

# UCLan Healthy University

## ACTION PLAN 2015-18

### Introduction

A Healthy University (HU) aspires to “create a learning environment and organisational culture that enhances the health, wellbeing and sustainability of its community and enables people to achieve their full potential”<sup>1</sup> and to “transform the health and sustainability of our current and future societies, strengthen communities and contribute to the well-being of people, places and the planet.”<sup>2</sup>

The HU is underpinned by principles such as partnership, equity, participation, empowerment and sustainability. The approach aims to:

- create healthy & sustainable learning, working & living environments for students, staff & visitors
- integrate health and sustainable development as multi-disciplinary cross-cutting themes in curricula, research and knowledge exchange
- contribute to the health, well-being and sustainability of local, national and global communities.

The HU is a cross-university initiative guided by a high-level steering group and reporting to the university’s Executive and to the Safety, Health and Environment Committee. Co-ordinated from the Healthy and Sustainable Settings Unit, College of Health and Wellbeing. A number of working groups exist to support joined-up working and delivery.

This plan supports the delivery of the [UCLan Strategy 2015-2020](#), which pledges to achieve ‘**a healthy university committed to the physical and mental wellbeing of its students and staff**’ and includes within its underpinning values a **commitment to ‘supporting the health, safety and wellbeing of all’**. It has been developed in consultation with a wide range of stakeholders, students, staff and external colleagues. Actions within this plan relate to students, staff and visitors unless otherwise stated.

UCLan has a number of strategies and plans contributing to the health and wellbeing of students, staff and the local community. A number are cross-referenced in this document. It is recommended that they are read in conjunction with the HU Action Plan:

- UCLan Strategy 2015-2020
- Campus Master Plan
- Catering Strategy 2015-2020
- Environmental Management System Plan, FMENV020
- Safety, Health & Environment Strategy
- Sport & Physical Activity Engagement Strategy 2015-2020
- Travel Plan 2013-2018

This plan contributes to local and national priorities set out in a range of documents:

[Lancashire County Council Health and Wellbeing Strategy 2020](#)

[Sustainable Food Charter Lancashire](#)

[The NHS Five Year Forward View, 2014](#)

[Student Mental Wellbeing in Higher Education Good Practice Guide 2015](#)

[Healthy Lives, Healthy People: Our Strategy for Public Health in England, 2010](#)

[From Evidence into Action: Opportunities to Protect and Improve the Nation’s Health, 2014](#)

[The Government’s Alcohol Strategy, 2012](#)

[A Framework for Sexual Health Improvement for England 2013](#)

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<sup>1</sup> Dooris, M. et al., 2010. *Healthy Universities: Concept, Model and Framework for Applying the Healthy Settings Approach within Higher Education in England - Final Project Report*, Preston / London. Available at: [http://www.healthyuniversities.ac.uk/uploads/fck/HU-Final\\_Report-FINAL\\_v2\(1\).pdf](http://www.healthyuniversities.ac.uk/uploads/fck/HU-Final_Report-FINAL_v2(1).pdf).

<sup>2</sup> *Okanagan Charter for Health Promoting Universities and Colleges*, 2015. International Conference Health Promoting Universities and Colleges, Okanagan, BC, Canada. Available at: <http://www.internationalhealthycampuses2015.com/>

# Healthy University Summary

## Supporting the Delivery of UCLan Strategy 2015-2020

### Strategic Theme - Student Access, Experience and Success

- Mental Health and Wellbeing
  - Strengthen internal/external student referrals
  - Staff training and mental health procedures for staff and students updated
  - Promote/integrate mindfulness approaches to support learning, teaching & retention
- Alcohol and Drugs
  - Staff training and alcohol and drugs procedures updated
  - Monitor and respond to alcohol and drugs issues
- Wellbeing in Teaching and Learning project
- Students involved through curriculum in the delivery of HU, Student Health Champions

