

Barry Bradshaw - Integrating Project Assignment

by Barry Bradshaw

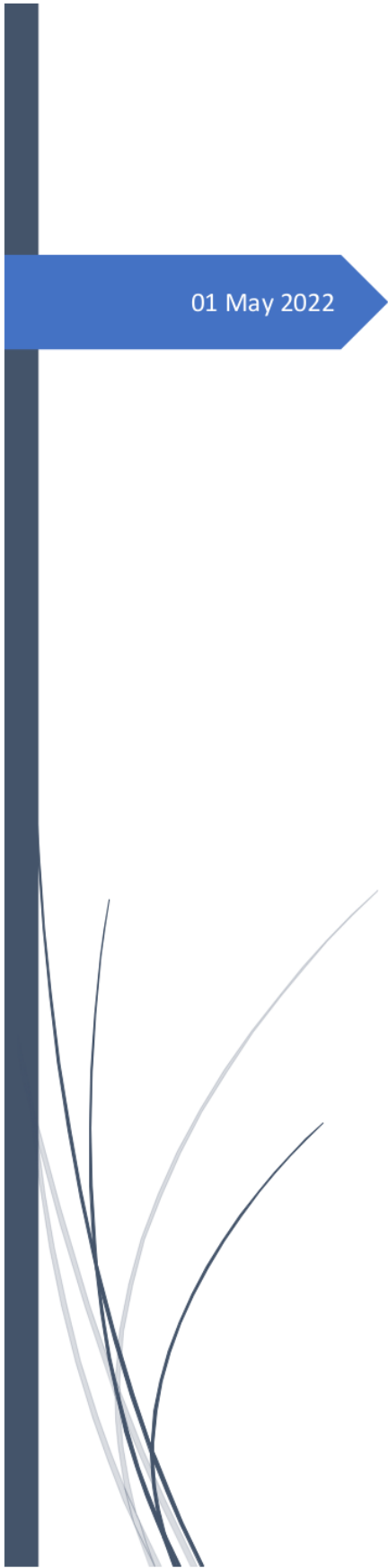
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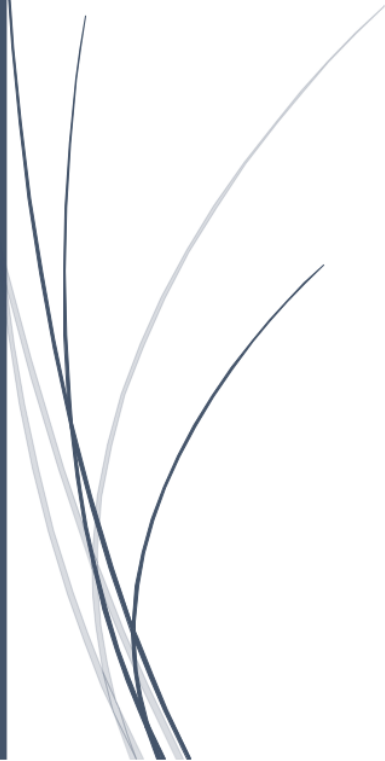
Character count: 14452

A thick dark blue vertical bar runs down the left side of the page. A blue arrow points to the right from the bar, containing the date.

01 May 2022

Health and Wellbeing Project

Integrating Project

Several thin, curved lines in shades of blue and grey originate from the bottom of the vertical bar and sweep upwards and to the right.

Barry Bradshaw
1909431

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Introduction

The goal of this assignment was to work as a team to plan, design, and implement a digital solution to a problem which was defined in the brief.

During recent years, where the world was practically put on hold and most people was forced to stay home and isolate away from friends and loved ones, the health and wellbeing of the population have been a cause of major concern, with studies showing there has been an increase of mental illnesses. A study performed by the World Health Organisation (WHO) suggested that “In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%” (Brunier, 2022), with the people most effected being young people and women.

One of the biggest issues faced by students during this time was the isolation, leading to feelings of loneliness as they could no longer meet up with friends, or even access education physically, with the majority of communication occurring online.

It was, therefore, prudent to design a platform for students to access which would signpost the way to where support could be accessed for those that required it. The solution should offer information regarding Mental Health, Healthy Lifestyle and ways to improve their overall wellness.

Proposed solution and assignment of roles

After the team had been assembled, a brainstorming session occurred where the best possible way to deliver the required services was determined. It was decided that a website would be created that would offer a range of useful information on the topics of Mental Health, Healthy Lifestyle and Wellbeing, while also offering external links so that the student can explore the topic further.

