



UK HEALTHY UNIVERSITIES NETWORK

UNIVERSITY OF EDINBURGH

TUESDAY 13 NOVEMBER 2018

NOTES FROM MEETING

&

REPORT OF THEMED SESSION/WORKSHOP

THE LINKS BETWEEN PHYSICAL ACTIVITY AND MENTAL HEALTH & WELLBEING



THE UNIVERSITY *of* EDINBURGH



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WELCOME AND INTRODUCTIONS

- Jim Aitken, Director of Sport & Exercise at the University of Edinburgh, welcomed participants to the meeting and wished everyone well for the day.
- Sue Powell, Co-Chair of the Network thanked Jim Aitken and Helen Ryall for hosting the meeting and gave an overview of the programme.
- Participants introduced themselves.

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 and has two calls for action:
 1. Embed health into all aspects of campus culture, across the administration, operations and academic mandates.
 2. Lead health promotion action and collaboration locally and globally.
- **Brief History:** The UK Healthy Universities Network (UKHUN) has grown since its informal establishment in 2006. It currently has representation from 76 UK Universities – 63 England, 1 Northern Ireland, 8 Scotland and 4 Wales; and also 23 Non-UK Universities and 27 stakeholder organisations. The Network is overseen by an Advisory Group, which includes representatives from UK-wide organisations and from higher education and public health bodies 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 actively welcomed, universities are 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.
- **Policy Engagement and Influence:** A UK Healthy Universities Summit was held in London in July. This brought together 18 participants from public health and higher education bodies across the UK and its administrations. This was well-evaluated and it is hoped that further summits/meetings will be held.
- **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 2018**), and responding to peer-to-peer information requests from members.

ACTION:

- ➔ ALL asked to submit and/or update case studies for the website – using **this link**.
- ➔ ALL asked to provide material (news, updates features, articles) for the newsletter – submit to **healthyuniversities@uclan.ac.uk** by **30 November 2018**.
- ➔ ALL asked to submit news items for the website.

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

Participants talked in small groups, sharing good practice, discussing challenges and offering peer support. The following key points were highlighted during feedback:

- Ensuring effective signposting and referral to (exercise and other) schemes for students & staff with mental health problems
- Finding supportive colleagues & forming partnerships internally
- Harnessing existing good practice (internal & external)
- Introducing staff exercise challenge schemes
- Prioritising student skills development
- Managing 'being pulled in lots of directions' and finding ways to prioritise
- Linking with wider public health partnerships
- Engaging students in their own wellbeing and, specifically, retaining students on physical activity schemes
- Working with managers to facilitate staff to engage in wellbeing-related schemes/programmes
- Engaging at a strategic level to secure funding to support schemes
- Co-ordinating and harmonising a range of health/wellbeing surveys
- Developing a shared and consistent understanding of 'wellbeing'
- Managing the transition into university – and appreciating the contrasting challenges for different groups
- Evaluating the effectiveness of mental health interventions/programmes (rather than assuming things 'work')

THEMED SESSION: THE LINKS BETWEEN PHYSICAL ACTIVITY AND MENTAL HEALTH & WELLBEING

Chelsea Roff

How Mindful Movement Can Help Students Heal from Eating Disorders

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 is now being studied as a treatment for eating disorders.

Further information: <https://www.eatbreathethrive.org/>

Laura Dickson LDickson2@qmu.ac.uk

Introduction: How Universities are Using the Power of Physical Activity to Influence Mental Health Wellbeing Service at QMU

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.

- Mental health drop-ins: practical/emotional support, referral to resources and internal/external services.
- Stay-on-course programme: when students' attendance falls below a certain level, they are contacted and offered a 'consultation' (as far as possible in students' own 'spaces', likewise linked to practical/emotional support and referral to resources and internal/external services.
- Using Five Ways to Wellbeing to promote use of the framework by students in everyday life.
- Stressbusting psycho-educational workshops.

Sheila Ross

sheila@foundationforpositivementalhealth.com

The 'Feeling Good' App

Offered within the University of Edinburgh to support recovery and wellbeing. The talk described the model of engagement with staff and students and introduced the science between mental training sports techniques and the core mental skills we all need for resilience.

Dr Linda McSwiggan, Senior Lecturer, School of Nursing and Health Sciences, University of Dundee

l.c.mcswiggan@dundee.ac.uk

The Daily Mile Pilot Project

A project to encourage staff to incorporate a daily walk into their work routine. The organisation, delivery and assessment of the project was outlined, along with lessons learnt in informing further initiatives.

Sarah Robertson, Health Promotion Manager, Heriot Watt University

Sarah.Robertson@hw.ac.uk

Active Students

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, were shared.

