

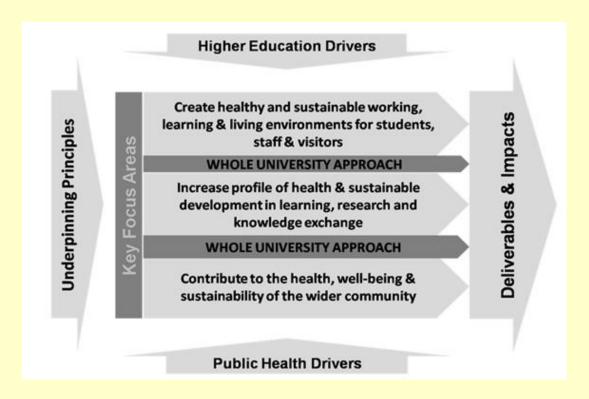
# Healthy DMU

An institution-wide approach to student health and wellbeing

## The Healthy University

"Aspires to create a learning environment and organisational culture that enhances the health, well-being and sustainability of its community and enables people to achieve their full potential."

#### Model and Framework for Action



www.healthyuniversities.ac.uk

## The Healthy DMU programme

Established as a programme within DMU's Corporate Strategic Portfolio, which brings:

- senior management buy-in
- requirement to adhere to governance structures and regular reporting
- funding

#### Aims

- Adopt a whole university approach, which connects health-related activities and associated planning
- Embed effective health development and wellbeing activity across the university to make the best use of resources and to ensure a 'joined-up' approach
- Embed an evaluation process into health development and wellbeing activity to enable the measurement of impact and to inform future initiatives
- Achieve a 'universal design for wellbeing', a cumulative institution-wide approach to promote health development and wellbeing.

### Programme breakdown

#### **Healthy dmYOU Programme**

SRO: Jo Cooke: Programme Director: Phil Scarffe: PM: Dana McLaughlin

Consultation and

engagement with

stakeholders (both

targeted students &

staff) to develop a

programme of

activity that will

improve

employability skills

and promote self-

confidence of

students with

disabilities and/or

mental health

concerns

Identify current data

that can

demonstrate the

current state

Planning and

delivery of activity

that prepares

targeted students for

employment

Identify External

mentors / role

models

Develop Skills

development

sessions and

workshops

Evaluate & review

effectiveness /

impact of offering-

redesign as

appropriate

Project

Creation of a Healthy dmYOU strategy and formation of 'highlevel' steering group\*

Lead: Phil Scarffe

Formation of steering group to provide oversight and direction to Health and Wellbeing activity to embed 'whole groups, student university approach

Identify current data/measures that can demonstrate the current state of student Health and Wellbeing; this info. should inform strategy development

Steering group develops Healthy dmYOU overarching strategy; setting short and long term objectives and determine student Health and Wellbeing priorities at DMU (through consultation with staff & students)

Develop governance. reporting structures and processes for Healthy dmYOU activity and initiatives

Transition into BAU

Whilst the programme is underway the Programme Board will act as the steering group

Ongoing Consultation and Engagement with Students and Staff e.g.Healthy dmYOU Workshops, focus

Assist other workstream leads and/or PMS with the co-creation and coproduction of Health and Wellbeing activity and initiatives

surveys, etc.

Informing the other Healthy dmYOU activity/projects/work streams of outcomes from engagement activity to better inform their work

Project

Developing the Library Learning Service Approach to Student Health and Wellbeing

Carry out a review

of current Health

and Wellbeing

activity in LLS and

determine future

need based on

consultation.

identification of key

issues and

alignment to

Healthy dmYOU

strategy

Carryout desk

research on 'best

practice' from other

institutions

Develop action plan

for activity to

address issues.

ensure alignment to

Healthy dmYOU

strategy and the key

strands

Developing the Faculty Approach and Wellbeing

Review current Health and Wellbeing activity in each faculty, determine future need: identify key issues and align to strategy

and Wellbeing Wellbeing activity, priorities and

Develop action plan of activity, ensuring alignment to key strands: with curriculum

