

SOS-UK
ALCOHOL, DRUGS AND STUDENT
WELLBEING OFFER
2021/22



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

SOS-UK IS AN EDUCATIONAL CHARITY FOCUSING ON SUSTAINABILITY

SOS-UK engages, inspires and empowers students and society to learn, act and lead for environmental and social justice.

SOS-UK is a charity that is part of the NUS family which has been at the forefront of social change since 1922 with 550 students' union members representing 7 million students.

This document outlines our wellbeing offering for the new academic year, Continue reading to see how your organisation can get involved!

For more information on SOS-UK's wider work see our website www.sos-uk.org

Get in touch with hello@sos-uk.org if you have any questions.



Connect with us:



ALCOHOL, DRUGS AND STUDENT WELLBEING



SOS-UK work in partnership with NUS-UK to run a growing number of programmes and initiatives that create positive change across the board on issues related to student alcohol and drug use.

Our work in this area focuses on reducing harm and improving student health and wellbeing, supporting action at many levels, from influencing the behaviour of individual students and upskilling staff, to supporting universities and SUs to change policies, fostering a better environment for those experiencing alcohol or drug issues to seek support.

We also work to support universities and SUs to make their campuses more inclusive and improve student experience for those who choose not to drink

WHY SOS-UK?

This work builds upon the 15 years of experience NUS and SOS-UK have in mobilising students and staff to work together to create positive change around environmental and social issues across campus and the wider community. Improving student health and wellbeing is a core part of our vision for a more just and sustainable society

DRUG AND ALCOHOL IMPACT *NEW*

Our brand-new support and accreditation scheme for universities and students' unions to work in partnership on these key student wellbeing issues.

Building upon the success of Alcohol Impact, our new programme supports institutions to embed social norms of responsible drinking on our campuses, alongside taking action to move away from a zero-tolerance approach to student drug use. Partnerships are supported to develop an effective, evidence-based approach to reducing the harm students face from drugs, which prioritises their health and wellbeing.

How it Works

- Our online toolkit provides resources and highlights areas of good practice.
- The students' union and university work together to improve their working practices and undertake a number of ambitious behaviour change interventions
- After 2-3 years, SOS-UK trains and supports local students to conduct an audit
- If criteria have been completed to a satisfactory level, the institution is awarded with our accreditation mark

Participating institutions receive a support package including regular 1-2-1s, local and national workshops and training events and numerous resources and project materials.

For more information, [visit our website](#)



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Partnerships are required to sign up for 2 years at £4,800 (+VAT) per year

ALCOHOL IMPACT

Alcohol Impact is our whole-university programme and accreditation mark designed to foster responsible drinking cultures for students. The programme adopts social change theory; aiming to reduce harm and improve welfare, well-being and academic achievement - whilst creating more inclusive spaces and enhancing the student experience.

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Working towards accreditation fee, supported for one year	Post accreditation membership for one year	Working towards accreditation fee, supported for three years	Post accreditation membership for three year
£3,900 +VAT	£2,750 +VAT	£9,945 +VAT	£7,000 +VAT

WELLBEING SPRINTS *NEW*



Students Unions and/or universities can sign up to take part in our week long 'wellbeing sprints', which focus on specific wellbeing themes to help to support students throughout the academic year.

The sprints will be a week of focused daily online activities including competitions, webinars, workshops and quizzes. There will be 3 wellbeing sprints over the year:

- October 2021: Alcohol harm reduction
- January 2022: Community building
- May 2022: Wellbeing and selfcare

Wellbeing Sprint 2021/22 fees	
Wellbeing Sprint	£500 (+VAT) per sprint

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SOS-UK can deliver these options either in conjunction with our Sustainability Residence Engagement Campaign or run as an independent stand alone option. [Full programme information](#)

DRINK RETHINK *NEW*



Drink Rethink is a preventative approach which aims to reduce high-risk drinking behaviour among students by training student ambassadors to use a nationally recognised evidence-based behaviour change tool (Identification and Brief Advice - IBA) to deliver an alcohol intervention on campus.

For more information [visit our website](#)

Programme fees and included content for 2021/22 are*:

<p>Tier 1 Support Student ambassador recruitment material, 1 day ambassador training (or train the trainer), digital copies of leaflets and branding, access to raw data and telephone/email support.</p>	<p>Tier 2 support Student ambassador recruitment material, 1 day ambassador training (or train the trainer), digital copies of leaflets and branding, pre and post-surveying of student ambassadors, access to raw data, production of simple graphs for use in reports and telephone/email support</p>	<p>Tier 3 support Student ambassador recruitment material, 1 day ambassador training (or train the trainer), 1 day on site support of ambassadors in delivery of the programme, digital copies of leaflets and branding, pre and post-surveying of student ambassadors, access to raw data, production of a full final report and telephone/email support</p>
<p>£1,215 +VAT</p>	<p>£1,575 +VAT</p>	<p>£2,150 +VAT</p>

*Alcohol Impact/Drug and Alcohol Impact partnerships receive a 10% discount

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LEARNING ACADEMY: TRAINING, WORKSHOPS AND EVENTS

We provide learning opportunities delivered in a variety of methods including face-to-face and online, and to a range of audiences such as students, student representatives, institution staff.

Our workshops can be made bespoke upon request. [Check out our roundup of what we've recently delivered.](#)

Current centralised workshops dates can be found in our [learning and events calendar.](#)

All training is delivered by our in-house SOS-UK staff.

Each training session is open to any institution or individual.

We're keen to share our knowledge and experience, so if you're running a conference, event or lecture and are looking for speakers, please get in touch on hello@sos-uk.org



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Education

Price: Bespoke training starts from £360 + VAT. [Find out more on our Learning Academy pages here](#) or get in touch on hello@sos-uk.org

RESEARCH

We've engaged with students and staff on behalf of students' unions, universities, commercial businesses, sector bodies and government departments as well as for the NUS and SOS-UK on a range of sustainability and wellbeing issues.

We offer a full range of research methodologies and have experience of delivering qualitative and quantitative research projects. With access to over half a million students, we can engage with students of all ages, backgrounds and study types.

Examples of the projects we have delivered include:

- In-depth reviews of attitudes and behaviours
- Quick polling on topical issues
- Impact evaluation
- Concept testing including co-creation

[Our website](#) provides further detail of our research, or alternatively please get in touch to discuss your specific requirements.

Rachel Drayson
Head of research and impact
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Behaviour
change

Carbon
reduction

Staff
engagement

Education

Wellbeing

Sustainable
Food

Access our 2021/22 sign up form here: <https://www.sos-uk.org/programme-sign-up>

We look forward to working with you.

Connect with us:



[sos-uk.org](https://www.sos-uk.org)

hello@sos-uk.org

Registered charity: 1184011



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