



## Wellbeing Huddersfield

The last year has been tough for many of us; for all sorts of different reasons. Nursing students from the University of Huddersfield would like to invite you and your family members and friends (over 18 years old) to participate in 'Wellbeing Huddersfield'. The service is designed to help you set goals and take action to improve your health and wellbeing.

Through the service you will be offered a series of three or four online appointments over three to four weeks. At each appointment you will meet two student nurses (or one student nurse and their supervisor) via a secure online platform (Microsoft Teams™) to chat about your health and wellbeing.

The student nurses will help you to consider what goals you would like to set to improve your health and wellbeing. If you are not sure what you would like to achieve, they can help you make some choices about what is important to you and help you to develop the confidence to achieve your goals. At following appointments you will review how things have gone and consider if you would like to alter your goal and/or plans of action.

After your final appointment the student nurses will write a summary report to send to you about your goals and the actions undertaken or being planned. The service begins on the week commencing Monday 7 June 2021. Appointments will be offered Monday to Friday, 9am to 4pm until Friday 2 July 2021.

If you are interested please email. [hhs-wbhudd@hud.ac.uk](mailto:hhs-wbhudd@hud.ac.uk)

You will then receive a detailed information sheet and an online questionnaire to complete. The student nurses will contact you via email or telephone to arrange appointment times.

If you would like further information about the Wellbeing Huddersfield Service please contact Dr Linda Sanderson, Head of Practice Education (Blended Learning), University of Huddersfield via email: [hhs-wbhudd@hud.ac.uk](mailto:hhs-wbhudd@hud.ac.uk)

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