UK Healthy Universities Network Annual Report 2022

Welcome to the 2022 UK Healthy Universities Network annual report, where we recap on all we have achieved this year.

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Leadership Team Introduction

*1 - **Professor Mark Dooris - Healthy Universities Chair***

I was involved in setting up informal networking from 2006 and then jointly co-ordinated the HEFCE-funded project that led to the formal establishment of the UK Healthy Universities Network between 2009 and 2012. I have been Co-Chair and Chair since that time, also being responsible for strategic-level leadership of University of Central Lancashire's own Healthy University initiative and co-chairing the International Health Promoting Universities & Colleges Steering Group.

*2 - **Julia Haas - PhD Candidate (King's College London)***

I am the Student Wellbeing & Welfare Manager at King's College London Students' Union where I manage a sector-leading student-led wellbeing service. I am also an UKRI ESRC LISS DTP PhD Candidate at King's College London in the Institute of Psychology, Psychiatry and Neurosciences investigating university peer support for student mental health and wellbeing. I became a member of UK HUN after doing a staff exchange at the University of British Columbia in 2017 where I gained a passion for a whole university approach to creating healthy communities.

*3 - **Hazel Wright***

I have been a member of the UK HU network for nearly 15 years and have been involved as part of the steering group and now leadership team for a umber of years. I find the network to be a fantastic source of information, networking and motivation. Long may it continue.

The UK Healthy Universities Network has continued to go from strength to strength this year, holding a series of engaging and well-attended meetings and learning events and contributing to the International Healthy Campus Symposium in May. Its Leadership Team is playing a key role in identify and deliver priorities for the future, working closely with members of the Network's high-level Advisory Group.

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*4 - **Dr Liz Jenkinson***

I co-lead the University of the West of England Healthy University Group (Bristol, UK with Prof. Mat Jones) leading health and wellbeing strategy and health promotion initiatives across campuses. I am a research active Senior Lecturer, Health Psychologist (HCPC), Chartered Psychologist (AFBPS) and National Training Director for Health Psychology at NHS Health Education England. I joined UKHUN not long after its establishment in 2012 and was delighted to join the leadership team in 2021.

*5 - **Professor Mat Jones***

Along with Liz Jenkinson, I co-lead the University of the West of England's Healthy University Group. I'm a Professor of Public Health and Community Development with a keen interest in whole settings approaches to health promotion. I first became involved in UKHUN in 2012 through a UWE project on the health and wellbeing of international students. Since then I've worked on a number of programmes and evaluations including those concerned to promote good food and smoke free campuses.

*6 - **Monica Kanwar***

I have been a passionate advocate of UKHUN for many years at University of Hertfordshire, I was delighted to become part of the new leadership team and now having moved to University of York I hope to work closely with my colleagues at York to advocate for the Healthy Universities UK.

Key achievement - to have been able to build the connection with the Association of Directors of Public Health and the Advisory Board.

Advisory Group

The Network has a well-established Advisory Group that works closely with the Leadership Team. As well as including representatives from UK universities, it includes high-level representation from key higher education and public health sector organisations from England, Northern Ireland, Scotland and Wales.

For further information and membership see Structure & Governance page of the website[1].

News Updates

Conference Keynotes:

Mark Dooris was invited to deliver keynote presentations at the X Ibero-American Health Promoting Universities Congress, speaking on “Challenges & Opportunities for the Global Health Promoting Universities Movement” and at the 1st International Conference on Health Promotion in Educational Communities organised by the Princess Nourah Bint Abdulrahman University in Saudi Arabia, speaking on “Health Promoting Universities: A Global Perspective."

Visiting Scholars from University of Saskatchewan, Canada:

Chad London and Vicki Squires from the University of Saskatchewan visited UWE, UCLAN and KCL in October to share expertise in promoting healthy universities. The visit involved workshops and discussions at each university to compare working practices in Canada and the UK and forge collaborations for future research. Chad and Vicki delivered a keynote presentation at our UKHUN network meeting titled: Collaborative Leadership as an Approach to Promote Wellbeing on

[1] https://healthyuniversities.ac.uk/network-structure-governance/

University Campuses which was very well attended and received. Huge thanks to Chad and Vicki for a very enjoyable and informative visit.

