Healthy University Network Meeting
Venue Bolton University

Notes from meeting
Friday 4 April 2008

Present
Shirley Silcock  University of Bolton
Sharon Thompson  University of Bolton
June Clayton  University of Bolton
Margaret Boneham  University of Bolton
Sarah Burgess  University of Bolton
Mollie Percival  University of Bolton
Abida Chohan  University of Bolton
Amanda Smith  Amian, Employee Assistance Provider for University of Bolton
Paula Cottrell  Staffordshire University
Catherine Ogilvie  University of West England
Rob Lambert  Norwich University
Sharon Doherty  University of Central Lancashire
Mark Dooris  University of Central Lancashire
Sughra Nawaz  Bolton Primary Care Trust
Marie Bissett  Bolton Primary Care Trust
Sarah Bustard  Nottingham Trent University
Jennie Cawood  Yorkshire and Humber Teaching Public Health Network
Karen Harvey  Bristol University
Vince Ramprogus  Manchester Metropolitan University

1. Introductions & Apologies
Anne Coufopoulos  Liverpool Hope University
Jane Marshall  Bradford College
David Arblaster  Leeds Metropolitan University
Jane Thompson  Cumbria and Lancashire Public Health Network
Pozz Lonsdale  Bolton University

2. Notes from last meeting
Agreed

3. National Scoping on Healthy Universities

This is being funded by the Department of Health and Higher Education Academy. Mark gave a brief overview of the healthy settings approach the Healthy Universities (HU) are applying. (powerpoint attached)

This is a research and development project, running from Jan-Dec 08. Mark fed back on the results so far from universities comments to the initial questions.

- 50% response rate so far
- 26 universities (44%) stated they have an established HU initiative, however there were varied interpretations of what HU work meant
- 95% would be interested in a National Programme
**ACTION** - Mark to check the Bolton response

4. **£1 M challenge 2006-9 Active Staff Programme**

Shirley Silcock gave a presentation on the work taking place at the University of Bolton. (see attached powerpoint) Shirley is happy to share reports on the outcome/evidence related to this work. As well as an increase in activity of staff there was also evidence to show 61% of people taking part felt they had better job satisfaction.

5. **Terms of Reference/Framework for Action**

These documents were accepted with amendments.

6. **Universities update/sharing good practice**

**University of Bristol**

- Health Lifestyle Group now has a first meeting planned with members from across the university. They will be looking at priorities and developing working groups. The group will report to two committees, Sport Exercise and Health and Positive Working Environment.

- Below are the links to the Positive Working Environment (PWE) and this year's PWE Week webpages. There are 5 commitments within the initiative and a 6th one has been added around Healthy University.

  - [www.bristol.ac.uk/pwe](http://www.bristol.ac.uk/pwe)
  - [www.bristol.ac.uk/pwe/pwe-week](http://www.bristol.ac.uk/pwe/pwe-week)

- There have been links to the SU Revise campaign, Refuel, Refresh and Relax, free food and relation is offered to students.

- They are setting up an allotment scheme for students, and trying to set up a green gym.

- Auditing what is already happening around alcohol and drug awareness

- 2009 Centenary will provide opportunities for work, e.g. 100 mile cycle, walks

**University of West England**

- Feel Good February campaign ran, engaged with staff and students; e.g. healthy and organic food promoted, farmers market, cycle scheme, Chlamydia testings, student volunteering at allotments
- Have a draft strategy for Healthy University, will sit within sustainability

**Nottingham Trent University**

- Now finished the pilot for the Exercise on Referral scheme for students, there have been 20 students, it's been popular with male students, offered 5 sessions with a mentor provided
- There are links to Nottingham City partnership on alcohol
- Plan to work with 1 school per academic year to offer stress busting for staff/students
- Produced leaflets on alcohol, cocaine, street safe scheme

**University of East Anglia**

- Have had 3 meetings so far, looking at taking Healthy Universities forward
- Organise Mental Health Days, Healthy Living Days

**University of Bolton**

- Running a student volunteering peer ed project called ‘Up Shot’
- Partnerships with RUClear Chlamydia screen has been very successful, arranging to train student volunteers to enable testing anytime at uni, also being offered access to Sexual Health Training offered by the PCT

**Staffordshire University**

- Smoking cessation sessions offered
- Healthy Lifestyle exhibition, e.g. exotic fruits, sleep patterns, reflexology,

**Manchester Metropolitan University**

- Working groups under ‘Go five’ lead by Sports Centre, Catering, HR, Sustainable Environment, Health & Safety. Each have set targets re increased uptake and engagement in physical activity
- Centre for Art and Health, art activity and well-being factors related to staff, role with the community as well
- Policy on Health and Well-being, objectives/targets set at a senior level, steering group brings together people from across depts.
- Seeking funding to evaluate the developments taking place within Healthy Universities

**University of Central Lancashire**

- Linked into the Home Office Know Your Limits campaign aimed at SU’s, outside team came in, promoted increasing water intake over a night out
- Rethinking Student Mental Well-being, project officer now in post, work being developed, e.g. campaigns on stigma, developing new buddy scheme, links with physical activity, staff training to support students
- Work started under the Healthier and Sustainable Food action plan, researching student needs, knowledge to support future planning for campaigns, possible cooking classes?
• Touch student volunteer project, links with Croatia who want to establish similar programmes, also PCT has funded a younger version of the touch project to go into colleges, youth clubs and high schools

7. General discussion/Any other business

19 June – Sharing event being organised by Jenny Cawood, open to all universities

AMOSSHE (Student Services Association) are developing new drug procedures for HE.

8. Date/venue of next meeting

TBC, next meeting likely to be linked to further discussions around the potential national developments, possibly in Oct