



UK HEALTHY UNIVERSITIES NETWORK – NEWS

Welcome to New Members!

We are pleased to welcome all those individuals, universities and partner organisations who have joined the Network over recent months.

The UK Healthy Universities Network now has a total of **101 organisations as members**, the breakdown being as follows:

- 60 from English higher education institutions
- 5 from Scottish higher education institutions
- 5 from Welsh higher education institutions
- 9 from higher education institutions from other countries
- 22 from other partner organisations.

Website and Online Toolkit

As many Network members will know, the HEFCE-funded project **Developing Leadership and Governance for Healthy Universities** 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, **12,990 unique visitors** from **136 different countries** have made **21,902 visits** to the website. The statistics indicates that interest and engagement has continued to increase over time, with **2,932 unique visitors** from **98 countries** during the **first six months of 2014**.

Successful Network Meeting and Workshop, Cardiff Metropolitan University

Following the decision to widen the remit of the Network to encompass the whole UK, our first meeting outside of England took place recently, when the Network meeting and themed learning event was held at Cardiff Metropolitan University on 15 May 2014. Attended by 36 people from 16 universities and 5 other organisations, including many Welsh participants, the meeting was dynamic and enthusiastic! The morning was devoted to networking and peer support, and a themed workshop on **'Health and Wellbeing in Universities: Fostering a Strategic Whole System Approach'** was held in the afternoon – with keynote presentations from Sharon Doherty (UCLan), Sue Bowker (Welsh Government), Chris Deacy (Cardiff Metropolitan University) and Sarah Huws-Davies (Swansea University). A **report of the meeting and workshop** is available online, including links to presentations and relevant reports.



Future Newsletters

We aim to produce two to three newsletters each year. The deadline for receipt of material (news, updates, features) for the next edition is **14 November 2014**.

Email: healthyuniversities@uclan.ac.uk

Scottish Update

Gil Barton from the Robert Gordon University (RGU) in Aberdeen and Linda Orr from the University of Dundee (UoD) are continuing to work together to develop an informal Scottish Healthy Universities Network. The new appointments of Helen Ryall as Healthy University Project Co-ordinator at Edinburgh University and Jane Cuplan at Queen Margaret University have expanded the informal network and a meeting has been set up for the end of August to explore ways forward. Emma Hogg, (Programme Manager – Youth Health, NHS Health Scotland) will also be involved. The outcome of this meeting will determine how Scotland moves forward with its own networking and in relation to the UK Network – with a view to hosting a meeting in 2015.

Contact: Gil Barton, Senior Lecturer g.barton1@rgu.ac.uk

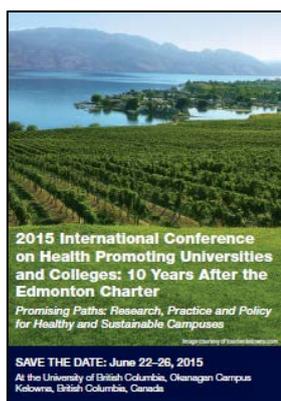
Steering Group – Update on Membership

As reported in the last newsletter, we have spent time liaising with relevant organisations with a view to strengthening the Network's Steering Group. We are delighted that representatives from key public health and higher education bodies across the UK have agreed to join – adding considerable expertise and opening up new ways to explore how the Healthy Universities approach can help to deliver against national priorities and inform wider policy and practice. The current membership is as follows:

Gil Barton	Robert Gordon University, Aberdeen, Scotland
Sue Bowker	Welsh Government
Sarah Bustard	Nottingham Trent University, England
Chris Cowburn	Higher Education Funding Council for Wales
Sharon Doherty	University of Central Lancashire, England
Mark Dooris	University of Central Lancashire, England
Jo Goodman	National Union of Students
Emma Hogg	NHS Health Scotland
Hilary Johnston	Public Health Agency, Northern Ireland
Ian Kenvyn	Leeds Trinity University, England
Amy Norton	Higher Education Funding Council for England
Judy Orme	University of the West of England, England
Doug Parkin	Leadership Foundation for Higher Education
Sue Powell	Manchester Metropolitan University, England
Eustace de Sousa	Public Health England
Hazel Wright	Teesside University, England



INTERNATIONAL NEWS



International Conference – June 2015, Canada

An International Conference on Healthy Universities is being held in British Columbia, Canada, in June 2015.

