

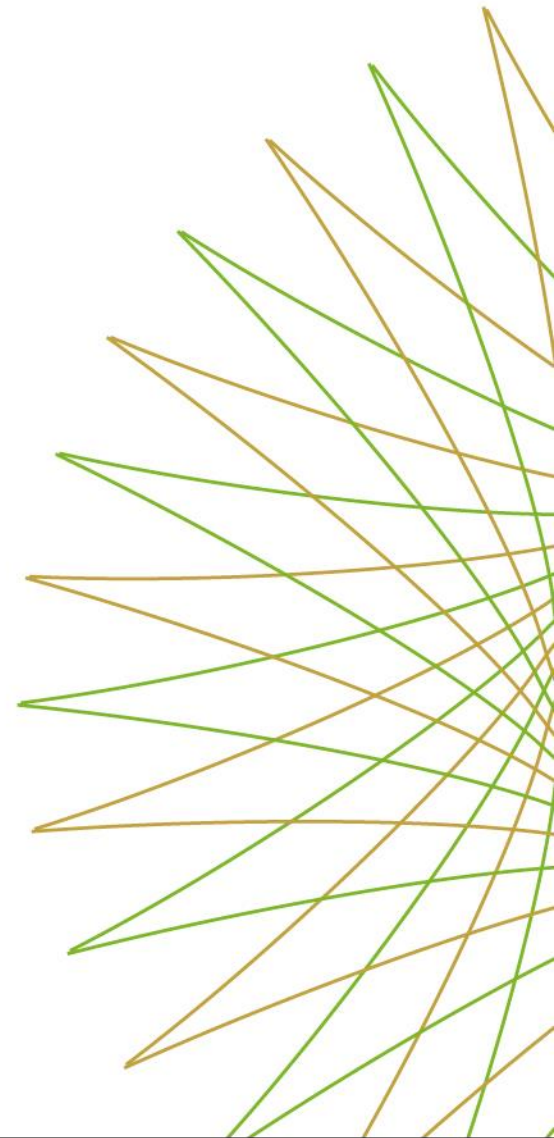


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SCOTLAND'S SPORTS
PERFORMANCE CENTRE

Sarah Robertson
Heriot Watt University

ACTIVE STUDENT PROGRAMME

A referral programme in partnership with the counselling service and Oriam. The results, and the impact that physical activity can have on stress, depression and anxiety levels in the student population, will be shared.