### Strategic Theme – Research and Innovation

- National Healthy University Network – Engagement and Practice research

### Strategic Theme – Internationalisation

- International networking and conference papers

### Strategic Theme – Social Engagement

- Healthy, Safe and Sustainable Food
  - Improve student cooking skills
  - Promote benefits of eating healthier, awareness of food safety and sustainable food
  - Improve consumer information
  - Reduction of food waste, increased recycling
- Relationships and Sexual Health
  - Promote a culture where sexual harassment is reduced and challenged on campus
  - Increase understanding of sexual consent, reporting systems for sexual harassment
- Alcohol and Drugs
  - Increase student knowledge about local services and legal/illegal drugs
- Physical Activity
  - Social and informal activities promoted,
  - Cycling/commuter cycling promoted, Walking campus
- Wellbeing Centre developments
- Students involved through volunteering in the delivery of the HU
- Health Campaigns focussing on change responding to student views

### HU is cited as one of the Strategic Enablers

- Overall HU Action Plan delivery
- HU input into Master Plan, enhancing and creating healthy and sustainable environments
- Communication Plans for students and staff, on-going information on range of health topics

## Healthy University Action Plan 2015-18

Objectives	Leads & Working in Collaboration	Key Performance Indicators		
		2015/16	2016/17	2017/18
<b>1: Healthy, Safe and Sustainable Food</b>				
1.1 Strengthen internal/external partnerships to support student/staff healthy eating.	HU	<b><i>Cross reference to Catering Strategy 2015-2020</i></b>		
	HU	Continuation of Healthy, Safe & Sustainable Food working group, min 3 meetings each year.		
1.2 Improve student's skills relevant to healthier eating, budgeting and food safety.	Catering/SU/ Confucius Institute	6-10 Cooking demonstrations for students.		
	HU/ Catering/ SU	Plan student volunteer project, cooking skills in halls.	Deliver student project in halls.	
	Catering	Produce 2-4 cooking demonstrations to use via social media demonstrating healthier eating, budgeting and food safety.		
1.3 Raise awareness and promote the benefits of eating healthier, raising awareness of food safety and sustainable food.	HACCP Team	Maintain Food Hygiene Rating Scheme.		
	Catering	Robust tender process ensuring suppliers are, wherever possible, locally based using locally sourced food.		
	Catering	Introduction of themed events at outlets, promoting different styles of food including healthier options.		
	Catering	Maintain certification/standards, promote fair-trade while developing working group to promote and raise awareness of the product.		
	HU/Catering/SU	Link to Section 6, identify and promote 6 key facts linked to UCLan/SU catering.		
	HU/Catering/SU		Produce student induction resource on food safety, menus and budgeting.	
1.4 Improve consumer information through provision of clear and consistent food labelling.	Catering	Ensure all products sold follow UK Food Information Regulations 2014.		
	HACCP Team	Implementation of food allergen folders giving guidance on allergens used within Catering Services.		
	Catering/SU	Vegan food, identified, labelled and promoted to students and staff.		
1.5 Increase the provision of affordable healthier and sustainable catering for the diverse university community.	Catering	Varied menu in Harrington and Foster to accommodate different customers, reviewed throughout the year taking seasons into account.		
	Catering			Wider selection of sandwiches across the university to cater for specific dietary requirements, e.g. vegan.
1.6 Increase understanding and knowledge about food, through	Catering	Support the teaching and development of students through College of Health & Wellbeing.		
	Catering/HU	Links to International Institute of Nutritional Sciences and Applied Food Safety Studies.		