Health Promoting Universities and Colleges: 10 Years After the Edmonton Charter – Promising Paths: Research, Practice and Policy for Healthy and Sustainable Campuses takes place from 22-26 June at the University of Kelowna. Mark Dooris and Sharon Doherty from UCLan are on the planning group – and the deadline for receipt of abstracts is 15 October.

Further details: visit www.internationalhealthycampuses2015.com or contact IHCC2015@gmail.com

Collaborative Work with New Zealand and Australia

Gil Barton from Robert Gordon University (RGU) has recently been doing some work with New Zealand on Healthy Universities and has had an occasional paper published, which focuses on the healthy settings approach using the Healthy University as a case study. She is developing this work further and hopes to present at a Health Promotion Congress towards the end of the year. Collaborative work is also continuing with a couple of universities in Australia around different initiatives under the umbrella of Healthy Universities.

REQUESTS FOR INFORMATION

Students' Health Behaviour Questionnaires

The University of Edinburgh is looking to establish a baseline relating to students' health and lifestyles, to allow them to gauge the impact of their healthy University activities in the future. Whilst many questionnaires ask students about their views on a variety of subjects, none appear to ask for views on health or access to health services.

If anyone has used or knows of any questionnaires that might be appropriate, please get in touch!

Contact: Helen Ryall, Healthy Universities Project Coordinator helen.ryall@ed.ac.uk

Staff Physical Activity and Wellbeing:

Gil Barton from Robert Gordon University (RGU) is keen to ascertain if there are any other universities within the Network that would be interested in collaborating on the theme of Staff Physical Activity and Wellbeing (see update below for further information).

Contact: Gil Barton, Senior Lecturer, g.barton1@rgu.ac.uk



UPDATES FROM NETWORK MEMBERS

University of Central Lancashire: Bicycle User Group



UCLan Bicycle User Group (BUG) has recently celebrated its 10th birthday. The Healthy University (HU) initiative has played a key role in facilitating and funding this group and it has been a great opportunity to support staff and students in lobbying for change and promoting physical activity as well as green and active travel. The independent group was started by an enthusiastic lecturer (who is now cycling/working in New Zealand!) who contacted the Healthy University Co-ordinator to explore how the HU could help support cyclists and cycling at the University of Central Lancashire (UCLan). From a first small meeting the BUG now has over 100 members, mainly communicating through emails and lunchtime meetings every couple of months. Membership of the group has always included the

Sustainable Travel Co-ordinator and the Healthy University Co-ordinator so that health and sustainability agendas can be connected and actions can be linked into appropriate strategy documents and taken forward.

The BUG has been clear and creative about the type of actions that would make cycling to work easier. They have looked at the wider issues that would help people decide to cycle to work and objectives have included:

- Development of covered bike storage
- Safer routes, including external links at City and County levels
- Bike buddies
- Staff Cyclescheme [www.cyclescheme.co.uk]
- 'Bike to Work Week' campaigns
- Availability of bicycle maintenance kits on campus and bike maintenance sessions
- BUG members trained to provide free cycle training for staff and students

When plans for bike storage were being designed, members of BUG had wondered whether one 40 bike compound would be too large. However, since the first one opened five years ago, demand has resulted in two additional bike compounds as well as bike lockers to hire. Looking back over the years, it is really positive to reflect on and highlight the changes that have slowly taken place on campus towards building a positive cycling culture. Joanne Talbot, UCLan Sustainable Travel Co-ordinator, said: "The popularity of cycling here at the University is growing. Over the last year we have seen a 2.4% increase in the number of staff and a 1.5% in the number of students who are choosing to cycle in. UCLan's BUG has been instrumental in the provision of excellent cycle facilities across the University and has helped to improve cycle routes both on and to campus."

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



University of Central Lancashire: Green Ladder

The Green Ladder Project is a two year project based at the University of Central Lancashire (UCLan) Students' Union. The Union was one of 25 nationwide to secure funding from the NUS Green Fund for student-led projects on campus and in the community. The aim of the Green Ladder Project is to improve and deepen student involvement in green issues by supporting a broad range of student-led projects.

There are several strands to the project and many ways students and staff can become involved:

- Volunteering in the community on environmental projects
- Give It a Go activities to learn about inspiring places or organisations
- Green Week Activity
- Green Transformation Projects that will physically change the campus

The Green Ladder Project Manager Emma Bartlet says "This student-led project is immensely exciting. Many students here at UCLan have come forward with some innovative and imaginative ideas on ways we can better care for our limited resources. We are supporting these students on a journey as they turn their ideas into real actions for positive change."

