

EDITORIAL

As we reflect on the first six months of 2016, it is clear that the UK Healthy Universities Network is continuing to thrive.

We held a vibrant and successful meeting in May, hosted by the University of the West of England and attended by 34 people from 24 organisations. Furthermore, we have continued to grow in both full and associate membership and currently have representation from a total of 127 organisations – 84 UK universities (69 from England, 2 from Northern Ireland, 8 from Scotland and 5 from Wales); 17 non-UK Universities (from Australia, Brazil, Canada, Ireland, New Zealand and Turkey); and 26 other stakeholder organisations.

Thank you to you all for your engagement and support!

Professor Mark Dooris, University of Central Lancashire

Professor Sue Powell, Manchester Metropolitan University

UK HEALTHY UNIVERSITIES NETWORK – NEWS

Website: Update and Planned Redevelopment

For many members, the 'hub' of the Network is the **Healthy Universities Website** and **Healthy Universities Toolkit** (comprising a **Self Review Tool**, **Guidance Packages** and **Case Studies**).

Since it was set up in 2010, **26,500 unique visitors** from **159 different countries** have made **around 42,000 visits** to the website and toolkit. The statistics indicate that interest and engagement has continued to increase over time.

The current website was commissioned over six years ago and in order to ensure that it is as accessible and user-friendly as possible, the Steering Group has agreed that the site should be redeveloped and refreshed. We plan to launch your new look website in the autumn – so look out for communications about this!

In the meantime, we want to keep the Network as alive and dynamic as possible:

- Please submit news items and feedback to healthyuniversities@uclan.ac.uk.
- New case studies can be submitted, using the **template** form.

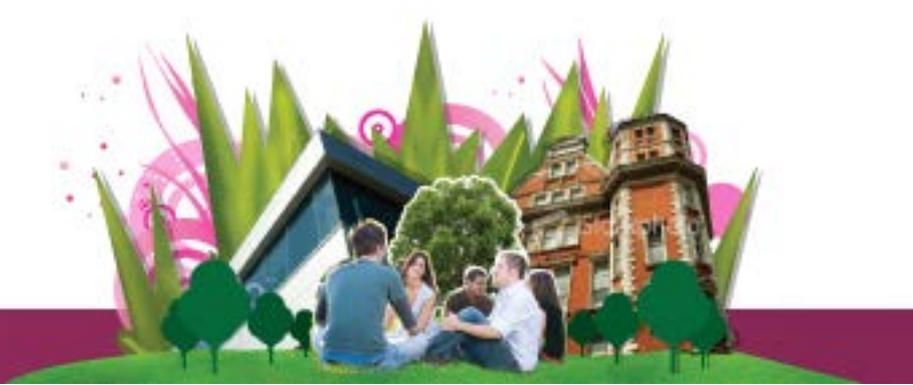
Network Meeting and Themed Workshops

- **Latest Meeting:** The latest Network meeting and themed learning event was held at the University of the West of England on 25 May 2016. The themed session was *Developing and Sustaining Effective Internal and External Partnerships*. A **report of the meeting and workshop** is available online, including links to presentations and relevant reports.
- **Forthcoming Meetings:** The next Network meeting and themed learning event will take place at Nottingham Trent University on **16 November**. The themed learning session will focus on *Relationships and Consent*.

Newsletters

We aim to produce two newsletters each year. The deadline for receipt of material (news, updates, and features) for the next edition is **25 November 2016**.

Email: healthyuniversities@uclan.ac.uk



INTERNATIONAL NEWS

International Sustainable Campus Network: 10th Annual Conference

Focusing on 'Leadership for a Sustainable Future', the 10th Annual Conference of the International Sustainable Campus Network (ISCN) was held from 13-15 June at the University of Siena.



Building on discussions that took place with ISCN following the 2015 International Conference on Health Promoting Universities and Colleges, Professor Mark Dooris was invited as a keynote speaker and 'thought leader' to consider the convergence of and synergy between healthy universities and sustainable universities, in the context of campus-wide planning and target-setting. The presentation – [available online](#) with other documentation – generated considerable interest in forging links between agendas and opened up discussions about how connections could be made between the [Okanagan Charter for Health Promoting Universities and Colleges](#) and the [ISCN/GULF Sustainable Campus Charter](#).

