



Northumbria  
University  
NEWCASTLE

WITH  
YOUR HELP  
EVERYTHING  
IS POSSIBLE

Everyone with the potential to go to university should have the chance to achieve their goal. We are committed to **HIGHER EDUCATION WITHOUT BARRIERS**. Your help will ensure no one is left behind.

[northumbria.ac.uk/giving](https://northumbria.ac.uk/giving)

## Northumbria students benefit from new philanthropic partnership

NUTHINKING, a new mental health and wellbeing programme funded by a donation from Student Living by Sodexo, was launched earlier this year at Northumbria University by Rugby World Cup winner and TV presenter Matt Dawson MBE.

There is a strong link between regular moderate physical activity and better mental health, and this funded three-month programme, combining fitness and mental health, provides students with a bespoke package of support that is part of Northumbria's wider student mental health and wellbeing approach.

*"With the pandemic, the mental health needs of our students have increased. NUTHINKING helps our students to understand and experience the benefits of physical activity, complementing the support the Students' Union and the University already provide. It's been invaluable in supporting students with low mood and anxiety as well as those who've lost a sense of routine and motivation."*

*Emma Collier, Vice President Sport, Northumbria Students' Union*

Students who are registered with the Counselling and Mental Health Support Team can be referred to the programme, giving them access to a Northumbria Sport fitness membership, personal training, and nutritional advice sessions, as well as regular meetings with the Sports Development Officer. Students discuss progress in relation to agreed goals, which have been tailored to their individual needs. Sodexo's donation is also providing mental health training for staff, enhancing the level of support provided to students during the programme and the months following.

*"NUTHINKING helped me to be more consistent with my fitness goals, developing daily and weekly exercise habits that have improved my health and wellbeing."*

*Emma, student participant*

*"Supporting the health and wellbeing of staff and students is our priority, this initiative offers a great opportunity to positively impact on the wellbeing of students and staff onsite. Our partnership with Northumbria supports our Social Value Pledge and further reflects our commitment to achieve Quality of Life services."*

*Simon Knight, Managing Director, Sodexo Schools and Universities*

Sodexo provides food, catering, facilities management, property and technical services to private and public sector organisations. They manage a number of Northumbria's halls of residence and supported thousands of self-isolating students with food and essential provisions during the pandemic.

NUTHINKING is one of the projects being delivered with money raised by the University's fundraising campaign, Higher Education Without Barriers. Northumbria is partnering with alumni, businesses, and other supporters, to establish a fund that will provide a range of financial initiatives, mental health and wellbeing services, and community-based projects to make participation and progression in higher education more achievable for academically talented students regardless of their social or economic circumstances.

To find out how your business can get involved, contact James Wilkinson at:  
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