Green Ladder has forged connections with the Healthy University initiative at UCLan and is also seeking to create links with academic staff and encourage student involvement in 'greening the curriculum'.

Further Information: Emma Bartlet, Green Ladder Project Manager, UCLan SU ERBartlet@uclan.ac.uk; [@Green_Ladder](https://www.instagram.com/Green_Ladder); <http://greenladderproject.org/>



De Montfort University: Green Impact Excellence Project

Green Impact is an environmental accreditation and awards scheme run by the National Union of Students, bringing staff and students together with their wider communities to enable and showcase positive changes in environmental practice. *Green Impact Excellence* was a collaborative project made up of staff from across three Green Impact 2013 Gold Award achievers at



De Montfort University (DMU) – with Student & Academic Services, Estates Services Building and the Estates Development Building coming together to form a working group to lead the process of improving biodiversity across the University estate. The aim of this project was to communicate biodiversity to staff, student and visitors at DMU by providing a haven to enjoy a sensory and edible garden. The spaces were made by DMU staff and a group of ten DMU students who made recycled planters which contained plants that encourage wildlife and help students and staff connect with nature on campus.

Contact: Jit Pandya, Wellbeing Officer jpandya@dmu.ac.uk



University of Edinburgh: New Posts Established to Progress the Healthy University

The University of Edinburgh has been committed to the health and wellbeing of both staff and students for some time – and achieving the Healthy Working Lives at Gold level demonstrates the existing commitment to staff health. However, following a workshop at the end of 2013 which drew together a wide range of stakeholders from across the university there was an agreement and a commitment made to focus on improving student health and wellbeing too.

So, with funding from the Student Experience Project and a commitment from the Centre for Sport and Exercise to manage and host two new part-time members of staff for 14 months, work began in May 2014. This fortunately coincided with the UK Healthy Universities Network meeting which the coordinator attended. This provided a rich range of experience and lessons from colleagues across the UK and if anyone else is starting on the journey we are about to make, I would highly recommend they join the Network.

Work is still in its early stages and a meeting is planned to explore how we can help to strengthen Scottish Networking (with Gill Barton at RGU and others). Taking the top tips that were learnt from the UK Network meeting, over 40 meetings with staff, students and student bodies have taken place and assets mapping has begun – recognising that there is a huge amount of good practice to map and harness (from support for new students living in university accommodation, to peer support programmes, to a comprehensive programme of practical support for people wanting to cycle). With just over a year's initial funding to go, there is a push to have clear and SMART objectives and an evaluation plan in place – so key stakeholders are gathering to agree this at the end of June. There are a number of models identified concerned with how we can tackle what we **think** needs to be done – but we welcome case studies and updates from across the Network. In turn, we in Edinburgh will commit to a regular update on our progress via this newsletter.

Contact: Helen Ryall, Healthy Universities Project Coordinator helen.ryall@ed.ac.uk

Liverpool John Moores University: Incredible Edible – Wellbeing Gardens

The University has a pilot proposal to innovatively utilise one of the institution's green spaces, the John Foster Gardens, with a view to developing a site which will host a range of food and biodiversity planting schemes – featuring herb gardens, fruit trees and vegetable patches which can then be harvested and used by anybody associated with the University. This initiative, which will be led by Student Advice and Wellbeing and supported by Liverpool SU, is primarily dedicated to improving the health and wellbeing of the student, staff and wider community by building a wider awareness and access to growing healthy food and creating a visible commitment to sustainable and considerate environments.

Through developing participation from students, staff and the local community, we propose for this project to be an Incredible Edible Campus pilot for Liverpool John Moores University. **Incredible Edible** is an initiative which originated in



Todmorden and seeks to utilise any available green space in order to grow produce that can be used by the surrounding community. Incredible Edible is currently starting to focus on developing activity with HEIs and so Incredible Edible Campuses are being created in **Leeds** (Leeds University and Leeds Metropolitan University), the University of Manchester and the University of Salford.