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ACTIVE STUDENT PROGRAMME

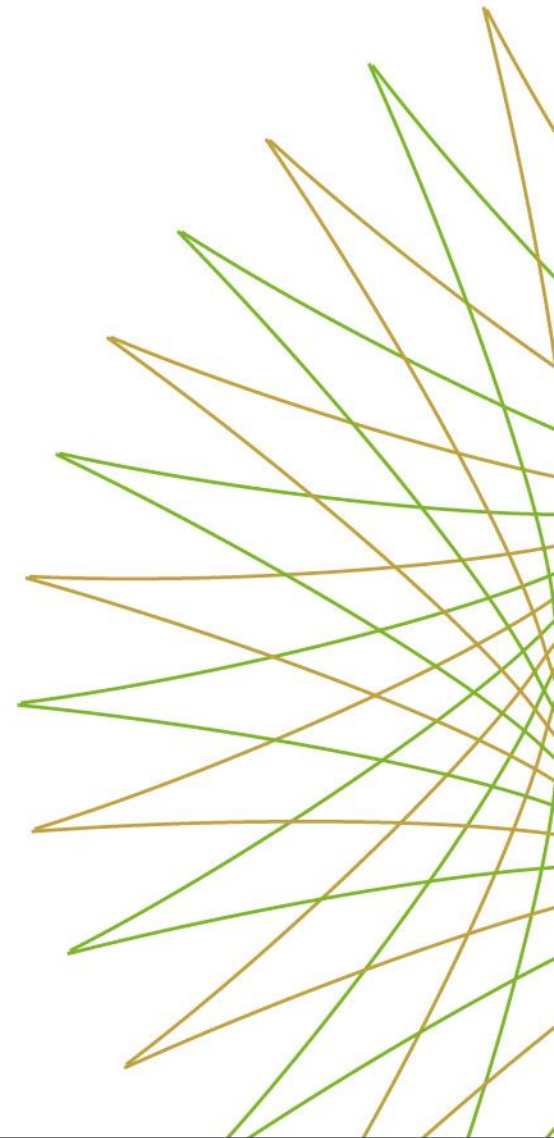
Partnership with wellbeing centre

Students with mild - moderate stress, depression and anxiety

12 week programme

Membership to Oriam

Sessions with a PT



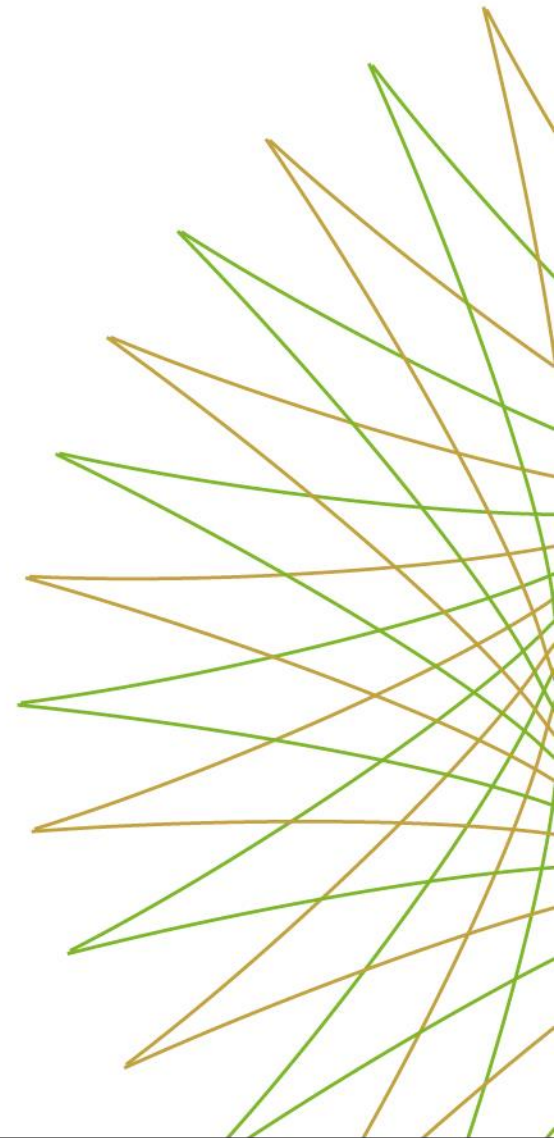
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SOME NUMBERS

