



UK HEALTHY UNIVERSITIES NETWORK

UNIVERSITY OF THE WEST OF ENGLAND (UWE), BRISTOL

WEDNESDAY 25 MAY 2016

REPORT OF MEETING

&

REPORT OF THEMED SESSION/WORKSHOP

DEVELOPING AND SUSTAINING EFFECTIVE INTERNAL AND EXTERNAL PARTNERSHIPS

CONTENTS

Welcome	1
Network Update	1
Networking, Sharing of Practice and Peer Support	2
Introduction to Healthy Conservatoires	2
Themed Session: Developing and Sustaining Effective Internal and External Partnerships	3
Next Meeting	4
Appendix 1: Attendance	5

WELCOME

Prof. Judy Orme welcomed all members to the Network Meeting. Deputy Vice-Chancellor Helen Lloyd Wildman gave a formal welcome to University of West England (UWE). Helen shared with attendees that she used to be a member of the network, how useful the network is as it enables you to learn from one another and how the link between health and sustainability is intertwined.

NETWORK UPDATE

Prof. Mark Dooris added his welcome, welcoming those who have not attended a UK Healthy Universities Network (UKHUN) meeting before and provided a Network update:

Brief History: The UK Healthy Universities Network (UKHUN) has continued to grow since 2010, with representation from 83 UK Universities – 68 England, 2 NI, 8 Scotland and 5 Wales; and also 16 Non-UK Universities and 26 stakeholder groups. The Network holds twice-yearly meetings and facilitates wider communication via its website, e-newsletters and information-sharing/request service, enabling members to stay connected and updated.

Website and Communications: The website has continued to be well-used, with an upward growth in traffic. A 'revamp and refresh' of the website is planned, to enable it to reflect where the Network is at now and update. Linked to this, it is proposed that whilst membership will still be open to multiple stakeholders from universities, the website will identify one key university nominee to facilitate internal communication between UKHUN members at the same universities. To keep the Network dynamic, we need members to send in case studies and news items for both the website and newsletter [N.B. 24 June deadline!].

 **The Network**

- The UK Healthy Universities Network has grown from just 6 universities at its first meeting in 2006.
- It now has representation from:
 - 83 UK universities – 68 England; 2 Northern Ireland; 8 Scotland; 5 Wales
 - 16 non-UK universities
 - 26 other stakeholder organisations
- Network meetings/thematic learning sessions held twice each year.
- E-Newsletters, email lists and telephone networking.
- Steering Group – 6 HEIs / Public Health Wales / NHS Health Scotland / Public Health Agency for N Ireland / Public Health England / HEFCE / HEFCW / NUS / LFHE.

www.healthyuniversities.ac.uk



Research: Mark provided an update on research he is currently undertaking entitled “UK Healthy Universities Network: A Review and Exploration of Engagement and Practice”. The research aims to:

1. Understand how member universities engage with and use the UK Healthy Universities Network.
2. To examine understandings and implementation of the Healthy Universities approach among members of the UK Healthy Universities Network.
3. To generate learning that can inform the future development and functioning of the UK Healthy Universities Network.

Stage one of the data collection was collected using a questionnaire (via survey monkey) with 31 responses from 23 institutions. Stage two of the data collection is using focus groups and will be undertaken in June/July. Hoping to be able to report findings at the end of the year.

Okanagan Charter: Mark introduced the [Okanagan Charter for Health Promoting Universities](#) and Colleges and its two calls for action, drawing members’ attention to this and that the Healthy Universities Network is part of an international movement.

Wales Update: Tracey Taylor provided an update about the Welsh Government who helped develop the framework for Healthy Universities, how we can integrate the framework and get universities engaged and improve health and wellbeing of students and staff. Tracey will provide updates at future meetings on how it is moving forward.

