



**UK HEALTHY UNIVERSITIES NETWORK**

**YORK ST JOHN UNIVERSITY**

**WEDNESDAY 24 MAY 2017**

**NOTES FROM MEETING**

**&**

**REPORT OF THEMED SESSION/WORKSHOP**

**MENTAL WELLBEING – A WHOLE SYSTEM APPROACH**

# CONTENTS

<b>Welcome .....</b>	<b>1</b>
<b>Network Update .....</b>	<b>1</b>
<b>Networking, Sharing of Practice and Peer Support [Round Table Discussions].....</b>	<b>2</b>
<b>Spotlight: Key Updates .....</b>	<b>2</b>
<b>Themed Session: Mental Wellbeing – A Whole System Approach .....</b>	<b>3</b>
<b>Next Meeting .....</b>	<b>5</b>
<b>Appendix 1: Attendance .....</b>	<b>6</b>

## WELCOME

Emma Wilkins, Executive Director of Student and Staff Services, welcomed everyone to York St John University and the Network Meeting. She went on to give an overview of the University's history and development and its commitment to widening participation in higher education. Emma talked about the University's internal structures that ensured wellbeing and how its commitment to being a Healthy University was embedded into the institution and its associated activities were given prominence each year.

## NETWORK UPDATE

### Dooris – Network Update

Prof. Mark Dooris, Co-Chair of the Network, added his welcome and provided a Network update:

- **Vision and Context:** The Network's vision is captured as follows: "A Healthy University aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability." This draws on both consultation with Network members and the **Okanagan International Charter for Health Promoting Universities & Colleges**, which provides an important international context for progressing Healthy Universities.
- **Brief History:** The UK Healthy Universities Network (UKHUN) has grown since its informal establishment in 2006. It currently has representation from 88 UK Universities – 73 England, 2 NI, 8 Scotland and 5 Wales; and also 17 Non-UK Universities and 24 stakeholder groups. The Network is overseen by a Steering Group, which includes representatives from higher education and public health across all four UK administrations. It 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** and associated **toolkit** have recently been redesigned and relaunched. It continues to be well-used, with an overall upward growth in traffic. Mark also highlighted the importance of an active membership in terms of submitting and updating case studies, providing news items for the website and newsletter (deadline 16 June 2017), and responding to peer-to-peer information requests from members.
- **Membership:** Linked to the redeveloped website, which will include an interactive membership map, a new approach to membership has been introduced. Membership is open to UK HEIs – and whilst the involvement of multiple internal stakeholders (including students' unions) is still welcomed, universities have been asked to nominate one lead member to facilitate internal and external, and where possible to provide links to web pages and key documents relating to their Healthy University initiative. Associate membership will be open to other stakeholder organisations and non-UK HEIs. Mark thanked members who have returned their forms and urged those who haven't to do so ASAP.

### ACTION:

- ➔ ALL asked to submit and/or update case studies for the website – using the **link**.
- ➔ ALL asked to provide material (news, updates features, articles) for the newsletter – submit to **healthyuniversities@uclan.ac.uk** by 16 June 2017.
- ➔ ALL asked to submit news items for the website.

## **NETWORKING, SHARING OF PRACTICE AND PEER SUPPORT [ROUND TABLE DISCUSSIONS]**

An engaged and enthusiastic networking and peer support session was held, offering participants the opportunity to talk about their work and discuss opportunities, challenges and successes.

### **SPOTLIGHT: KEY UPDATES**

Amy Norton from HEFCE updated participants on a number of issues:

- **HEFCE Catalyst Funding for Safeguarding Students:** 63 projects have been funded (including a number of universities that are members of the UK Healthy Universities Network), many with health and wellbeing angles linked to sexual health, preventing sexual or domestic violence and promoting healthy relationships.
- **National Student Survey (NSS):** The UK Healthy Universities Network's response to the consultation was taken on board and suggestions will be embedded in the new wellbeing-related questions in the NSS optional question bank.
- **ONS Measures of Subjective Wellbeing Data:** HEFCE now has access to this data (relating to four questions) and it is interesting that respondents with a higher education qualification have higher levels of anxiety and lower levels of life satisfaction. HEFCE has secured ESRC funding for a PhD student to mine the data and explore further.
- **Destination of Leavers from Higher Education survey:** Additionally, the subjective wellbeing questions are being added to the Longitudinal Destination of Leavers from Higher Education survey.