By offering a website rather than an app, more students could be accessed as the website could be accessed using any internet enabled device, whereas an app can be limited in its accessibility (either phone or desktop, or android or IOS).

A range of topics were to be discussed within the categories, which were split evenly between the four participants within the group, adding an additional category or "Feeling bored" so that each member of the team had research to perform.

Figure 1 shows the initial website content description that was brainstormed.

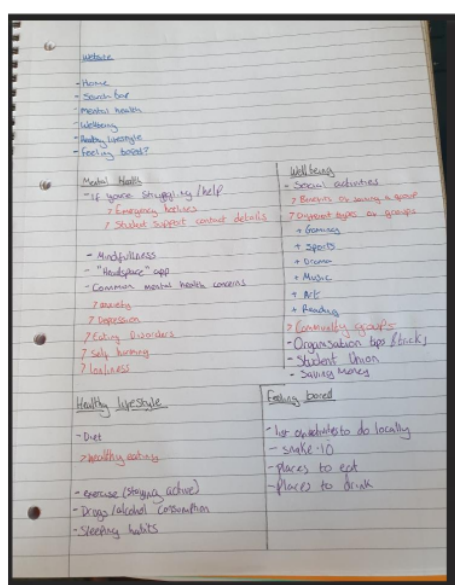


Figure 1 - Brainstormed content idea for website

researched and compiled by Jamie Richards.

The section "Healthy Lifestyle" was to include information which the student could refer to regarding 4 important topics – diet (healthy eating), exercise, drugs and alcohol consumption and sleeping habits, all of which are of concern with students, generally speaking. This section was to be researched and compiled by Aliu Djalo.

The final section, which was added, was the "Feeling Bored" section. The aim of this was to provide activities that a student could do if they were feeling bored, offering up local amenities as enrichment. This section was to be researched and compiled by Lloyd Case.

It was decided that Barry Bradshaw (me) would be the person who would design and create the website. Barry also wrote the section on "Wellness".

The first section shows the main pages within the website, which were then expanded upon to discuss potential subpages and the content that was to be included within these pages, which is shown throughout the other sections.

One of the sections, referred to as "Wellness" was to discuss the benefits of social activities, which would ideally prompt the reader to join a social group, such as one of those offered within the student's union.

Another of the sections, referred to as "Mental Health", was to discuss the common mental illnesses that are prevalent within the student population, offering some guidance on what to look out for if they feel like they are struggling. This section was also to offer a "If you're struggling" subsection, which was to include a range of emergency contact numbers for a student to utilise if they felt they needed to. This section was to be

Research

The research section will be split into two, where the first part will be discussing the different aspects of building the website, and the second will talk about the topic of “Wellness” that was assigned.

Building a website

The first decision to be made was whether to use a website builder or attempt to build the website from scratch. Research was conducted on the advantages and disadvantages of each option before a final decision was made.

If the website was to be built from scratch, many more functions could be added than what you could achieve using a website builder, but overall, the process would take more time due to the learning that would have to take place for the coding of the website itself.

If the website was to be built using a website builder, then the website could be built quicker and with less of a learning curve required as they utilise drag and drop functions to arrange all the information you input, with “No programming or technical skills required” (website.com, 2021). The website can also be edited from any place with access to the online site, meaning that if the website needed to be updated, you do not need to be with the original coding of the website. Most website builders are free to use, with upgrades available for additional functions if required.

Ultimately, it was decided to use a website builder to design and implement the website, as without any prior experience in building a website, the outcome would be far better using a website builder than it would be if the website was to be built from scratch.

The “Wellness” section of the website

Wooll defines wellbeing as “the maintenance of physical, mental, and emotional stability and balance — not just the absence of illness” (Wooll, 2021). As described by the Department of Health “There is a two way relationship between wellbeing and health: health influences wellbeing and wellbeing itself influences health” (D.O.H., 2014), meaning that it is just as vital that students take care of their wellbeing as well as their mental and physical health.

The NHS provided a few ways that could be taken to improve your wellbeing, many of which are agreed upon by other sources, such as connecting with people and staying active.

Staying physically active which also has an impact on physical and mental health, while also having an influence on the student’s wellbeing by improving self esteem and confidence which would carry out into other parts of their life.

Connecting with people (such as joining a social group), which would help fight loneliness which students may feel as many are away from their family and friends while at university.

The Student’s Union have a range of social groups on offer which a student can join, with a wide array of activities available, which may include a student’s hobby or interests.

Planning

In this section, the planning of the designing of the website is going to be discussed, with various paper plans being utilised for the arrangement of the different elements that will be inserted onto each webpage.