NETWORKING, SHARING OF PRACTICE AND PEER SUPPORT

■ INTRODUCTION TO HEALTHY CONSERVATOIRES

Dr. Louise Atkins from the Royal College of Music gave a presentation about Healthy Conservatoires. Louise introduced Healthy Conservatoires, explaining it is a new network based on the principles of the Healthy Universities Network. It is designed to provide specific support for specialist institutions, providing a place for dissemination and research findings surrounding the performing arts. Louise reflected on the challenges faced in creating this network including a difficulty getting institutions to engage, the aims of the network and what has happened so far – creating the branding 'Fit to Perform' to be used throughout Conservatoires who are part of the network. Louise finished by saying how she hoped this sharing of practice will help UKHUN members support specialist students, taking ideas from the Healthy Conservatoires network and adapting them for HU Institutions.

- Sue Powell asked Louise how Manchester Metropolitan University can connect with its performing arts students and what the differences are that the Healthy Conservatoires Network have identified between students studying performing arts subjects and those who are not. Louise explained that students who attend Conservatoires have ongoing pressure to perform throughout the year, not just during exam time or periods of heavy coursework.
- There was a wider discussion about how performing arts students often feel pressure to perform to the best of their ability from an early age and come to Conservatoires believing they are the best in their chosen art form, only to be met with high competition from other students. Therefore stress management is very important. Liliana Araujo from The Royal College of Music added that students do not see wellbeing as vital to learning how to play their instrument so often do not engage. What drives them is performing to the best of their ability so enabling them to understand that by improving their health and wellbeing they will enhance their performance is important with this student population.
- Prof. Sue Powell welcomed network members, discussed how important it is for us to share good practice and asked members to facilitate 15-minute discussions on the following:
 1. What makes you decide to set up a particular partnership?
 2. What is needed to get an effective partnership 'up and running'?
 3. What are the key factors necessary to sustain an effective partnership?

■ ROUND TABLE DISCUSSIONS

Following a networking session involving round table discussions, Professor Sue Powell asked each table to offer key points/highlights of their discussions. Contributions included:

- The partnership has to meet a need, it can bring in fresh expertise and widen what we currently have e.g. SU's savvy with social media.
- Unofficial networks get built – recognise that there is mutual benefit in social inclusion.
- Leaning towards new relationships and partnerships – how cost effective this would be to bring in expertise and resources.
- Effective partnerships depend on choosing the right partner who is invested in the partnership. This can mean going backwards until you achieve that.
- Coming together and having a common goal in order to achieve mutual needs.

THEMED SESSION: DEVELOPING AND SUSTAINING EFFECTIVE INTERNAL AND EXTERNAL PARTNERSHIPS

▪ **A City-Wide Student Partnership Wellbeing Board**

Ursula Klingel from Sheffield Hallam University gave a presentation on forming a partnership wellbeing board. Ursula provided background into setting up the partnership: identifying the needs of students; making a case as to why students' mental health and wellbeing needs differ from those of the general public; building on the already strong partnerships in place in Sheffield; and using Healthy Universities to drive change at Sheffield Hallam. Ursula provided information about the first partnership board meeting, the boards vision and purpose and how the board intends to make an impact such as providing mental health first aid for free across the city and improving the way students can access IAPT services in a university setting.

▪ **A Students' Union Perspective: Forging Productive University/SU Partnerships**

Rachel Colley, UWE Students' Union Community Manager gave a presentation on Forging Productive University/Student Union (SU) Partnerships from a SU perspective. This included challenges faced in forging these partnerships, the opportunities it has provided such as sharing resources and expertise and a freedom to operate. Rachel also talked about the successes including accreditation schemes (Alcohol Impact), working together to build safer communities for students and the ability to engage a diverse range of students in activities they would not normally be able to offer. The presentation was concluded with the partnerships aims for 2020, one of which is to continue to work collaboratively to achieve their combined goals.