Student Advice and Wellbeing are developing innovative interventions to engage and enable students and staff to give more consideration to their wellbeing and the development of an Incredible Edible initiative on site would be an integral part of this programme. Increasing attention is being given to 'eco-therapy' and the role of gardening and nature in enhancing health and wellbeing. Over the past five years, several reports have been published in the UK, each acknowledging the



potential psychological (and physical) health benefits of exposure to natural environments – **The Great Outdoors** from the Faculty of Public Health; **The Links between Green Space and Health** from Greenspace Scotland; and **Ecotherapy – The Green Agenda for Mental Health** from Mind – which stated that “Ecotherapy should be recognised as a clinically valid treatment for mental distress” (Mind, 2007; p. 3).

Liverpool Health and Wellbeing Board is also currently focusing on areas of work falling under the ‘Food and Mood’ theme and looking at how communities can rebuild their relationship with food by encouraging local growing projects and production. Initiatives such as Incredible Edible Campus thus very much respond to current needs and identified approaches at local and national levels.

A working group has already been initially established by Student Advice and Wellbeing that incorporates programmes of study from Natural Sciences and Psychology, Environmental Sciences and Art and Design so that the development of the space can be incorporated into academic activity. The group also includes a number of students, members from the Students’ Union and its conservation society.

The proposed aims of the Incredible Edible Wellbeing Space are:

- To reflect the institution’s innovative commitment and approach to health and wellbeing
- To enhance the mental, physical and social wellbeing for those who will actively participate in the development and maintenance of space.
- To develop a social space dedicated to enhancing the wellbeing of those who visit it.
- To be a visible, beautiful and useful site that can be utilised and developed by staff and students for a variety of activities.
- To support, reflect and celebrate the work of the programmes of study that participate in the initiative and provide valuable research opportunities for a variety of academic activity.
- To Be a place where the institution can collaborate with the wider community.
- To help shape how we innovatively utilise other green spaces in the University and inform new approaches in future LJMU Estates planning for the LJMU Connected University Village.
- To positively contribute to LJMU’s status as an Eco Campus and enhance Green League performance.

Contact: Bernadette McGrath B.McGrath@ljmu.ac.uk

Liverpool John Moores University: Student Grub Overview

Student Grub is a business which aims to encourage healthy eating and cooking for students. Essentially it is an online ordering service where students can order a box of fruit and veg online and then either collect it from a variety of pick-up points based across campus or have it delivered directly to their halls. The box contains everything they need to make a large one-pot meal plus a selection of jacket potatoes and fresh fruit that is intended to see students through over a 5 day period and is priced between £10-£12. The produce is locally sourced and is seasonal.

Liverpool John Moores University’s Student Advice and Wellbeing department supports Student Grub as it complements our commitment to encourage students to access healthy eating opportunities. We feel the strength of the concept is the delivery to Halls and the way it caters to a





particular student demographic (i.e. students who are living away from home for the first time) that may not be confident, able or immediately concerned about being able to cook for themselves. Student Grub provides quite a succinct solution to this issue with clear, supportive instructions, accessible prices and offering a good range of healthy foods. The initiative enhances our Healthy Halls programme which seeks to deliver a package of activities covering physical, mental and financial wellbeing delivered by external and internal services to Hall residents at the start of the Academic Year. The aim is to ensure that students get the best start, are fully aware of the services available to support them and understand the options available to them to enhance their student experience. Through partnerships with organisations such as Student Grub we hope to engage students with our health and wellbeing agenda from the very start of their student journey.

We plan to roll this across all Halls and provide all new student residents free Student Grub 'Welcome Hampers'. This is designed to not only immediately engage students with cooking a healthy meal together, but also intended to ease the transitional experience of students arriving to their new home and living with new people. The initiative will be evaluated to see how it acts as a positive 'gateway experience' for students' healthy eating behaviour.

Our long term aim (if our proposed Incredible Edible Campus proposal is progressed) will be to feature University-grown produce in Student Grub boxes. We have also directed April to make contact with the University's Food and Nutrition programmes so that our planned partnership can also inform academic activity. Another long-term aim is to develop students from these programmes to become healthy eating mentors for new students and at the start of each Academic Year work directly with new student residents in Halls and enabling them with skills needed to cook healthy and nutritious meals.

We are also working with **The Big Apple Van** as a way for not only students (who don't live in Halls) but also staff to access low-cost high quality fruit and veg and are currently in the process of getting the van to visit various points across campus in in the wider community where high numbers of 2nd year students have settled in private accommodation.

