

FINAL REPORT

INTRODUCTION

(to include the aims and objectives of the project and the QA priority/needs/problems that it addresses)

Our aims were to:

- Introduce the medical students to the student support staff team
- Promote healthy eating and an active lifestyle
- Discuss how mental health and a medical career can work well together

The idea is important to show medical students that they are being supported throughout their time at medical school. Additionally, as medical practitioners we are required to represent a healthy lifestyle for our patients. Therefore we used smoothies and the smoothie bike to promote this concept.

SUMMARY OF THE PROJECT

We worked to provide a mental health day for medical students on Wednesday 10th May 2017. The day began at 2pm with free smoothies and healthy foods as well as stalls featuring Headucate (a student-led volunteering society where students go into schools and teach year 9 about mental health), and a stall whereby students were encouraged to say what they wanted in both a personal tutor and a student support member of staff. In this part of the day we provided the smoothies where students could use a “smoothie bike” to blend and create their own smoothie, as well as “5-way postcards”, nutrition bars, colouring books and decorations for the venue such as bunting.

The second part of the day was in the evening with a talk from a junior doctor, who discussed her experiences with depression and how this influenced her career. We provided krispy kreme donuts for the attendees!

The total costs are listed below, the money from the SQUID application contributed and helped to fund the event:

ITEM	COST (£)
Bunting (Fayre)	
Green ribbons	
Cereal bars (care packs)	
Postcards (care packs / Fayre)	
Paper bags (care packs)	
Smoothies (Fayre)	
Dog therapy (Fayre)	
Krispy Kreme (junior doctor talk)	
Stationery / misc. care pack contents	
Taxis (delivery of materials to Fayre)	
TOTAL	

EVALUATION OF THE PROJECT

The day went very well! Our aims were to clearly introduce the students to the medical school student support team, to promote a healthy lifestyle for medical students to support their mental health, and to show the influence of mental health in a medical career. The activities in the quad allowed students to meet the student support team, making the services they provide appear more accessible. With mental health we believe that students need to be aware of all the services that the medical school provides in order to feel supported, an important contribution to the quality of the MBBS programme. Our smoothie bike and nutrition bars taught students that healthy eating and living is fun and easy! We also wanted to show that students can have a say in their student support system by designing and saying what they want to have!

For the future, we aim to do a day specifically for the clinical year students and to continue the tradition of mental health awareness week in the upcoming years!