

2021: Semester 1 Report

UQ Wellbeing (University of Queensland Health Promotion Project)



CREATE CHANGE



University of Queensland UQ Wellbeing

Culturally and Linguistically Diverse Communities (CALD)

This report highlights the achievements from Semester 1 2021 for the UQ Wellbeing project (formerly Health Promotion Culturally and Linguistically Diverse).

The project's previous semester reports are available to **download on the UQ Wellbeing Website**.

The Health Promotion Project's objective is to improve the health outcomes for students from Culturally and Linguistically Diverse backgrounds (CALD). 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 launched in Semester 1 2020 and is currently funded until March 2022.

Project outcomes:

- Students from CALD backgrounds are aware of and engage with health promotion activities on campus
- A vibrant campus that is inclusive and celebrates the diversity of all students

The project has four focus Areas:

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

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



2021: Semester 1 Objectives & highlights

Objective 1: Engaging & collaborating with stakeholders

Existing health promotion activities that engage the whole of the student cohort will be supported to be inclusive, culturally sensitive and/or appropriate for students from a CALD background.

Following on from the engagement and consultation process from Semester 1, collaborations have been developed with key partners. Key project collaborations of Semester 1 2021 are listed below:

1. Stakeholders Collaborations

UQ Student Union

- Regular dialogue regarding student needs, co-promotion of activities and project partnerships
- International Officers: Key project partnerships this semester, International Welcome Breakfast and Student Advisory Group recruitment. (Further project details below)
- Women's Officer: Key project partnerships this semester, were related to sexual and reproductive health, Market Day, O-Week Student Neon Party and Women's Week. (Further project details below)
- UQU: Key project partnership this semester was the RAPID STI testing Service

UQ Counselling

Continued dialogue regarding student needs and trends. Key partnership's this semester for Welcome Week's Wellbeing Hub, Mental Health Support, and Refugee Week (Further project details below)

International and Welfare Team

Continued dialogue regarding student needs and trends. Key partnership project this semester, International Welcome Breakfast. (Further details below)

Disability, Diversity and Inclusion Team

Continued dialogue regarding student needs and trends. Key partnership his semester Welcome Week's Wellbeing Hub (Further project details below)

UQ Respect

Regular dialogue regarding student needs and trends. Collaboration on Welcome Weeks and Winter in Queensland Program.

UQ Mental Health

Regular dialogue regarding student needs and trends.

2. Working Groups and Networks

- UQ English as an Additional Language / Culturally and Linguistically Diverse Working Party
- UQ Student Services International Student Staff Working Group
- ANZEZZA Connecting Conversation Series with the Health Promoters

Objective 2: Setting up and supporting a student advisory group

A student advisory group will be formed and consulted with prior to any new health promotion activity.

The UQ Wellbeing Student Advisory group continued to guide project activities in Semester 1 2021. Attendance and active participation by group members remained high. Meetings were held in person where possible and via zoom, with regular communication via email and social media. The following tasks were completed by the group in Semester 1 2021

- 4 Advisory group meetings held this Semester, including a meeting and tour at the Gatton Campus.
- Conducted a survey monkey to review student's satisfaction with the group and suggestions for 2021 improvements. (Comments below). Feedback was overwhelmingly positive with the main area for improvement being more meetings, particularly in person and more opportunities for involvement in project activities.
- The group provided recommendations and advice on the following health promotion activities: Winter in Queensland Activities, Refugee Week, Uni Mental Health Day and Access to Mental Health Supports
- The group developed a discussion document with recommendations regarding counselling supports and presented this to the manager of Counselling Services. A number of recommendations were implemented.
- New member's were recruited to replace 5 graduating students via the Student Staff Partnership Program. The selection process was carried out in partnership with the UQU International Department's two international officers and 5 new members were selected. Successful students were provided with resources and an induction workshop to prepare for their role (commencing in Semester 2 2021)

"Lots of space for feedback sharing and voicing your opinion"

"You get to meet new people and help give back to your community and make a difference" -

Student Advisory Group Members



2021: Semester 1 Objectives & highlights

Objective 3: Developing resources and workshops

A range of education resources and workshops will be developed centred around healthy relationships, reproductive health, nutrition advice and healthy eating programs.

1. Mental Health

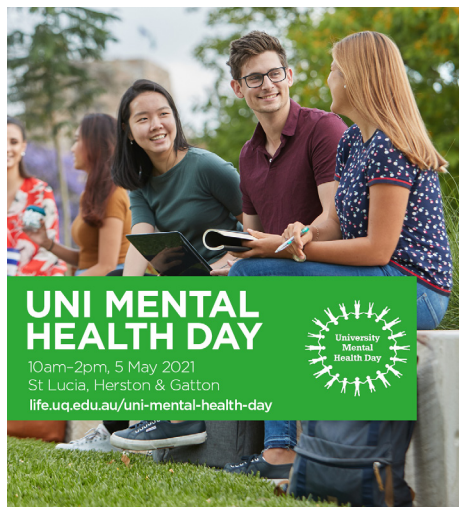
Uni Mental Health Week

Student Information Stall: Coordinated a student Information stall at Herston with mental health resources in different languages (good student engagement, approximately 30 students). Coordinated a segment on Uni Mental Health Day, promoting Art for Wellbeing workshops and access to external mental health supports for **From the Couch**. See link below starts after 7mins.

