



UK HEALTHY UNIVERSITIES NETWORK

CARDIFF UNIVERSITY

TUESDAY 14 NOVEMBER 2017

NOTES FROM MEETING

&

REPORT OF THEMED SESSION/WORKSHOP

HEALTHY AND SUSTAINABLE UNIVERSITIES



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WELCOME

Sue Midha, Director of Human Resources, welcomed everyone to Cardiff University and the Network Meeting. She outlined her University's commitment to being a Healthy University and gave some examples of work in pursuit of this, thanking Keith Lynch and his colleagues for organising the meeting.

NETWORK UPDATE

Dooris – Network Update

Prof. Mark Dooris, Co-Chair of the Network, added his welcome and thanks to Keith, Sue and colleagues. He provided a brief 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 90 UK Universities – 75 England, 2 NI, 8 Scotland and 5 Wales; and also 21 Non-UK Universities and 25 stakeholder organisations. 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.
- **Membership:** Membership is open to UK HEIs who commit to the principles, vision and aspirations of the **2015 Okanagan Charter for Health Promoting Universities and Colleges** – and whilst the involvement of multiple internal stakeholders (including students' unions) is still welcomed, universities have been asked to nominate one lead member. Additionally, there is an option of securing Executive Level sign-up from the vice-chancellor or equivalent. Associate membership is open to other stakeholder organisations (except private sector) and non-UK HEIs. Mark thanked members who have returned their forms and urged those who haven't to do so ASAP.
- **Website and Communications:** The **website** and associated **toolkit** continue to be well-used. 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 **30 November 2017**), and responding to peer-to-peer information requests from members.

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 **30 November 2017**.
- ➔ ALL asked to submit news items for the website.

OTHER KEY UPDATES

Amy Norton from HEFCE gave an update on:

- catalyst funded safeguarding, sexual violence and harassment projects
- an evaluation of this programme, to be conducted by the Leadership Foundation for Higher Education
- a new catalyst fund call re. tackling mental health for postgraduate research students – see HEFCE website.

Network members gave updates on current projects and initiatives:

- **Emma Walters** explained that **Cardiff Metropolitan University** is planning to go smoke free and asked other universities for guidance and support.
- **Julia Haas** from **King's College London Students' Union** profiled a peer support wellbeing project developed with Student Minds
- **James Whittingham** from **London South Bank University** asked for ideas on better engaging staff and students in sustainability-focused activities
- **Andrea Allen** reported that **London South Bank University** has been granted the Mayor of London's Healthy Workplace Charter Excellence Award
- **Linda McSwiggan** from the **University of Dundee** asked for ideas about engaging staff in walking events.
- **Tristan Hale** from **Oxford Brookes University** outlined his work in supporting physical activity.

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

Sue Powell gave an overview of what has worked well in terms of structure and format of network meetings. Members introduced themselves and explained their role and involvement in Healthy Universities.

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.

THEMED SESSION: HEALTHY AND SUSTAINABLE UNIVERSITIES

Connecting Agendas: Healthy and Sustainable Universities

Mark Dooris – Connecting Agendas

Positioning Healthy Universities within the Context of Sustainability

Judy Orme – Healthy Universities and Sustainability

Sustainability at Cardiff University – Our Ambition

Katrina Henderson – Sustainability at Cardiff University

Healthy and Sustainable Colleges and Universities Framework for Wales

Tracey Taylor – Healthy & Sustainable Framework

Higher Education Future Generations Group Wales: Overview and Future Plans

Chris Deacy – HE Future Generations Wales

Questions and Discussion

Following the presentations, there were questions along with further discussion and networking.

NEXT MEETING

The next meeting will take place on **Wednesday 16th May 2018** at the **Higher Education Funding Council for England, London**.