Started in: 2012

Total number referred: 213

Number of counsellors referring: started with 1 in 2012
we now have 5 referring



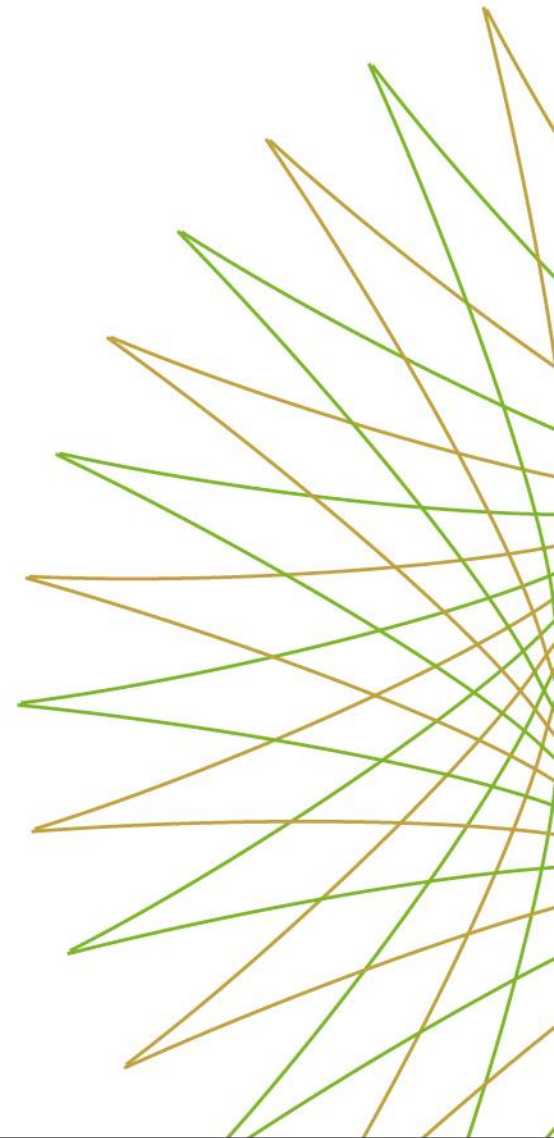
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QUESTIONNAIRE

Questionnaire completed at week 1 and 12

Perceived mood, fitness and confidence are measured

All 3 indicators improved in all participants.



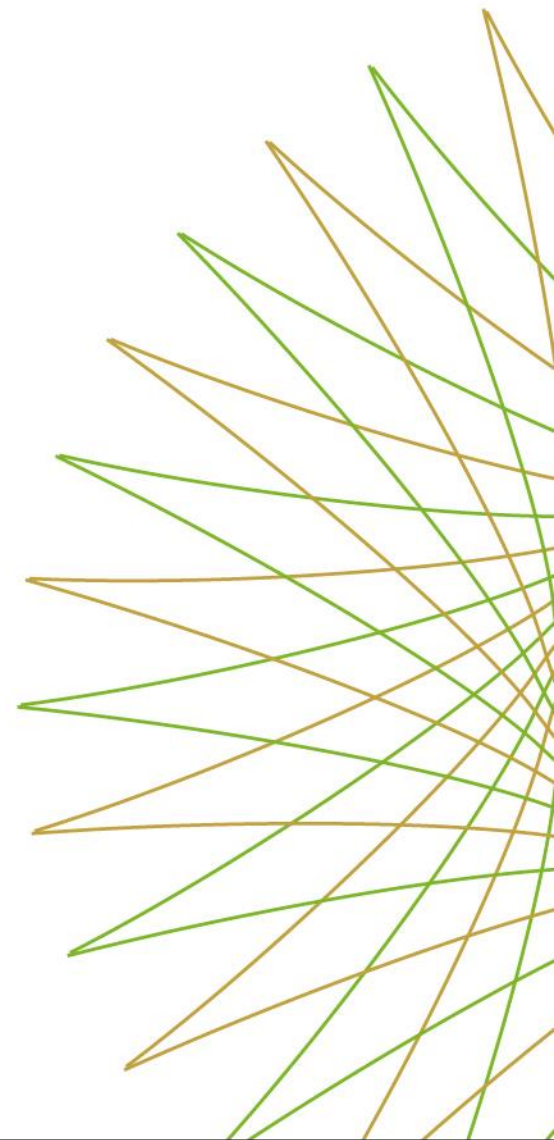
TESTIMONIALS

'The programme has given me a chance to become healthy physically, which makes a huge difference to my mental health. It has been a life changer, in the best possible way.'

