



NETWORK NEWS

From England...to the UK

Following discussions with colleagues in Wales and Scotland, it has been agreed that the Network will now be known as the UK National Healthy Universities Network, extending its scope beyond England – and including Welsh and Scottish representation on the Board. As previously, the Network will remain open to interested individuals and institutions from countries outside the UK.

Welsh Developments

The Welsh Government is leading the development of a Healthy and Sustainable FE and HE Programme for Wales. This will include an accreditation framework that incorporates a matrix comprising core aspects of provision (drawing strongly on the Network's Self Review Tool) and health and sustainability topics.

Website Use and Development

The HEFCE-funded project enabled the Network to be strengthened and for the **Healthy Universities Website** and the **Healthy Universities Toolkit** (comprising a self review tool, guidance packages and case studies) to be developed. New case studies can be submitted, using the **template** form. Since it was set up in 2010, 7,540 unique visitors from 117 different countries have made 13,399 visits to the website. The statistics indicates that interest and engagement has increased over time, with 1,446 people visiting the site in the period January-April 2013 compared to 1,088 in the period January-April 2011.

OTHER NEWS IN BRIEF

Working for Health Equity: The Role of Health Professionals

This **report** demonstrates that the healthcare system and those working within it have an important and often under-utilised role in reducing health inequalities through action on the social determinants of health. The health workforce are, after all, well placed to initiate and develop services that take into account and attempt to improve the wider social context for patients and staff.

How Can Universities Support Disadvantaged Communities?

This Joseph Rowntree Foundation **study** shows how universities can support disadvantaged communities by providing access to opportunities and facilities, resources and expertise. It explores how they are successfully engaging with these communities and highlights the potential for universities to do more and to do it better.

Health and Sustainability– Fit for the Future?

This **report** provides an introductory guide to teaching and learning for sustainability in higher education. The Framework was developed out of the experience of the Higher Education Academy 'Education for Sustainable Development' Project, which ran from 2006-2011.



Studying with HIV Resource

The **Children and Young People HIV Network** is a national network that develops policy and practice in relation to children and young people who are living with and/or affected by HIV. Our latest project has focused on the transition young people with HIV make from childhood into adult life. Consultations with young HIV positive people and the practitioners supporting them revealed that many aspire to study at university, but for those who do, managing student life with HIV can be a struggle. Whilst people with HIV can lead normal lives, given the stigma surrounding the condition, most young adults find it extremely difficult to discuss HIV with staff, healthcare professionals, friends, housemates and sexual partners. We have created a free web resource specifically for professionals in higher and further education, called **Studying with HIV**. The information will help individuals in a wide range of roles to work with students who have HIV by: responding positively to disclosures of HIV; answering questions; providing emotional or practical support; signposting to services; making institutions more welcoming for young students who have HIV. The website offers practical advice and guidance, such as information on why and how difficulties can arise for students who have HIV; a checklist with key points on living with HIV; and how to respond when a student discloses their status to you. We have also produced a range of easy to read **Your Life** leaflets for young people and adults covering issues such as rights, telling people about your HIV status, staying healthy, student life, working life, and being independent.

We are keen to hear any comments you may have on 'Studying with HIV', so that we can make it as fit for purpose as possible.

Contact: Linda Toocaram, National Children's Bureau ltoocaram@ncb.org.uk

UPDATES FROM NETWORK MEMBERS

University of Central Lancashire

Last year a new three year HU Action Plan was developed. UCLan used the Self Review Tool from the Healthy University website as part of this process with the HU Steering Group. This process was useful and produced good discussion at this level, helped clarify and 'put on paper' our strengths and areas for development. We plan to use the Self Review Tool as a regular part of our monitoring of the HU Action Plan and in the future to include student perspectives as well. The 2012-2015 HU Action Plan has been structured around health topics, although more specific links have been identified between topics such as physical activity and mental health. There has been an emphasis on cross referencing other key UCLan strategies and how they support each other, e.g. UCLan Sport Strategy, Catering Strategy and the Sustainability Strategy. Also, a commitment to developing more student placement/volunteering opportunities to support the delivery of the HU initiative.