Audrey Duncan, Sport & Exercise Science Manager, University of Dundee

a.t.duncan@dundee.ac.uk

Operation Stride

A research programme aiming to increasing steps in student nurses – but what impact did it have on mental health?

Helen Ryall, Head of Active Lives Programme, University of Edinburgh

Helen.Ryall@ed.ac.uk

Using Lift Doors to Encourage Stair Use

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.

Abi Dean, Development Manager, British Universities and Colleges Sport (BUCS)

Abi.Dean@bucs.org.uk

BUCS: Physical Activity and Mental Health

Whilst known best for its competitive sports structure, this session provided an overview of projects and research relating to physical activity and mental health.

Further information: <https://www.bucs.org.uk>

Katie Gowing, Student Health Project Consultant, NUS

Katie.Gowing@nus-scotland.org.uk

'Healthy Body Health Mind' Award

N.B. Due to illness, Katie was unable to attend and present.

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.

Questions and Discussion

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

NEXT MEETING

The next meeting will take place on **Tuesday 14th May 2018** at **the University of Central Lancashire**.

APPENDIX 1: ATTENDANCE

First Name	Last Name	Position	Organisation
Jim	Aitken	Director of Sport & Exercise	University of Edinburgh
Mark	Dooris	Professor in Health & Sustainability/ Director of Healthy & Sustainable Settings Unit	UCLan
Sue	Powell	Professor of Public Health, Head, Centre for Innovation and Knowledge Exchange	Manchester Metropolitan University
Chelsea	Roff	Founder & Director	Eat Breathe Thrive
Amber	Cowburn	HU co-ordinator	University of the West of England
Julie	Dagnall	Executive Director of Human Resources	University of Chester
Lisa	Harold	Research Assistant	University College Dublin
Linda	McSwiggan	Senior Lecturer, School of Nursing and Health Sciences	University of Dundee
Abi	Dean	Development Manager (Physical Activity & Sport)	British Universities & Colleges Sport
Laura	Dickson	Wellbeing Adviser	QMU Edinburgh
Audrey	Duncan	Sport & Exercise Science Manager	University of Dundee
Shelia	Ross	Psychologist & Psychotherapist	Foundation for Positive Mental Health
Sarah	Robertson	Health Promotion Manager	Heriot Watt University
Helen	Ryall	Head of Active Lives Programme	University of Edinburgh
Gail	Peterson	Lead Councillor	Edinburgh Napier University
Anne	Coufopoulos	Associate Dean	Coventry University
Lisa	Daley	Sport Development Officer	University of Bristol
Stew	Fowlie	Chief Operating Officer	Scottish Student Sport
Jan	Gurung	Counsellor/Wellbeing Practitioner	Sheffield Hallam University
Jen	Hart	Relationship Development Manager	Education Support Partnership

Tina	Harvey	Lecturer: Working with Children and Families	University of Cumbria
Aaron	Kelly	Assistant Residence Life Coordinator	University of Edinburgh
Claire	Kilburn-Young	Wellbeing Officer	Inverness College UHI
Seona	McKenzie	Health & Fitness Co-ordinator	University of Strathclyde
Caroline	Mahon	Health Promotion Officer	Dublin City University
Jocelyn	Moar	Active Lives Programme Officer	University of Edinburgh
Iain	Morrison	Dean of Students	University of the Highlands and Islands
Julie	Mulliner	Assistant Director of Human Resources	University of Chester
Judy	Orme	Co-Director of Institute for Sustainability, Health and Environment	University of the West of England
Denise	Penny	Lecturer in Public Health and Health Promotion	Robert Gordon University
Emma	Robson	Activities and Events Regional Co-ordinator	Highlands & Islands Students' Association
Naomi	Saxton	Senior Wellbeing Practitioner (Sexual Violence and Harassment)	Sheffield Hallam University
Nicola	Scott	Regional Development Coordinator	Scottish Student Sport
Charlotte	Smith	Healthy University Coordinator	UCLan
Jina	Tanton	Health and Wellbeing Coordinator	University of Warwick
Hazel	Wallace-Williams	Mphil/PhD Ed and Health	University of Greenwich
Sue	Wilbraham	Senior Lecturer, Department of Health, Psychology and Social Studies	University of Cumbria
Hazel	Wright	Student Wellbeing coordinator	Teesside University
Claire	Macdonald-Clarke	Lecturer in Nutrition	Liverpool Hope University
Kat	Holloway	Lecturer in Nutrition	Liverpool Hope University

Mel	Piper		Keele University
Amy	Norton		Office for Students