







UK Healthy Universities Network Networking, Sharing of Practice & Peer Support Session

Prof. Mark Dooris
University of Central Lancashire
Co-Chair, UK Healthy Universities Network

Group Tasks

-  Introductions: Where are you at in securing leadership for a whole university approach?
-  Examples of what's working well
-  Examples of challenges
-  How could the findings from the research project be further disseminated and used?

Feedback: Where are you up to?

- Huge variation – from VC sign-up and well-established strategic approach and structure, to wholly ‘bottom-up’.
- Positivity about the journey and making progress
- Recognition that the journey is likely to be a long one
- Some strong connections between universities and external structures/strategies

Feedback: What's Working Well

- Embedding health & wellbeing within corporate strategy
- Partnerships – internal and external
- Securing a strong student voice
- Engaging students' unions
- Getting key people on board as advocates
- Combining highly visible specific initiatives with strategic development – e.g. mental health first aid
- Tapping into less 'usual' areas – e.g. culture/arts

Feedback: Challenges

- Who owns it – securing wide-ranging buy-in & clarifying responsibilities
- Getting to the point where health & wellbeing is a high priority
- Using appropriate and engaging language for different stakeholder groups
- Articulating the whole university approach – ‘slippery’
- Describing what success looks like
- Measuring impact
- Securing ongoing funding/resourcing
- Maintaining authenticity through change

Feedback: Disseminating Research

- Advance HE
- Universities UK
- NUS
- Using it to describe what success looks like
- Using it as framework for further insight work
- Producing an easy-to-use infographic