

WHO ARE WE?

With a team of highly skilled professionals, Pause@ Uni is a safe space where students can talk about anything that is concerning them be it courses, finances, friendships, family, anxieties, low moods and much more. We will listen and chat about anything, sharing self-help techniques and strategies with students to help them manage how they're feeling. Our work is done in a one-to-one or group setting in the wellbeing lodge by the north gate.

This newsletter is a snapshot of what we've been getting up to to support the students of the University of Birmingham.

WELCOME WEEK

The start of the new academic year saw existing students return to campus and new students join the university. Welcome Week provides an opportunity to meet course tutors and become familiar with the campus and wider university services.

Pause were involved in delivering many activities during welcome week, examples included outdoor games, block printing and mixing spices to name a few. Many students commented on how they had enjoyed taking part in craft activities, something they would not otherwise consider. We met lots of students, informing them of our service and where to find us.

Pause@ Uni had an extremely eventful week interacting with over 1600 students.



TOP WELLBEING TIPS

1. The start of the academic year is a great time to learn more about the different clubs and societies.
2. Make some time to develop your study skills (Video link)
3. Take a moment to do something you enjoy.

FEELING A BIT LONELY? CHECK OUT THIS MESSAGE FROM THE TEAM.



ONGOING WEEKLY ACTIVITIES WITH PAUSE@UNI

One-to-One sessions: Drop in sessions are available Mon-Thurs, 11am-5pm (Tues & Wed only during non-teaching time) to all students who are in need of support. Simply stop by the Wellbeing Lodge for a session.

Crafternoons - Every Wednesday 2pm - 4pm craft activities in the Library Lounge

Comfort Zone - Every Thursday 2-3:30pm garden and craft activities in the Lodge



IN THE SHOES OF A VOLUNTEER: CHARITY'S EXPERIENCE

BY CHARITY SIMMONS

The first six months of volunteering with Pause have been a truly eye-opening, insightful and enriching experience. As someone passionate about working in the mental health sector, I've had the opportunity to lead Comfort Zone sessions and receive constructive feedback on my 1:1 support skills from different practitioners at Pause. I feel very fortunate to have had these experiences, as I know they are very rare among psychology undergraduates. Since volunteering with Pause, I have been eager to contribute to the area of service evaluation and promoting a more student-led approach. The team at Pause have supported me with developing a feedback survey exploring student experiences in Comfort Zone sessions. One highlight for me was having the opportunity to present this survey to the wider team, discussing the strengths of my survey design, as well as the areas for improvement. The support I have received from the Pause team has made this project a valuable learning experience, where I have developed the ability to construct survey questions that avoid leading answers; a valuable skill that I can transfer into my post-graduation career. This project has been a new experience for me, and it feels like a real milestone in my personal and professional development.

If you'd like more information on how you could volunteer with Pause, please visit the **Wellbeing Lodge** by North Gate.