Doug Parkin from the Leadership Foundation for Higher Education provided a further update, highlighting:

- The importance of leadership for wellbeing.
- The cultural dimensions of institutional life – and the role of culture (people/performance).
- A one-day conference on **Mindfulness in Higher Education**, being held on 19 June, organised in conjunction with Universities UK and the Mindfulness Initiative.
- An LFHE-funded/supported research project on 'Healthy Universities: Whole University Leadership for Health, Wellbeing and Sustainability', being led by Mark Dooris and Sue Powell.
- An event **Leadership and the Art of Being Brilliant**, being held on 28 June, led by Andy Cope and focusing on role of positive psychology and wellbeing.
- The Green Gowns awards, being supported by LFHE.
- Examples of successful LFHE programmes such as Aurora and Diversity Matters.

Karen Cregan shared the updated document from MHFA **A Whole University Framework to Mental Health** to support Universities in developing their strategy for running a mental health first aid training programme for their Universities.

## **THEMED SESSION: MENTAL WELLBEING – A WHOLE SYSTEM APPROACH**

### **Staff Mental Wellbeing: Positive About Mental Health – The Mindful Employer**

#### **Stanton – Staff Mental Wellbeing**

Liz Stanton gave an overview of the Mindful Employer [www.mindfulemployer.net](http://www.mindfulemployer.net) and York St John University's engagement with this. The Mindful Employer is a voluntary programme that aims to support employers to support mental wellbeing at work. It is run by WorkWays, which is part of Devon Partnership NHS Trust (it was initially developed as a local initiative, but has since developed throughout the UK).

### **Student Mental Wellbeing in York**

#### **Streatfield – Student Mental Wellbeing**

Nic Streatfield from York St John University talked about Student Mental Wellbeing in York and the process and value of developing a cross-higher education and cross-city approach, with a strong focus on transition points in young people's lives. This has utilised Higher York [www.higheryork.org](http://www.higheryork.org), a partnership between Askham Bryan College, City of York Council, the University of York, York College and York St John University. By joining forces across the city, it has been possible to achieve greater influence for positive change, in terms of service provision and with regard to the City of York routinely considering the needs of students and proactively engaging higher education and the 'student voice'. A multi-agency response to suicide prevention is now in place with incidents seen as concerns for the city, not just the universities. Within York St John University, a range of specific wellbeing initiatives, campaigns and services are in place, all contributing to their aspiration to be a Healthy University. A decision was taken not to merge services for students and staff because of issues relating to confidentiality in a small institution and because of differences in service design.

### **A City-Wide Student Health Needs Assessment**

#### **Turner – City-Wide Student HNA**

Victoria Turner from City of York Council gave a presentation on a city-wide student health needs assessment. Health needs assessment is a systematic method for reviewing the health issues facing a population. A HNA is a big undertaking and the motivations for carrying this out were that a significant proportion (10-15%) of the York population are students, who have particular health needs. Furthermore, there is increasing evidence that the health profile of students is changing (e.g. mental health becoming more prominent). The process involved an online survey, focus groups, drop-in sessions and data-mining (although student-specific data is scarce). Full results are not yet available. However, highlighted findings include:

- Mental health and wellbeing is the area of most concern to students and stakeholders (high levels of stress, increased prevalence of mental health conditions, difficulties in accessing services).
- Wellbeing is affected by wider issues including finance/debt, diet, sleep and physical activity.

- Students are over-represented in data on domestic abuse.
- Alcohol, drug and tobacco use are not major problems.
- Students largely able to manage sexual health issues (in physical health terms, not with regard to emotional health, sexual violence etc.).
- Five key areas of challenge: mental health, communication, access to services, integrated approaches to wellbeing, local leadership and partnership working.
- The SHNA is already being used to make a difference:
  - The process has helped to build connections and encourage collaborative working, and 'quick wins' are already being developed.
  - The process and forthcoming report will raise the profile of student health in York.
  - The assessment has identified gaps in service provision and identified areas for future work and will feed into other projects and networks.

