UK HEALTHY UNIVERSITIES NETWORK

MANCHESTER METROPOLITAN UNIVERSITY

WEDNESDAY 11 NOVEMBER 2015

REPORT OF MEETING

&

REPORT OF THEMED SESSION/WORKSHOP

APPROACHES TO ADDRESSING ALCOHOL USE AND MISUSE IN HIGHER EDUCATION

CONTENTS

WELCOME

Prof. Alison Chambers, Pro Vice Chancellor for Health, welcomed the Network to Manchester and to MMU. She confirmed her commitment to Healthy Universities and to the work of the UK Healthy Universities Network – and wished participants a productive and enjoyable day.

NETWORK UPDATE

Dooris_Presentation

Sue Powell and Mark Dooris added their welcome, highlighting how pleased they were to have such a good and wide-ranging attendance – with around half of participants attending their first meeting.

Mark provided a brief update on Healthy Universities and the Network's development. Key points included:

▪ **Network Development:** Since its establishment in 2006 as the English Network of Healthy Universities, the Network has grown from 6 HEIs to a membership comprising 77 HEIs from the UK, 15 HEIs from other countries and 27 other stakeholder organisations. Whilst unfunded except for a small amount of time from Mark and Sue and their teams, the Network holds two meetings/themed learning sessions a year, produces two newsletters a year and facilitates ongoing networking and sharing of information. It also has a high-level steering group comprising representation from HEIs, public health agencies [or equivalents] for England, Northern Ireland, Scotland and Wales, HEFCE and HEFCW, NUS and the Leadership Foundation for Higher Education.
▪ **Website Useage:** Since the launch in 2010, there have been more almost 22,000 individual users from 148 countries making nearly 35,000 visits to the web pages. The overall trend continues to be upwards: there have been 6,184 users to date in 2015 –and there were 5,709 users in 2014, 4,302 in 2013 and 2,978 in 2012, 2,243 in 2011 and 1,005 in 2010.
▪ **Website Content:** Mark, Sharon Doherty and Maxine reported that two news pages have been built – one to host Healthy University related strategies and policies and action plans and other documents from member universities; and one to include links to relevant organisations working on relevant health-related topics. Key actions agreed were:
  ➔ Sharon and Maxine to use the list of topics from the Website case study structure as a framework – and perhaps to start with alcohol as a 'test' topic.
  ➔ Links will not be made with commercial companies
  ➔ Network members to submit strategies and policies and action plans and other documents to healthyuniversities@uclan.ac.uk
  ➔ Network members to submit 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 is 27 November and the key action agreed was:
  ➔ Network members to submit articles/news items etc. to healthyuniversities@uclan.ac.uk
▪ **Research – Self Review Tool:** The research project on the use and impact of the Self Review Tool has been completed and is currently being written up for publication. The key action agreed was:
  ➔ Mark/Sandra to make a summary of key findings/highlights available on the website.
▪ **Research – UK Healthy Universities Network: A Review and Exploration of Engagement and Practice:** UCLan and MMU are currently preparing for a research/evaluation project with the following aims:
  o To understand how member universities engage with and use the UK Healthy Universities Network.

- To examine understandings and implementation of the Healthy Universities approach among members of the UK Healthy Universities Network.
- To generate learning that can inform the future development and functioning of the UK Healthy Universities Network.

Network members will be contacted to participate in an online questionnaire, and some will be asked to contribute to the second stage comprising interviews and focus groups. Key actions agreed were:

→ UCLan and MMU to progress research/evaluation project.
→ Anyone interested in contributing ideas to contact healthyuniversities@uclan.ac.uk.

- **Okanagan Charter for Health Promoting Universities and Colleges:** Mark Dooris and Sharon Doherty reported on the International Health Promoting Universities and Colleges Conference held in Canada earlier this year – and highlighted the Okanagan Charter, available at http://www.internationalhealthycampuses2015.com. There was a discussion about the Charter and how best to maxmise its potential as individual universities and as a Network. It was agreed that:
  - The incorporation of the term 'colleges' – whilst not referring to further education – is useful for HEIs such as the Royal College of Music.
  - The language of the Charter is very useful and progressive, particularly the integration of sustainability values (although the term 'campus' is more relevant to some HEIs than others).
  - Mary Charles from Public Health Wales stressed that the Charter's ulility would be enhanced if their was a strong evidence base to the work. This prompted a discussion about the challenges of generating evidence of effectiveness for the whole system Healthy Universities approach, particularly in the absence of any clear national leadership or funding – and Mark informed the Network that Dame Carol Black had contacted him to ask whether there were examples of such evidence. Ian Kenvyn highlighted that Clinical Commissioning Groups (CCGs) may offer the potential for local funding via their commissioning role.
  - Richie Andrews from Middlesbrough Council emphasised that the settings approach measures success through system change, not by focusing on individual interventions and behaviours, and takes an asset-based approach.
  - Julian Stanley from the Education Support Partnership gave an overview of his organisation's work and offered to discuss opportunities for collaboration.