▪ **Questions & Discussions**

- Following Rachel Colley's presentation, Hazel Wright from Teeside University asked how the SU and UWE have negotiated in terms of the SU reducing their need to brand shared work with the SU logo. Rachel offered that the push to brand work the SU is involved in with the SU logo could be coming from above, in order to promote the SU to students and show that they have a lot of services to offer.
- Stephen White from Brunel University asked Ursula Klingel how Sheffield Hallam University evaluate the cost effectiveness of 'Big White Wall'. Ursula said they are currently working with the University of Sheffield to negotiate with Big White Wall to ensure students across the city can access resources whenever they needed them. Other network members joined the discussion, going on to say that they struggled to access data on 'Big White Wall' as the organisation evaluate the use for each individual contract. Ursula commented that Sheffield Hallam are evaluating the effectiveness of 'Big White Wall' based on the usage of the website, which continues to increase year by year.

▪ **British Heart Foundation: Building Effective Partnerships with an External Organisation**

Alice Louw, Fundraising Manager for the British Heart Foundation (BHF) gave a presentation about the partnership UWE has formed with the BHF. Alice provided some statistics surrounding Cardiovascular Disease (CVD), Coronary Heart Disease (CHD) and gave some background into the BHF and its research. She then went on to discuss the charity's partnership with UWE and some of the fundraising events that they have collaborated on including a staff Pedometer Challenge, students Big Summer Clear Out, Feel Good Feb, Onezone Spinathon and the RAG colour run. The partnerships success led students to set up their own UWE Fundraising group for the BHF, winning the best new fundraising group.

▪ **Off The Record: Bringing Mental Health into Universities:**

Lin Ren from Off the Record Bristol gave a presentation about how they have worked with UWE to improve the mental health of students. Lin introduced Off the Record explaining they provide free mental health services for 11-25 year olds, it is student led and allows service users to self refer making it more responsive to young people.

Lin explained that after working with UWE, UWE set up their own emotional wealth and resilience workshops, enabling them to reach a larger target audience, embed resilience providing students with the tools to cope better with life transitions e.g. university, large workloads and promote mental health and wellbeing. This was a positive partnership as both UWE and Off the Record were able to learn from one another and share what they had found successful and unsuccessful.

▪ **Soil Association Catering Mark**

Richard Watts from the Soil Association gave a presentation of what creates a successful award partnership. Richard introduced the Soil Association Catering Mark, the awards and how to achieve them. He then explained what has been learnt in previous successful partnerships, particularly the three key roles that are always present in successful partnerships: the initiator – starts the conversation; the facilitator – works to achieve it; the communicator – passionate and vocal about what the organisation has achieved and why it is important. Richard finished with examples of successful partnerships in Cardiff and Lancaster universities, with ways of identifying who in your organisation fits the three roles that will help form successful partnerships.

▪ **Feedback, Key Learning & Next Steps**

The meeting drew to a close with a thank you to Judy and Lizzie for providing an interesting informative meeting. Mark and Sue asked each table to give their highlights and comments from the day:

- Network members discussed a difficulty engaging staff in wellbeing interventions and found it easier to engage students due to buy in from the SU. Stephen White from Brunel University asked around the room if members are currently running staff focused interventions and if so what do they involve and how are staff engaging.
- Krishma Caleyachetty from UCLan requested that if members of the network use peer leaders on campus e.g. Health Champions, would they be willing to get in touch and share details of: in what context are peer leaders used, how they evaluate the use of peer leaders and was it successful/unsuccessful.
- Ursula Klingel from Sheffield Hallam discussed difficulties in measuring impact and how it might be useful to have a themed session on measuring impact in the interventions undertaken at HU institutions. Sue Powell mentioned that the slides from Edinburghs' Network meeting, which was on this topic, are available on the HU website. Sue and Mark suggested they were open to holding another meeting on that topic.
- Returning to the discussion around 'Big White Wall' earlier in the afternoon, members suggested negotiating as a network with online mental health/wellbeing platforms to secure a better deal, making them more cost effective.