Further information: [International Sustainable Campus Network](#); [ISCN 10th Annual Conference](#)

NATIONAL NEWS

New Sports Strategy for England

Sport England has recently published a new strategy [Towards an Active Nation](#), which will help deliver against the five outcomes set out in the Government's [Sporting Future Strategy](#) – physical wellbeing, mental wellbeing, individual development, social and community development and economic development. Sports minister David Evennett says: "We want to use the unique power of sport to benefit more people's lives. Sport can bring communities together, improve physical and mental wellbeing and make a significant contribution to the economy. Sport England has a crucial role to play in helping us become a healthier, happier nation. As well as getting inactive people involved we want to give children a great experience of sport at an early age, encouraging them to participate through life and enjoy all the positives sport brings."

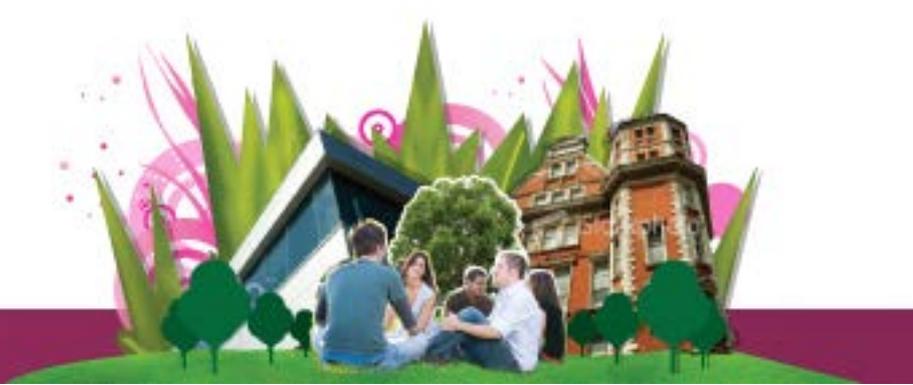
Further information: [Towards an Active Nation](#)

Mental Health and Sport in Higher Education: What is BUCS doing?

The UK's student mental health charity [Student Minds](#), and have come together with [British Universities & College Sport \(BUCS\)](#) to develop a new training programme that aims to increase the knowledge, confidence and skills of the Higher Education sports community in the area of mental health and wellbeing. Since 2014, BUCS has been working with Student Minds to develop the support that BUCS can provide within universities when using sport as a tool to support mental wellbeing.

Following wide consultation and pilot workshops, the first sessions took place in August and September 2015, with the creation of a guidance and policy pack to follow alongside the expansion of the training programme as we move into 2016. The training will also equip HE sport staff with everything they need to deliver and cascade out a new interactive mental health training module to their own university clubs and sports teams.

Further information: Kiri Madhani, kiri.madhani@bucs.org.uk; Mental Health and HE Sports



Issue No 11 – Summer 2016

Public Health Approaches to Supporting Young People’s Resilience

Public Health England (PHE) funded the Association of Young People’s Health to develop a new resource which has recently been published on **Public Health Approaches to Supporting Young People’s Resilience**. The guide, developed with input from the Early Intervention Foundation, builds on PHE’s 2015 framework for young people’s health. Young people face a wide range of challenges in their lives from moving schools to family breakdown and bullying. Building resilience can support better outcomes for them at difficult times.

Further information: [Public Health Approaches to Supporting Young People’s Resilience](#)

HEFCE Conferences on Student Mental Health and Wellbeing

HEFCE recently held two conferences regarding student mental health and wellbeing, which provided an opportunity for colleagues from across the higher education and mental health sectors to come together and discuss how higher education providers can strategically respond to the growing demand from students for services and provision.

The conference built on the work undertaken for the HEFCE review of provision and support for disabled students and the subsequent publication of the independent research report **‘Understanding provision for students with mental health problems and intensive support needs’**.

