



UK HEALTHY UNIVERSITIES NETWORK

SHEFFIELD HALLAM UNIVERSITY

THURSDAY 27 NOVEMBER 2014

REPORT OF MEETING

&

REPORT OF THEMED SESSION/ WORKSHOP

ON SUSTAINING HIGH-LEVEL ENGAGEMENT AND LEADERSHIP



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WELCOME

Mark Swales, Director of Estates and Facilities welcomed the Network to Sheffield Hallam University (SHU). He outlined the rationale for SHU joining the Network, highlighting how being a Healthy University contributed to their 'corporate social responsibility' commitment. He is now the Healthy University Champion at Directorate level. SHU have completed the Self Review Tool, which provided a useful mechanism for identifying areas to focus effort on.

NETWORK UPDATE

[See Intro_Presentation.](#)

Mark Dooris added his welcome and provided a brief update on Network business:

- **Website Usage:** Since the launch in 2010, there have been more than 15,000 individual users from 139 countries making over 25,000 visits to the web pages. The overall trend continues to be upwards: For the period June-November, there were 2228 users in 2014, 1735 in 2013 and 600 in 2010.
- **Keeping Website Dynamic:** If the website is to remain as useful and up-to-date as possible, it relies on Network members providing news updates and new and updated case studies (via the [case study template](#)).
- **Newsletter:** Likewise, the newsletter relies on Network members sending in contributions – updates, news items, features, discussions. The deadline was 14 November but we have only received one item! This is now extended to **23 December 2014** – PLEASE CONTRIBUTE!
- **Self Review Tool:** There are more than 100 people registered and to date, there have been 43 users from 28 HEIs. MMU and UCLan are currently conducting research to explore how the tool has been used and generate learning for future development.
- **International Conference:** As notified via email, an [International Conference on Health Promoting Universities and Colleges](#) is being held in British Columbia, Canada, from 22-26 June 2015. The second round of abstracts is now open – deadline 15 December 2014.
- **Future Meetings:** Meetings will be held in Scotland (likely to be Edinburgh) in May 2015 and in Manchester at MMU in November 2015 (unless we receive another offer!). Dates to be notified.

NETWORKING, UPDATES, SHARING OF PRACTICE AND PEER SUPPORT

- **UK Round-Up:**
 - **Northern Ireland:** Hilary Johnston reported that the Public Health Agency has held a number of positive meetings and is progressing the Healthy Universities agenda.
 - **Scotland:** Helen Ryall and Jane Culpan reported that, following discussions with Health Scotland, there is now an intention to form a Scottish Network – but to retain strong links to the UK Network. Hosting the next meeting is seen to be an important means of making progress on both fronts.
 - **Wales:** Chris Deacy provided an update. As previously notified, a Healthy and Sustainable Universities Framework for Wales has been developed and agreed. Public Health Wales will host these on their web site. Welsh universities will continue to participate in the UK Network.

