

English National Healthy Universities Network

NOTES FROM NETWORK MEETING

Birmingham University
24 April 2009 10.30-3.00

Present

Sarah Bustard	Nottingham Trent University
Lee Costin	University of Birmingham
Sharon Doherty	University of Central Lancashire
Mark Dooris	University of Central Lancashire
Laura Fisher	Liverpool University
Karen Harvey	Bristol University
Joel Kesterton	Sheffield Hallam University SU
Jenny King	University of Worcester
John Leah	University of Worcester
Colin Fry	University of Worcester
Ian Kenvyn	Leeds Trinity and All Saints University
Amanda Smith	Amian EAP
Denise Eaves	University of Nottingham
Shirley Silcock	Bolton University
Pozz Lonsdale	Bolton University
Hazel Wright	Teeside University
Andrew Abbey	Teeside University
Alan Shaw	Blackpool PCT
Jenny Cawood	Yorkshire and Humberside Public Health Teaching Network
Sue Powell	Manchester Metropolitan University
Catherine Ogilvie	University of West England
Josephine Ramm	University of Brighton
David Connell	Hertfordshire University
Rachel King	NHS Lothian

1. Introductions & Apologies

Welcome from David Harrison to the Birmingham University campus.

Apologies:

Judy Orme	University of West England
Dan Doran	Loughborough University
Bill Thompson	City University London
Sarah Humphreys	Leeds Metropolitan University
Ann Coufopolous	Liverpool Hope University
Fiona Wilson	East of England Teaching Public Health Network
Karen Cregan	Chester University

2. Notes from Last Meeting & Matters Arising

Notes from the last meeting were accepted as a true record.

Mark gave an update from National Research and Development Project on Healthy Universities and outlined further developments. The final report is now available on the website of the Higher Education Academy Health Sciences and Practice Centre - at <http://www.health.heacademy.ac.uk/publications/miniproject/2009mdooris.pdf>. An executive summary is also expected to be written – info to follow. The HEFCE proposal 'Developing Leadership and Governance for Healthy Universities' has been

successful. The project will start in June 2009 and will run for 2 years, jointly led by MMU and UCLan with Nottingham Trent University, Leeds Trinity and All Saints, Teesside University, UWE and the Royal Society for Public Health as collaborative partners.

3. Feedback from Staff Well-being HEFCE project

Group members fed back that the workshops have been well attended and that positive sharing had taken place. The project webpage www.wellbeing.ac.uk provides useful case study examples.

The group discussed the variety of definitions and understanding around the use of the term well-being. A couple of definitions were discussed:

“The subjective state of being healthy, happy, contented, comfortable and satisfied with one’s quality of life. It includes physical, material, social, emotional (‘happiness’), and development and activity dimensions.”

Waddell, G. and Burton A.K. (2006), *Is work good for your health and well-being?*, London: TSO; cited in Dame Carol Black’s report ‘Working for a Healthier Tomorrow’, (2008).

“The dynamic process that gives people a sense of how their lives are going through the interaction between their circumstances, activities and psychological resources or ‘mental capital’. While a combination of objective and subjective factors are important for assessing well-being, it is the subjective dimensions which have, to date, been lacking in any assessment by national governments.”

New Economics Foundation http://www.neweconomics.org/gen/well-being_what.aspx

Mark mentioned a publication by the New Economics Foundation:

Steur, N. and Marcs, N. (2008) *University Challenge: Towards a Well-Being Approach to Quality in Higher Education*. London: NEF.

http://www.neweconomics.org/gen/z_sys_PublicationDetail.aspx?pid=255

It was agreed that health and well-being terminology and understandings should be a possible topic area for guidance tools on Healthy Universities.

4. Eating Disorders

The network discussed the topic of eating disorders and a range of issues were covered;

- Support groups
- Support for friends of people with eating disorders, sharing accommodation
- Responsibility to act if you have suspicions, e.g in sport culture at Bolton University staff are GP referral trained and will approach people to offer a general assessment of fitness and will include nutritional advice.
- Conflicting messages around fitness, health status and eating disorders, at Bristol University looking at the elite athletes group to develop a policy to reduce conflicting messages
- Clarifying university role in treatment
- Types of eating disorders, some harder to tackle, e.g. people bulking-up don’t readily accept they may have an eating disorder
- Use of calendars by sports teams to fundraise, body image strongly promoted
- Possible local links with drug agencies, some have steroid user groups

A mental health sub-group has come from the Leeds Student Health Needs Assessment work. A PCT funded webpage is being developed that will include eating disorders information, www.mindyourheadleeds.com .

100% Me course used, <http://www.100percentme.co.uk/home.php> UK Sport's athlete-centred programme aims to increase understanding of drug-free sport.

Ideas around national guidance for Healthy Universities also emerged with two types being useful:

- 1 Overarching themes , e.g. building partnerships across university, establishing protocols re campaigns/reducing conflicting messages/sponsorship issues
- 2 Topic specific guidance, e.g. sexual health.

5. Universities update/ sharing good practice

Yorkshire & Humberside Healthy Learning Environments Network

May 09: Good practice event in Leeds, where they are giving out their first regional health awards.

Teeside University

They have a student Well-being Centre

They have piloted an adventure therapy project

Feel Good Friday events take place

Developing proposals re the business case for healthy university work for their SMT

Just established an advisory group

Bolton University

£1 Million Challenge Project to promote staff health, well established and evaluated Well-U model being used at university

There are plans to link with NHS and Leisure Services to develop a joint well-being centre, GP practice, emergency care unit, pool, gym.

Bristol University

11 May Positive Working Environment day, Dame Carol Black is key note speaker. Centenary of university, developed a 100 day initiative to feel 10 times better, very positive, only offering activities that can be continued after event.

University of Worcester

Ministry of Chill, stalls and activities for 1st years in halls at the end of the year

University of Central Lancashire

Currently writing next 3yr plan.

Ran a joint Carbon Reduction Awareness and Bike Week in March

Staff training on Mental Health Awareness delivered

6. Developments in Edinburgh

The network welcomed Rachel King who updated the group about developments in Edinburgh. She is working across four local authority areas, with 12 sites mixed FE/HE with a focus on mental health and wellbeing. Hoping to pilot work at Queen Margaret University as they are interested in the Healthy University approach. The work aims to build networks, there will be a conference in June on networking. Rachel discussed getting started issues and evaluation with the network sharing experiences.

7. Any other business

Good website www.studentcooking.tv , recipes, videos. Studentcooking.tv is made by West Park Media Limited in association with Imago Services at Loughborough University.

8. Date/venue of next meeting

Date to be confirmed, venue will be Sheffield Hallam University.