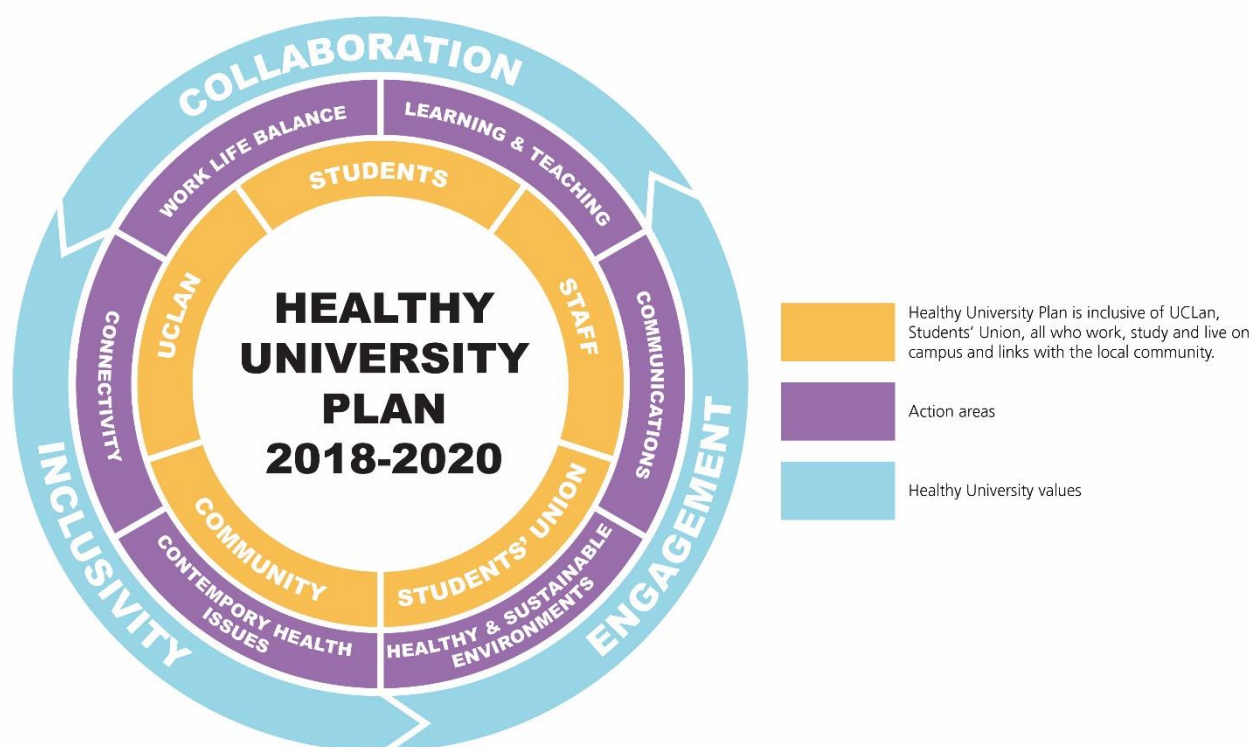


Healthy University Plan 2018-20



A Healthy University 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”¹

UCLan has made a leadership commitment to this through the Strategy 2015-2020 where one of the values is ‘Supporting the health, safety and wellbeing of all.’ And through the Campus Masterplan Framework 2015 which aims to ‘Create a healthy, safe, active and sustainable campus.’

Introduction

The Healthy University (HU) is a collaborative campus wide effort towards making it a better place to live, work and learn through a ‘whole system’ approach to wellbeing. This includes student engagement, representation & participation, linking UCLan & SU strategies and plans, developing curriculum links, conducting research and being responsive to current & emerging agendas.

The HU Action Plan encourages us to build links, understand and improve our systems, focus on prevention and develop services that reflect current needs. We have a range of excellent specialist services promoting health and wellbeing. It is also clear that our day-to-day activities, culture and operations impact on people’s wellbeing. The HU aims to provide a framework to connect these, to harness expertise and encourage ‘whole university’ perspectives. In order to use our resources effectively and create a range of solutions, informed by evidence and guidance. The HU Plan is led, and outcomes achieved, by a wide range of colleagues across UCLan and the Student Union.

