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## Welcome From Joint Chairs

“In the period since the first Newsletter, the Coalition Government has instituted one of the toughest regimes of spending cuts that the sector has seen for decades. This places a requirement on HEIs for a rigorous regime of major restructuring, job cuts and significant culture change. For many institutions, this change in culture is actually creating a new form of ‘psychological contract’ about the running of the university. I have been involved in research on the psychological contract which represents that aggregate of reciprocal expectations between an institution and all its members. It is about such issues as a sense of fairness, dignity at work, the balance between collegial and corporate pressures and indeed the expectations and perceptions of leadership. Creating a sense of well-being and organisational health is at the heart of the concept.

In this context, our project on healthy universities is not some kind of optional extra but an integrated part of an inclusive leadership strategy to help the institution through very difficult periods of change.”

### **Ewart Wooldridge CBE**

*CEO, Leadership Foundation for Higher Education  
Joint Chair of the Leadership Advisory Group*

“This is time of major challenge for everyone, not least universities. It is all too easy to batten down the hatches and hope for better times ahead. The austerity measures, however, do offer an opportunity to do things differently. At times of financial constraint, how do we add value to the student and staff experience? The ‘Healthy Universities’ initiative does just that. And what is more, it is largely about leadership, commitment and organisational development, rather than financial investment. The dividend comes in the form of staff recruitment and retention, improved labour relations, and a better student experience. The ‘Healthy Universities’ initiative provides a low cost mechanism for improving educational and organisational outcomes. So it is perhaps not surprising that more and more HEIs are signing up.”

### **Professor Richard Parish**

*Chief Executive, Royal Society for Public Health  
Joint Chair of the Leadership Advisory Group*



## Project Update

The project is continuing to progress well, and the Project Board and Project Team have been busy since the last newsletter. A number of key activities and achievements are profiled in this newsletter – including:

- the development and launch of the 1<sup>st</sup> phase of the website
- the continued expansion and development of the English National Healthy Universities Network
- the establishment by the Association of Managers of Student Services in Higher Education of a special interest 'knowledge community' on Healthy Universities
- collaboration on a parallel project, Preventing and Minimising Gambling-related Harm in Higher Education Settings

In addition, formats and priority themes for guidance tools and case studies have been agreed and are currently being written, to be uploaded for field testing to the website as part of its 2<sup>nd</sup> phase development later this year. Indicative titles for guidance tools are:

- leading and implementing a 'whole university' approach to health and well-being
- integrating a commitment to health and well-being within a university's policy and planning process
- developing an holistic and joined-up approach to mental well-being
- connecting and developing synergy between health and sustainable development agendas
- planning and delivering high profile health-related events, activities and campaigns within a Healthy University framework

- leading and implementing a Healthy University approach to enhance student experience and performance
- how the Healthy University approach can enhance staff experience and performance

The project has continued to liaise with key stakeholder organisations and parallel initiatives such as the HEFCE-funded project 'Delivering sustainable high performance through an engaged, resilient workforce' ([www.wellbeing.ac.uk](http://www.wellbeing.ac.uk)) and has recently presented a poster at the Faculty of Public Health's annual conference. It has also convened a meeting at the 20<sup>th</sup> World Conference on Health Promotion to explore the potential for international networking.

As highlighted in the last newsletter, the Project Team was commissioned to work with the Royal Society for Public Health on a Department of Health funded project concerned with developing a model and national framework for Healthy Universities. Following substantial consultation with National Network members, a final report has been produced and submitted to the Department of Health. This provides a background to Healthy Universities, outlines the project implementation process, articulates a model, discusses key considerations in formulating a framework, and makes recommendations for action. A meeting is scheduled for August 2010 to discuss the report and recommendations.

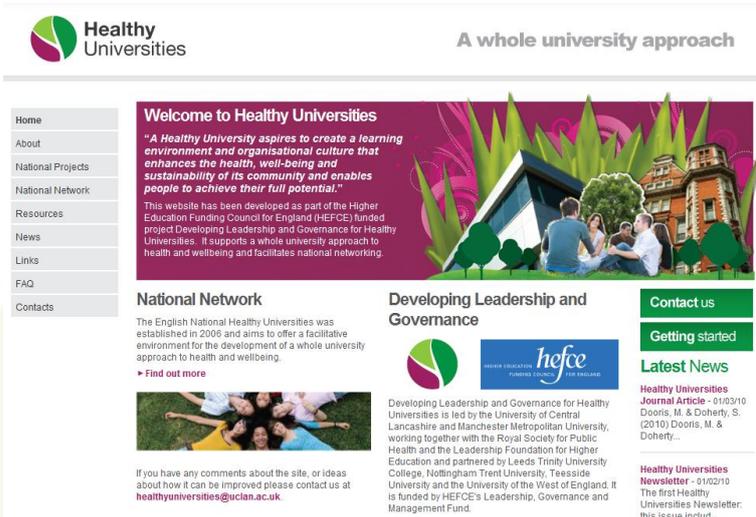
**Mark Dooris** - Director  
*Healthy Settings Development Unit, School of Public Health and Clinical Sciences, UCLan*

**Sue Powell** - Head  
*Academy for Health and Well-Being, MMU*



## Website Launch

In April, we launched the first phase of the Healthy Universities website [www.healthyuniversities.ac.uk](http://www.healthyuniversities.ac.uk). The site comprises an overview, information on the National Network and national projects, resources (including a 'getting started' section), news, links and frequently asked questions.



