

SOS-UK
ALCOHOL, DRUGS AND STUDENT
WELLBEING OFFER
2023-24



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

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.

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](#)



Working towards accreditation fee, supported for one year	Post accreditation membership for one year	Working towards accreditation fee, supported for three years (15% discount)	Post accreditation membership for two years (10% discount)
£5,500 +VAT	£4,490 +VAT	£14,150 +VAT	£8,000 +VAT

Please note - If signing up to a multi-year programme, you can either pay via one invoice or be invoiced in annual installments.

DRUG AND ALCOHOL IMPACT

Building upon the success of Alcohol Impact, Drug and Alcohol Impact supports institutions in taking a holistic approach to creating healthy, inclusive cultures around drugs and alcohol. The accreditation programme not only supports institutes to embed social norms of responsible drinking on their campuses but also refocuses the conversation on drugs towards reducing harm, and prioritising the health and wellbeing of students.

How it Works

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- 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
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Best for

Behaviour
change

Wellbeing

Working towards accreditation fee, supported for one year	Post accreditation membership for one year	Working towards accreditation fee, supported for three years (15% discount)	Post accreditation membership for two years (10% discount)
£6,950 +VAT	£5,950 +VAT	£17,720 +VAT	£10,710 +VAT

Please note - If signing up to a multi-year programme, you can either pay via one invoice or be invoiced in annual installments.

DRINK RETHINK

Drink Rethink is a preventative approach helping students to reflect on their drinking, considering the risks associated and the benefits of cutting down. The intervention is delivered by trained students ambassadors who use a nationally recognised evidence-based behaviour change tool.

For more information [visit our website](#)

Programme fees and included content for 2022-23 are:



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Behaviour
change

Wellbeing

Student
engagement

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.	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	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
£1,690 +VAT	£1,920 +VAT	£2,480 +VAT

WELLBEING SPRINTS



Students Unions and/or universities can signup 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

Ran in conjunction with Residence Engagement Campaign	Ran as a stand alone element
£300 (+VAT) per sprint	£500 (+VAT) per sprint

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](#)

Best for

Student engagement

Behaviour change

Wellbeing

LEARNING ACADEMY: TRAINING, WORKSHOPS AND EVENTS

LEARNING
academy

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



Best for

Student
engagement

Behaviour
change

Staff
engagement

Education

Price: Bespoke training starts from £385 + 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 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
Rachel.Drayson@sos-uk.org



Best for

Student
engagement

Behaviour
change

Carbon
reduction

Staff
engagement

Education

Wellbeing

Sustainable
Food

Access our 2022-23 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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