For over 20 years, UCLan and the Students’ Union have expressed their continued joint commitment to the HU. This aims to make meaningful changes that support health and wellbeing through excellence in learning and teaching, student and staff experience and operational services.

This work is guided by the global Okanagan Charter for Health Promoting Universities and Colleges, which issues two calls to action:

- embed health into campus culture, across the administration, operations and academic mandates
- lead health promotion action and collaboration locally and globally.

The HU highlights and cross-references to a range of key strategies/plans all contributing to health and wellbeing;

- UCLan Strategy 2015-2020
- UCLan Campus Masterplan Framework
- One Health Strategy
- Student Services Priorities Plan
- Changing the Culture Action Plan
- Safety, Health and Environment Policy
- Environmental Management Plan, ENV020
- Travel Plan
- Catering Strategy 2015-2020
- Student Physical Activity – Maximizing Participation Action Plan 2018
- The Union Plan 2016-2020, Students' Union

Aims of Healthy University

- To create a healthy and sustainable organizational culture and learning, working and living environments that support wellbeing and community connectedness for students, staff, wider community.
- To support students and staff to develop and maintain healthy lifestyles.

Purpose of Healthy University Plan

- To foster 'whole university' approach:
 - to co-ordinate work across UCLan, the Students' Union and with partners
 - to ensure the effective use of resources through collaboration and partnership working
 - to influence, and embed health and wellbeing within, multiple plans and strategies and services
 - to increase the visibility of UCLan's commitment to health and wellbeing.
- To take proactive and co-productive approaches to planning and prioritising for health and wellbeing.
- To guide and facilitate the implementation of evidence-informed interventions and best practice.
- To support 'habits for life' for individuals and communities to create and maintain healthy lifestyles.

Delivery of Healthy University Plan

The HU is a cross-university initiative guided by a high-level steering group and reporting to the University's Executive via the Healthy and Sustainable University Group and the Safety, Health and Environment Committee, both chaired by UCLan's Chief Operations Officer, Michael Ahern. The HU Steering Group advises on how best to evaluate the implementation of the Plan and conduct other relevant research.

The HU Plan is co-ordinated from the Healthy and Sustainable Settings Unit based in the Faculty of Health and Wellbeing. The delivery of this plan will be achieved by a wide range of colleagues from UCLan, the Students' Union and partner organisations. A range of HU working groups exist, along with HU representation on a range of UCLan committees to support joined-up working and delivery.

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Healthy University Plan 2018-20

Objectives	Leads and Working in Collaboration	Development Activities/Key Performance Indicators	
		2018/19	2019/20
1. Connectivity			
1.1 Advise on the development of health and wellbeing KPIs for inclusion in UCLan Plan 2020-25	HU Steering Group	<ul style="list-style-type: none"> Conduct on-going scoping work to identify the future health and wellbeing needs of students, and use this information to inform UCLan strategy and planning. Report updates to the Board/Executive and relevant committees. 	
	HU Steering Group	<ul style="list-style-type: none"> Write position paper on the use of Health and Sustainability questions in NSS. 	
1.2 Embed Health and wellbeing considerations and impacts within decision making processes, policy and planning.	HR/HU Steering Group	<ul style="list-style-type: none"> Embed health and wellbeing considerations within UCLan decision making forums and systems. 	
1.3 Develop links between HU and the Arts and Wellbeing network to support the delivery of the HU plan.	HU/Arts and Wellbeing Network	<ul style="list-style-type: none"> Hold joint HU and Arts and Wellbeing Network workshop to identify areas for collaborations, partnership working, sharing practice, curriculum links, research. 	<ul style="list-style-type: none"> Develop objectives towards the 2020-25 HU Plan related to arts and wellbeing.
2. Learning and Teaching			
2.1 Support the delivery of the Learning and Teaching Strategy (Accessible Learning and Assessment theme).	CELT/SS/HU	<ul style="list-style-type: none"> Ensure that academic colleagues are informed about and proactive in signposting students to Student Services and the Students' Union, e.g. Academic Advisor role. Developing partnerships and activities that promote healthy learning and teaching for staff and students, e.g. formative and summative assessments. Create/provide resources, updates and offer CPD opportunities for staff related to resilience, wellbeing and mindfulness. 	
3. Communications			
3.1 Using existing channels to decide on and raise awareness of key themes, objectives and events.	Communications and Engagement/SU/SS/HU/SHE	<ul style="list-style-type: none"> Colleagues to discuss and update processes to support co-ordination of healthy and sustainable messaging. Discuss establishment of a working group. 	

