

The Brit Challenge

**What is The British Inspiration Trust (BRIT)?**

The primary focus of BRIT is to collaborate with mental health charities and partner organisations in order to engage and support the HE and FE Sector so that they can help others, create wider engagement and deliver greater understanding of mental health issues, adversity, psychological trauma and wellbeing.

BRIT have parented with a number of key charities who support the mental health and wellbeing of young adults in the UK namely: Charlie Waller, SHOUT, Papyrus, Samaritans, Nightline and Mind Out are a few examples.

**What is the BRIT Challenge?**

The [BRIT Challenge](https://www.thebritchallenge.org.uk/) takes place annually with the next challenge taking place between **23rd January to 23rd March 2023.** Every UK university, college, specialist college and Students’ Union are urged to embrace the Challenge, enter teams and invite their students and staff to participate. The challenge has the support of UUK and many UK institutions (HE and FE) have signed up to be part of The BRIT Challenge.

The BRIT Challenge has three aims;

* Support student mental health, fitness & wellbeing and reduce feelings of isolation and loneliness
* Deliver inspiration to young adults, and destigmatise mental health, with the support of BRIT Ambassadors
* Raise vital funds for local, regional and national charities they partner with

**Edinburgh Napier University Involvement**

Edinburgh Napier University and ENSA are pleased to collaborate to enter a team into The BRIT Challenge.

Team Name: **Edinburgh Napier University**

ENU will launch on **Tuesday 24th January** to fit with the diary commitments. Between 24 January and 23 March, we will be encouraging students and staff of all abilities to take on the BRIT Challenge to improve their own mental health and wellbeing, help destigmatise mental health, and champion equality, diversity and inclusion.

All the money we raise during the challenge will be split between [ENSA’s Community Pantry](https://www.napierstudents.com/campaigns/communitypantry/) and [BRIT](https://www.thebritchallenge.org.uk/partners) itself, which supports mental health charities such as Papyrus, Charlie Waller, and Samaritans.

The theme of the challenge is 2023, and we’re aiming to raise at least £2,023 for these worthy charities and **smash our target of completing 23,000 miles** of physical challenge of choice and/or undertaking 23 acts of kindness and/or self-care.

Fundraising Platform is GiveStar - <https://givestar.io/gs/3P66CJE>

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| Info | ENU Involvement |
| Charities to support | 1. BRIT 2. ENSA Community Pantry   50/50 split to both  Please see the GiveStar Page for more fundraising information  <https://givestar.io/gs/3P66CJE> |
| Commitment | Complete 23,000 miles of physical activity. This can either be part of a team, individually by doing sport or undertaking a team sport.  Mix of physical and non-physical activity to be inclusive to all.  Physical activity promotes benefits to both physical and mental wellbeing, encourages people to work together to complete the challenge and encourages people to undertake a physical activity of their choice.  Fulfil 23 acts of kindness and/or self-care.  It’s proven that giving acts of kindness improves mental wellbeing for the giver and the receiver is obviously benefiting too.  Self-care is an inherent part of positive wellbeing – yet one that many are unaware of.  Promotion of self-care and why/how will deliver an element of the university’s mental health strategy.  Staff and students can seek sponsorship to complete 23,000 miles of physical activity and/or fulfil 23 acts of kindness /self-care (voluntary). |
| Challenge date timeline | Start Tuesday 24th January 2023  Conclude Thur 23rd March 2023  8 weeks total |
| Physical Activity | There are options for the physical activity;  **Option 1:** Staff can form a max team of 6 colleagues to take part in The BRIT Challenge which will launch on Tue 24th January and run for 8 weeks.  The BRIT Challenge teams allows staff to take part in the challenge and gather **miles** to contribute to the collective university 23,000 target for the BRIT Challenge by carrying out physical activity of their choice. This can be walking, running, cycling, swimming or doing team sport etc.  Students will be encouraged to form teams too.  **Option 2:** Staff and students can contribute to hitting the 23,000 miles target by collecting steps while taking part in a physical activity of their choice individually if they do not wish to join a team. For example, running, cycling, playing a team sport.  **Option 3:** A number of the Student Sports Societies will be playing games (such as basketball) and will collect steps during the activity to convert into miles.  **See appendix for more info on how to collect miles and more info** |
| Non-Physical Activity | Not everyone is able or enthusiastic to complete physical challenges.  Completing 23 acts of kindness and/or self-care will be an option too with some suggestions highlighted.  The 23 acts of kindness/self-care can be found on [My Napier](https://my.napier.ac.uk/BRIT) and we will promote out during the 8 weeks to encourage staff and students to complete them. |
| Launch Date | The launch of the BRIT Challenge will be on Tuesday 24th January with The Principal setting off on a walk with the ENSA President to complete a walk around Craiglockhart Campus. |
| Keep Updated throughout the 8 weeks | Staff and students can monitor progress throughout the 8 weeks by checking into the dedicated The BRIT page on [My Napier](https://my.napier.ac.uk/BRIT). We will be able to check how close we are to meeting the 23,000 mile target!  Teams taking part will be asked after the first 4 weeks for their mile count to date to they can see who the competition is! |