Planning the design before starting to build was useful as it sped up the process significantly as it meant there was less guesswork to the best optimisation of the sections on each of the main pages. Although the subpages within each of the main pages were not planned out on paper, it was not necessary as they were to follow the same basic layout as the main pages before them.

Each of the main pages will include an introduction, giving general information about the topic, an introduction and links to the subpages of the page, and a series of external links that the user could click on which will redirect the user to other webpages to learn more about the topic.

Figure 2 shows the planning of the design of the home page.

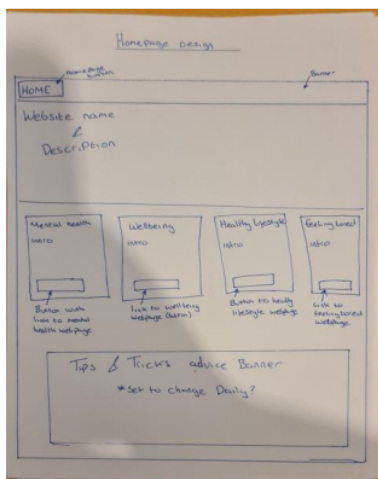


Figure 2 - Planning the Design layout of the Home Page.

The page will include a home button in the top left-hand corner, which when selected should return the user to the home page, from whichever webpage they were currently on.

The page will then have the websites name and objective, which will be followed by a description and link to each of the four main pages of the website: Mental Health, Wellbeing, Healthy Lifestyle and Getting Bored.

The final part of this page will be a Tips and Tricks banner that would change daily – giving randomised advice to the student on one of the four topics.

Figure 3 shows the planning page for the Mental Health main page.

The page will include an emergency contact information section, providing details on what to do if there is an emergency regarding their mental health, including the number for the emergency services and a phone line where they can ring and talk to someone.

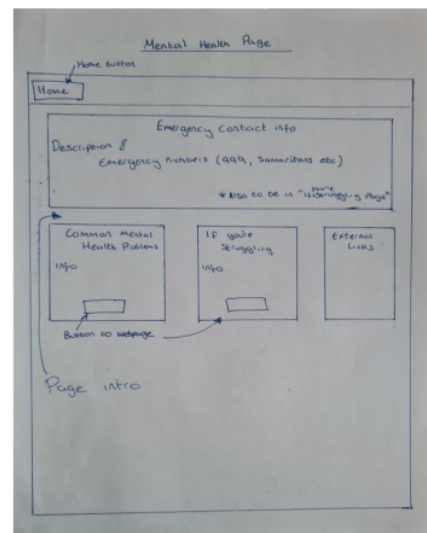


Figure 3 - Planning the Design layout of the Mental Health Page

Figure 4 shows the planning page for the Wellbeing main page. Figure 5 shows the planning page for the Healthy Lifestyle main page.