Objectives	Leads and Working in Collaboration	Development Activities/Key Performance Indicators	
		2018/19	2019/20
	Communications and Engagement/SU/SS/HU/SHE	<ul style="list-style-type: none"> Explore promotion of UCLan and SU as a flagship Healthy and Sustainable University campus to support recruitment and marketing. Produce Healthy and Sustainable Events Calendar and communications plans. Promote key messages, cross reference to Changing the Culture, Stepchange/ProtectED, WELL building and Safe Campus, smoking on campus, Walking Campus, 5 Ways to Feeling Great, seeking help/speaking up. 	
4. Work-life Balance			
4.1 Support the delivery of Our People Plan; Measuring and Monitoring Success	HR/SHE/HU	<ul style="list-style-type: none"> Work with a range of colleagues to review the results from the Staff Satisfaction Survey to develop and prioritize actions to ensure continuous improvement. 	
4.2 Review staff occupational health statistics to gain further understanding of work based issues, type and scale.	HR/SHE	<ul style="list-style-type: none"> Produce paper/report with recommendations to develop appropriate interventions to address identified work-based issues. 	<ul style="list-style-type: none"> Implement recommended actions from the paper/report with involvement of appropriate colleagues.
4.3 Develop staff volunteering initiatives linked to promoting health and wellbeing.	HU/HR/SHE/ Estates	<ul style="list-style-type: none"> Develop a pilot staff Health Champion role to support communications and signposting, healthy eating and physical activity focus. Develop a pilot Walking Hub project, to encourage walking, lunch breaks and physical activity and wellbeing benefits. 	<ul style="list-style-type: none"> Further develop staff Health Champion opportunities and activities based on the outcomes of the pilot. Further develop Walking Hub activities based on the outcomes of the pilot.
5. Contemporary Health Themes			
5.1 Changing the Culture: Sexual Harassment, Violence and Hate Crime Continue to use the UUK Guidance Framework, to review, plan and evaluate how to tackle sexual harassment, violence and hate crime on campus.	SS/Changing the Culture Steering Group	<ul style="list-style-type: none"> Cross reference to Changing the Culture Steering Group and Action Plan, to include: policy/procedures, reporting, staff training, #yestorespect campaign/communications, bystander intervention, student research. 	
	SU/HU	<ul style="list-style-type: none"> Explore feasibility of SU/HU, promoting safer night time environments, alcohol and sexual harassment. 	
	SU/HU	<ul style="list-style-type: none"> Co-ordinate Sexual Health Awareness Group, student volunteer project. Cross-reference to project plan, set annual objectives, number of volunteers, events, resources etc. 	