'The active student programme has helped me to feel less stressed and anxious'

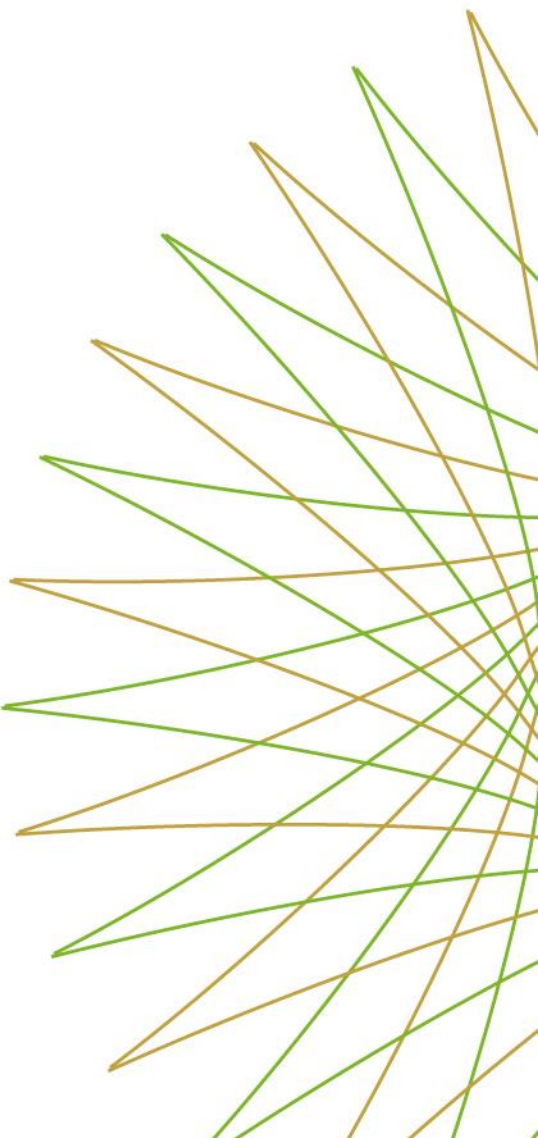
'It's great to get back to exercise, I had forgotten how much it helped me'

'I can't quite believe how far I've come in terms of my fitness levels, confidence and concentration levels when studying. After my sessions I leave feeling really positive and energised, as if I could take on the world!'



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QUESTIONS



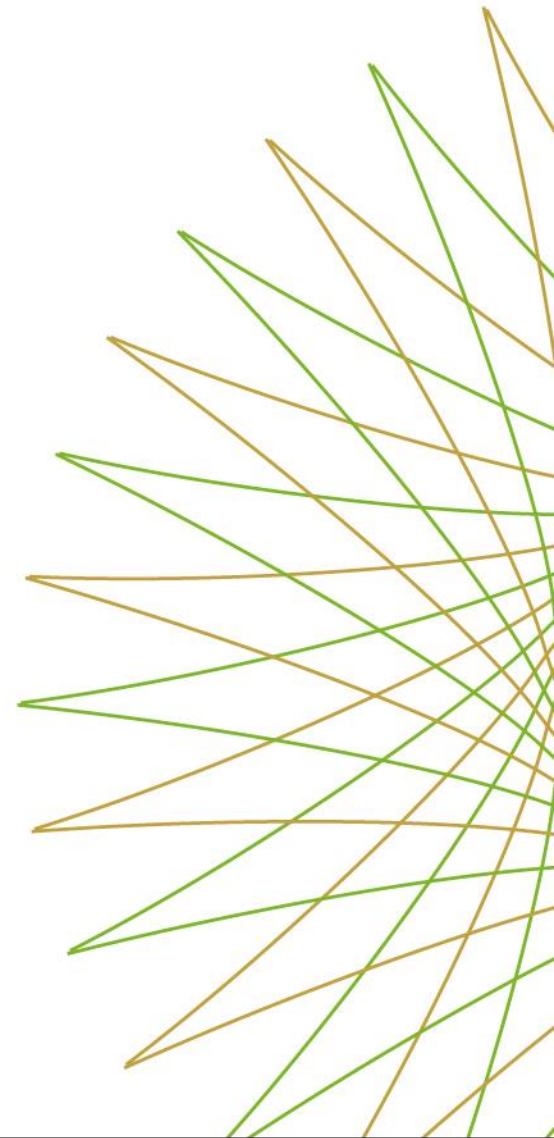
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THANK YOU!

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