

Green Impact Project Case Study

How to feel good - Improving mental and physical wellbeing

Background

Institution: The University of Sheffield

Team Name: Partnerships and Regional Engagement

No. of years participating in Green Impact: 1.5

Highlights

- Encouraged staff to get away from their desks for lunchtime walks
- Promoted Mental Health Week to raise awareness of wellbeing
- Brought the team closer together through taking part in shared lunches and lunchtime activities

Description

This project focused on the health and wellbeing of staff members looking at both physical and mental health.

We organised lunchtime walks to different locations including Lynwood Gardens, Weston Park, Crookes Valley Park as well as visits to Western Bank Library to see an exhibition and to the Zero Waste shop in the Students' Union linking in with our other project. The walks provided the benefits of physical exercise and activity as well as the mental benefits of being outside and separated from the work environment.

Existing resources were promoted including Juice activities and events for Mental Health Week as well as general awareness of Juice activities. Additionally, office exercises were promoted and the whole team took part in a stretching session during a team meeting. Staff based in the city office take regular breaks for stretches and exercises throughout the week.

The shared lunches were a good way to bring people closer and get to know each other better and also included different games which provided an excellent opportunity for staff to unwind and take their minds away from work for a short time. We have seen an increase in groups going for lunch together which again means we have the benefit of getting up from our desks and out of the office.

We have bought various plants for the offices to promote wellbeing and improve the general working environment.

Photographs

 **Rosie Hakes**
@RosieHakes

First of our @ShefUnilImpact lunchtime walks exploring Sheffield's greenery and wildlife (cats) - thanks Andrew Darby for the excellent tour info! @GreenImpactShef #Health #Wellbeing



 **Research & Impact at Sheffield**
@ShefUnilImpact

Our new #GreenImpact team have started by ensuring the office has plenty of greenery! Office plants have been shown to have numerous staff #wellbeing and #productivity benefits. #jungleoffice



 Rosie Hakes and 3 others

[staff] Our Mental Health Week, 8-12 October

9 October 2018 at 10:50

Good morning everyone,

As you may be aware, this week is Mental Health Week at the university and one of our Green Impact projects focuses on wellbeing, so we'd like to take this opportunity to direct you to the university's webpages on wellbeing and flag up some of the things that are going on at the university that you might be interested in taking part in – there's yoga today at lunch time and a meditation session on Friday at Firth Court. (Sorry you've missed the singing - that was yesterday!) So please do take a look to see what's on!

Best wishes,

PRE Green Impact Team

Self Assessment

Criteria	Action	Points
Team engagement	All members of the PRE team took part in the planning meetings and then separately inputted into different activities e.g. planning walking routes, leading exercise sessions.	4 points
Reach	The Project engaged the whole Green Impact team and also the wider department across our three offices through group activities and promotion through email and newsletter.	7 points
Creativity	The project showed innovation in building on what were previously individual acts and scaling up these activities.	3 points
Impact measurability	Seven team walks were organised and had an average of five attendees. Staff in the city office have 10-minute exercise sessions two to three times a week. These are stretching or cardio-based exercises. Three team lunches were organised by the green impact team and we now see regular suggestions from across the whole team for group lunches.	6 points
Proportionality	The project was not a one-off and the activities are still ongoing across the team.	3 points
Replication	Activities such as shared lunches and group walks can easily be replicated.	3 points

Legacy	<p>There will be a legacy and ongoing impact from this project. There has been a change in mindset and an increased enthusiasm for ensuring proper lunch breaks and encouraging group activities.</p> <p>Having plants in the office will be a long-term legacy.</p>	4 points
Outcome	<p>The project mostly met its targets and saw an increase in activities for physical and mental wellbeing. The team plans to continue promoting all of these activities.</p>	4 points