Further information: Conference presentations available [here](#)

UPDATES FROM NETWORK MEMBERS

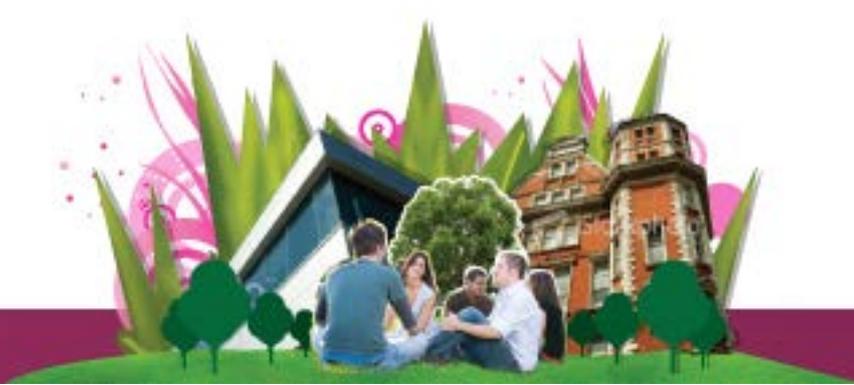
University of Nottingham

Focusing on Mental Wellbeing at Work

The School of Health Sciences at the University of Nottingham has an ongoing commitment to support the health and wellbeing of staff and students, evidenced by its own Charter. Mental wellbeing has been a key focus. We have many champions of mental wellbeing – added to a strong core of staff who are qualified mental health professionals, 12 of our staff have undertaken Community Mental Health First Responder Training, delivered by MIND. As well as providing resources for identification of stress within the workplace, we have promoted ‘Mentally Healthy’ workshops aimed at those with managerial responsibilities. We have developed our own online learning tools including information and guidance on causes and consequences of stress, and mechanisms for managing stress within the workplace. These have been used as professional development training tools both in higher education settings and within the NHS.

We regularly support national campaigns and promote events. We have advocated and raised funds for Dementia Friends and promoted free sessions on stress management as part of National Stress Awareness Day. During Mental Health Awareness weeks, we have held mindfulness taster sessions, had guest speakers, promoted workshops and film screenings, and sign posted staff to ‘pop-up’ mindfulness sessions. We have held ‘Tea and Talk’ events and coffee mornings with charity bake-offs, and raised funds for MIND through a Mental Health Tea Party Fundraiser. Encouraging staff to take regular breaks is important and we offer a wealth of activities that staff can access during break times, signposting them to onsite gyms, exercise classes, physical activities and social groups, and promoting use of outdoor spaces. ‘Walking lunches’ were advocated during National Walk Week, and we have an ongoing calendar of events to encourage staff to take breaks and stay connected, including Knit and Natter meetings, lunchtime walks and afternoon networking teas. We have joined up with our School of Computer Sciences and have research currently underway aimed at better understanding people’s working patterns, and how we can design ‘smart’ technologies that will encourage people to take breaks from the computer screen, to reduce ‘sitting time’ at work.

Contact: Dr Holly Blake, Associate Professor of Behavioural Science Holly.Blake@nottingham.ac.uk



Sheffield Hallam University

Healthy University and Sustainability Annual Report

Sheffield Hallam University has presented its first Healthy University and Sustainability Annual Report to its Board of Governors, with contributions from Student Support Services, Health and Safety Service, Faculty Academic Representatives, Human Resources, Research and Innovation Office, the Student Union and the Facilities Directorate.

Setting its work within the context of the UK Healthy Universities Network and the Okanagan Charter for Health Promoting Universities and Colleges, the report provides a review of work undertaken across the University and overseen by the Healthy University Steering Group, with specific consideration of the opportunities that can contribute to the achievement of a university-wide corporate social responsibility approach that benefits our students, staff and the environment. Key focus areas within the review include student wellbeing, staff wellbeing, sustainability, an active university and academic development.

