



MENTAL HEALTH AND WELLBEING WORKING GROUP

Meeting Minutes - Tuesday 13TH December 2023 @ 1.05pm

Teams meeting

Attendees:

Karen Scaife (KS), Jason Bohan (JB), Garry Fisher (GF), Tim Baker (TB), Mary Pryor (MP), Marylee Anderson (MA), Brian Paterson (BP), Rebekah Walker (RW), Cristina Cameron (CC), Rhiannon Thompson (RT), Janine Chalmers (JC), Jemma Murdoch (JM), Wendy Lowe (WL), Nick Edwards (NE), Clare Trembleau (CT), Abbe Brown (AB), Chris Berry (CB), Nicola Stokes (NS), Johanna Pilskog (JP) on minutes.

1	<p>INTRODUCTIONS</p> <p>Jason Bohan to take over as Dean for Student Support from Abbe Brown end of this academic session.</p> <p>Anna Goldhawk to start the role of Mental Wellbeing Engagement Officer 19th December.</p>
2.	<p>MINUTES OF THE MEETING HELD ON 23 AUGUST 2022</p> <p>No objections or questions.</p>
3.	<p>Matters Arising (Items not addressed in the agenda)</p> <p>Staff pressure points In the new year we will be looking at staff pressure points through the year and identify opportunities to highlight and provide relevant support at relevant times for staff.</p> <p>Corporate Games 2023 We have signed up to compete in the Corporate Games 2023 after very positive feedback from staff who attended in 2022. To increase promotion and reach a wider audience amongst staff/PGRs we are looking to introduce some sporting/physical groups in the new year leading up to the Corporate Games in summer.</p> <p>Actions:</p> <ul style="list-style-type: none">- Team to have a think about different pressure points for staff groups (their team or others) and valuable ways to support during these times e.g. staff who worked on clearing got a surprise visit from the Wellbeing team and handed small tokens of appreciation to lighten their day (stress balls, coffee mugs etc.)-Team to note suggestions for 'Random acts of kindness', maybe you read or hear about something you think is a good idea – please share with wellbeing@abdn.ac.uk

4.	<p>TRAINING</p> <p>4.1 Training Overview (<i>page 2</i>) (RW)</p> <p>Highlights:</p> <ul style="list-style-type: none"> - Continued working with SAMH (Scottish Association for Mental Health) & Student Minds - Developed Middle Management Training Programme – will roll out in the new year - Further developed Welfare Officer training (for AUSA sports clubs) <p>Actions:</p> <ul style="list-style-type: none"> - The Wellbeing team to link in with CT in the new year for relevant e-learning modules that could be opened to students. - Team to have a think of gaps in wellbeing-focused training for staff/students, is there anything we don't cover that should be on the plan? Please send suggestions to wellbeing@abdn.ac.uk by middle of January.
5.	<p>WELLBEING UPDATES</p> <p>5.1 Wellbeing Activities Summary (<i>page 3</i>) (RW)</p> <p>5.2 Appendix 2: BeWell & Inclusion Week (RW)</p> <p>Highlights:</p> <ul style="list-style-type: none"> - Good feedback on our wellbeing activities this session, including BeWell & Inclusion week, Take a Break and GBV pop-ups. - We created student support business cards & staff support z-cards which has been distributed across the University and resulted in a noticeable increase in webpage-clicks traced back to the QR codes on the cards (leads to this page: Support & Wellbeing) <p>Update from NE/Student Support:</p> <ul style="list-style-type: none"> - Risk assessment training aiming to be rolled out in the new year - Cost of Living Group meeting fortnightly, website developed for students: Cost of Living - Working on Hardship Funds - Looking to introduce 'Grab it and go' pantries spread across campus for both students and staff to help with the cost of living, launching the start of next year <p>Actions:</p> <ul style="list-style-type: none"> - Anyone who needs student support/staff support cards please email wellbeing@abdn.ac.uk with amount requested and delivery location - Suggestions welcome for on-campus engagement activities for staff/students to wellbeing@abdn.ac.uk - NE looking for suggestions for Cost of Living activities and good practice (internal and external) These can be sent to: n.edwards@abdn.ac.uk - If team notes any recurring needs arising in the student community, please share the observation with student.support@abdn.ac.uk as relevant support can be highlighted/promoted