NEXT MEETING

The next meeting will take place on Wednesday 16th November at Nottingham Trent University. The afternoon's themed session will focus on Relationships and Consent. If anyone has particularly innovative examples of activity in this field, please get in touch with:

Sandra Brookes sbrookes2@uclan.ac.uk

Paul Dodsley paul.dodsley@ntu.ac.uk

APPENDIX 1: ATTENDANCE

Name	Organisation	Email
Liliana Araujo	Royal College of Music	Liliana.araujo@rcm.ac.uk
Jeremy Ashdown	University of South Wales	Jeremy.ashdown@southwales.ac.uk
Dr. Louise Atkins	Royal College of Music	Louise.atkins@rcm.ac.uk
Jessica Bakes	Manchester Metropolitan University	j.bakes@mmu.ac.uk
Krishma Caleyachetty	UCLan	KCaleyachetty@ulcan.ac.uk
Hannah Caswell	Soil Association	
Rachel Colley	UWE Students' Union	Rachel2.Colley@uwe.ac.uk
Chris Deacy	Cardiff Metropolitan University	CDeacy@cardiffmet.ac.uk
Paul Dodsley	Nottingham Trent University	Paul.dodsley@ntu.ac.uk
Sharon Doherty	UCLan	SHDoherty@ulcan.ac.uk
Prof. Mark Dooris	UCLan	MTDooris@ulcan.ac.uk
Margaret Dunne	University of Surrey	m.dunne@surrey.ac.uk
Prof Paul Flemming	University of Southampton	p.flemming@soton.ac.uk
Prof. Maxine Holt	Manchester Metropolitan University	m.holt@mmu.ac.uk
Helen Jones	University of South Wales	Helen.jones@southwales.ac.uk
Louise Jones	University of Worcester	Louise.jones@worc.ac.uk
Ian Kenvyn	Leeds Trinity University	i.kenvyn@leedstrinity.ac.uk
Ursula Klingel	Sheffield Hallam University	U.Klingel@shu.ac.uk
Helen Lloyd Wildman	University of West England	
Alice Louw	British Heart Foundation	louwa@bhf.org
Emily Lynch	University College Cork	hppw@ucc.ie
Keith Lynch	Cardiff University	LynchKA@cardiff.ac.uk
Michael MacBean	University of Leicester	Jmcm2@le.ac.uk
Judy Orme	University of West England (UWE)	Judy.orme@uwe.ac.uk
Prof. Sue Powell	Manchester Metropolitan University	s.powell@mmu.ac.uk
Lin Ren	Off the Record Bristol	
Lizzie Sabine	University of West England (UWE)	Elizabeth2.Sabine@uwe.ac.uk
Martin Smith	Cardiff Metropolitan University	mrsmith@cardiffmet.ac.uk
Tracey Taylor	Public Health Wales	Tracey.Taylor4@wales.nhs.uk
Kate Turton	Higher Education Funding Council for England (HEFCE)	k.turton@hefce.ac.uk
Nura Wada	University of West England	
Richard Watts	Soil Association	rwatts@soilassociation.org
Stephen White	Brunel University	Stephen.white@brunel.ac.uk
Hazel Wright	University of Teesside	h.wright@tees.ac.uk

APOLOGIES

Name	Organisation
Tina Abbot	Cardiff University
Manuel Alonso	Loughborough University
Lara Carmel	University of Essex
Karen Cregan	University of Chester
Jonathan Dover	City University London
Sarah Driscoll	Angela Ruskin University
Alan Farrier	UCLan
Kayleigh Gray	Sheffield Hallam University
Ian Horne	University of the Highlands Islands
Alex Lewis	Higher Education Funding Council for England (HEFCE)
Ali MacDonald	NHS Health Scotland
Celine Murrin	University College Dublin
Amy Norton	Higher Education Funding Council for England (HEFCE)
Rachel Piper	Student Minds
Doug Parkin	Leadership Foundation for Higher Education
Sarah Queralt	Oxford Brookes University
Sue Rothwell	University of Chester
Mike Salmon	University of South Wales
Laura Smythson	University of Surrey
Rosie Tressler	Student Minds