



## **MENTAL HEALTH AND WELLBEING WORKING GROUP**

**Wednesday 21<sup>st</sup> April 2021 at 14:00, remotely, via Teams.**

**PRESENT:** Duncan Stuart (Chair) (DS), Naomi Taylor (Clerk) (NT), Garry Fisher (GF), Rebekah Walker (RW), Karen Scaife (KS), Debbie Dyker (DD), Abbe Brown (AB), Rick Hughes (RH), Marylee Anderson (MA), Jacqueline Tuckwell (JT), David Hutchison (DH), Kerry Harrison (KH), Timothy Baker (TB), Brian Paterson (BP), Morag Beedie (MB), Vice President for Welfare (LoH), Anna Goldhawk (AG), Gail McKeitch (GM).

**APOLOGIES:** Nick Edwards (NE), Tracey White (TW), Janine Chalmers (JC), Clare Trembleau (CT), Christine McGrath (CM), Mary Pryor (MP), Christopher Berry (CB), Ceri Trevethan (CeT), R. Arnold (RA), Gail Cairns (GC), Christina Cameron (CC), Ernesto Compatangelo (EC), Stephen N Davies (SD), Alison Jenkinson (AJ), Jenny Killin (JK), Jane MacKenzie (JM), Alysia M Reid (AR), Tommy Daly (TD), Sherine Tabsh (ST), Nicola Stokes (NS), Richard P.K. Wells (RW), Student Association President, AUSA Communities Officer, (RM), UCU.

### **1 INTRODUCTIONS AND APOLOGIES**

The group welcomed Anna Goldhawk, Student Advisor (Wellbeing and Accommodation) for AUSA Advice, and Gail McKeitch, Lead Specialist Mentor for Student Advice and Support to their first meeting.

### **2 MINUTES OF THE MEETING HELD ON 16<sup>th</sup> OCTOBER**

The notes of the meeting held on 15<sup>th</sup> January were approved.

### **3 MATTERS ARISING**

**5.1** There has been a consultation on the Student Mental Health Agreement and there is a next step meeting planned. Update to be provided at next meeting.

**Action: GF/LH**

### **4 MENTAL HEALTH UPDATES**

**4.1** The group was updated on the Mental Health First Aid Network. RW has replaced JN as chair while the MH Policy Adviser role is vacant. An evaluation of the role and requirements of the network is ongoing and an update on this matter will be provided to the group at the next meeting.

**Action: GF/RW**

- 4.2 GF discussed mental health first aid training with the group. Future training courses will be made available this year - no date has been confirmed yet. A waiting list for those wishing to attend future mental health first aid training courses has been created and all enquiries should be sent to [centralsafetyteam@abdn.ac.uk](mailto:centralsafetyteam@abdn.ac.uk)

## **5 UPDATE ON THE COMMUNICATIONS PROCESS**

- 5.1 KS provided a presentation to the group on the current communication process. She discussed the roles of the various teams involved in communications for the University and the methods on how they should be utilised.

- 5.2 The Student Communications and Marketing Group meet monthly and a copy of their calendar will be made available to the group.

**Action: KS**

- 5.3 DS highlighted the challenges faced due to the volume of content produced throughout the University and urged the group to refer to the communications process when submitting content.

- 5.4 The minutes from the Student Communications and Marketing Group monthly meetings will be shared with the group going forward.

**Action: KS/RW/NT**

- 5.5 KS added the minutes from the most recent Student Communications and Marketing Group meeting to the chat.

## **6 UPDATE ON THE WELLBEING AND MENTAL HEALTH STRATEGY**

- 6.1 The group received an update on the wellbeing and mental health strategy. Consultation is underway. The Wellbeing Strategy Development Group (a task and finish group of this working group) will review the document prior to wider consultation with this group (by circulation during May). Once the MHWG has approved the draft it will be submitted to SMT, EDIC, PARC over the summer and approved by Court for launch in September.

**Action: KS/RW**

## **7 WELLBEING UPDATES**

- 7.1 The group received the student pressure points paper. RW discussed the objectives of the paper and how information was gathered, highlighting the areas that students require the most support during various times of the academic year. It was noted that continued promotion of support services and their accessibility will be a key priority throughout the year.

- 7.2 RW provided an overview of upcoming wellbeing activities which is informed by national health and wellbeing campaigns. Upcoming monthly wellbeing events are now highlighted in the staff newsletter at the end of each month.
- 7.3 A key focus of future campaigns is to ensure support is presented in the context of an Aberdeen experience, highlight university and local resources available to staff and students.
- 7.4 The BeWell podcast series engagement has increased by 65% over recent months. Recording of series 2 of the series will commence before the next academic session. RW welcome suggestions for future topics to be sent to her directly.

## **8 MENTAL HEALTH AND WELLBEING ACTION PLAN**

- 8.1 The group received the updated mental health and wellbeing action plan. This plan will be presented to the Health and Safety Committee at the end of May. All comments on items that require amending to be sent to GF.

## **9 MONITERING DATA**

- 9.1 The group received the stress data. A discussion was had on the stress data, GF has requested more information on the specific topics that recorded a higher level of stress and he will provide an update to the group at the next meeting.
- 9.2 All comments on the stress data to be sent to GF or KS.
- 9.3 The importance of culture change to enable staff to feel comfortable about raising concerns of stress related issues was highlighted as a key consideration.
- 9.4 The group received the wellbeing social media data. RW discussed the overview of activity for recent months with the group.

## **10 ITEMS FOR NEXT MEETING**

- 10.1 Draft Stress Management Policy
- 10.2 Stress Training
- 10.3 Mental Health First Aid Network Evaluation
- 10.4 Wellbeing and Mental Health Strategy
- 10.5 Student Mental Health Agreement
- 10.6 Update on Healthy Working Lives Review
- 10.7 Returning to Work

## **11 AOCB**

- 11.1 There were no other matters of competent business raised for discussion.

## **12 DATE OF NEXT MEETING**

- 12.1 Thursday 1<sup>st</sup> July 2021 at 10:30, remotely, via Teams.