## The Nottingham Trent University Approach

### Dodsley & Bromberg – NTU Approach

Paul Dodsley and Alison Bromberg from Nottingham Trent University talked about their approach to mental wellbeing, highlighting:

- **Health Promotion:** A multi-component approach involving internal and external partnership working, training, campaigns/information/promotions and service provision.
- **Wellbeing Services:** About eight years ago, a HNA was conducted across the city of Nottingham, which involved both universities. NTU created a single point of access including an online portal [www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing), which offers information on services and a stepped approach including CBT using Silver Cloud.
- **University, Students' Union and NTU Sport Collaboration:** A range of campaigns.
- **Working with Student Minds:** This has included a University Partnerships Programme (UPP) project focusing on mental health in residences, appreciating that if the HE sector is truly going to deliver a strategic, whole-university approach to mental health in our institutions, the approach must involve accommodation professionals [N.B. the UPP is the leading UK provider of on-campus student accommodation infrastructure and support services].
- **External Influence:** Sitting on NHS boards and involved in external strategic processes.
- **University-Wide Approaches:** e.g. influencing policies, mental health first aid training, bespoke training, welcome week/induction.

## Mental Health in Higher Education: A Whole University Strategy

### Mikulenaite – UUK MHHE Project

Gedminte Mikulenaite gave an overview of UUK's Mental Health in Higher Education initiative [see [summary/overview document](#)].

## Discussion

Following the presentations, there was a wide-ranging discussion, which highlighted a number of points:

- Challenges of already-stressed staff being asked to look after the mental health needs of students.

- Impact of upstream issues and wider determinants - e.g. impact of institutional decisions, workload and conditions on staff mental health.
- Danger of problematising what is 'normal'.
- Importance of developing resilience (although this is a contested term).
- Value of linking mental health to employability agenda in terms of skills/resilience development.
- Importance of transitions into and out of higher education.
- Importance of looking at universities in their wider local contexts and in the context of national policy.
- Importance of looking beyond individual behaviour and resilience building to the wider determinants - increased workload expectations, management style, assessment timetable etc.
- People with mental health problems might not have the personal resources to make use of the resources available.
- More widely, good health literacy is an important focus.
- Importance of reducing stigma.

#### **NEXT MEETING**

The next meeting will take place on **Tuesday 14<sup>th</sup> November 2017** at **Cardiff University**. The theme for the afternoon learning session is 'Healthy & Sustainable Universities'.