Further Information: Bernadette McGrath B.McGrath@ljmu.ac.uk; <http://www.ljmu.ac.uk/newsupdate/viewarticle/974/>

Robert Gordon University, Aberdeen: Staff Physical Activity and Wellbeing

In March 2013, RGU undertook a Staff Physical Activity and Wellbeing survey within the staff population. This was timely due to developments in the university campus and a centralisation of all teaching to the Garthdee Campus. The breakdown of the project is detailed below:

- **Background:** There is growing evidence that workplace interventions can increase physical activity and health, and have a positive effect on presenteeism, stress tolerance and productivity, thereby enhancing overall staff wellbeing. University staff are an under-researched population in terms of workplace physical activity; therefore there is a gap in the knowledge required to successfully plan strategies and resources for enhancing physical activity in university staff, one important dimension of the Health Promoting University.
- **Methods:** We surveyed 502 staff at one Scottish university capturing self-reported physical activity levels and mental wellbeing using the International Physical Activity Questionnaire (IPAQ) and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). We also captured information on barriers and incentives for increasing workplace physical activity and wellbeing, which were further explored in focus groups with 13 volunteers.
- **Results:** The age, gender and position (academic or support) of our sample was reflective of the university staff group as compared to 2013 RGU university staff statistics. IPAQ scores classified 23% as having low, 39% moderate and 38% high physical activity levels. Low physical activity levels were statistically significantly related to lower WEMWBS scores. A range of barriers and incentives for increasing workplace physical activity and wellbeing were explored, whose nature could be defined as personal, practical or cultural. Four themes emerged from focus groups as being important for facilitating increases in staff physical activity and wellbeing: (i) effective communication, (ii) cultural change, (iii) personal control over workplace issues and (iv) effective change management.



Conclusions: Staff in one Scottish university have demonstrated physical activity and wellbeing levels that would benefit from interventions aimed at enhancing them. Barriers to increasing workplace physical activity have been identified, along with some practical suggestions for overcoming these barriers. Further exploration would be recommended along with a larger sample size.

Contact: Gil Barton, Senior Lecturer, RGU g.barton1@rgu.ac.uk; <http://www.rgu.ac.uk/healthy-university>

University of Sussex: University Activation Fund Winners

The University of Sussex was delighted to be one of 54 Universities to receive Sport England support via the University Activation Fund. The fund is targeting inactive students with the aim of encouraging all students to do at least 30 minutes of Sporting Activity per week.

Our Higher Education Sport Participation and Satisfaction Survey (HESPSS) results showed that 61% of our students were already meeting this target. Strategically both our Sport Service, Sussexsport, and our Students Union have committed over the next 3 years to improving this to 75% of students.

Our preparation research showed some interesting results, and identified that the students least likely to take part in sporting activity were: International students, post graduate students and first generation scholars. We were also aware from student feedback there was high unmet demand for more social sport opportunities and a desire for more flexible sessions across a range of sports and activities that did not require a regular commitment. The funding from Sport England will be used to improve social sport in a number of off campus and on campus settings. We will work closely with both schools of study and residences to achieve this engagement. We also have partnerships with our local swimming provider and a local bouldering centre to significantly improve our overall off campus sporting offer at affordable rates for students. Funding will also support a Graduate Intern for social media and a full time participation coordinator who will be central to delivery.

Our research findings in challenging budgetary times also enabled us to attract a significant amount of partnership funding internally through our widening participation budgets and being able to demonstrate how Sport can improve social cohesion, internationalisation and graduate employability were all key factors in securing this support.

One of the exciting spin offs has also been securing additional funding from the University to launch a Buddy scheme. The pilot for this in 2013 showed it was particularly successful in attracting both international students and first generation scholars and there was a very high interest shown for including a sports element. From September 50% of the buddy scheme will be devoted to opportunities to take part in Sport and physical activity, by providing peer to peer encouragement to get involved.

We have called the project Active US project and plan to launch it to students in September.

Contact: Karen Creffield, Head of Sport K.Creffield@sussex.ac.uk

University of the West of England: Gymivate

The Gymivate project at UWE has been a resounding success. Having secured £3,690.90 of Sportivate funding it enabled us to provide 100 participants (staff, students and the community) with gym membership. The offer was based on our gym only membership which enabled members to access the Centre for Sport and Wallscourt Farm gym any time of the day, any day of the week. Members were able to attend as many times as they wished over the 6 week period, but they had to attend at least six times.