Link to resources on UKHUN website from keynote: UK Healthy Universities Network Online Meeting - Collaborative Leadership as an Approach to Promote Wellbeing on University Campuses - Healthy Universities[2]

Recent paper: Squires, V. & **London, C.L.** (2021). The Okanagan Charter: Evolution of health promotion in Canadian higher education. *Canadian Journal of Higher Education, 51(3), 100-114.* EJ1339399.pdf (ed.gov)[3]

Visit To Trinity College Dublin:

Mark Dooris was invited to Trinity College Dublin in October 2022 as a visiting professor, drawing on his experience of chairing the UK Healthy Universities Network. The visit involved meetings/workshops with Executive Team members, Healthy Trinity chairs and thematic group leads and researchers interested in forging connections between health and sustainability ('healthy people, healthy planet'). In addition to these Trinity College based events, an online meeting of the Irish Healthy Campus Network was arranged, with Mark speaking on 'Building Effective Leadership for Health Promoting Universities'.

Smoke Free Campuses:

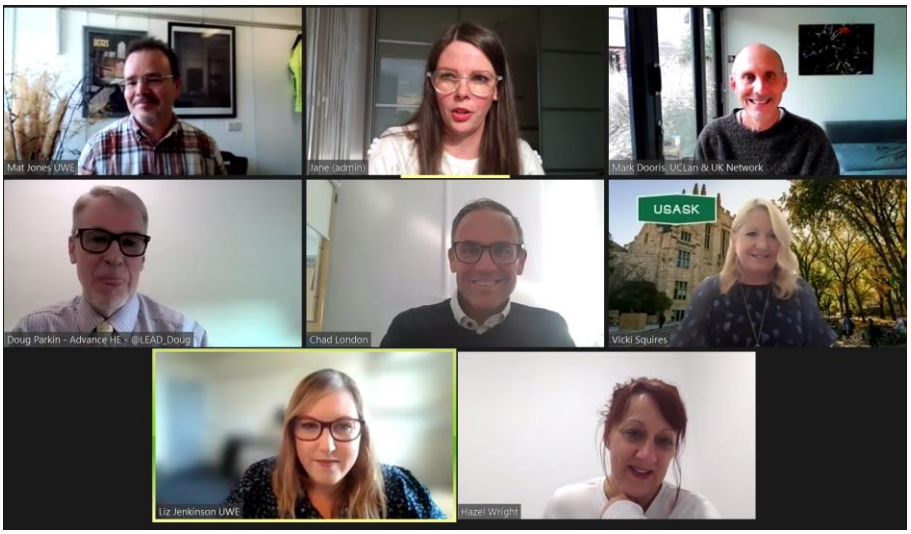
Prof. Mat Jones and Dr Liz Jenkinson represented UKHUN and UWE, Bristol at the UK Office for Health Improvement & Disparities and Department of Education Smoke-free campuses roundtable on 5th May 2022 chaired by Roseanna O'Connor Director, Addictions & Inclusion, Office for Health