## APPENDIX 1: ATTENDANCE

Name	Organisation	Email
<b>Speakers/Conveners</b>		
Alison Bromberg	Nottingham Trent University	<a href="mailto:alison.bromberg@ntu.ac.uk">alison.bromberg@ntu.ac.uk</a>
Paul Dodsley	Nottingham Trent University	<a href="mailto:paul.dodsley@ntu.ac.uk">paul.dodsley@ntu.ac.uk</a>
Mark Dooris	UCLan	<a href="mailto:MTDooris@uclan.ac.uk">MTDooris@uclan.ac.uk</a>
Sue Powell	Manchester Metropolitan University	<a href="mailto:S.Powell@mmu.ac.uk">S.Powell@mmu.ac.uk</a>
Liz Stanton	York St John University	<a href="mailto:l.stanton@yorks.ac.uk">l.stanton@yorks.ac.uk</a>
Nic Streatfield	York St John University	<a href="mailto:n.streatfield@yorks.ac.uk">n.streatfield@yorks.ac.uk</a>
Gedminte Mikulenaite	Universities UK	<a href="mailto:Gedminte.Mikulenaite@universitiesuk.ac.uk">Gedminte.Mikulenaite@universitiesuk.ac.uk</a>
Victoria Turner	City of York Council	<a href="mailto:Victoria.Turner@york.gov.uk">Victoria.Turner@york.gov.uk</a>
Emma Wilkins	York St John University	<a href="mailto:E.Wilkins@yorks.ac.uk">E.Wilkins@yorks.ac.uk</a>
<b>Attendees</b>		
Liliana Araujo	Royal College of Music	<a href="mailto:liliana.araujo@rcm.ac.uk">liliana.araujo@rcm.ac.uk</a>
Louise Atkins	Royal College of Music	<a href="mailto:louise.atkins@rcm.ac.uk">louise.atkins@rcm.ac.uk</a>
Sarah Botcherby	University of Cambridge	<a href="mailto:sarah.botcherby@admin.cam.ac.uk">sarah.botcherby@admin.cam.ac.uk</a>
Tracey Brooks	University of Sunderland	<a href="mailto:Tracey.Brooks@sunderland.ac.uk">Tracey.Brooks@sunderland.ac.uk</a>
Vicky Brown	Durham University	<a href="mailto:v.h.brown@durham.ac.uk">v.h.brown@durham.ac.uk</a>
Andy Chapman	York St John University	
David Coldwell	Durham University	<a href="mailto:david.j.coldwell@durham.ac.uk">david.j.coldwell@durham.ac.uk</a>
Caroline Comerford	Robert Gordon University	<a href="mailto:c.comerford@rgu.ac.uk">c.comerford@rgu.ac.uk</a>
Karen Cregan	University of Chester	<a href="mailto:k.cregan@chester.ac.uk">k.cregan@chester.ac.uk</a>
Abi Dean	Manchester Metropolitan University	<a href="mailto:A.Dean@mmu.ac.uk">A.Dean@mmu.ac.uk</a>
Sharon Doherty	UCLan	<a href="mailto:SHDoherty@uclan.ac.uk">SHDoherty@uclan.ac.uk</a>
Ellie Eracleous	Queen Margaret University	<a href="mailto:eeracleous@qmu.ac.uk">eeracleous@qmu.ac.uk</a>
Laila Fish	University of York	<a href="mailto:laila.fish@york.ac.uk">laila.fish@york.ac.uk</a>
Paul Fleming	University of Southampton	<a href="mailto:p.fleming@soton.ac.uk">p.fleming@soton.ac.uk</a>
Tristan Hale	Oxford Brookes University	<a href="mailto:thale@brookes.ac.uk">thale@brookes.ac.uk</a>
Sara Hawley	York St John University	
Maxine Holt	Manchester Metropolitan University	<a href="mailto:m.holt@mmu.ac.uk">m.holt@mmu.ac.uk</a>
Katie Irving	York St John University	<a href="mailto:k.irving@yorks.ac.uk">k.irving@yorks.ac.uk</a>
Ben Jessup	British Universities & Colleges Sport (BUCS)	<a href="mailto:ben.jessup@bucs.org.uk">ben.jessup@bucs.org.uk</a>
Ursula Klingel	Sheffield Hallam University	<a href="mailto:U.Klingel@shu.ac.uk">U.Klingel@shu.ac.uk</a>
Mandy Marlow	Durham University	<a href="mailto:mandy.marlow@durham.ac.uk">mandy.marlow@durham.ac.uk</a>
Brian Mullins	University College Dublin	<a href="mailto:brian.mullins@ucd.ie">brian.mullins@ucd.ie</a>
Catherine Nelson	Victoria University of Wellington	<a href="mailto:Catherine.Nelson@vuw.ac.nz">Catherine.Nelson@vuw.ac.nz</a>
Amy Norton	Higher Education Funding Council for England (HEFCE)	<a href="mailto:A.NORTON@hefce.ac.uk">A.NORTON@hefce.ac.uk</a>
Doug Parkin	Leadership Foundation for Higher Education	<a href="mailto:Doug.Parkin@lfhe.ac.uk">Doug.Parkin@lfhe.ac.uk</a>
Helen Ryall	University of Edinburgh	<a href="mailto:Helen.Ryall@ed.ac.uk">Helen.Ryall@ed.ac.uk</a>
Duncan Stephenson	Royal Society for Public Health	<a href="mailto:DStephenson@rsph.org.uk">DStephenson@rsph.org.uk</a>
Matthew Stinson	University for the Creative Arts	<a href="mailto:MStinson@ucreative.ac.uk">MStinson@ucreative.ac.uk</a>
Tracey Taylor	Public Health Wales	<a href="mailto:Tracey.Taylor4@wales.nhs.uk">Tracey.Taylor4@wales.nhs.uk</a>
Stephen White	Brunel University London	<a href="mailto:stephen.white@brunel.ac.uk">stephen.white@brunel.ac.uk</a>
Briony Williams	University of Worcester	<a href="mailto:b.williams@worc.ac.uk">b.williams@worc.ac.uk</a>
Hazel Wright	Teesside University	<a href="mailto:h.wright@tees.ac.uk">h.wright@tees.ac.uk</a>

## APOLOGIES

Name	Organisation
Manuel Alonso	Loughborough University
Richie Andrew	Middlesbrough Council
Jon Brookstein	British Universities & Colleges Sport (BUCS)
Lara Carmel	University of Essex
Chris Deacy	Cardiff Metropolitan University
Sarah Driscoll	Anglia Ruskin University
Cathryn Harrington	Liverpool Hope University
Lizzie Johnson	University of the West of England
Monica Kanwar	University of Hertfordshire
Keith Lynch	Cardiff University
Seona McKenzie	University of Strathclyde
Judy Orme	University of the West of England
Rachel Piper	Student Minds
Jen Saunders	City of York Council
Ryan Swinney	University of Liverpool
Sue Wynn	University of Sunderland