

# UK HEALTHY UNIVERSITIES NETWORK

Wednesday 6th November 2019

Future Space, Frenchay Campus, University of the West of England,  
Coldharbour Lane, Bristol BS16 1QY

## Focus Theme for the Day

Informed by an overarching commitment to whole university and whole system approaches, what are the challenges and opportunities involved in implementing and embedding the StepChange Mental Health Framework and University Mental Health Charter within the broader context of Healthy Universities?

## Programme

Timings		
09:30	Arrival, Refreshments and Registration – Future Space Reception	
<b>MORNING SESSION: ROOM – OT145</b>		
09:55	UK Healthy Universities Network Update	Mark Dooris
10:05	Welcome, Introduction & Scene-Setting	Steve West
10:15	Making Health (including Mental Health) a Whole University Strategic Priority	Steve West
10:40	Mentally Healthy Universities	John de Pury
11:05	Break & Refreshments – Future Space Café Area	
11:20	The University Mental Health Charter	Gareth Hughes
11:40	Translating Strategic Commitments into Real-World Delivery	Simon Phillips & Alyssa Willis
12:00	Panel Discussion / Questions & Answers	
12:30	Lunch & Networking – Future Space Café Area	
13:00	Optional Wellbeing Walk – Meet Future Space Reception Viewing of the #Let'sTalk Podcasts – Meeting Rooms within Future Space Café	
<b>AFTERNOON SESSION: ROOM: UEZ HUB</b>		
13:20	Introduction: Aligning Healthy Universities, Stepchange and the University Mental Health Charter – Challenges and Opportunities	Sue Powell Mark Dooris Hannah Slater Lizzie Johnson
13:30	Small Table Discussions	
14:30	Feedback, Questions & Discussion	
15:00	Networking & Close	

## BIOGRAPHIES OF SPEAKERS

### **Gareth Hughes:**

Gareth is a psychotherapist and Research Lead – Student Wellbeing at the University of Derby. Gareth also works for Student Minds as the Development Lead for the University Mental Health Charter and is the lead author of the upcoming The Wellbeing Thesis, an online resource for PGR students. He is currently leading an OfS funded project to produce guidance, for academics, on developing curriculum that supports wellbeing and learning. His new book for students, Be Well, Learn Well is due to be published in March by Macmillan. He is a Principal Fellow of the HEA and a tutor for the Human Givens College.

### **Simon Phillips:**

Having moved from the Probation Service to work in Higher Education in 1998, Simon has spent twenty years in student services departments where he has held a number of advisory and management roles relating to disability, money advice, academic regulations and inclusion. Simon has worked at UWE Bristol for six years and currently holds the post of Deputy Director of Student and Academic Services (Student Support). During this time, UWE Bristol has been actively progressing themes that build community and positive engagement with ideas and behaviours that promote good health.

### **John de Pury:**

John currently leads the policy programme on mental health including the development and implementation of whole university strategic frameworks and work to improve mental health services for students.

He is also responsible for the strategic direction of UUK's work on sexual, racial, faith-based harassment and hate crime, and leads programmes on personal data in research, health research and workforce.

Immediately prior to working at UUK, he led the Research & Innovation desk at NHS Confederation. He was Executive Director of Health Services Research UK 2008-2018. He has a background in political and cultural consultancy in east, south east and central Asia.

### **Steve West:**

Professor Steve West CBE, DL is Vice-Chancellor, President and CEO of the University of the West of England, Bristol. He is Non-Executive Director for the Office for Students and Chair of the UUK Mental Health in Higher Education Working Group.

He is Chair of the West of England LEP, Chair of the West of England Academic Health Science Network and Non-Executive Director for the University Hospitals Bristol NHS Foundation Trust.

Professor West is a Deputy Lieutenant for the County of Gloucestershire and was made Commander of the Order of the British Empire (CBE) in 2017, for services to Higher Education.

### **Alyssa Willis:**

As Student Communications Manager at UWE Bristol, Alyssa works closely with stakeholders across the university to translate their strategic visions into engaging multi-channel communications campaigns that resonate with the student population. She has been in the post for five years and has a background in digital communications, including web development.