Contact: Mark Swales, Director of Estates and Facilities, m.swales@shu.ac.uk

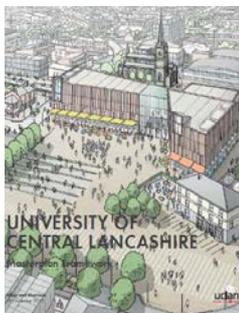


University of Central Lancashire

Three-Year Action Plan and Strengthened Governance

At Central Lancashire, our Healthy University initiative is guided by a **three-year action plan**, which is currently structured around eight themes:

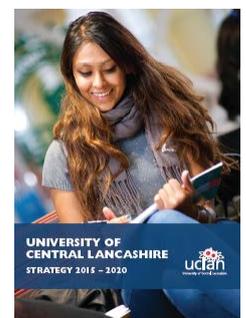
-  Healthy, Safe and Sustainable Food
-  Mental Health and Wellbeing
-  Relationships and Sexual Health
-  Smoking, Alcohol and Drugs
-  Sport and Physical Activity
-  Communications and Marketing
-  Healthy & Sustainable Environments
-  Student Engagement and Experience

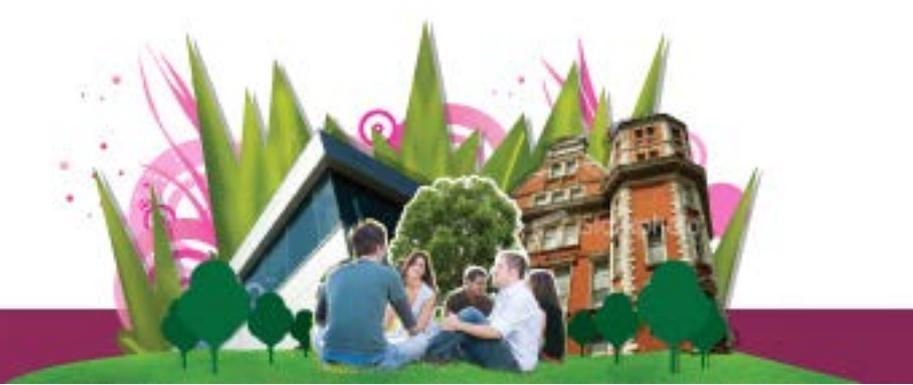


In formulating the plan, we undertook extensive consultation with students and staff to ensure that the final version reflected our stakeholders' priorities. We also took care to align the plan with our University Strategy 2015-2020 and Campus Masterplan Framework. The Corporate Strategy includes as one of its four values 'supporting the health, safety & wellbeing of all' and pledges to achieve 'a healthy university committed to the physical & mental wellbeing of its students and staff' alongside 'transformational change of its campus underpinned by a commitment to environmental sustainability.' The Campus Masterplan seeks to integrate the university with the rest of the City of Preston for the benefit of students, staff, visitors and the wider community, and is underpinned by a commitment to a 'healthy, safe, active and sustainable campus'.

Alongside our long-established Healthy University Steering Group, a high-level Healthy & Sustainable University Group was established at the start of this academic year to ensure that the effective co-ordination already taking place at an operational level between our Healthy University and the Sustainable University teams is understood by senior managers and can inform and influence corporate decision-making.

Contact: Sharon Doherty, Healthy University Co-ordinator shdoherty@uclan.ac.uk





University of Central Lancashire

Wellbeing in Teaching and Learning

The University of Central Lancashire (UCLan) Healthy University Initiative has been working with Simon Fraser University (SFU) in Canada to learn from and develop an initiative similar to **Wellbeing in Learning Environments**. The project at SFU has highlighted positive outcomes for staff and students, linked to effective learning, and identified conditions for wellbeing in learning environments.

This work is part of UCLan's Healthy University Action Plan 2015-18 and is being developed in collaboration with the Centre for Excellence in Learning and Teaching, Human Resources, Student Support and Wellbeing, Peer Mentoring and the Students' Union. The project has tentatively been called *Wellbeing in Teaching and Learning*.

