

# 2023 Health Promotions Program (HPP) Grant



THE UNIVERSITY OF  
MELBOURNE

Friday, 12 May 2023

Health Promotions Program

## HPP Grant Recipients 2023

Project Title	Project Leader	Brief Project Description	Total Allocated
Educational campus-based wellbeing retreat	Dr Anna Schroeder	<p>Mental Health PhD Program (MHPP) student retreat to Creswick campus for 2 days/2 nights to improve graduate researcher's wellbeing and peer connectedness.</p> <p>This student retreat will include critical and unique workshops on how to manage stress (in particular financial stress) and student-led bonding activities. All workshops will be delivered by experienced professionals, recorded, and made accessible to all student's university-wide.</p> <p>The idea of this initiative was proposed and designed by the Mental Health PhD Program (MHPP) student committee - inspired by a current Podcast on the financial difficulties of undertaking postgraduate research in early adulthood.</p>	\$9,241.00
Connect, Breathe, Focus - Explore the World of Sound Bathing	Ms Caroline Williams	<p>These online workshops increase health and wellbeing by providing the skills for supporting positive self-care. The Mindbody beauty of sound baths uses acoustic vibrations with crystal singing bowls to help relax the mind and body, creating space in our busy lives for ourselves. Where there is psychological stress, the body moves into flight or fight mode which is taxing on the nervous system. The workshops enable slow breathing for a restorative state and bring the body back into equilibrium.</p> <p>A variety of locations will be used to record sound healing in nature which will be used in the workshops.</p>	\$2,950.00

<p>GradChat: Fostering Connection and Community</p>	<p>Mr Fan Li</p>	<p>The "GradChat" podcast brings together international postgraduate and PhD students studying at University of Melbourne to share their unique experiences and perspectives on graduate life. Through candid conversations, the podcast aims to foster a sense of community and support among these students, many of whom face unique challenges related to cultural adaptation, language barriers, and academic expectations. If successful in securing funding, the grant will be used to cover the costs of equipment and production, as well as to support student involvement in the project. The podcast will be an important platform for showcasing the diversity and vitality of the University of Melbourne graduate community.</p>	<p>\$5,000.00</p>
<p>Co-designing sexual health resources to support healthier relationships among international students at The University of Melbourne</p>	<p>Ms Cassandra Caddy</p>	<p>This project aims to improve the sexual health literacy of international students at the University of Melbourne by co-designing culturally appropriate resources in a range of languages. University of Melbourne and international research has demonstrated that international students have poorer sexual health knowledge compared with domestic students, face barriers to accessing sexual health services and would like to improve their sexual health knowledge. International students comprise 40% of the University of Melbourne student population, highlighting the significant impact this project could have in supporting students' sexual wellbeing. The project aligns with the 'healthier relationships' pillar of the Health Promotion Strategy.</p>	<p>\$9,000.00</p>
<p>Strive Health Day Fair</p>	<p>Mr Peter Emre Tunali</p>	<p>Strive's Health Fair, an upcoming event in collaboration with a range of on-campus and community organisations with the goal of promoting student wellbeing and empowering healthy behaviours by offering a variety of interactive and informative activities. The fair will provide students with informative resources about maintaining a healthy lifestyle including</p> <p>such as mental health, liver health, physical activity, and stress</p> <p>management. By bringing together health-related university clubs and external organisations. The fair will inform and educate students about key health concerns. Strive aims to construct a supportive environment that will reach too many university students at a larger scale.</p>	<p>\$9,543.59</p>

Mental Health Matters	Ms Leanne Ngo	The MPGHSS Mental Wellness workshop is a one-off event that will equip students with mental health strengthening strategies and activities to boost their overall wellbeing. There will be an overall presentation welcoming student to the event followed by stations of small group activities. These stations include a Mental Health First Aid crash course with an accredited Mental Health First Aid trainer, a mindfulness art activity, a stretching circle, and a facilitated R U OK? Conversation with the MSPGH's Wellbeing Practitioner. Students who attend will also receive a mental wellness kit as a token of their attendance.	\$5,164.53
Feminine Hygiene Products Vending Machine Giveaway	Mr Aviya Bavati	The University and UMSU International have been working closely together to install vending machines that dispense feminine hygiene products across campus. UMSU International would like to be able to provide these products (tampons and pads) for free, to ensure that they are accessible to all the students on campus that require them.	\$10,000.00
Primary Prevention for Club and Society Leaders	Ms Naomi Smith	This project will educate up to 400 club leaders on active bystander intervention and responding to sexual violence disclosures. Workshops will promote positive leadership and empower student leaders to change the culture around sexual assault and harassment. Workshops will be three hours long, delivered to groups of 20-30 club leaders at a time. Health promotion funding will cover casual wages and training costs for two trained peer-facilitators, with support from UMSU Sexual Harm Response Coordinators.	\$9,514.00
'Feelix': Tailoring a wellbeing tracking app to promote mental health awareness in University of Melbourne students	Prof Nicole Rickard	Understanding our feelings is one of the first steps to managing wellbeing. However, we are often not very good at this. The mobile app Mood Prism provides real time tracking of moods and personalised feedback on a user's mental health. Our research shows that this raises emotional self-awareness and wellbeing. Built-in thresholds can also help users distinguish when to self-manage and when to seek professional help. The current funding will enable us to extend the use of Mood Prism by (a) creating a free version of this app for students, and (b) increasing awareness of University of Melbourne support services available for students.	\$10,000.00
Prevention Over A Cure: Promoting Holistic Nutrition and Health	Miss Georgina Drummond	This project aims to take a novel approach to previous Healthy Eating and Nutrition Society objectives. We hope to empower University of Melbourne students to become leaders and	\$5,000.00

		<p>changemakers in public health and nutrition, whether this is for work in policy and/or healthcare, or for individual health goals. The SSAF grant would enable us to connect with a wide range of students as campus is reactivated, and to improve student food equity and health literacy, by providing both on-campus healthy food options, and nutrition education for life off campus.</p>	
Better Health	Miss Andyta Nalaresi Hartono	<p>The "Better Health" program aims to address patient delay among Indonesian graduate students at the University of Melbourne due to a lack of awareness regarding medical emergencies. Healthcare professionals lead seminars to provide information on recognising and responding to medical emergencies and available healthcare resources. Community-building activities reinforce the information delivered during the seminars and promote healthy behaviours. Further, "Better Health" addresses health-seeking behaviour by providing culturally sensitive, language-appropriate health information and education materials. "Better Health" is expected to improve the health outcomes of the target population and become sustainable by empowering new students to take charge in future programs.</p>	\$5,799.00
			<b>Total: \$81,212.12</b>

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