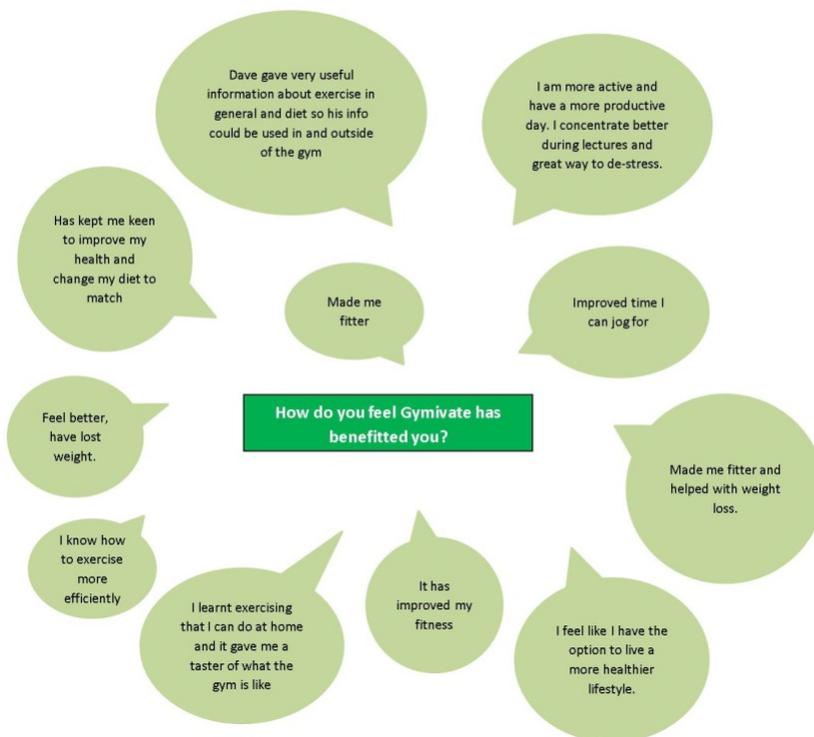
In order to sign up, members had:

- to not do more than three lots of physical activity per week
- to not be in an UWESU sports club or a member of a gym.

The majority of people that signed up were sedentary; 63% had taken part in 0 – 2 days of 30 minutes of physical activity in the past four weeks, with a further 19% taking part in 3 – 4 days of activity.

The cost to sign up was £5 which covered the cost of the member's induction. The funding then paid for their gym membership and access to three sessions led by a fitness instructor. These sessions were scheduled with one at the start, one in the middle and one at the end of the membership. The sessions aimed to show members how to make the best use of their time in the gym and showed them simple yet effective exercises they could do.

Uptake of the programme was 100%, with a waiting list of 20 people. Completion rate of the programme was 93%. Some reasons for not completing the programme included degree workload and moving away from Bristol.



Following the Gymivate membership all participants were offered the following:

- *Summer monthly membership*: running between April-August, this membership enables participants to sign up and pay monthly
- *Active card and gym only membership*: offered at the student rate for everyone (staff and community included)
- *Personal training sessions*: these are held by the same instructor that led the fitness instructor led sessions to ensure continuity

A lot of participants have shown an interest in continuing their gym membership and the summer monthly membership offer enables them to do this with limited barriers – i.e. no minimum contracts or lump sum fees. This transition phase is still on-going.

Contact: Lizzie Sabine, Health and Wellbeing Co-ordinator, UWE, Elizabeth2.Sabine@uwe.ac.uk



NEWS

A Dose of Nature: Addressing Chronic Health Conditions Using the Environment

Dose of Nature is a project funded by the Natural Environment Research Council, and managed by the University of Exeter. A **report** brings together key research findings – demonstrating that ‘Green Prescriptions’ can deliver physiological and psychological benefits for patients, even if the exact mechanisms are not yet fully understood. The evidence also shows that doctors are ready and willing to give Green Prescriptions, and that an effective partnership with other providers is required.

Further Information: <https://www.facebook.com/ADoseofNature>

Meningitis

Know the signs and symptoms of meningitis

Charity Meningitis Now is urging students to carry one of its signs and symptoms cards to raise awareness of the disease and take the first steps in protecting themselves and their friends.

The wallet-sized cards outline the symptoms of the disease – including fever, headache, vomiting, muscle pain and a fever, with cold hands and feet. Knowing the signs and symptoms and taking prompt action if meningitis is suspected saves lives.