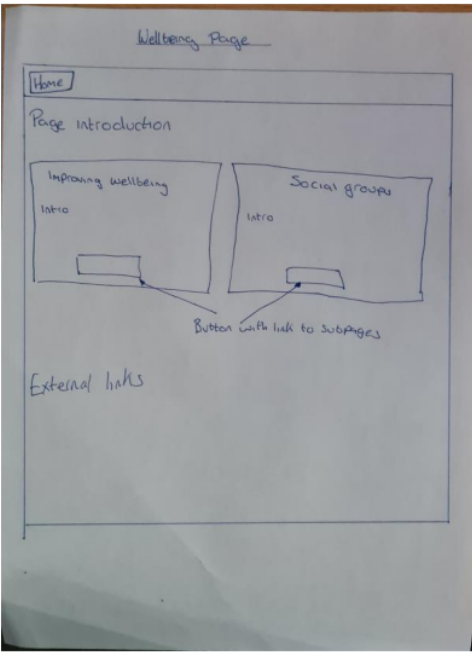


Figure 5 - Planning the Design layout of the Wellbeing Page

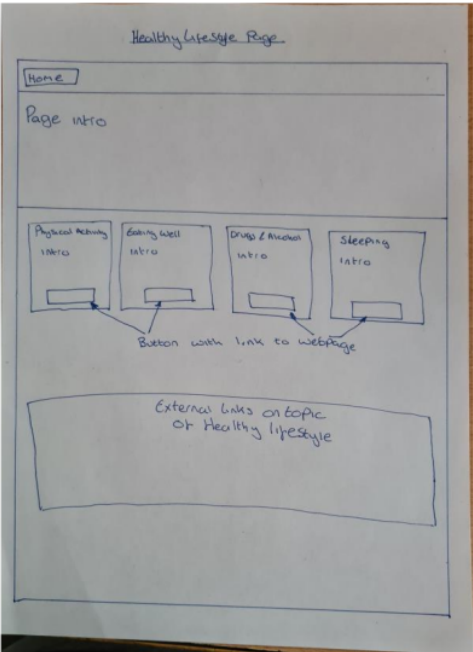


Figure 4 - Planning the Design layout of the Healthy Lifestyle Page

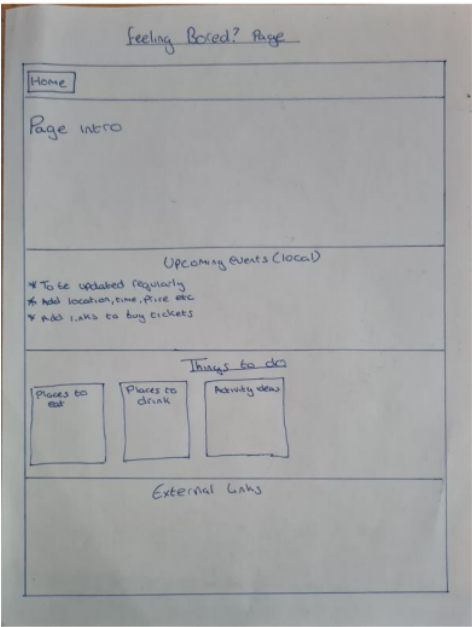


Figure 6 - Planning the Design layout of the Feeling Bored Page

Figure 6 shows the design of the Feeling Bored main page.

This page will also include an upcoming events section which will give a range of events that are happening locally, along with any details about these events. This will need to be updated regularly to include new events and delete old ones.

As well as the standard external links about the topic, there should be links to sites such as TripAdvisor to recommend things to do locally and places to eat and drink.

Implementation

This section will show the finished webpage, along with a discussion on what turned out differently to what was originally planned in the designing stages. The website can be accessed at <https://1909431.wixsite.com/my-site>.

Figures 7 and 8 show the completed Homepage of the website. The homepage differs slightly from what was originally planned, as it does not include a Tips and Tricks banner with daily advice updates. This was because a function could not be found to set up a section so that the advice would change daily without updating the website daily. Instead, an Upcoming Events section was added, which would need to be updated regularly, but not on a daily basis.

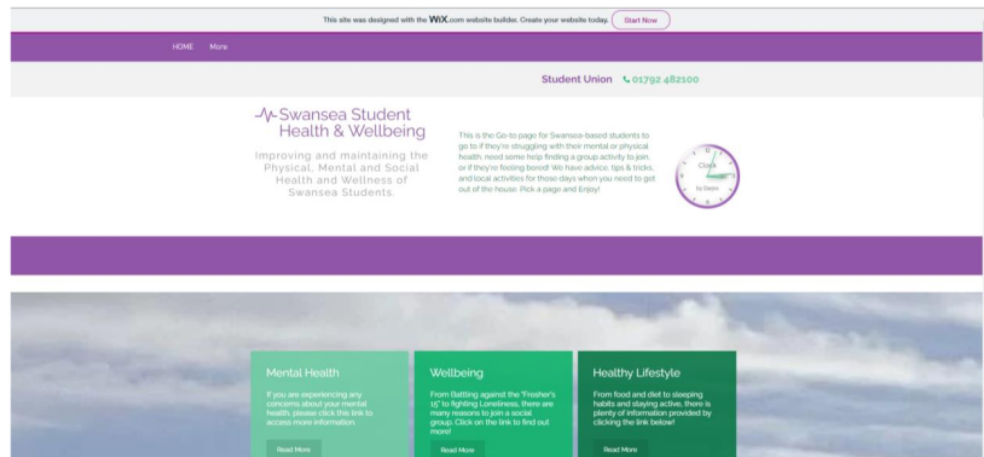


Figure 8 - Screenshot of Website Homepage (1 of 2)