6.	<p>MENTAL HEALTH UPDATE</p> <p>6.1 Student Mental Health Agreement</p> <p>Highlights:</p> <ul style="list-style-type: none"> - Launched in January 2022, 5 actions & aims all currently ongoing - Main events to note: Mental Health Awareness Week in May + BeWell & Inclusion week in October (which included keynote speaker Dr Emma Hepburn talking about her Toolkit for Happiness) - Updating our Student Pressure Points (making sure we are supporting students with the right things at the right time) <p><i>Further updates will be given when our new Mental Health Engagement officer is in role.</i></p> <p>AB shared that there is work ongoing on the University's absence policy and extension attitudes in schools with the aim of consistency across the University.</p>
7.	<p>UPDATE ON STUDENT RESILIENCE PROJECT (AI)</p> <p><i>Please see .PPTX slides attached in email.</i></p> <p>School of Psychology have developed two projects: A Resilience course + Resilience walks. Both are funded by the UoA LTEP fund and currently open to all UG students. A five week review on the course showed increase in self-rated resilience in participants and awareness on how to further build on this. Main challenge was to keep students engaged with the material and one of the reasons for not completing the course was mentioned as the wish for face-to-face sessions (course was decided to be fully online to have minimal impact on staffing). Going forward they are looking to open the course for PGT/PGR students, potentially as a micro-credential, workshop or similar.</p> <p>Anyone who wants access to the course, have questions/suggestions can contact: a.irwin@abdn.ac.uk</p> <p>Suggestions in the meeting included promotion of the course/walks more widely (JB). BeWell & Inclusion week included both walks and promotion of the course but potential for expansion e.g. own stall dedicated to just this. KS also suggested to involve new, incoming students over summer.</p> <p>Discussion highlighted the question of awareness among students on what 'resilience' means and encompasses. AI noted this was also raised in focus groups and students tended to need the connection to mental health before understanding the terminology.</p> <p>Actions:</p> <ul style="list-style-type: none"> - AI to share course access with WL - BP and AI to look at potential for project collaboration between e.g. school of computing and school of psychology - KS + JB to discuss how to intrigue academics to promote the course via lecture slides - KS to work with AI to help support comms on the Resilience project and technological solutions to track how you feel at start/end + how to easily access the walking routes, potential to use International Centre/Infohub/ MFC as locations to meet/check in.

8.	<p>UPDATE ON MENTAL HEALTH AND WELLBEING ACTION PLANS</p> <p>8.1 Wellbeing strategy and Action plan update (page 9) 8.2 Appendix 3: Wellbeing Strategy Action Plan Year 2 (KS)</p> <p>KS highlighted that the Wellbeing Strategy Action Plan <u>is an institutional-wide plan</u>, so please have a look through and feed back anything you see is missing that you know is ongoing at the University.</p> <p>Highlights:</p> <ul style="list-style-type: none"> - A gap-analysis on training available will be done when the Mental Health Engagement officer starts their role. - There will also be an evaluation of the Mental Health First Aider’s network (lots of potential) - The Support & Wellbeing webpage is due an audit (both staff/students pages) - Middle Management training in development - Roadshow – going out to teams at the Uni to support their wellbeing – will present to team in the new year for feedback - Workload Reduction toolkit – looking at ways to promote more - Mental Health Charter will be a priority for next year <p>Actions:</p> <ul style="list-style-type: none"> - Any feedback on the webpages welcome (students + staff) Especially any broken links please highlight to wellbeing@abdn.ac.uk - KS to update colour coding on the Strategy action plan - red for “not started” makes it look like we are behind although the action item is not due yet. - GF + KS to discuss staff pressure points + further promotion of the workload reduction toolkit.
9.	<p>ITEMS FOR NEXT MEETING</p> <ul style="list-style-type: none"> - Report from the Aberdeen Student Experience Survey – matters related to Wellbeing (stats and potential action points) - Update on Support & Wellbeing webpage audit
10.	<p>AOCB</p> <p>None.</p>
11.	<p>DATE OF NEXT MEETING: TUESDAY 7 MARCH</p>