Earlier this year we were offered funding from Central Lancashire PCT to become a Health Champion training centre and to recruit students and staff to be trained as Health Champions. The HU and the SU will be leading on this work at UCLan to develop opportunities for students to gain a qualification and practical experience while studying. We are still in the planning stages but we hope that volunteering and curriculum links will both be offered to students. For staff we have already identified a number of key roles where this type of CPD may be useful when working with colleagues and students. In terms of their role it is anticipated that they will support the delivery of the HU work programme and also create their own messages/campaigns and be a resource within the university community to informally support and signpost students.

[Health Champions are volunteers who help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing health messages, signposting to services, removing barriers and creating supportive networks and environments.]

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



University College Cork, Ireland

University College Cork (UCC) has developed its university-wide action plan with the aim to officially becoming an accredited Health Promoting University. The name we have chosen for the initiative is UCC Health Matters and for the past few months we have been working on increasing the visibility and awareness of this initiative on campus.

We developed some social media for this initiative and it has been one of our most successful means of communication so far. Find us and like us at <http://www.facebook.com/UCCHealthMatters>. We are aiming for 1,000 likes over the next couple of weeks, we are at over 800, and the page was created just three months ago. See us also on Twitter <https://twitter.com/UCCHealthMatter>

Under the overall umbrella of UCC Health Matters, we have been coordinating UCC Operation Transformation. As part of this we have been supporting 4 students and 4 staff who have been embarking on a lifestyle change programme to make positive changes to their health with a focus on healthy eating, physical activity and mental wellbeing. Social media here has played a vital role and is all the time increasing the visibility of our Initiative UCC Health Matters.

I would love to hear from the other members of the Healthy Universities Network about how they might be using social media in their work and especially in the context of becoming a health promoting University. We have found social media to be of huge importance in a setting where communication is now largely driven by what is happening online, but it is no mean feat to achieve a strong presence in this domain and we would like to hear from others about their challenges and successes.

If you have any questions or queries about any of this I would be delighted to discuss it, as would Dr Byrne. You can contact either of here by telephone on (00353) 214902311 or by email, or indeed why not post on our Facebook Pages or Tweet a message from your own accounts to our Twitter accounts.

Contact: Deirdre Griffin, Health Promotion Project Worker, hppw@ucc.ie; Tel: (00353) 214902311;

Web: <http://www.ucc.ie/en/studenthealth/>; Facebook: [UCCStudentHealth](https://www.facebook.com/UCCStudentHealth); Twitter: [@uccstudnthealth](https://twitter.com/uccstudnthealth);

Youtube: [UCSTUDENTHEALTH](https://www.youtube.com/channel/UCSTUDENTHEALTH)

University of Greenwich

The main Healthy Universities event has been the Wellbeing: Policy and Practice Conference June 2011, organized by staff in the Health Development Department, University of Greenwich. The Conference enabled attendees to network and contribute to important policy and practice debates around the idea of wellbeing and its links to health and social care. The conference was organized in the light of the concept of wellbeing which is now a major organizing concept in healthcare and the delivery of it, informing the need to provide services and initiatives to enhance the quality of life for individuals, communities, families and society as a whole. The conference also explored what the concept of wellbeing meant for health promotion and behaviour change solution. The conference was run through a series of lectures and workshops by experienced academics and practitioners. Among these was a presentation on the 'Healthy Foundations Life-stage model', by Dom McVey of Word of Mouth Research Ltd; and a lecture by Anneyce Knight, Senior Lecturer, on the implications of wellbeing for practice. Following successful conference presentations at the Common Ground Diversities Conference, University of Cape Town, South Africa, Anneyce Knight and Dr Vincent La Placa have recently published an article in International Journal of Health Promotion and Education, focusing on potential development of the concept of a 'healthy university' with regard to policy and interventions

To integrate Healthy Universities into student life and the 'student experience', students were invited to submit a Healthy Universities health promotion poster to the annual School of Health and Social Care Student Gala. Issues dealt with in posters were, for instance, alcohol, mental health and service signposting. The winner was awarded one hundred pounds of Amazon book vouchers to contribute towards her studies, having produced a poster around reducing alcohol consumption. The other major Healthy Universities activity has been the production of a DVD dealing with potential health and wellbeing issues for students during their time at the University of Greenwich; for example, exercise, smoking and stress.

