



MENTAL HEALTH AND WELLBEING WORKING GROUP

Tuesday 25th January 2022 at 15:00, remotely on Teams

PRESENT: Duncan Stuart (DS) (Chair), Karen Scaife (KS), Garry Fisher (GF), Rebekah Walker (RW), Anna Goldhawk (AG), Abbe Brown (AB), Tracy White (TW), Marylee Anderson (MA), Tim Baker (TB), Janine Chalmers (JC), Debbie Dyker (DD), Nick Edwards (NE), David Hutchison (DH), Gail Mckeitch (GM), Brian Patterson (BP), Nicola Stokes (NS), Clare Trembleau (CT), Wendy Lowe (WL), Ivana Drdáková (ID)

APOLOGIES: Christine McGrath (CM), Anna Shea (AS), Student Association President, Mary Pryor (MP), Ceri Trevethan (CeT), Vice President for Communities, Ceri Trevethan CTr), Dee MacDonald DM)

1	INTRODUCTIONS AND APOLOGIES
2	MINUTES OF THE MEETING HELD ON 12 October The notes from the meeting held on 12 October were approved.
3.	Matters Arising (Items not addressed in the agenda) Open invitation for any comments on the information displayed on the Supporting Student Wellbeing: A Guide for Staff web page and asked for them to be sent to wellbeing@abdn.ac.uk (it should be noted that a website review is ongoing and time has been allocated in Feb – May to review in depth). Work has begun on the Wellbeing Welcomes project. RW advised the group that there is a pilot planned for March with Campus Services and School of Physiology. A detailed overview will be provided at the next meeting. ACTION RW
4	MENTAL HEALTH UPDATES
4.1	Student Mental Health Agreement AG provided an updated on work undertaken by the working group (which has had its membership extended). Following student and staff feedback the Student Mental Health Agreement (SMHA) was drafted and has now been approved by SCC and Student Council. The SMHA will be launched on 31 January by our new Rector – Martina Chukwuma-Ezike at an event including refreshments and Therapets.

	The working group has an action plan to oversee the achievement of the agreement. This has been cross referenced with other institutional plans to ensure continuity and reduce duplication of effort.
4.2	Mental Health First Aid Evaluation Project Deferred to next meeting ACTION: CeT
5	TRAINING
5.1	Mental Health First Aid training & CPD F2F MHFA training will resume in March (64 spaces available). Training will be targeted given priority to directorates with lower numbers of Mental Health First Aiders. Within these areas we are hoping to address the shortage of male Mental Health First Aiders. Discussion took place about the format of the MHFA training. GF advised the group that the training is accredited so there is minimal flexibility. It was noted that the sessions will be delivered over 4 half days rather than 2 straight days.
5.2	Stress Training GF and CT updated the committee on Middle Management training that is under development and planned to be delivered in March and June. This will include stress and wellbeing elements.
6	WELLBEING UPDATES
6.1	Quarterly Wellbeing Activity RW referred to the paper, pulling out some highlights including the level of engagement with staff and students during BeWell Week (a full evaluation report is available) Annual Flu vaccination programme delivered 108 appointments (slightly down on previous year however this is attributed to Covid)
6.2	Year Review 2021 and Year Look Ahead 2022
	BP raised the point that not all staff will be permitted or empowered to participate in Wellbeing activities (potentially due to the nature of their job). Consideration should be given to what we can do to support/amend activities for staff. Some work has commenced as part of the Campus Services pilot - an overview will be provided at the next meeting . ACTION KS/RW
7.	MENTAL HEALTH AND WELLBEING STAFFING NE advised the group that we were unsuccessful in recruiting the two Mental Health posts at the end of last year. Work is ongoing to review the jobs and readvertise as soon as possible.
8.	LTEP PROJECTS The Steps to Resilience project will build a bank of student-generated content relevant to the concept of resilience. This resource will be made available across the University for inductions, workshops, student messages etc. This content will be evaluated through student feedback via online survey using thematic analysis. This project will also produce a series of student-led “Resilience Walks” to enable students to form small groups, take part in a guided activity and form connections with both peers and the city of Aberdeen. A detailed overview will be provided at the next meeting. ACTION: CeT
9.	PASTORAL SUPPORT REVIEW AB provide an update on progress. A TFG has been taking forward the review. Benchmarking research has been undertaken along with staff and student online surveys. A staff focus group

	has also taken place. This has informed the development of emerging recommendations which will be tested in staff and student focus groups in February. A paper is going to Senate to seek feedback prior to finalising firm recommendations in March to take through the formal committee process.
10	UPDATE ON WELLBEING STRATEGY ACTION PLAN
	<p>RW talked to the Action plan. Some of the highlights include the Wellbeing calendar (RW will add the detailed document to team site for information and comment), delivery of the SMHA, ASV have listened to student feedback – this has translated to an increase in student memberships.</p> <p>The group were reminded that the action plan is instructional therefore any projects people are working on that could contribute to achieving the Wellbeing Strategy to submit it for inclusion in the action plan (a copy will be added to the team site)</p>
11	ITEMS FOR NEXT MEETING Any items to be sent to wellbeing@abdn.ac.uk by the end March.
12	AOCB BP raised issues around staff concerns regarding return to work. DD informed the committee that discussions are ongoing regarding communication and additional support for staff as we transition to the "new normal"
13.	DATE OF NEXT MEETING : 27th April 1300