  It was agreed that:
  → Mark and Sandra will link the Charter from the Network's web site.
  → Sharon and Mark will report back on opportunities to get involved in 'Charter activation' processes – potentially to include a sign-up system.
  → Network 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.
  → Mark and Sue will explore opportunities for the Network to raise awareness of the Charter through its Steering Group, Universities UK and other bodies.
  → Individual HEIs to explore links to their Public Health teams and CCGs.
  → Mark and Sue to liaise with member organisations as appropriate regarding future developments and collaborations.

- **National Student Survey (NSS) Consultation**: Amy Norton from HEFCE introduced the current consultation on proposed changes to the NSS (details available at www.hefce.ac.uk/lt/roiconsult/ – which closes at noon on Friday 04 December 2015. Key points highlighted included:
  - Individuals and sector groups (such as the UK Healthy Universites Network) can comment
  - The consultation represents the outcome of the first stage of a review that commenced in 2013 and focuses on proposed changes to the NSS, the Unistats wesbite and information provided by institutions – to be implemented for 2017.

- o The proposals include: applying criteria on how questions get into the main survey; including new questions about student engagement; transferring personal development and students' union questions to the 'optional' question banks; amending questions on learning resources; and merging duplicative questions.
  - o It was agreed that:
    - ➔ The Network Co-chairs (Sue and Mark) will co-ordinate a response with support from Judy Orme and Ian Kenvyn and in liaison with the Network Steering Group.
    - ➔ Network members will email healthyuniversities@uclan.ac.uk with any overarching thoughts and ideas – by 18 November at the latest.
- **Higher Education Green Paper:** Amy also reported that the Higher Education Green Paper 'Higher Education: Teaching, Excellence, Social Mobilityand Student Choice' has been published for consultation – which closes on 15 January (available at https://www.gov.uk/government/consultations/higher-education-teaching-excellence-social-mobility-and-student-choice).
- **Future Meetings:** The next meeting will be held in May 2016 – venue and date to be notified ASAP.
  - ➔ Mark and Sue to liaise and notify date and venue.

NETWORKING, UPDATES, SHARING OF PRACTICE AND PEER SUPPORT

The meeting was attended by 40 people from 17 UK universities, 2 Irish HEIs and 5 other stakeholder organisations (see Appendix 1). Participants spent time talking in small groups, discussing issues raised in the Network update and sharing experiences, making new contacts and supporting one another to take forward their work. There was then a short feedback session before lunch: key issues highlighted included:

- **Linking with Public Health:** The potential value of linking with local Public Health teams and strategies – in terms of securing support for Healthy Universities and identifying funding sources.
- **University/Students' Union Collaboration:** The importance of developing a partnership approach to Healthy Universities that bridges university and students' union – and the challenges this involves.
- **Student Wellbeing Support:** The importance of and challenges involved in moving towards a 'whole university' approach to student support: wellbeing support tends to be dependent on a few people rather than being embedded within the institution; we need to put time aside to plan and ask students what they want; whilst universities can't readily provide 24 hour support, appropriate referral pathways to external organisations are crucial.
- **Embedding Health in Quality and Inspection Frameworks:** The value of integrating health into the inspection/quality framework alongside educational attainment – in Wales, Healthy Schools took a 'great leap forward' when health and wellbeing was embedded in this way. What scope is there to engage with the Quality Assurance Agency to explore the feasibility of embedding health within higher education quality/inspection frameworks? (Public Health Wales)
- **Smoke-Free Campus:** The challenges of moving towards a smoke-free campus – and the resource requirements to achieve meaningful implementation (MMU and other HEIs).
- **Sexual Consent:** The importance of investing in relationship education (using peer support and other approaches) and addressing issues of sexual consent – particularly for international students from China and other countries (Sheffield Hallam University have used peer support approaches and also used this as an entry point for wellness and health checks).
- **Resilience:** The importance and current resonance of the term 'resilience' – but also the challenges of operationalising it, due to multiple understandings and interpretations. The theme of the 'compassionate campus' in the Okanagan Charter links to this (Leeds Trinity and others).