- **Workplace Health:** Karen Cregan reported that Universities Human Resources (UHR) and the Universities and Colleges Employers' Association (UCEA) are supporting regional engagement events on well-being. These meetings aim to share good practice. There will be a number of meetings in the new year looking at mental health and leadership development/behaviours. A conference is planned for September 2015 and it will be valuable to have input from the UK Healthy Universities Network.
- **Food for Life Partnership: See FFLP_Presentation.** Susannah McWilliam gave a short presentation about the Food for Life Partnership. This is funded by the Big Lottery and aims to embed good food culture. There is currently one pilot university site at Lancaster University, which will start to define how the initiative can be used in HEIs. An evaluation will begin in the next few months. For further information, please contact: Susannah McWilliam SMcWilliam@soilassociation.org.
- **Student Perceptions of a Healthy University: See StudentPerceptions_Presentation.** Maxine Holt gave a short presentation about a research project conducted by MMU, focusing on Student Perceptions of a Healthy University. The idea for the research emerged following engagement with the Self Review Tool. During discussion, Mark Dooris highlighted doctoral research on Healthy Universities conducted by Joanne Newton, who has recently gained her PhD from London South Bank University: this included a concept analysis and case studies, which involved qualitative research with students and staff. He agreed to contact Jo to see if a summary could be made available to Network members. For further information on the MMU research, please contact: Maxine Holt m.holt@mmu.ac.uk.
- **NUS Alcohol Impact Project:** Sue Powell gave a brief update on the Home Office funded NUS-led **Alcohol Impact Project**, which is seeking to change social norms. Swansea University, Manchester Metropolitan University, University of Brighton, Royal Holloway, University of London, Loughborough University, University of Nottingham and Liverpool John Moores University [and their students' unions] are participating.
- **Feedback from Table Discussion – Key Issues and Potential Themes for Future Meetings:**
 - **Impact:** Appreciating the pressure to demonstrate impact and the relative lack of research and evidence capturing and articulating the added value of whole system Healthy University initiatives, there was strong interest in exploring this further.
 - **Inequalities:** Acknowledging the imperative of focusing public health efforts and resources on tackling health inequalities and promoting health equity, this was seen to be a timely issue for discussion.
 - **Doctoral Research:** It was felt that it would be valuable to have a session focusing on Jo Newton's doctoral research.
 - **Staff and Students:** Discussing whether and when we need to divide/distinguish our work with students and staff. There will be some themes and occasions when we can work across the whole university population and other times when it is important to target and 'hone' our ways of working.
 - **Relationship between University and Students' Union:** Recognising that this varies hugely between HEIs – further consideration of how this relationship has been developed at different universities would be valuable (also highlighting areas where there is a conflict of interest – e.g. alcohol).
 - **Sustainability, Environment and Health – and Campus Design and Outdoor/Green Space:** Appreciating the increasing research on the importance of nature and green space for health and wellbeing – and of taking a break 'outdoors' – this could offer a useful focus for discussion. It was also noted that there could be valuable links forged between Healthy Universities and the Environment Association of Universities and Colleges (hosted by Queen Margaret University).

- **Healthy and Sustainable Food:** Although this is a theme that has already formed the focus of several previous meetings – it continues to be important (in terms of affordability, scales of food production/procurement, choice, consistency etc.).
- **Higher Education and Further Education:** Appreciating the particular challenges facing further education as a sector – and the importance of the sector for tackling inequalities – there was discussion about the provision of higher education programmes within further education settings (highlighting the relationship between 'place' and 'people' – many of our higher education students are educated outside of our universities).

THEMED SESSION: SUSTAINING HIGH-LEVEL ENGAGEMENT AND LEADERSHIP FOR HEALTHY UNIVERSITIES

- **Securing and Sustaining Leadership for Healthy Universities: See Overview_Presentation.** Mark Dooris and Sue Powell gave a short presentation drawing on and adapting a model developed by Doug Parkin from the Leadership Foundation for Higher Education. They suggested four levers for embedding a Healthy University approach into the core business of universities – discussing language, values, business case and impact.
- **Sheffield Hallam's Approach to Gaining High-Level Engagement: See SHU_Presentation.** Claire Gandy gave a presentation on SHU's Healthy University journey. This has involved two years securing executive endorsement and 18 months developing the SHU framework for student support. This then led on to the establishment of a Wellbeing Group and Forum chaired by the Director of Human Resources. Following completion of the Self Review Tool, a paper was presented to the Executive outlining priorities. The team are now working on an action plan and KPIs.
- **Leadership from the public health system: See MiddlesbroughTeesside_Presentation.** Richie Andrew and Hazel Wright gave a joint presentation about the Middlesbrough 'Extra Life' programme. Driven by recognition that health indicators in Middlesbrough were not improving so a new approach was needed, this has involved applying a shared pathway across three major institutional settings: Teesside University; the FE College; and the hospital. The whole system vision developed by Middlesbrough Public Health resonated with Teesside University's Healthy University initiative and Extra Life as a brand has added real value to the work.