APPENDIX 1: ATTENDANCE

Name	Organisation	Email
Speakers/Conveners		
Chris Deacy	Cardiff Metropolitan University	CDeacy@cardiffmet.ac.uk
Mark Dooris	UCLan	MTDooris@uclan.ac.uk
Katrina Henderson	Cardiff University	HendersonKA@cardiff.ac.uk
Karen Holford	Cardiff University	
Judy Orme	University of the West of England	judy.orme@uwe.ac.uk
Sue Powell	Manchester Metropolitan University	S.Powell@mmu.ac.uk
Tracey Taylor	Public Health Wales	Tracey.Taylor4@wales.nhs.uk
Attendees		
Andrea Allen	London South Bank University	andrea.allen@lsbu.ac.uk
Matt Bordonada	University of Winchester	matt.bordonada@winchester.ac.uk
Sarah Botcherby	University of Cambridge	sarah.botcherby@admin.cam.ac.uk
Jan Conway	University for the Creative Arts	jconway3@uca.ac.uk
Amber Cowburn	University of the West of England	Amber.Cowburn@uwe.ac.uk
Chris Cowburn	Higher Education Funding Council for Wales	chris.cowburn@hefcw.ac.uk
Patricia Fitzpatrick	University College Dublin	patricia.fitzpatrick@ucd.ie
Paul Fleming		prof.p.fleming@gmail.com
Tristan Hale	Oxford Brookes University	thale@brookes.ac.uk
Julia Haas	King's College London	Julia.Haas@kcl.ac.uk
Rob Heyes	University of Bath	r.heyes@bath.ac.uk
Kara Holloway	Keele University	k.v.holloway@keele.ac.uk
Maxine Holt	Manchester Metropolitan University	m.holt@mmu.ac.uk
Tilly Jarvis	Dept of Sustainability, NUS	tilly.jarvis@nus.org.uk
Liz Jenkinson	University of West England	Elizabeth2.Jenkinson@uwe.ac.uk
Lizzie Johnson	University of the West of England	Lizzie.Johnson@uwe.ac.uk
Keith Lynch	Cardiff University	LynchKA@cardiff.ac.uk
Michael MacBean	University of Leicester	jmcm2@le.ac.uk
Linda McSwiggan	University of Dundee	l.c.mcswiggan@dundee.ac.uk
Sue Midha	Cardiff University	
Julie Mulliner	University of Chester	j.mulliner@chester.ac.uk
Brian Mullins	University College Dublin	brian.mullins@ucd.ie
Ian Munton	Keele University	I.N.Munton@keele.ac.uk
Amy Norton	Higher Education Funding Council for England (HEFCE)	A.NORTON@hefce.ac.uk
Jason Parr	University of Bristol	jason.parr@bristol.ac.uk
Peter Rands	Canterbury Christ Church University	peter.rands@canterbury.ac.uk
Rachel Roberts	Cardiff Metropolitan University	rroberts@cardiffmet.ac.uk

Name	Organisation	Email
Ayazullah Safi	Birmingham City University	Ayazullah.safi@bcu.ac.uk
Raj Singh	Public Health Wales	Raj.singh@wales.nhs.uk
Karen Smith	University College London	karen.a.smith@ucl.ac.uk
Aileen Stirling	Anglia Ruskin University	Aileen.Stirling@anglia.ac.uk
Jina Tanton	University of Warwick	j.tanton@warwick.ac.uk
Emma Walters	Cardiff Metropolitan University	ewalters@cardiffmet.ac.uk
James Whittingham	London South Bank University	james.whittingham@lsbu.ac.uk

APOLOGIES

Name	Organisation
Sue Bowker	Welsh Government
Lara Carmel	University of Essex
Kevin Child	Swansea University
Caroline Comerford	Robert Gordon University
Tracy Craven	Oxford Brookes University
Paul Dodsley	Nottingham Trent University
Sharon Doherty	UCLan
Lynnette Easterbrook	Royal College of Music
Nicola Junkin	University of Leicester
Monica Kanwar	University of Hertfordshire
Bernadette McGrath	Liverpool John Moores University
Angie Mugadza	The Royal Central School of Speech and Drama University of London
Doug Parkin	Leadership Foundation for Higher Education
Cheryl Parlour	University of Essex
Louise Phillipson	University of Sunderland
Laura Smythson	University of Surrey
Liz Stratton	Swansea University
Stephen White	Brunel University London
Hazel Wright	Teesside University