Objectives	Leads and Working in Collaboration	Development Activities/Key Performance Indicators	
		2018/19	2019/20
<p>5.2 Step Change: Mental Health</p> <p>Continue to use the UUK Guidance to support student and staff mental wellbeing on campus.</p>	SS/SU/HU	<ul style="list-style-type: none"> Work towards securing the ProtectED Code of Practice external accreditation, ensuring the safety, security and wellbeing of HEI students. This includes policy, services, prevention and awareness, responding to incidents and partnership work. 	
	HU	<ul style="list-style-type: none"> Convene Student Mental Health Promotion Group to support co-ordination of prevention activities, events and campaign planning. Run 3-4 campaigns annually, e.g. World Mental Health Day, Acts of Kindness Day, University Mental Health Day, SOS. 	
	SS/Estates/HU	<ul style="list-style-type: none"> Develop a plan to promote the benefits of physical activity to improve mental health, focusing on students accessing Student Services. 	
<p>5.3 Healthy, Safe and Sustainable Food</p> <p>To continue to advocate for healthy, safe and sustainable food by embedding this commitment into policy and practice.</p> <p>Working group continues to enable networking and support co-ordination of a range of work.</p>	Estates/Catering	<ul style="list-style-type: none"> Cross-reference to UCLan Healthy, Safe and Sustainable Food Policy, Catering Strategy 	
	HSU Group	<ul style="list-style-type: none"> Provide on-going support and implement actions to take forward the Training/Teaching Kitchen proposal. 	
	SENS/ Catering/SU	<ul style="list-style-type: none"> Scale-up SCRAN (Students Creating Resources Around Nutrition) student-led social enterprise project through NUS funding, undertaking a range of activities, e.g. student recruitment, training, Cook and Eat sessions, links to SU Farmers market and Open/Applicant Days. 	
	Catering	<ul style="list-style-type: none"> Review Fairtrade status in light of new fees and changes. 	<ul style="list-style-type: none"> Take forward actions from review as appropriate.
	iINSAFSs/SENS/ Catering/	<ul style="list-style-type: none"> Continue to forge links and maximize developmental opportunities related to catering practice, curriculum and research. 	
<p>5.4 Physical Activity</p>	Estates	<ul style="list-style-type: none"> Cross reference to the Student Physical Activity – Maximizing Potential Action Plan 2018 	
	Estates	<ul style="list-style-type: none"> Conduct audit of current student experience and lifestyle choices related to physical activity, to inform future planning (cross reference to 5.2). 	<ul style="list-style-type: none"> Implement recommended actions from the audit.
	SHE/HU/SU	<ul style="list-style-type: none"> Cross reference to Travel Plan 2013-2018, to include: <ul style="list-style-type: none"> Promotion of walking, cross reference to 3.3) Campaigns such as National Walk to Work and Bike Week. 	

Objectives	Leads and Working in Collaboration	Development Activities/Key Performance Indicators	
		2018/19	2019/20
6. Healthy and Sustainable Environments			
6.1 Develop environments that promote and embed health, sustainability and physical activity for students and staff.	HSU Group	<ul style="list-style-type: none"> Healthy and Sustainable University (HSU) Group to provide a forum for discussions, identifying priority areas, action points Continuation of work to embed healthy, sustainable and active design features within the Campus Master Plan. 	
	Masterplan Capital Projects Team, Estates,SS,HU,HR	<ul style="list-style-type: none"> Working towards securing the WELL Building Standard accreditation for the UCLan Student Centre building. 	
	HU/Estates	<ul style="list-style-type: none"> Pilot research on use/impact of social spaces on campus. Report on findings and recommendations for future builds. 	<ul style="list-style-type: none"> Implement recommendations from research. Apply learning to development of future spaces.
	HSU Group	<ul style="list-style-type: none"> Write feasibility paper for UCLan Board and Executive Team regarding the adoption of, and making a formal pledge to, Sustainable Development Goals (SDG) Accord for 	<ul style="list-style-type: none"> Take forward recommendations from the Board and Executive Team decisions on the SDG accord.
	HU/SHE	<ul style="list-style-type: none"> Write feasibility paper to HSU Group related to actions required to increase position in Green League and engagement with the Sustainability Leadership Scorecard. EAUC. 	<ul style="list-style-type: none"> Take forward recommendations from the HSU Group.
	HU/Estates/SU	<ul style="list-style-type: none"> Prepare a proposal and costing for the temporary enhancement of the Piazza space, seating and planting. 	
	Faculty of Health & Wellbeing	<ul style="list-style-type: none"> Working towards achieving UNICEF Baby Friendly Initiative accreditation and become recognized as a Breast Feeding Friendly University'. 	
	SHE/HU	<ul style="list-style-type: none"> Support development of Safety, Sustainability and Wellbeing practices, collaborations, projects with colleagues working at Princess Way and Victoria Mill, Burnley sites, through the Safety Committee led by SHE. 	

Abbreviations:

CELT Centre for Excellence in Learning and Teaching

HU Healthy University

HR Human Resources

HSU Group Healthy and Sustainable University Group

iINSAFSs International Institute of Nutritional Sciences and Applied Food Safety Studies

LIS Learning and Information Services

SENS Sport Exercise and Nutritional Sciences

SHE Safety, Health and Environmental, Estates

SU Students' Union

SS Student Services