

Earn points for your positive actions

- Stay SWell Together
- My Journey
- My Purchases
- My Biodiversity
- Give and Gain
- My Knowhow
- My Footprint
- My Wellbeing
- My Resources



RANDOM ACTS OF KINDNESS

Earn 50 Green Points for those small acts of kindness that brighten someone's day.



Nominate

More info



REFER A FRIEND

Earn 100 Green Points for encouraging your colleagues to join SWell tool.



Refer

More info

Donate



DONATE, DONATE, DONATE!

Clothes, food, furniture and even Christmas presents. There are plenty of opportunities to donate to charity whilst on campus. Earn 50 Green Points a week every time you make a to charity donation.



I'M IN! ✓

More info

ADOPT A SPOT

Earn 100 Green Points for adopting a spot in the University and updating us with your progress!

Pledge

More info

JUST GIVE!

Tell us what you have done to support a good cause whilst on campus and earn 50 Green Points.

Submit

More info

STAFF VOLUNTEERING AND TEAM BUILDING

Earn 250 Green Points for attending a volunteering or team building event and 500 points for organising the volunteering or team building activity.

I'M IN! ✓

More info