Agree and prioritise target areas for development with steering group

Promote and deliver activity

Monitor, review and report on activity progress and impact to Steering Group

Workstream of **Faculty Project** 

Encourage staff within faculties to actively promote and engage with student Health awareness raising; to champion Health and initiatives

particular emphasis on enbedding into

Agree and prioritise target areas for development with steering group

Identify available resource within & outside faculty to deliver activity

Promote, deliver, monitor and report on activity progress to Steering Group

Project

Student Health and Wellbeing **Key Strands** review and development

Carry out a review of current activity in each strand and determine relevance. effectiveness and future need; identify gaps, key issues and align to strategy incorporate new activity from workstreams and projects in the programme

Redesign activity as appropriate: create action/ delivery plans for each Key Strand

Ensure plans align to strategy; consult steering group for priorities

Work closely with key areas, such as: Leisure Centre; DSU; security; accomodation: DMU local: etc.

Identify and name available resource; implement action plans: deliver activity; review/ report on impact

Project

Healthy dmYOU Messaging and **Branding** 

Lead: Sherilyn Pereira

Agree identifiable branding of Healthy dmYOU and its associated activity

Create nad Implement a comms/ promotion plan for Healthy dmYOU across the university

Determine the right approach/ solution to online presence website, app, etc.

Develop and launch the agreed solution

Review effectiveness of comms / promotion strategy, adjust as appropriate

Report to steering group on effectiveness /impact of promotion activity including the online solution

> Workstream of Programme

Healthy dmYOU Development

Lead: Dionne Barton

staff development

(including personal

tutors)

development of

resources and

tools for use by

staff (alongside

the Kev Strand

Review Project's

web and app.

development)

developing a

coach based

approach

Workstream of

Programme

Developing and Embedding Evaluation & Impact Measurement into student health and wellbeing activity

Lead: David Bryan

Identify current data/measures that can demonstrate the current state of student Health and Wellbeing; identify gaps where nothing exisits - this info. should inform strategy development

Work with other workstream leads and PMs to embed evaluation and impact measurement into Health and Wellbeing activity planning

Develop and implement an evaluation framework/techniq ues for use on programme activity

Put into place appropriate measures to be able to demonstrate impact

Workstream of Programme

Version 7 updated 14.11.17

## Set of principles agreed (Nov 2017)

- Whole institution approach
- Making healthy choices easy choices
- Reduce student health inequalities
- Creating the opportunity for all students to reach their full potential
- Promote understanding of the connection between health and wellbeing outcomes and academic outcomes
- Positive approach to skills development

# Faculty/LLS objectives



- Embed within faculties and LLS good practice supporting a whole institution approach to student health and wellbeing
- Raise awareness in faculties and LLS of support and activities relating to student health and wellbeing to enable effective and appropriate interventions, signposting, advice and guidance
- Enable the sharing of good practice across faculties and LLS including activities to support the principles of the Healthy DMYou Programme
- Develop a vehicle to facilitate the above: toolkit to sit in DMUconnect (the intranet)

# LLS workstream activity

- Audit of LLS health and wellbeing activity
- Research on best practice
  - desk review of practice in HE libraries
  - Mercian knowledge exchange on student wellbeing -19<sup>th</sup> April, Warwick
- Pilot healthy study campaign during exam revision period 2018
- Develop and implement plan of activity for 2018/19
- Feed into faculty project and contribute to toolkit development

# Healthy study campaign

Aim: facilitate healthy study practices by students using LLS spaces and promote LLS (and wider DMU) resources, guidance and available support during a critical point in the academic year Running 8<sup>th</sup> April to 18<sup>th</sup> May 2018 Received £8k of funding to deliver Evaluation .... it's a pilot and we might not get it right first time!

#### Promotional campaign

- 5 key themes refuel, refresh, study smart, de-stress, find your space
- Channels LLS blog, Twitter -#Healthystudy, Facebook, plasma screens around campus, hot topics on <u>student web pages</u>, #loveDMU enewsletter



# Any questions/comments?