Meningitis is inflammation of the membranes that surround and protect the brain and spinal cord, most commonly caused by viruses and bacteria. There are an estimated 3,400 cases of bacterial meningitis in the UK each year and around twice that of viral meningitis.

With young people coming together from all over the country – and indeed world – to live in one place when they come to university they can be exposed to bacteria and viruses their bodies have not met before. As the early symptoms of meningitis can disguise themselves as other things, such as common illnesses like flu, or maybe a hangover, it’s easy to mistake meningitis for something else.

University is often the first time they are living away from their parents and their own health and wellbeing is not a priority for them. With no parents to keep an eye on their health, meningitis can get missed. It is vital that someone always knows if you are feeling unwell and can check up on you.

Steve Ferbrache, Community Support Manager at Meningitis Now, said: “We need to highlight that teenagers are the second most at risk group of contracting meningitis, after babies and toddlers. Up to a quarter of students carry the bacteria that can cause meningitis compared to one in ten of the general population. Over 12 per cent of all cases occur in the 14 to 24 age group, with first year students being at particular risk, due to living in close confines and coming into close contact, such as through kissing. Cases also rise during the autumn and winter months when students return to study, and their immune systems can be weakened because of the pressures of studying, lack of sleep, poor diet, partying, cold weather and freshers’ flu. The message is learn the signs and symptoms and, if you suspect the disease, trust your instincts and seek medical advice immediately.”

Students should also check their immunisations are up to date by checking with their doctor.

Advice from Meningitis Now, the UK’s largest charity fighting the disease through vaccine research, awareness and support for victims, is not to wait for a rash, often the only symptom of the disease that people are aware of. This is a sign of septicaemia and may appear late or not at all.

Further information: To request a signs and symptoms card or download a free app, visit www.meningitisnow.org or call 0808 80 10 388



Workplace Health and Wellbeing and Engagement

A round-table meeting on workplace health and higher education was hosted by Dame Carol Black at the Department of Health for England on 13 May. Attended by a number of members of the UK Healthy Universities Network, the meeting heard how universities were already addressing staff health and wellbeing and explored how this work could be strengthened – with a particular focus on the Public Health Responsibility Deal (led by the Department of Health for England), which includes a Health at Work Network and involves organisations signing up to a range of pledges.

Alongside this, Karen Cregan from Chester University has been working with the Universities and Colleges Employers' Association (UCEA) and Universities Human Resources (UHR) to establish Regional Engagement and Wellbeing Networks – with a view to develop benchmarking data sets and consider the idea of a 'higher education pledge' for engagement and wellbeing. Ian Kenvyn (Leeds Trinity University), Judy Orme (University of the West of England) and Hazel Wright (Teesside University) will be representing the UK Healthy Universities Network's Steering Group in further discussions to agree ways forward.

Contact: Ian Kenvyn, Leeds Trinity University i.kenvyn@ltu.ac.uk; Karen Cregan, Chester University k.cregan@chester.ac.uk

Divesting from Fossil Fuels

Climate change is widely recognised to be perhaps the most urgent public health issue facing us today, as discussed in a Climate and health Council [briefing](#). The British Medical Association (BMA) recently voted to divest from fossil fuel companies. The motion passed with approximately a two-thirds majority at the Annual Representatives' Meeting: this is a great step for health professionals' leadership on climate change, and makes the BMA the first health organisation in the world to make such a commitment.

Does your university invest in fossil fuel companies? Could 'health promoting financial investment' be a focus for the Healthy University initiative?

Further Information: [BMA Motion](#); [Divestment Briefing](#); [Climate and Health Council](#)

CONFERENCES AND EVENTS

2nd World Symposium on Sustainable Development at Universities

03-05 September 2014, Manchester Metropolitan University

Against the background of the 2012 UN Conference on Sustainable Development (UNCSD) and the document "The Future We Want" which translates the principles of sustainable development into practice, the **2nd World Symposium on Sustainable Development at Universities** (WSSD-U-2014) will focus on "transformative approaches to sustainable development across disciplines", and will contribute to the further development of this fast-growing field.

International Healthy Universities Conference – June 2015, Canada

As detailed under 'International News' above, an International Conference on Healthy Universities is being held in British Columbia, Canada, in June 2015.

Further details: visit www.internationalhealthycampuses2015.com or contact IHCC2015@gmail.com