In order to introduce the concept to colleagues, generate interest in the project and gain feedback on the steps of the project launch, a workshop was held at UCLan's annual Learning and Teaching Conference, held on 23-24 June 2016. Participants were enthusiastic about the benefits of the project to both lecturers and students at UCLan, and emphasised the particular importance of targeting staff wellbeing. During the upcoming academic year, we will be focusing on gaining feedback from staff members that have previously been recognised for their teaching by the Students' Union, and hope to launch the project formally for feedback from staff and students in the spring of 2017.

Contact: Sharon Doherty, Healthy University Co-ordinator shdoherty@uclan.ac.uk; Krishma Caleyachetty, Project Development Officer kcaleyachetty@uclan.ac.uk



Source: SFU [Wellbeing in Learning Environments](#)

Healthy Conservatoires

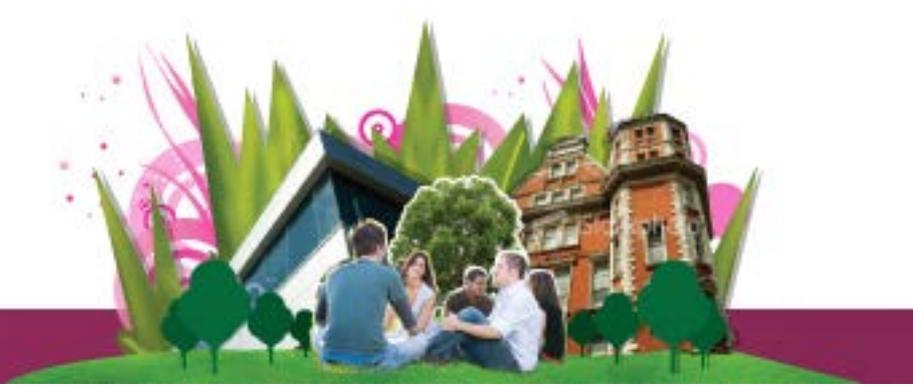
At our last Network meeting, Dr Louise Atkins from the Royal College of Music gave a stimulating and informative presentation on the Healthy Conservatoires Network, which has now held three meetings and has over 50 members from 11 conservatoires, professional orchestras, youth orchestras, university music departments, trade unions and charitable organisations.

Healthy Conservatoires is based on the principles of Healthy Universities and the Network aims to "create environments that promote and enhance the health and wellbeing of performing artists, enabling them to achieve their full potential and to build healthy, sustainable careers."

Louise showed a short **video**, and reflected on the challenges faced in establishing and sustaining the Healthy Conservatoires Network, as well as the successes – including the branding 'Fit to Perform' now used by member Conservatoires. She also discussed the opportunities to share experience between the two networks and specifically to enable UK Healthy Universities Network members to support students and staff involved in the performing arts in their own institutions.

Contact: Dr Louise Atkins, Research Associate in Performance Science, Royal College of Music louise.atkins@rcm.ac.uk

Further information: <http://musicalimpact.org/network/>; **Louise Atkins - Healthy Conservatoires**