THEMED SESSION: APPROACHES TO ADDRESSING ALCOHOL USE AND MISUSE IN HIGHER EDUCATION

- **Alcohol Impact: An Introduction: Henry_Presentation**. Lucy-Ann Henry, Alcohol Impact Programme Manager at the National Union of Students (NUS), gave a presentation introducing the Alcohol Impact programme and how it can help to create an institution wide approach to responsible drinking on our campuses. She reviewed progress to date, summarised the **Alcohol Impact Accrediation Criteria**, reflected on local and national wins, introduced the ISM behaviour change model, presented case studies and highlighted findings and learning from evaluative research.

- **The MMU approach: Experiences of the Alcohol Impact Pilot: Humphreys_Presentation.** Polly Humphreys, the Off Campus Student Affairs Officer for Manchester Student Homes (working across Manchester universities) gave a presentation about Manchester's engagement with Alcohol Impact. She explained how she had developed a strategy to encourage consistency of approach across agencies and services; established a steering group to oversee the Alcohol Impact work; and co-designed an off-campus intervention focused on large-scale house parties – which pose a real challenge to university-community relations, as well as to student wellbeing and safety. She made some reflections and presented links to good practice around the world.

- **Behavioural Insights: Making Effective Alcohol-Related Behavioural Changes: Horrocks_Presentation.** Prof. Christine Horrocks gave a presentation focused on behavioural insights relating to effective alcohol-related behavioural change. She explored cognitive, affective and behavioural components of health-related human action; highlighted the gap between information and lifestyle choices; reviewed a range of approaches/models – including Nudge Theory, Theory of Reasoned Behaviour and Theory of Planned Bahaviour, Making Every Contact Count; and looked at attribution.

- **Questions, Discussion and Feedback – Learning and Future Meetings:** Following the presentations, Network members discussed issues raised. Suggestions for themes to be explored at future meetings included:
  - Smoke-free campus/tobacco/legal highs
  - Relationships, sexual violence and consent
  - Key themes from the Okanagan Charter

  It was noted that a range of themes have previously been suggested, including:
  - Inequalities
  - Jo Newton's Doctoral Research
  - Whole University Approach vs Targeted Work with Staff and Students
  - Developing Productive Partnership Working between University and Students' Union
  - Sustainability, Environment and Health – and Campus Design and Outdoor/Green Space

NEXT MEETING

To be notified.

APPENDIX 1: ATTENDANCE

Name	Organisation	Email
Prof Alison Chambers	Manchester Metropolitan University	
Sharon Doherty	UCLan	SHDoherty@uclan.ac.uk
Prof Mark Dooris	UCLan	MTDooris@uclan.ac.uk
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Prof Sue Powell	Manchester Metropolitan University	S.Powell@mmu.ac.uk
Fahmida Afzal	University of Salford	f.afzal@salford.ac.uk
Richie Andrew	Middlesbrough Council	richie_andrew@middlesbrough.gov.uk
Liliana Araujo	Royal College of Music	
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Mary Charles	Public Health Wales	mary.charles@wales.nhs.uk
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Dr Alan Farrier	UCLan	afarrier@uclan.ac.uk
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Fiona Helyer	Middlesbrough Council	Fiona_Helyer@middlesbrough.gov.uk
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Veronica Moore	Loughborough University	V.U.Moore@lboro.ac.uk
Celine Murrin	University College Dublin	celine.murrin@ucd.ie
Amy Norton	Higher Education Funding Council for England (HEFCE)	A.NORTON@hefce.ac.uk
Michael O'Kane	Public Health England	Michael.O'Kane@phe.gov.uk
Prof Judy Orme	University of the West of England	judy.orme@uwe.ac.uk
Cheryl Parlour	University of Essex	cparlour@essex.ac.uk
Sue Rothwell	University of Chester	s.rothwell@chester.ac.uk
Julian Stanley	Education Support Partnership	Charlotte.Orsborn@edsupport.org.uk
Stuart Wade	University of Liverpool	swade@liv.ac.uk
Jo Wilson	University of Essex	jow@essex.ac.uk
Hazel Wright	Teesside University	h.wright@tees.ac.uk

Name	Organisation
Dr Manuel Alonso	Loughborough University
Mark Barry	Cardiff Metropolitan University
Gil Barton	Robert Gordon University
Sharon Buckley	Edge Hill University
Chris Cowburn	Higher Education Funding Council for Wales
Karen Cregan	University of Chester
Eustace DeSousa	Public Health England
Paul Dodsley	Nottingham Trent University
Jonathan Dover	City University London
Sarah Driscoll	Anglia Ruskin University
Tristan Hale	Oxford Brookes University
Doug Parkin	Leadership Foundation for Higher Education
Fleur Priest-Stephens	NUS
Lizzie Sabine	University of the West of England
Laura Smythson	University of Surrey
Judy Stevenson	Sheffield Hallam University
Chris Warrington	University of Leeds
Sarah Watson	University of Nottingham
Emma Wilkins	York St John University