Top Tips from Public Health

- Understand settings models and evidence base
- Seek opportunities to use evidence base to influence commissioning
- Seek funding from other areas where population are from
- Set realistic time/objectives for action plans
- Share evidence with providers and promote shared need whenever possible
- Seek to understand the relationships between the activities of the setting and impact on health
- Make every contact count!
- Top Tips from the University

From the University

- Get to know your public health service
- Invite yourself to external meetings/go to networking events
- Get to know which committees within your University could be most useful e.g learning and teaching committees
- Identify University objectives and strategy where a health and wellbeing approach can help
- Identify shared objectives with PH
- Seek people out who would be good advocates and allies
- Continually nurture the partnerships you've developed within and outside of the University and continue to make new ones.
- Get PH senior managers/exec talking to University senior managers/exec
- Plan some quick wins to show something is happening
- Chip away.....and keep chipping away.....and keep chipping away!
- Be patient

APPENDIX 1: ATTENDANCE

Name	Organisation	Email
Richie Andrew	Middlesbrough Council	Richie_Andrew@middlesbrough.gov.uk
Catina Barrett	NIACE	catina.barrett@NIACE.org.uk
Laura Bramhall	Sheffield Hallam University	L.Bramhall@shu.ac.uk
Jess Clark	University of Salford	
Karen Cregan	University of Chester	k.cregan@chester.ac.uk
Jane Culpan	Queen Margaret University	JCulpan@qmu.ac.uk
Chris Deacy	Cardiff Metropolitan University	CDeacy@cardiffmet.ac.uk
Paul Dodsley	Nottingham Trent University	paul.dodsley@ntu.ac.uk
Mark Dooris	UCLan	MTDooris@uclan.ac.uk
Sharon Doherty	UCLan	SHDoherty@uclan.ac.uk
Sarah Driscoll	Anglia Ruskin University	Sarah.Driscoll@anglia.ac.uk
Claire Gandy	Sheffield Hallam University	C.Gandy@shu.ac.uk
Yvonne Harris	Manchester Metropolitan University	Y.Harris@mmu.ac.uk
Maxine Holt	Manchester Metropolitan University	m.holt@mmu.ac.uk
Hilary Johnston	Public Health Agency	Hilary.Johnston@hscni.net
Ursula Klingel	Sheffield Hallam University	U.Klingel@shu.ac.uk
Judith Lane	Queen Margaret University	JLane@qmu.ac.uk
Alison McCamley	Sheffield Hallam University	
Ann Macaskill	Sheffield Hallam University	a.macaskill@shu.ac.uk
Susannah McWilliam	Soil Association	SMcWilliam@soilassociation.org
Rob Monk	Manchester Metropolitan University	R.Monk@mmu.ac.uk
Amy Norton	Higher Education Funding Council for England (HEFCE)	A.NORTON@hefce.ac.uk
Judy Orme	University of the West of England	judy.orme@uwe.ac.uk
Sue Powell	Manchester Metropolitan University	S.Powell@mmu.ac.uk
Karen Price	University of Winchester	Karen.Price@winchester.ac.uk
Amanda Rigbye	University of Salford	a.rigbye@salford.ac.uk
Helen Ryall	University of Edinburgh	Helen.Ryall@ed.ac.uk
Lizzie Sabine	University of the West of England	Elizabeth2.Sabine@uwe.ac.uk
Sarah Stewart	University of the West of England	
Nic Streatfield	York St John University	n.streatfield@yorks.j.ac.uk
Mark Swales	Sheffield Hallam University	m.swales@shu.ac.uk
Emma Walters	Cardiff Metropolitan University	ewalters@cardiffmet.ac.uk
Hazel Wright	Teesside University	h.wright@tees.ac.uk

REGISTERED BUT NOT SIGNED IN ON DAY

Gemma Carroll	University of Wolverhampton	gemma.carroll@wlv.ac.uk
Claire Casey	Sheffield Hallam University	c.casey@shu.ac.uk
Denise Eaves	University of Nottingham	denise.eaves@nottingham.ac.uk
Robyn Fitzharris	Brunel University	well@brunel.ac.uk
Ben Miles	University of Northampton	ben.miles@northampton.ac.uk
Sandra Stephens	Sheffield Hallam University	S.Stephens@shu.ac.uk

APOLOGIES

Name	Organisation
Lesley Bowen	Brunel University London
Rachel Brown	Cardiff University
Jonathan Dover	City University London
Jenny Dunstall	University of Northampton
Jo Goodman	NUS
Richard Hughes	Sheffield Hallam University
Ian Kenvyn	Leeds Trinity University
Rebecca Millar	University of Wolverhampton
Doug Parkin	Leadership Foundation for Higher Education
Judy Stevenson	Sheffield Hallam University