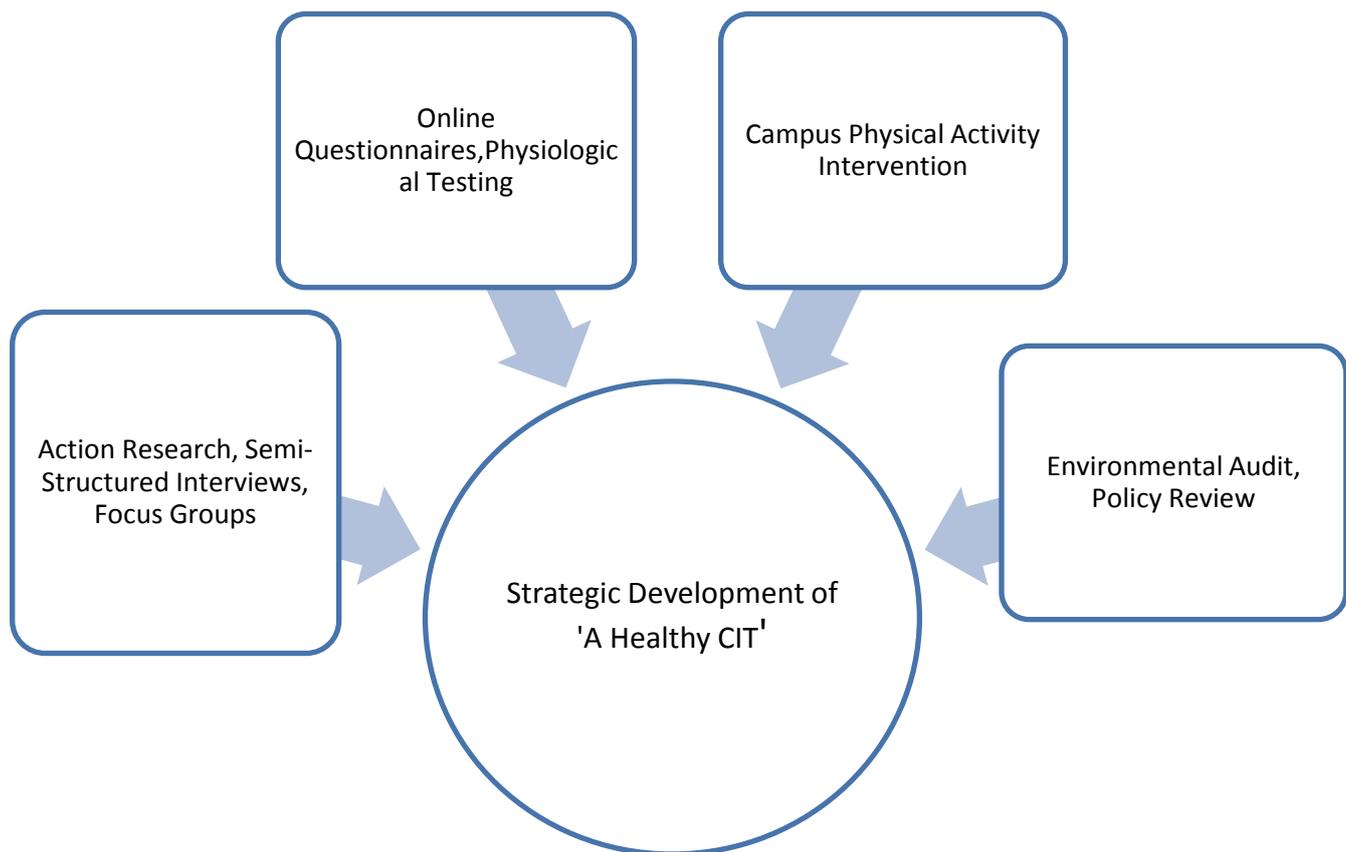
Cork Institute of Technology (CIT)

'A Healthy CIT'

A novel, Institute-wide health study is currently being conducted at Cork Institute of Technology. The study is a mixed-method baseline health needs assessment that will inform the strategic development of a new campus health promotion initiative entitled 'A Healthy CIT' – whilst being the first dual-cohort study of its kind to compare students and staff in an Irish Higher Education Setting.