The screenshot shows the website's layout. At the top left is the Healthy Universities logo. The main heading is "A whole university approach". Below this is a "Welcome to Healthy Universities" section with a quote: "A Healthy University aspires to create a learning environment and organisational culture that enhances the health, well-being and sustainability of its community and enables people to achieve their full potential." This is followed by a paragraph explaining the website's development as part of a HEFCE-funded project. To the right of this text is a large image of people sitting on a lawn. Below the welcome section are three columns: "National Network" (with a sub-image of people), "Developing Leadership and Governance" (with a HEFCE logo), and "Contact us" and "Getting started" buttons. A "Latest News" section is also visible at the bottom right of the screenshot.

### National Network

This section of the site provides some background information about the *English National Healthy Universities Network*, along with details on how to become a member. Details of future meeting dates and papers from past meetings are available to view and download.

### News

Published articles relating to Healthy Universities such as newsletters and journal articles are uploaded to the news section of the site. Recently added items are highlighted down the right-hand side of each page for easy reference.

### Resources

This section of the site provides resources for 'getting started' for universities that are interested in taking a whole university approach to health and wellbeing. It includes two PowerPoint presentations. The first is designed to support securing engagement and buy-in from senior management, the second focuses on practical ideas about activities to support implementation.

The resources section also includes health-related reports and publications and relevant journal articles.



The graphic features the Healthy Universities logo at the top left. The main text, "A Healthy University: Getting Started", is displayed in large white font on a dark purple background. At the bottom right, the website URL [www.healthyuniversities.ac.uk](http://www.healthyuniversities.ac.uk) is shown in white on a green background.

Phase two of the website is currently under construction and will be launched in autumn 2010. This phase is largely focussed on further development of the resources section of the site and will include interactive guidance tools and case studies presented in a searchable database.

**Jennie Cawood** - Coordinator  
English National Healthy Universities Network,  
UCLan



## National Network

The Network now has members from approximately 55 HEIs and 20 other organisations (such as primary care trusts and national bodies). It meets twice a year, with meetings comprising a national progress report; local updates, networking and exchange; and a guest speaker and facilitated interactive workshop session.

The last meeting, held in April 2010, was attended by more than 30 people. Hosted by the University of Bristol the meeting had a special focus on Working with Student Services, led by Mark Ames representing the Association of Managers of Student Services in Higher Education (AMOSSHE).

The next meeting will be held on Friday 17 September at Leeds Trinity University College and will include a development session facilitated by Ewart Woldridge, Chief Executive of the Leadership Foundation for Higher Education and joint chair of the *Developing Leadership and Governance for Healthy Universities* Leadership Advisory Group. We will also be exploring some of the regional / sub-regional networking models that exist across England.

**Jennie Cawood** - Coordinator  
*English National Healthy Universities Network,  
UCLan*

### Dates for your diary.....

**National Network Meeting**  
**Friday 17<sup>th</sup> September 2010**  
**Leeds Trinity University College**

Development session: *Organisational Change Management*

**National Network Meeting**  
**TBC, February 2011**  
**London**

Development session: *Approaches to Healthy and Sustainable Food*



## Other Developments

### AMOSSHE Healthy Universities Knowledge Community

Following the inaugural Leadership Advisory Group, Mark Ames (Head of Student Services at the University of Bath) and representative of AMOSSHE: The Student Services Organisation, contacted the Project Team to discuss how AMOSSHE could best support and work in collaboration with the Project. As a result, AMOSSHE has established a Healthy Universities Knowledge Community (with a membership representing more than 30 HEIs). Among its objectives are:

- to increase understanding of the Healthy Universities agenda among AMOSSHE members and senior managers in our institutions
- to strengthen the evidence base demonstrating the contribution of the Healthy Universities approach to the student experience, including a focus on recruitment, retention and achievement
- to contribute to the production of relevant guidance tools and case studies
- to contribute to the long-term durability of the project and of Healthy Universities

### Preventing and Minimising Gambling-related Harm in Higher Education Settings

Manchester Metropolitan University and the University of Central Lancashire have secured a £50K research grant from the Responsible Gambling Fund which aims to:

- develop and raise levels of awareness of gambling as an issue for higher education
- provide resources to support students and staff which will minimise and prevent gambling-related harm in universities

The work started in May 2010 and will be completed by the end of June 2011. At the end of the project there will be:

- tailor-made resources produced for key staff to use to identify and signpost to support services
- resources developed with students and made available within the MMU and UCLan web pages related to gambling and linking to further specialised services. These resources may include signposting to services, methods of early recognition of gambling harm, useful self-help tools
- information/resources disseminated to universities to apply to their own setting as a means of encouraging them to address gambling-related harm issues

These resources will be made widely available via the English Healthy Universities Network.

### Contact us

Please send any comments or queries to:

**Jennie Cawood**

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*English National Healthy Universities Network*

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