The DVD was arranged by Dr Vincent La Placa and Dr John Foster (University of Greenwich) and produced by film production



company, Aether Productions. The DVD is currently being disseminated around the campus and will be included in next academic year's student's induction. See: <http://www.tandfonline.com/eprint/EEmpqTgyJrIKHrTpWP/full>

Contact: Dr Vincent La Placa, Professor of Health and Social Care / Director, Centre for Ageing and Mental Health
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Manchester Metropolitan University

Manchester Metropolitan University is currently reviewing its healthy university status using the self review tool. Key departmental and faculty leads across the university have used the self review tool to identify, assess and evidence their level of contribution to the whole system approach. This initial exercise has in itself been very useful in enabling each area of the university to re-focus its thinking about where the university is on the healthy universities journey and what else needs to be done. A Steering Group has been formed to look at the initial reviews and to agree a consolidated overarching review. Recommendations for further actions will be made to the Deputy Vice Chancellor, Health.

Contact: Sue Powell, Head of Centre for Public Health s.powell@mmu.ac.uk

Middlesex University

Middlesex University's commitment to staff health and wellbeing was formally recognised by the award of the Wellbeing Charter in November 2012.

The Wellbeing Charter is an accreditation scheme set up and delivered by the Department of Health, which provides a framework for developing staff wellbeing to standards established by legal regulations and best practice. An independent panel from the department gave Middlesex the highest rating of 'Excellent'.

The assessment measured the University's approach to staff wellbeing in areas including healthy eating, physical activity, mental health and smoking. It found that Middlesex showed many key strengths, including the formation of a university wide Wellbeing Steering Group, strong occupational health provision, a wide range of support offered to staff and managers around organisational change, and good options for - and information on - healthy eating.

The Wellbeing Steering Group plans health promotion activities across the academic year and reports to the Corporate Health and Safety committee. The members are:

- Occupational Health and Safety
- Human Resources
- Academic Health Promotion
- Students' Union
- Sport and Recreation
- Disability Support
- Counselling Service
- Student Support Services
- Chartwells catering
- Staff unions

Currently working in partnership with Barnet Healthy Lifestyle Service, London Borough of Barnet and the London Health Improvement Board, the Group continues to plan health activities for both staff and students.

Contact: Daryl Evans, Principal Lecturer d.evans@mdx.ac.uk



Sheffield Hallam University

A Student Wellness pilot project launched in January 2012 saw Sheffield Hallam University student interns from physical activity and exercise science courses provide health assessments and lifestyle consultations to healthcare students. The Student Wellness internship emerged from a collaboration with colleagues from across the University. It had a positive impact on students' confidence, health promotion skills and vital skills needed to gain employment, such as leadership, communication and problem solving. Interns also reported increased confidence to apply for jobs in the exercise and health industry.

Alex Vamplew, one of the students who volunteered for the internship now works as a fitness instructor and shift leader at De Vere Belton Woods hotel. He said, 'Involvement in the pilot set me apart from other applicants who had not experienced one-to-one consultations or received the same level of high quality training I had.'

Another student Manon Brilliant, was presented with a Silver Hallam Award at the 2012 graduation ceremony, which recognises student commitment to improving employability skills.

Healthcare students who received the health assessments and lifestyle consultations made positive changes to their lifestyle and reported increases in their motivation and confidence to make healthy lifestyle changes. They also believed the student led wellness project enriched their student experience.

The project was redeveloped for 2013 with a focus on wider inclusion of students from across the University. The project was delivered during March and April and feedback is being gathered via online surveys and focus group discussions. A report will be available at the beginning of June 2013.

Contact StudentWellnessProject@shu.ac.uk or visit <http://hallamunion.org/student-life/student-wellness> for more details.