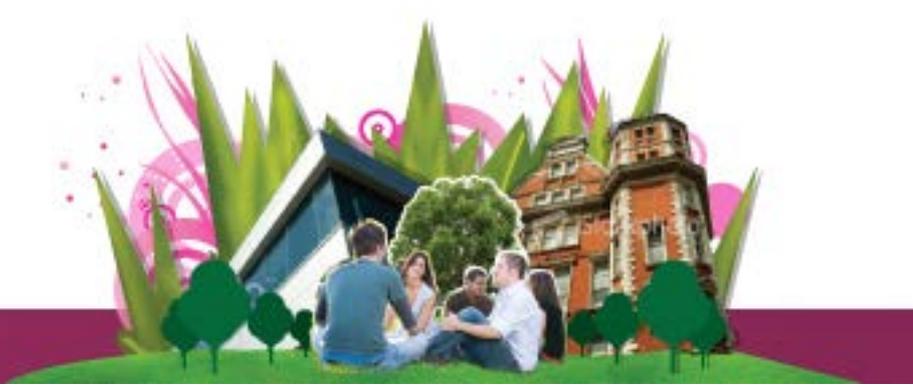


During phase one, the researchers have collected data using two web-based health questionnaires, accessible to all current students (n=11,261) and staff (n=1,705) of the multi-campus Institute. To date, 2,269 student (20%) and 299 staff (18%) responses have been received. The instruments are comprised of both previously validated and recently devised items, with a number of common items to facilitate comparative analysis of students and staff where appropriate. Both questionnaires elicit demographic data and contain items regarding physical activity, nutrition, alcohol, smoking and mental health. The student instrument includes additional items regarding academic achievement, sexual health, substance abuse and social media, all of which are of specific relevance to this cohort.



Subsequent phases of the study will measure baseline physiological parameters in both student and staff participants. The researchers will also conduct focus groups and semi-structured interviews with key stakeholders in the new health promotion initiative. A review of previous and existing campus health promotion practices and an environmental audit of CIT's largest campus will also be conducted. The final phase of the study will implement and evaluate the efficacy of a campus-based physical activity intervention to increase baseline physical activity levels of sedentary students and staff.

Contact: Andrea Bickerdike, Postgraduate Researcher, Department of Sport, Leisure and Childhood Studies, Cork Institute of Technology andrea.bickerdike@mycit.ie



University of Edinburgh

Healthy University Update: Addressing Wellbeing through Physical Activity

Last July, due to funding, the role of the Healthy University team (Helen Ryall and Kirsty Baird) changed from a focus on student health in general to a focus on physical activity for students and staff. It has been a busy, productive and fun year and although I had reservations about a focus on just physical activity, it has served as a vehicle to address many health issues such as mental health and alcohol, rather than just trying to get people moving more (which is a good thing in itself!).

So I thought I would use this opportunity to share some learning. Where do you start when there are over 13,000 staff? Well we definitely weren't starting from scratch. In Scotland we have a workplace health scheme called 'Healthy Working Lives' which aims to support health promotion and safety at work and the University already holds the Gold Award. We also have a lot of very healthy employees who run jogging groups, walking groups, bike buddy schemes and many more because they know that being active is good for your health and for your work. Rather than develop a scattergun approach, we chose to focus on all the staff in one building which housed major decision-makers and included departments such as Human Resources and Finance. After identifying staff needs and interests through a pre-pilot survey – which highlighted a culture of inactivity (with staff eating lunch at their desks, taking lifts instead of stairs, and exhibiting higher than expected levels of sickness and absence) – we ran a six month programme of physical activity promotion.



Fortunately this gave us lots of opportunities to intervene. Over the past five months we have run lunchtime activity sessions such as yoga and body circuits, a stair climbing campaign, a six week Stepcount challenge, a lunchtime walking group, the option to hire bikes and attend led rides for the summer, a talk on avoiding injuries when being physically active, and offered 1:1 physical activity 'counselling' sessions. Staff who have engaged have readily told us of the changes this has made to their physical and mental wellbeing. The challenge remaining is how to get to those 'tough nuts' – the pre-contemplators who remain uninfluenced by our poster campaign! In August we will conduct a post-pilot survey to see what impact, if any, the pilot programme has made on staff wellbeing, absence rates and their physical activity levels.

Network members may also be interested in the University's 'Massive Open Online Course' (MOOC) **Sit Less, Get Active**, available to anyone with Internet access, which aims to empower and enable people to sit less and move more in various settings such as their neighbourhood, home, work, or school. The MOOC is a practical course that provides real examples and helps people set SMART physical activity goals and monitor their activity. The course is presented in short five-minute films showcasing children, older adults, teachers, parents, dancers, doctors and many more.

Contact: Helen Ryall, Healthy University Project Co-ordinator, helen.ryall@ed.ac.uk