

Healthy University Network Meeting

Venue Bolton University

Notes from meeting

Friday 4 April 2008

Present

Shirley Silcock	University of Bolton
Sharon Thompson	University of Bolton
June Clayton	University of Bolton
Margaret Boneham	University of Bolton
Sarah Burgess	University of Bolton
Mollie Percival	University of Bolton
Abida Chohan	University of Bolton
Amanda Smith	Amian, Employee Assistance Provider for University of Bolton
Paula Cottrell	Staffordshire University
Catherine Ogilvie	University of West England
Rob Lambert	Norwich University
Sharon Doherty	University of Central Lancashire
Mark Dooris	University of Central Lancashire
Sughra Nawaz	Bolton Primary Care Trust
Marie Bissett	Bolton Primary Care Trust
Sarah Bustard	Nottingham Trent University
Jennie Cawood	Yorkshire and Humber Teaching Public Health Network
Karen Harvey	Bristol University
Vince Ramprogus	Manchester Metropolitan University

1. Introductions & Apologies

Anne Coufopoulos	Liverpool Hope University
Jane Marshall	Bradford College
David Arblaster	Leeds Metropolitan University
Jane Thompson	Cumbria and Lancashire Public Health Network
Pozz Lonsdale	Bolton University

2. Notes from last meeting

Agreed

3. National Scoping on Healthy Universities

This is being funded by the Department of Health and Higher Education Academy. Mark gave a brief overview of the healthy settings approach the Healthy Universities (HU) are applying. (powerpoint attached)

This is a research and development project, running from Jan-Dec 08. Mark feed back on the results so far from universities comments to the initial questions.

- 50% response rate so far
- 26 universities (44%) stated they have an established HU initiative, however there were varied interpretations of what HU work meant
- 95% would be interested in a National Programme

ACTION - Mark to check the Bolton response

4. £1 M challenge 2006-9 Active Staff Programme

Shirley Silcock gave a presentation on the work taking place at the University of Bolton. (see attached powerpoint) Shirley is happy to share reports on the outcome/evidence related to this work. As well as an increase in activity of staff there was also evidence to show 61% of people taking part felt they had better job satisfaction.

5. Terms of Reference/Framework for Action

These documents were accepted with amendments.

6. Universities update/ sharing good practice

University of Bristol

- Health Lifestyle Group now has a first meeting planned with members from across the university. They will be looking at priorities and developing working groups. The group will report to two committees, Sport Exercise and Health and Positive Working Environment.
- Below are the links to the Positive Working Environment (PWE) and this year's PWE Week webpages. There are 5 commitments within the initiative and a 6th one has been added around Healthy University.

www.bristol.ac.uk/pwe
www.bristol.ac.uk/pwe/pwe-week

- There have been links to the SU Revise campaign, Refuel, Refresh and Relax, free food and relation is offered to students.
- They are setting up an allotment scheme for students, and trying to set up a green gym.
- Auditing what is already happening around alcohol and drug awareness
- 2009 Centenary will provide opportunities for work, .e.g 100 mile cycle, walks

University of West England

- Feel Good February campaign ran, engaged with staff and students; e.g. healthy and organic food promoted, farmers market, cycle scheme, Chlamydia testings, student volunteering at allotments

- Have a draft strategy for Healthy University, will sit within sustainability

Nottingham Trent University

- Now finished the pilot for the Exercise on Referral scheme for students, there have been 20 students, its been popular with male students, offered 5 sessions with a mentor provided
- There are links to Nottingham City partnership on alcohol
- Plan to work with 1 school per academic year to offer stress busting for staff/students
- Produced leaflets on alcohol, cocaine, street safe scheme

University of East Anglia

- Have had 3 meetings so far, looking at taking Healthy Universities forward
- Organise Mental Health Days, Healthy Living Days

University of Bolton

- Running a student volunteering peer ed project called 'Up Shot'
- Partnerships with RUClear Chlamydia screen has been very successful, arranging to train student volunteers to enable testing anytime at uni, also being offered access to Sexual Health Training offered by the PCT

Staffordshire University

- Smoking cessation sessions offered
- Healthy Lifestyle exhibition, e.g. exotic fruits, sleep patterns, reflexology,

Manchester Metropolitan University

- Working groups under 'Go five' lead by Sports Centre, Catering, HR, Sustainable Environment, Health & Safety. Each have set targets re increased uptake and engagement in physical activity
- Centre for Art and Health, art activity and well-being factors related to staff, role with the community as well
- Policy on Health and Well-being, objectives/targets set at a senior level, steering group brings together people from across depts.
- Seeking funding to evaluate the developments taking place within Healthy Universities

University of Central Lancashire

- Linked into the Home Office Know Your Limits campaign aimed at SU's, outside team came in, promoted increasing water intake over a night out
- Rethinking Student Mental Well-being, project officer now in post, work being developed, e.g. campaigns on stigma, developing new buddy scheme, links with physical activity, staff training to support students
- Work started under the Healthier and Sustainable Food action plan, researching student needs, knowledge to support future planning for campaigns, possible cooking classes?

- Touch student volunteer project, links with Croatia who want to establish similar programmes, also PCT has funded a younger version of the touch project to go into colleges, youth clubs and high schools

7. General discussion/Any other business

19 June – Sharing event being organised by Jenny Cawood, open to all universities

AMOSSHE (Student Services Association) are developing new drug procedures for HE.

8. Date/venue of next meeting

TBC, next meeting likely to be linked to further discussions around the potential national developments, possibly in Oct