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knowledge transfer, research and teaching.	Catering/College of H&W	Involve students with food safety and practical examples.		
1.7 Move towards a healthier and more sustainable food supply chain.	SHE/Catering	<b>Cross reference to EMS Plan FMENV020</b> , includes: <ul style="list-style-type: none"> <li>• Prioritise freshly made, seasonal meals on site using locally sourced produce.</li> <li>• Maintain purchase of sustainable fish, ensure more sustainable products used.</li> <li>• Hospitality to continue to use re-usable products for serving catering.</li> </ul>		
	Catering/HU/FM	On-going partnership links and engagement with Lancashire Food Charter.		
	Catering		Food for Life, Catering Mark Bronze	Food for Life, Catering Mark Silver
1.8 Reduction of food waste and associated waste in cooking.	SHE/Catering	<b>Cross reference to EMS Plan FMENV020</b> , includes: <ul style="list-style-type: none"> <li>• Expand collection and segregation of food waste. Ensure all suppliers, through contracts, are responsible for managing associated food waste in a safe and green manner.</li> <li>• Continue to work with Preston Oils in the disposal of cooking oil to turn waste into biodiesel.</li> </ul>		
<b>2. Mental Health and Wellbeing</b>				
2.1 Use the UUK Good Practice Guide 2015 as a framework to enhance student mental wellbeing.	LIS/FM/HU/SU/C H&W	Embed recommendations into strategic planning and policies <ul style="list-style-type: none"> <li>• Through working groups, SSW Group and Rethink Group</li> <li>• Consultation with students</li> <li>• Include arrangements for students with mental health difficulties studying long term off campus</li> <li>• Develop/review range of policies, e.g. Return to Study, Fitness to Study, Confidentiality, Missing people, Responding to Sexual and Domestic Violence</li> <li>• Collaboration with FE Colleges, placement provides</li> </ul>		
	LIS	Develop clear links to voluntary/statutory agencies, referral pathways developed		
	LIS	SSW Service monitoring and review <ul style="list-style-type: none"> <li>• Client feedback collated, priorities and enhancements identified</li> </ul>		
	LIS/HR	Staff CPD and training development <ul style="list-style-type: none"> <li>• Continue to delivery current range of mental health training courses</li> <li>• Pilot Mental Health 1<sup>st</sup> Aid for HE course</li> <li>• Research provision and identify gaps for new courses/supporting information</li> <li>• Develop specific training for key staff roles, security, accommodation</li> </ul>		
2.2 Prevention and health promotion activities to build resilience and mental wellbeing, reduce stigma, encourage early access to services and promote services.	HU/LIS/SU	Link to Section 6, to include: <ul style="list-style-type: none"> <li>• Promotion of 5 Ways to Feeling Great</li> <li>• Promotion of information based on Headroom and Soul websites</li> <li>• Workshops, courses developed for students</li> <li>• Curriculum links</li> <li>• UCLan/SU services and support promoted</li> </ul>		

Objectives	Leads & Working in Collaboration	Key Performance Indicators		
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2.3 Provide support to staff when responding to staff with mental health issues.	HR		Info, support systems, training packages developed to support staff responding to colleagues with mental health issues.	
2.4 Develop strategies to promote/integrate Mindfulness within UCLan to enhance retention, student and staff wellbeing and support the student learning experience.	CELT/SSW/HU/HR	Establish multidisciplinary Mindfulness Interest Group to collaborate to identify actions/priorities.	Advocating mindfulness, developing resources, staff/student workshops and courses.	Embedding Mindfulness in curricula, improving learning and academic performance, reducing stress and anxiety.
2.5 Include information on gambling related harm within UCLan and SU webpages.	SU/HU	Gambling info included on relevant webpages, headroom, finance & SU advice.		
2.6 Explore opportunities to use Therapy Dogs to reducing student and staff stress.	HU/SU	Inclusion of puppy/dog petting event within Stressed Out Students (SOS) SU Campaign.		
	HU		Rethink group to explore evidence/feasibility of additional aspects of using Therapy Dogs.	
<b>3. Relationships and Sexual Health</b>				
3.1 Provide information, resources and signposting linked to sexual health across UCLan and SU.	SU/HU	Link to Section 6, to include: Sexual health services, LGBT information, contraception, healthy relationships.		
3.2 Increase awareness of sexual consent and knowledge of reporting procedures for sexual harassment.	SU	#sayno to sexual harassment campaign/pledge.	Increase understanding of sexual consent and reporting procedures for harassment.	
<b>4. Smoking, Alcohol and Drugs</b>				
4.1 Strengthen internal/external partnerships, monitor and respond to alcohol and drugs issues.	HU	Continuation of Alcohol and Drugs Issues Group min 3 meetings each year.		
4.2 Increase awareness of smoking, alcohol and drugs information, resources & services.	HU/SU/SSW	Link to Section 6, focus on Nitrous Oxide (laughing gas), 'legal highs', cannabis and smoking near building entrances.		
	HU	Work with Trading Standards, focusing on legal highs in FE and HE.		
4.3 Provide support to staff when responding to students with alcohol and drugs issues.	HU/HR			Review Staff Alcohol and Drug Procedures.
	LIS/HU			Review Student Alcohol and Drug Procedures.

