



EDITORIAL

Festive greetings to everyone – and a special welcome to all new members!

2015 has been another strong year for the UK Healthy Universities Network and thank you to you all for your engagement and support. We have continued to grow in both full and associate membership and currently have representation from a total of 119 organisations – 78 UK universities [62 from England; 5 from Wales; 8 from Scotland; 2 from Northern Ireland]; 15 non-UK universities (from Australia, Canada, Ireland, New Zealand and Turkey); and 26 other stakeholder organisations.

Looking ahead to 2016, UCLan and MMU are planning to collaborate on a new research and evaluation project UK Healthy Universities Network: A Review and Exploration of Engagement and Practice. Look out for further notifications and opportunities to participate!

Professor Mark Dooris, University of Central Lancashire

Professor Sue Powell, Manchester Metropolitan University



UK HEALTHY UNIVERSITIES NETWORK – NEWS

Website and Online Toolkit

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, nearly **23,000 unique visitors** from **148 different countries** have made **around 36,000 visits** to the website and toolkit. The statistics indicate that interest and engagement has continued to increase over time.

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 Manchester Metropolitan University on 11 November 2015. The themed session was *Approaches to Addressing Alcohol Use and Misuse in Higher Education*. **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 the University of the West of England in Bristol, on 25 May 2016. The autumn meeting in 2016 will be hosted by Nottingham Trent University – date to be confirmed.

Newsletters

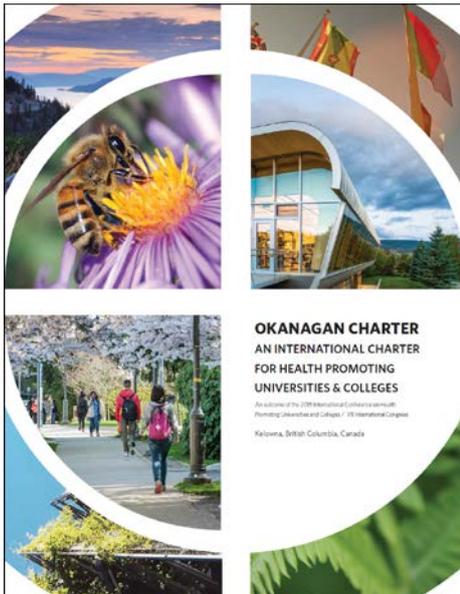
We aim to produce two newsletters each year. The deadline for receipt of material (news, updates, and features) for the next edition is **24 June 2016**.

Email: healthyuniversities@uclan.ac.uk



INTERNATIONAL NEWS

Okanagan Charter for Health Promoting Universities and Colleges



As previously reported, UK Network members travelled to British Columbia in Canada in June 2015 to participate in the International Conference on Health Promoting Universities and Colleges. Held ten years after the International Congress on Health Promoting Universities which produced the Edmonton Charter, the conference was engaging inspiring, energising – and was attended by 375 participants from over 30 different countries.

The evaluation report from the conference concludes that the event was highly successful:

“It created a dynamic meeting place for researchers, practitioners, administrators, students and policy-makers from around the world. Pressing health and sustainability issues were explored, local and global networks were strengthened, the latest research and practices were shared and critiqued, and a new International Charter was co-designed, all with the goal of advancing health promotion in higher education settings and beyond.”

The interactive Conference design supported knowledge exchange among a diversity of people interested in the intersections of human and environmental health and wellbeing, ecosystem sustainability and learning and productivity.

Alongside the Conference scientific programme, which comprised 14 plenary sessions and 139 presentations, a major strand of activity focused on the participatory development of the **Okanagan Charter for Health Promoting Universities and Colleges**. The multi-level engagement, consultation and involvement process was jointly led by UK Network member, Sharon Doherty. The Charter sets out a radical and far-reaching vision:

“Health Promoting Universities and Colleges transform the health and sustainability of our current and future societies, strengthen communities and contribute to the wellbeing of people, places and the planet...They infuse health into everyday operations, business practices and academic mandates. By doing so, they enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.”

Urging higher education institutions to incorporate health promotion values and principles into their mission, vision and strategic plans, and model and test approaches for the wider community and society, the Charter issues two Calls to Action for higher education institutions:

-  Embed health into all aspects of campus culture, across the administration, operations and academic mandates.
-  Lead health promotion action and collaboration locally and globally.

At its last UK Healthy Universities Network meeting, it was agreed that:

- ➔ **members will seek opportunities to raise awareness and secure commitment to the Charter within their own HEIs – and also consider how they can refresh their own strategies and action plans in line with the new Charter, and use the Charter to engage with their Public Health teams and local Clinical Commissioning Groups.**
- ➔ **the Network co-chairs will explore opportunities for the Network to raise awareness of the Charter through its Steering Group, Universities UK and other bodies.**



UPDATE – NORTHERN IRELAND

Hilary Johnston from the Public Health Agency for Northern Ireland has met with colleagues from Queens University Belfast and Stranmillis University College. Both institutions have joined the UK Network – our first members from Northern Ireland!

Contact: Hilary Johnston, Public Health Agency for Northern Ireland Hilary.Johnston@hscni.net

UPDATE – SCOTLAND

The Scottish Network has not formally met since the meeting in May however they are still liaising by email and through teleconference. Each of the members is continuing to develop different initiatives within their respective institutions and the value of having a Scottish Network has been acknowledged particularly around Scottish policy directives. All members agree the importance and value of retaining an active part of the wider UK network.

Contact: Gil Barton, Robert Gordon University g.barton1@rgu.ac.uk

UPDATE – WALES

Public Health Wales is hoping to launch the Welsh Healthy and Sustainable Universities Framework in the New Year – watch this space!

