



4 November 2020

University of Strathclyde records over 15,000 positive actions for sustainability and wellbeing

The University of Strathclyde is paving the way for sustainable institutions with a programme that has engaged thousands of students and staff to take positive actions.

Since launching in 2019, Strathclyde's Jump programme has avoided nearly 16,000kg CO₂ emissions with programme members recording over 15,000 sustainability and wellbeing actions.

Approximately 3,500 members of staff are eligible to be members of the scheme, which was extended to the 23,000-strong student body for the 2020 academic year.

Positive actions members can record range from volunteering, buying locally and seasonally, completing a step challenge or following tips to look after their wellbeing whilst working from home.

The programme is a part of the University of Strathclyde's commitment to tackling climate change and reducing its environmental impact.

The first of its kind in Scotland, the programme was launched in partnership with Jump, the UK's leading supplier in sustainability and wellbeing engagement programmes. It empowers members to complete activities individually and as teams to help the environment, boost their wellbeing and create lasting behaviour change. In return, they are awarded Green Points and can win monthly prizes or donations for their favourite charities.

Jump is supporting staff and students throughout the Coronavirus pandemic by prioritising wellbeing and boosting mental health through positive remote working behaviours. From blogs and weekly check ins, to encouraging connecting with nature, the programme helps members to access information and make small, meaningful changes that add up to have a big impact.

Members who regularly commit to positive actions are rewarded with tailored prizes, including a sports session with the University of Strathclyde's own Sports and Recreation team, a Marks & Spencer's voucher or vegetable box from social enterprise Locavore.

Competing as university departments, teams can also win £500 per year for a charity voted for by staff and students.

Roddy Yarr, Assistant Director at Sustainable Strathclyde, says: "We are committed to ensuring the University of Strathclyde is a leader in sustainability and wellbeing. This programme has helped us deliver tangible results that have a direct impact on staff, students and our environment. The positive results highlight the collective power we have when we come together with sustainability at the forefront of our agenda."



Bringing sustainability and wellbeing to life

Strathclyde is the latest to join the Jump community of Universities engaging their students in sustainability and wellbeing. Other university programmes for both staff and students include Nottingham Trent University, University of Bristol, Anglia Ruskin University, the University of Exeter and the University of Chichester.

Graham Simmonds, Chief Executive at Jump, said: "We're delighted to see how the combined actions of students and staff at the University of Strathclyde are having a big cumulative effect, impacting positively on the wellbeing of the University population and the environment. We want to make it easy for staff and students to create lasting and tangible change, and it's great to be collaborating with such a vibrant and dynamic University."

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For further information please contact: Anna Ireland at anna.ireland@teamjump.co.uk -or call 020 7326 5055.

Note to Editors:

Jump is the UK's leading supplier of engagement programmes that boost sustainability and wellbeing. Working with companies, universities and the public sector to motivate individuals to take positive steps, clients include Manchester University NHS Foundation Trust, Barclays, Camden Council, Scottish Courts & Tribunal Service, University of Bristol and ASM Weymouth. For more information about Jump, see www.teamjump.co.uk.