



UK HEALTHY UNIVERSITIES NETWORK

TUESDAY 13TH NOVEMBER 2018

UNIVERSITY OF EDINBURGH

[Peffermill Playing Fields, Edinburgh EH16 5LL](https://www.ed.ac.uk/maps/maps?building=peffermill#main-content)

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[10 minutes by taxi / 25 minutes by bus from Edinburgh Waverley Station]

DRAFT PROGRAMME

10.00	<i>Arrival and Refreshments</i>	
10.30	WELCOME AND INTRODUCTION TO THE UNIVERSITY OF EDINBURGH	Jim Aitken, Director of Sport & Exercise, University of Edinburgh
10.40	NETWORK UPDATE	Profs. Mark Dooris & Sue Powell, Co-Chairs
10:55	NETWORKING, SHARING OF PRACTICE AND PEER SUPPORT SESSION	
12.00	<i>Lunch and Networking</i>	
12.40	Optional Walk or Yoga Session [led by Sport & Exercise staff]	
13:00	THEMED LEARNING SESSION: THE LINKS BETWEEN PHYSICAL ACTIVITY AND MENTAL HEALTH & WELLBEING	
13:00	<p>How Mindful Movement Can Help Students Heal from Eating Disorders</p> <p><i>Could yoga help students eat healthier and feel more confident in their bodies? Chelsea Roff – an educator, researcher, and yoga therapist – will share about an innovative yoga program that’s now being studied as a treatment for eating disorders.</i></p>	Chelsea Roff, Founder & Director of Eat Breathe Thrive.
13:20	Questions and Discussion	
13:30	Introduction: How Universities are Using the Power of Physical Activity to Influence Mental Health	Helen Ryall, Head of Active Lives Programme, University of Edinburgh
13.35	<p>Wellbeing Service at QMU</p> <p><i>Presenting a variety of initiatives to promote positive physical and mental wellbeing, such as the Stay-on-course Programme, Five ways to Wellbeing, and psycho-educational workshops.</i></p>	Laura Dickson, Wellbeing Adviser, Student Services, QMU Edinburgh
13.42	<p>The ‘Feeling Good’ App</p> <p><i>Offered within the University of Edinburgh to support recovery and wellbeing. The talk will describe the model of engagement with staff and students and introduce the science between mental training sports techniques and the core mental skills we all need for resilience.</i></p>	Sheila Ross, Health Psychologist & Psychotherapist, Foundation for Positive Mental Health
13.49	<p>The Daily Mile Pilot Project</p> <p><i>A project to encourage staff to incorporate a daily walk into their work routine. The organisation, delivery and assessment of the project will be outlined, along with lessons learnt in informing further initiatives.</i></p>	Dr Linda McSwiggan, Senior Lecturer, School of Nursing and Health Sciences, University of Dundee

13:56	<p>Active Students</p> <p><i>A referral programme in partnership with the counselling service and Oriam. The results, and the impact that physical activity can have on stress, depression and anxiety levels in the student population, will be shared.</i></p>	Sarah Robertson, Health Promotion Manager, Heriot Watt University
14:03	<p>Operation Stride</p> <p><i>A research programme aiming to increasing steps in student nurses – but what impact did it have on mental health?</i></p>	Audrey Duncan, Sport & Exercise Science Manager, University of Dundee
14:10	<p>Using lift doors to encourage stair use</p> <p><i>What messages could motivate students to take the active route up a building? This presentation will share with you what students told us and how we translated that into action.</i></p>	Helen Ryall, Head of Active Lives Programme, University of Edinburgh
14:20	<p>Quick Yoga Stretch</p>	
14:25	<p>BUCS: Physical Activity and Mental Health</p> <p><i>Whilst known best for its competitive sports structure, this session will provide an overview of projects and research relating to physical activity and mental health.</i></p>	Abi Dean, Development Manager, British Universities and Colleges Sport (BUCS)
14:45	<p>'Healthy Body Health Mind' Award</p> <p><i>Run by Think Positive, the project puts a structure with criteria in place to look at how institutions can develop their work in mental health, physical activity, smoking and sports.</i></p>	Katie Gowing, Student Health Project Consultant, NUS
15:00	<p>Questions and Discussion</p>	
15:30	<p><i>Close</i></p>	