Simon Fraser University, British Columbia, Canada

At Simon Fraser University (SFU), on the west coast of Canada, the Health Promotion team is taking action in creating a *Healthy Campus Community*, where the people, processes and spaces contribute to well-being and success for all. The team is engaged in a variety of projects that have contributed to developing SFU as a health promoting university. The focus of this new initiative is on making systemic changes that will have a lasting impact on students overall well-being. Some successful strategies (to date) include: research partnerships to explore systemic impacts on student well-being; involvement in relevant campus committees such as the classroom renewal committee; working with faculty to explore how classroom resources and teaching practices can support student well-being and more. One of the first initiatives to publicly announce the change in focus of Health Promotion at SFU was the recent recognition of champions within the university community who were enhancing student well-being while contributing to a *Healthy Campus Community*. A broad call for nominations was distributed throughout the SFU community and criteria for selecting champions were developed. All nominations were reviewed by the Health Promotion team and the champions were selected based on their impact on student well-being, fit within both a socio-environmental approach to health promotion as well as within identified SFU target areas (policies, personal growth and development, physical spaces, social interaction and community development, learning and working environments, services and supports). The selected champions were each featured in a short video, and celebrated at a cocktail reception with support from the Vice President Academic as well as Associate Vice President Students. Creating a Healthy Campus Community at SFU requires changes to be made at multiple levels, and requires participation across the institution. By recognizing champions from across the University, we're hoping to highlight how everyone on campus has a role to play in creating a Healthy Campus Community.

To view the videos and learn more about the *Healthy Campus Community* initiative at SFU, visit: <http://www.sfu.ca/healthycampuscommunity/recognizingchampions/2012champions.html>



Teesside University

The HU work at Teesside University has experienced some exciting developments over the last few months since we met with our Director of Public Health and Health Improvement Partnership manager in the now Local Authority Public Health team.

This has come after a few years of religiously attending local health forums on different health issues and gradually making more and more contacts and fostering those partnerships over time with the aim of developing a synergistic relationship with our public health colleagues whereby we can support each other in the achievement of our individual and shared objectives.

We are now in a position where we are planning a student health needs assessment which will hopefully lead to much improved access to a number of different health services for our students and staff and much better health outcomes for the population of Middlesbrough a large proportion of which are the students and staff at the University.

I am a great believer in the strength of partnerships to share knowledge, resources, and experience and in our case as those involved in the Healthy University agenda, to improve the health and experience of our students and staff in the ever changing HE environment.

Contact: Hazel Wright, Well-being Services Coordinator, Teesside University H.Wright@tees.ac.uk

The University of West England (UWE), Bristol

The UWE Healthy University Group is committed to a huge range of activity to improve the health and wellbeing of students, staff and wider communities. To ensure that the university is working effectively across the whole Healthy University agenda we are currently focusing on our annual completion of the Self Review Tool. This will be achieved by a range of small relevant task groups completing each of the sections and providing information about how to access the evidence that supports their work.

Current examples of innovative work include:

- i) UWE is working with NHS Smokefree Bristol and NHS Smokefree South Gloucestershire to establish its Smokefree Spaces initiative which supports smokers to cut down or give up smoking and to provide dedicated smoking spaces which minimise the risk of passive smoking. We have set up Smokefree clinics on three different campuses, with 16 student volunteer practitioners running the clinics on a rota.
- ii) UWE is currently looking at new and innovative ways of promoting safer nights out and drinking within limits. Some of the ideas we are looking to explore are stickers of alcoholic beverages so that units and calories are clearly on display. We continue with our 'Have a Safe Night Out' alcohol campaign, which involved large posters being stationed permanently around each campus highlighting top tips and important things student should remember on a night out. We are now looking to expand this campaign so that the messages and signs are in every campus bar.
- iii) A sexual health campaign, run twice a year, involves getting students to complete Chlamydia tests in order to be entered into the prize draw for an iPad.
- iv) UWE and UWE Student Union have both signed the Time to Change pledge, enhancing our commitment to ending mental health discrimination.
- v) Student cooking demonstrations and lessons run weekly to support students to enhance their food preparation skills and approaches to healthier eating.

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