Appendix

**Option 1:**

Staff can form a max team of 6 colleagues to take part in The BRIT Challenge which will launch on Tue 24th January and run for 8 weeks.

The BRIT Challenge teams allows staff to take part in the challenge and gather **miles** to contribute to the collective university 23,000 target for the BRIT Challenge by carrying out physical activity of their choice. This can be walking, running, cycling, swimming or doing team sport etc.

**Duration**

Launches on Tuesday 24 January and closes on Friday 23rd March 2023 so runs for 8 weeks which is how long The BRIT Challenge runs for this year.

It may feel like a long time, but this is about getting us moving through the colder months and, if you manage to get out walking, running, cycling during these harsh months, you are more lightly to keep it up when the weather improves and possibly anew habit is formed.

**Competition**

There is nothing like a bit of friendly workplace competition to get us motivated!

The team or individual with the most miles at the end of 8 weeks will win a prize:

~ Bragging rights!

~ Each team member will have a budget of £25 to buy some ENU merchandise (a classic hoodie or leggings or a T-Shirt for example).

**How to collect miles**

From smartphones to wristbands, there are lots of different tools available for counting miles such as Fitbit, Strava or Google Fit account.

However, you actually don’t need a smartwatch, fitness band or fancy app as your phone can track your miles assuming you carry it in your pocket conducting activity. iPhones all have the Apple Health App (white app box with the heart symbol) built in and Android phones have the Google Fit app.

If you record steps each day these can be easily converted to miles using the following conversion tool: <https://www.thecalculatorsite.com/health/steps-miles.php>

**For Teams: Logging miles and informing the Team Captain**

The Team Captain is responsible for keeping the team mile count. Each team member will have to record their miles every day.

Miles can be counted by conducting an activity anytime during the day or weekend. We hope it will encourage colleagues to get away from the PC during the working day for a wellbeing break (for example, you may complete 5,000 steps on a 45-min lunch time walk), making the decision to use the stairs rather than the list on campus, cycle to work or join a sports team etc

Every Monday, the Team Captain will collect the miles from the previous week from each team member.

Example from team member David Beckham;

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| --- | --- |
| **Day** | **Steps/miles** |
| Monday 25 | 4,064/1.81 |
| Tuesday 26 | 3,401/1.52 |
| Wednesday 27 | 6,333/2.82 |
| Thursday 28 | 5,031/2.24 |
| Friday 29 | 3,986/1.78 |
| Saturday 30 | 13,458/6 |
| Sunday 31 | 16,553/7.38 |
| **TOTAL** | **52,826/23.54 miles** |

The Team Captain will log all team members miles for the week;

Example from Team; The Mixed Bag

|  |  |
| --- | --- |
| **Team Member** | **W/C 25th miles** |
| Tina Turner | 19.42 |
| Nicola Sturgeon | 25.51 |
| Kim Kardashian | 18.23 |
| Jon Bon Jovi | 24.21 |
| David Beckham | 23.54 |
| **Total Team Miles** | **110.91** |

The Team Captain will add the weekly team mile count to The Google Form on [My Napier.](https://my.napier.ac.uk/BRIT)

Remember to keep the total miles collected over the 8 weeks to see your team has collected the most and can win the prize!

**Option 2:**

Staff and students can contribute to hitting the 23,000 miles target by collecting steps while taking part in a physical activity of their choice **individually** if they do not wish to join a team. For example, running, cycling, playing a team sport.

The individual will add the weekly individual mile count to The Google Form on [My Napier.](https://my.napier.ac.uk/BRIT)

Remember to keep the total miles collected over the 8 weeks to see you have collected the most and can win the prize!

**Option 3:** A number of the Student Sports Societies will be playing games (such as basketball) and will collect steps during the activity to convert into miles.

The Team Captain will add the mile count from the game to The Google Form on [My Napier](https://my.napier.ac.uk/BRIT). They will probably have to convert the steps to miles first using the conversion tool mentioned above.