[2] https://healthyuniversities.ac.uk/events/collaborative-leadership-approach/

[3] https://checkpoint.url-protection.com/v1/url?o=https%3A//eur01.safelinks.protection.outlook.com/%3Furl%3Dhttps%3A%2F%2Ffiles.eric.ed.gov%2Ffulltext%2FEJ1339399.pdf%26amp%3Bdata%3D05%7C01%7CElizabeth2.Jenkinson%40uwe.ac.uk%7C484c7ce802db47be4a9008daadc8fe6a%7C07ef1208413c4b5e9cdd64ef305754f0%7C0%7C0%7C638013376008654444%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C%26amp%3Bsdata%3DhPljK4dkoq2iv1Q%2BSWAaFvogUTQFyqtTabhTJgkmD2s%3D%26amp%3Breserved%3D0&g=ZjQ4MzIxOWE4NzQwZTQ4Nw==&h=NTYwNTkyYjM3ZTI4NTg1MzRlY2JkYTVkYjFlZmI4YTlhYTQyZmJkYTZhOTg2ZTMwODRlMTEzZTAwOGQwNjUyNg==&p=Y3AxZTp1Y2xhbmxpdmU6YzpvOjI1OTA5OWEwYjMzMmM1YzQ5ZmIxOTg4ZWE4MzA0YTc0OnYxOmg6VA==

Improvement and Disparities, and attended by Deborah Arnott, Chief Executive, Action on Smoking & Health (ASH) and selected representatives leading on tobacco, addiction and campus wellbeing from the HE sector. Mat and Liz presented 'Smoke Free Campuses at UWE Bristol: towards a replicable methodology for review, evaluation, and policy development' detailing the track record of smoke free policy work at UWE and the development of a process to embed a cycle of learning, engagement and evaluation.

Events Summary



Embedding a Healthy University Ethos and Culture into our Institutions

Date: 16th February 2022

Time: 2pm – 4pm

Location: Zoom

Keynote Speakers: Julia Haas, Liz Jenkinson

Panellists: John de Pury, Amy Norton, Jane Johns, Hilary Johnston

Tickets Sold: 110 (approx. 70 in attendance)

Geographical areas: 94 England, 14 Ireland, 1 Scotland

Informal Networking Event

Date: 18th May 2022

Time: 10am – 12am

Location: Zoom

Keynote Speakers: Mat Jones, Hazel Wright

Panellists: Mark Dooris

Tickets Sold: 25 (approx. 9 in attendance)

Geographical areas: 25 England

Collaborative Leadership as an Approach to Promote Wellbeing on University Campuses

Date: 19th October 2022

Time: 2pm – 4:10pm

Location: Zoom

Keynote Speakers: Doug Parkin, Chad London, Vicki Squires

Panellists: Chad London, Vicki Squires, Liz Jenkinson, Mat Jones

Tickets Sold: 121 (approx. 50 in attendance)

Geographic areas: 96 England, 11 Ireland, 10 internationals

Upcoming Meetings/Events

Online Event:

Bringing Higher Education and the NHS Together Through Student Mental Health Partnerships

28th February, 10:00, Zoom

Get your tickets below:

https://www.eventbrite.co.uk/e/bringing-he-nhs-together-through-student-mental-health-partnerships-tickets-487476795217

In Person Event:

Student Engagement (complete title TBC)

25th April, time TBC, King's College London

Tickets yet to go on sale.

Membership Update

Full Members:

72 Higher Education Providers from England

19 Higher Education Providers from Scotland (including 10 partner colleges of the University of Highlands and Islands)

5 Higher Education Providers from Wales

2 Higher Education Providers from Northern Island

Associate:

28 non-UK Higher Education Providers

34 UK based other stakeholder organisations

Website Analytics

We have had 5,965 website users from 132 countries between 1st January and 01 December.

Of those, 41% have been located in the United Kingdom, 10% the United States, 6% China, 5% Australia and 4% in Canada

82% of these users accessed the website from a desktop, and 18% from a mobile/tablet device.

The most popular page: Key Concepts – Health, Wellbeing & Sustainability - Healthy Universities[4]

Contact us

Not yet a member?

Sign up here[5] or email our administration team at healthyuniversities@uclan.ac.uk[6]

Home - Healthy Universities[7]

[4] https://healthyuniversities.ac.uk/healthy-universities/key-concepts-health-wellbeing-sustainability/
[5] https://healthyuniversities.ac.uk/network-membership/
[6] mailto:healthyuniversities@uclan.ac.uk
[7] https://healthyuniversities.ac.uk/