Objectives	Leads & Working in Collaboration	Key Performance Indicators		
		2015/16	2016/17	2017/18
	HU/Police		Resource produced to use in response to students smoking cannabis in halls.	
	HU	Resource produced with support contact numbers for pubs/clubs to distribute.		
<b>5. Sport and Physical Activity</b>				
5.1 Sports Participation & Performance	UCLan Sport	<b>Cross reference to UCLan Sport &amp; Physical Activity Engagement Strategy 2015-2020</b> , includes: <ul style="list-style-type: none"> <li>No of activities provided for students</li> <li>Demonstrable increase in student participation</li> <li>Promotion of sport, physical activity &amp; social benefits</li> </ul>		
5.2 Encourage sustainable and active commuting modes.	SHE/SU/HU	<b>Cross reference Travel Plan 2013-2018</b> , includes: <ul style="list-style-type: none"> <li>Annual events, Green Week.</li> <li>Campaigns including, National Walk to Work and Bike Week.</li> </ul>		
5.3 Promote opportunities to embed physical activity during the day.	HU	Green Week, min 6 led walks.		
	HU	Annual update of posters to encourage use of stairs not lifts.		
<b>6. Communications and Marketing of Health Information</b>				
6.1 Communicate health information, campus projects and services relevant to students and staff.	HU/SU/FM/LIS	Deliver an annual communication and marketing plan for students.		
	HU/HR	Plan annual communication plan for staff.	Deliver communication plan for staff.	
	HU/HR		Explore development of staff health events, e.g. drop-in sessions, staff health champions to deliver communications plan.	
6.2 Campaigns for change related to health, wellbeing and sustainability.	SU	Min of two campaigns delivered annually, identified in response to student feedback.		
<b>7. Healthy and Sustainable Environments</b>				
7.1 Develop environments that promote health, sustainability and physical activity for students and staff.	Healthy & Sustainable University Group	Systems established for representation from health, sustainability and physical activity to support the Campus Master Plan.	Explore opportunities for research and evaluations related to the impact of the Master Plan development.	
	Healthy & Sustainable University Group/SSW/LIS		Confirmation to develop a Wellbeing Centre for students, linked to Campus Master Plan.	
<b>8. Student Engagement and Experience</b>				

Objectives	Leads & Working in Collaboration	Key Performance Indicators		
		2015/16	2016/17	2017/18
8.1 Engage with students to deliver the HU Action Plan, creating academic, volunteering and research opportunities.	HU		4 videos developed by students.	
	HU	Resources, messages, campaigns developed by students, linked to Communications plan.		
	HU	Health Champion course promoted and embedded within five courses.		
	SU/HU	Health Champion role introduced within SU Academic Societies.		
8.2 Increase wellbeing, engagement in teaching and learning environments to increase retention of students and staff wellbeing.	HU/CELT/HR/LIS /SSW	Wellbeing in Teaching and Learning; Project planned and promoted.	Good practice shared between staff/student course reps.	Web resources developed to support Wellbeing in
8.3 Burnley campus HU developments.	HU	Scope and liaise with Burnley campus.		
8.4 Development of base line data on a range of health and lifestyle issues.	HU Steering Group	Explore development and of base line data collection to inform future activities related to health and wellbeing of students and staff.		