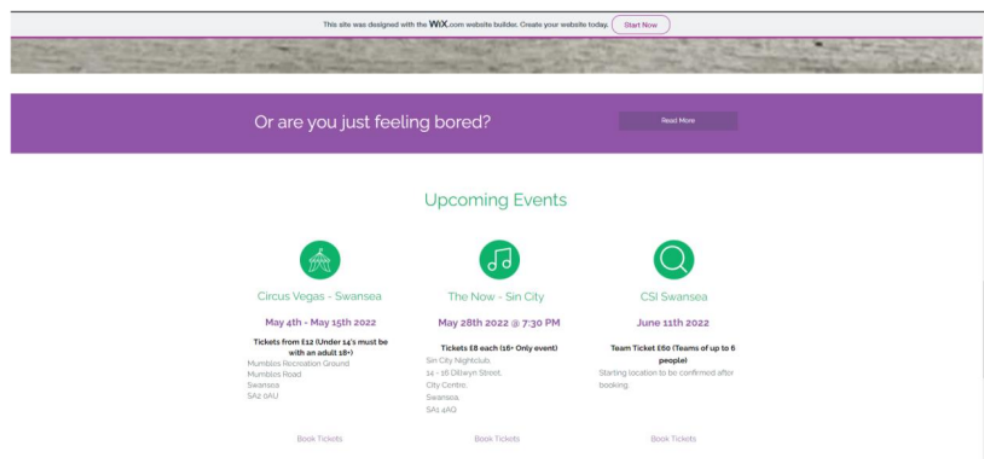


Figure 7 - Screenshot of Website Homepage (2 of 2)



Figure 9 – Screenshot of Mental Health webpage

Figure 10 shows the Healthy Lifestyle webpage. This page is as it was designed in the planning stages, shown earlier.

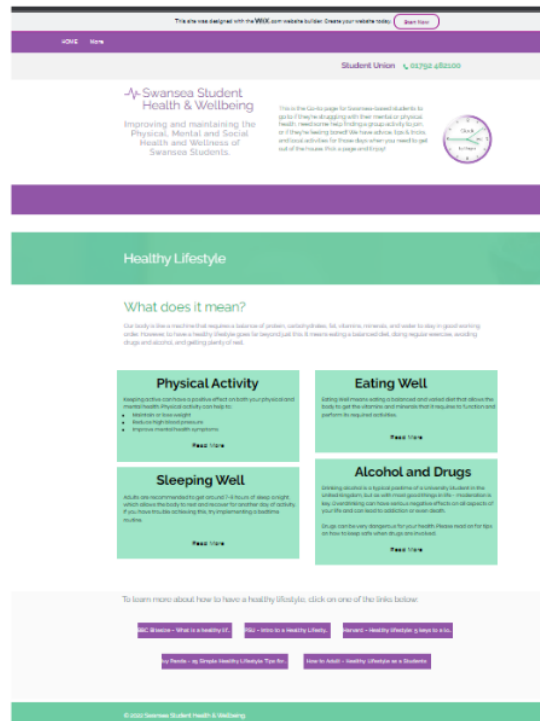


Figure 10 - Screenshot of the Healthy Lifestyle webpage

Discussion

Overall, the project would be considered a success as a completed prototype of the website has been created, which for the most part met the original plans.

At the start of the project, it was decided that I would be made both the project leader and the implementor of the website, but also was the person who suggested most of the design features and made the plans for the website.

As a team, there was some input (in which the topic was discussed originally and then each member had to go and research a particular related topic), but there were times which it felt like the workload could have been shared out more fairly.

Timekeeping was also an issue, with the team needing to be reminded to send the research so that it could be added to the website.

Although the website got completed, it is felt like more collaboration should have taken place to keep the project on track within the desired timeframe.

Conclusion

The aim of this assignment was to work as a team to develop a digital solution to a problem, which was that there was a growing concern regarding the health and wellbeing regarding students, especially in recent years where there has been an increase in the mental health concerns of the population as a result of the isolation felt from being separated from friends and loved ones.

The solution decided by our team was to create a website that would act as a hub of information, giving out advice regarding mental health, healthy lifestyles and wellbeing, while also offering external links to additional information and contact information.

The project was an overall success, despite a few bumps in the road, which was to be expected while working as a team that had not worked together before. The largest problem was the uneven assignment of work, but there were also issues with timekeeping which would be improved upon if working on a project again in the future.

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Barry Bradshaw - Integrating Project Assignment

GRADEMARK REPORT

FINAL GRADE

70/100

GENERAL COMMENTS

Instructor

Barry Bradshaw	
1 engagement with literature comment	available
limited range of references (4) 3 websites	
1 book - harvard used (use IEE for computing)	15
2 Knowledge and Understanding comment	available
research limited, could be expanded with 40 more sections included	
3. Cognitive and Intellectual skills comment	available
excellent relation of the findings to planned implementation- I particularly liked the hand drawn designs leading into the final solution	30
4. Practical Application Skills comment	available
	0
5. Transferable Skills for life and Professional pract comment	available

well structured report throughout only 15
minor grammatical and spelling errors

Total: 60

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