Winter in QLD: Student Art Workshops in partnership with Your Town

Mask Workshop: This workshop guides participants through a creative process, where they create, paint& design a Paper Mache Mask depicting how they feel. The front of the mask depicts how they believe others see them through the use of colour, paint, symbols, and words. On the back of the mask, they depict how they see themselves especially in ways that differ from the front of the mask. This Art workshop encourages self-reflection, expression, and sometimes allows us to start difficult conversations. Attended by 15 students. Photos here

Who We Are 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. Attended by 17 students



2021: Semester 1 Objectives & highlights

2. Healthy Relationships and Reproductive Health

This semester a number of sexual and reproductive student workshops were delivered, alongside promoting safer sex messages at key events.

- **UQU Neon Party:** Stall and condom distribution in partnership with UQ Respect. Engaged with over 700 students.
- **UQU Market Day:** Stall and condom distribution in partnership with the Women's Collective. Engaged with over 100 students.
- **UQ Women's Week:** Contraception sessions held in partnership with the Women's Collective. Attended by 5 students (1 domestic and 4 international)
- **U18 program Sexual Health Workshop:** delivered on March 18th and attended by 6 students.
- **2 hour Healthy Relationships and Sexual health workshop:** Coordinated and delivered for International House Resident leaders. The session was attended by 13 students. The session went well and received positive feedback (see below) Student would like ore training regarding sexual assault.
- **Pleasure and Sex Workshop:** Supported with Dr. Tessa Opie in partnership with UQ Respect as part of St. Johns College's Safe & Sexy week. The week ran from April 26-30 with a range of student led sex positive workshops and events. This workshop was very well attended across colleges was well attended with over 270 students in attendance.



RAPID Testing: Continued partnership with UQ Union and RAPID Testing to provide free drop in STI testing at St. Lucia and Gatton. This Semester 101 students were provided with testing. 28% of which were International Students. Testing was provided at both the St Lucia and Gatton Campus.



1000
students provided with
sexual and reproductive
health information



101
students tested using
RAPID testing at St
Lucia and Gatton

28%
students tested for
RAPID testing were
international students

3. Nutrition and Physical Health

Health and Wellbeing walks provided students with an opportunity to enjoy the beautiful UQ campuses while learning about student health and wellbeing services. The walk incorporates mindfulness while bringing students to key support services on campus and providing information on accessing services. 3 Health and Wellbeing walks were conducted this semester as part of the Welcome Week and Uni Mental Health Week Programs at the Gatton and St. Lucia campuses. Walks were attended by 14 students and involved the Mental Health Champions Network.

4. Community and Cultural Connections

Orientation Week - Who We Are Art Activities

- As part of Welcome Week activities the Who We Are Art Canvas from the Summer in Queensland's program were showcased at the Student International Arrival Lounge. They were viewed by approximately 45 students. **Photos here**
- Who We Are Art Canvases was included in an episode of the From the **The Couch Series**. Starts at 11:20min



"It was very sex positive and inclusive of lots of different perspectives and it wasn't just like a sort of scare tactic session that only talks about the risk"

"I liked that we were given time to speak and that everyone was able to say what they wanted to say."

- Student feedback from the Healthy Relationships and Sexual health workshop at International House

2021: Semester 1 Objectives & highlights

Objective 4: Communicating initiatives

Health promotion activities are promoted to all students throughout the semester via a number of methods including social media, EDM's and faculty communication channels

In collaboration with the student engagement team, information about UQ Wellbeing and health promotion activities was disseminated across the semester.

UQ Health and Wellbeing Stall: As part of Welcome Activities the stall aimed to promote student supports available at UQ with an opportunity to meet some of our student services staff and student leaders. The stall was across all 3 campus and was coordinated in partnership with UQ Respect and UQ Mental Health. Engaged with over 1000 students. [Photos here](#)

International Welcome Breakfast: All commencing international students are invited to the international welcome breakfast on the first Monday of O-Week. The breakfast provided an opportunity for students to meet other international students, find out about student supports and how to get the most out of your O-week. Attended by approximately 80 students and 7 stall holders. [Photos here](#)



Left:
International Student
Breakfast



Left:
Health and Wellbeing
Stall during Orientation

UQ Wellbeing was included in a number of campaigns and disseminated across the following platforms:

Social media

Social media was used to promote the Student Advisory group opportunity, Uni Mental Health Week, Winter in QLD and Orientation activities

Facebook

23 posts on Health Promotion initiative via Facebook
59,7632 reach, 21,554 engagements and 23,444 video views across the semester

Instagram

14 posts on Health Promotion initiative via Instagram
62,276 reach, 3,999 engagements and 7,420 video views across the semester
11 IG stories on Health Promotion
99,723 reach IG stories and 2,811 Engagements

Health Promotion Website

367 page views from 1 January - 18 July 2021

Orientation EDM

O-Week - 18 (Wellbeing Stall)
O-Week - 11 (International Breakfast)



Objective 5: Enhancing community sense of belonging

To enhance the campus community and a sense of belonging with the University's existing religious and cultural events on campus and support new events that celebrate UQ's CALD student community

Refugee Week

In partnership with UQ Workplace Diversity and Inclusion and the UQ Counselling team coordinated an Art for Wellbeing workshop for students. Students were invited to enjoy a hot chocolate or chai latte while using clay to sculpt pieces that represented the Refugee Week Theme of Unity. The session was attended by 13 students who made new connections and special clay art pieces.

"Thank you for doing these sessions. I really enjoyed attending"

- Student feedback from Art for Wellbeing Session



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