sciences.

The program focused on simple nutritional meals on a budget, including kangaroo burgers and smashed avocado. After the demonstrations students stayed and shared their meal together. A total of eight cooking demonstrations were delivered to over 85 students.

### Feedback received for students showed:

- 72% were satisfied or very satisfied with the cooking demonstrations
- 42% rated the demonstrations as very useful and 57% as useful

### Some verbatim feedback received included:

- "It is so good - thanks so much"
- "Event was lovely! But pavlova might be too sweet for most of us who attended the event"
- "Liked all the staff and chef... the friendly environment is great"
- "Good activity to meet people. Especially when we finished the cooking and ate together"



## Who We Are Art Workshop

These art workshops celebrated cultural diversity and provided students with an opportunity to paint an individual canvas that reflected their own interpretation about who they are, their personality, beliefs and culture.

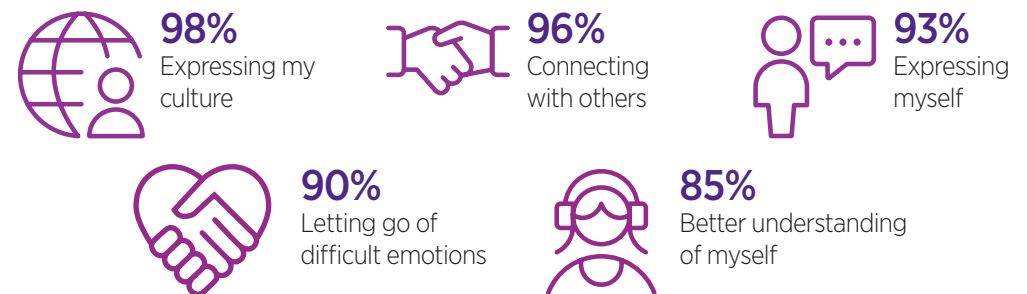
Each half circle was joined to another canvas to form a complete circle to represent the diverse UQ student community coming together as one. These art workshops were conducted in partnership with Your Town, with six workshops delivered to 85 students at the St. Lucia and Gatton Campuses.

98% of students stated that the workshop helped them to express themselves and their culture.

### Some verbatim feedback received included:

- "It was very therapeutic, the workshop was really fun, very inspiring, painting is very relaxing"
- "The space was non-judgemental, calm creative environment"
- "Great stress reliever. I met new friends here"
- "A structured space supported with resources, encouragement from Angel (art therapist), a fulfilling experience"
- "I expressed my deepest emotions. During COVID-19 we can get together & be strong and get through this"
- "Being together from different nationalities being together as one."

### Students identified the following areas the workshops helped most with



Left: Cooking demonstration  
Right: Who We Are art workshop



## Art for Wellbeing workshops

In partnership with the UQ Counselling team, seven Art for Wellbeing workshops were delivered to approximately 60 students.

These workshops provided a safe space for students to visually explore and express their thoughts and experiences through creative techniques such as drawing, painting, collage, colouring or sculpting.

Student feedback showed that 85% of attendees were very satisfied with the workshop they attended. 85% felt the session/s helped me to cope with my emotions. 71% said that they hope to use art to try and cope with their emotions in the future.

### Some verbatim feedback received included:

- *"The workshops are really helpful"*
- *"I really enjoyed it, haven't had the opportunity to do art for a long time"*
- *"Keep up the good work! Thanks for holding all the amazing events"*
- *"Thank you for doing the sessions. I really enjoyed attending it."*



**85%**

Said session helped them cope with emotions

## Wellness Retreat

In partnership with the UQ Counselling team, two 2 day student wellness retreats were delivered. The retreats supported students to rediscover nourishment, solace, and renewed inspiration through structured meditation practices, sound healing, and the mindful movements of gentle yoga. A retreat was held before and after the Christmas break with 22 students in attendance.

### Some verbatim feedback received included:

- Would love to see more of such retreats focused on mental health. I have never been in such a relaxed retreat before and I think this is perfect for our current situations
- As a PhD student facing mid-candidature, I needed something to be able to step away from the overwhelmingness. So the timing was beneficial.
- I'm more aware of how to bring myself to inner calm and peace
- It was an amazing experience overall, thank you
- The instructors are adorable and created a pleasant space. The program was well structured.
- More frequent retreats! Thank you!
- Please continue them.



Above: Wellness Retreat



## Student Art Therapy program

This four-session art therapy program aimed to support more vulnerable students over the university break to access additional mental health support. Students were invited to the group via the student Counselling and Disability, Diversity and Inclusion teams. The program was delivered by two qualified art therapists and included art-making, sharing circles, spaces for self-exploration and self-care. A total of eight students registered for the program and attendance was consistent across the four sessions.

A K-10 mental health assessment was administered at the first and last session. An overall analysis of all questions on the assessment checklist showed that students benefitted from interventions and have improved their mental health. Six students completed a program feedback form with two students stated they were very satisfied, three satisfied and one neutrally satisfied with the program

### Some verbatim feedback included:

- I loved it. I wasn't expecting much when I came in, but once we started to progress through the program, I became a lot more connected with myself. I also enjoyed the actual crafts and meeting new people.
- Happy
- It was an opportunity to meet people
- Calm and relaxing, learned new artwork ideas - one of my hobbies
- Activities aim to connect with yourself allowing you to feel comfortable with who you are
- Too short and quick!

## Mindfulness workshop (Gatton)

In partnership with Gatton Student Services, an introduction to mindfulness workshops for students was held. Students learnt how to be more present in their lives and enjoy the benefits of being mindful. A total of five students attended and the feedback was positive.

## Craft afternoon (Gatton)

Gatton Students shared lunch while participating in creative craft based activities, such as origami and bees wax making. A total of 15 students attended.



Above: UQ Wellbeing workshop at St Lucia campus



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