Contact: Mary Charles, Public Health Wales mary.charles@wales.nhs.uk

UPDATES FROM NETWORK MEMBERS

University of Nottingham School of Health Sciences:

Sustained success in promoting employee health and wellbeing

The School of Health Sciences at the University of Nottingham has a Work, Health and Wellbeing Programme for its staff, which is now used as a case example as part of the British Heart Foundation (BHF)'s Health at Work programme. Details about the programme and benefits for staff can be found on the BHF website: <https://www.bhf.org.uk/health-at-work/case-studies/education-sector>.

This case example shows how workplace health programmes can make a difference to staff in terms of their physical and mental wellbeing, and work productivity. The School has recently become the first organisation to win the Bronze Award in the Nottinghamshire County Workplace Health Award Scheme, run by Nottinghamshire County Council Public Health Team.

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



Robert Gordon University:

Fit for the Future

Fit for the Future, RGU's healthy university brand has continued to be embedded across the university community with a wide range of activities aimed at both staff and students. Phase 2 of the Staff Physical Activity & Wellbeing research was undertaken in spring 2015 and results will be finalised in January 2016. A second year of funding for the Strategic Lead position has been secured allowing the work to be further consolidated.

Contact: Gil Barton, Robert Gordon University g.barton1@rgu.ac.uk

Healthy Conservatoires

Louise Atkins from the Royal College of Music has been working with colleagues to further develop and progress the Healthy Conservatoires Network. This has held two meetings and has at least one representative from all nine conservatoires within the UK. The Network has adopted terms of reference which draw on the UK Healthy Universities Network and Healthy Further Education, but are modified to take into account the nuances of the conservatoire setting. The Network has also bought a domain name and begun to explore the operational processes involved in applying the Healthy Universities model to conservatoires UK (CUK) – considering what can be actioned by individual institutions and what needs to be taken forward at the sector level.

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

NEWS & FEATURES

North West Regional Health and Wellbeing Group

The UK Healthy Universities Network is represented by Maxine Holt at meetings of the NW Regional Health and Wellbeing Group and the agenda includes a regular update from the UK Healthy Universities Network. The following items were discussed at the recent meeting, which may be of interest to network members:

- Funding for podcasts with Dame Carol Black regarding mental health and wellbeing in organisations. Further details: Chris Bolam, Head of Health and Safety, MMU c.bolam@mmu.ac.uk
- Mental Health First Aid (MHFA) training is being piloted across 15 universities this autumn with an evaluation to follow. Further information: Karen Cregan, University of Chester k.cregan@chester.ac.uk
- The Scottish Health and Wellbeing Group gave an overview of their work. The focus has been on making a framework for HE around good stress management practice and the links to HEI policy and training and support mechanisms required.
- The issue of engaging staff in surveys similar to that of the Student Perceptions of a Healthy University Study (Holt et al, 2015) was raised. UCEA is working on some engagement questions in their staff questionnaire with pilots running in September 2015. Karen and Maxine will meet to discuss further how the student perceptions survey may be used.
- A presentation was given on the Sound Doctor by Rosie Runciman which may be useful for both teaching and HR occupational health for employees www.thesounddoctor.org
- The group workd focussed on the article **How to decrease the health risks associated with long hours**
- There will be a HR UCEA Conference in May 2016

Further Information: Maxine Holt, Principal Lecturer, MMU m.holt@mmu.ac.uk



Royal Social for Public Health

Youth Health Movement and Youth Health Champions

Youth Health Champions are young people from age 14+ who are trained to design and deliver health promotion messages to their peers. Since 2004 Youth Health Champions have been active in schools and colleges, delivering health promotion campaigns in innovative ways. In 2014, Royal Society for Public Health launched the Youth Health Champion Certificate, giving young people an accredited qualification in health promotion and the skills and knowledge to act as health promoters in educational and community settings.

These first Youth Health Champions are now likely to be in the University environment, and as the YHC programmes become more widespread throughout the UK, universities have an opportunity to engage with these students and invite them to continue with and develop their role in the university setting.

Youth Health Champions contribute to a university setting in a variety of ways:

- Strengthen relationships with local health services, sport and fitness community groups
- Design and deliver health promotion campaigns relevant to the University student health priorities
- Work at a senior level with regards to implement student health interventions
- Support attainment and wellbeing of the student community
- Contribute to the development of skills and experience relating to Health and Social Care courses



Case study: A college had a high number of students requiring medical attention after the end of summer term parties. YHC's developed a series of posters highlighting what action to take when a person is very drunk, and tips for safer drinking. They also arranged for the local sexual health service to provide staff members to hand out free sexual health information and condoms during the week before the exam period. This intervention reduced the number of ambulances called to the campus and the number of people requiring sexual health screening after the end of exam celebrations.

RSPH trains new cohorts of Youth Health Champions in university settings. Students who are already active volunteers can benefit from having an additional qualification, as can students currently studying courses relating to health and wellbeing, medicine and social care.

Further Information: yhm@rsph.org.uk www.youthhealthmovement.org.uk

NUS Alcohol Impact

Alcohol Impact embeds social norms of responsible drinking on our campuses, changing attitudes towards alcohol, and building healthier, safer, more productive student communities. During 2015/16, NUS is working with 16 new **students' unions and their partner institutions**.

To register your interest for the 2016/17 cohort or to talk to us about anything else to do with the programme, please get in touch. As part of the pilot year of the programme (2014-15), we ran a variety of different research to find out about student attitudes and behaviours towards alcohol consumption in higher education. We will continue to conduct an annual survey with new and old cohorts. To read the report, please visit the **website** and enter your contact details.

Further Information: Lucy-Ann Henry, Alcohol Impact Programme Manager Lucy-Ann.Henry@nus.org.uk

