

Mental Wellbeing in Higher Education Conference				
16 May 2023				
09:30 - 10:00	Registration			09:30 - 10:00
Welcome and introduction				
10:00 - 10:10	International Suite			10:00 - 10:10
Mental Wellbeing in HE Expert Group				
Keynote				
10:10 - 10:50	Mental health in higher education: what's next?			10:10 - 10:50
John De Pury, Assistant Director of Policy (Health) Universities UK				
10:50 - 10:55	Transition period			10:50 - 10:55
Parallel Session 1 - Oral presentations				
10:55 - 11:55	International Suite	Senate Suite	Portland Suite	10:55 - 11:55
	1.1a Initiations: How common, what happens, what impact? Jonathan Hansford and Molly Reckord, University of Bristol Medical School	1.2a Can restorative supervision positively impact the emotional wellbeing of HEI lecturers in Healthcare? Lisa Jennison, Jayne Walker, Nicki Credland, Luke Sargent, Moira Graham and Sarah Butler, University of Hull	1.3a Positive Digital Practices: Embedding wellbeing in higher education Dr Elena Riva and Dr Sharron Wilson, University of Warwick, Professor Kate Lister, Arden University and Alison Hartley, Bradford University	
	1.1b The effects of trauma in higher education Dr Sarah Allen, Northumbria University and Dr Nikki Carthy, Teesside University	1.2b Meeting the needs and mental health concerns of students within the Adult Nursing BSc Undergraduate Programme through a Coaching GROW model with a Student Buddy Support System: Implementing a pilot study Stephen Thompson, University of East London	1.3c Embedding wellbeing in an undergraduate curriculum in China: What do students think? Doran Lamb, Nottingham University, Ningbo China UNNC	
1.1c Extending the reach of wellbeing, from the services to the Schools (Faculties) and Residential Colleges Fiona McAuliffe, University of Western Australia	1.2c Pastoral support training for personal tutors and doctoral supervisors Jessica Hayball, University of Bath			
11:55 - 12:10	Break			11:55 - 12:10
Parallel Session 2 - Workshops				
12:10 - 12:50	International Suite	Senate Suite	Portland Suite	12:10 - 12:50
	2.1 Cost of living impact on student mental wellbeing Geraldine Dufour, MWBHE Expert Group	2.2 Intersectionality and mental wellbeing Nike Oruh, Edinburgh Napier University	2.3 Prioritising positive mental health and wellbeing in Higher Education: How can we create a compassionate campus culture? Professor Bridgette Bewick, University of Leeds	
12:50 - 13:40	Lunch			12:50 - 13:40
Parallel Session 3 - Lightning Talks				
13:40 - 14:30	International Suite	Senate Suite	Portland Suite	13:40 - 14:30
	3.1b A cross-university collaborative programme to support disabled PGR students manage their mental health and wellbeing: An introduction and impact analysis of the new PGR Group Specialist Mentoring Programme, Hayley Rennie, University of Sheffield	3.2a A-EQUIP led wellbeing days for student midwives Natasha Jayne Carr and Paola Armato-Harris, Birmingham City University	3.3a Student mental health profiling: A whole-university approach to targeted and personalised support Carly Foster, Northumbria University	
	3.1c Exploring the experiences of undergraduate students managing the transition through higher education in Wales, Dr Bradley Woolridge, Cardiff Metropolitan University	3.2b Embedding active self-care into curriculum: A case study on use of targeted newsletters Dr Lovleen Kushwah, University of Glasgow	3.3b The Impact of Personal Tutoring on Personal Tutors Rebecca Upsher, King's College London	
	3.1d Understanding your wellbeing self-help tool: A case study of whole-university approach to student and staff wellbeing, Dr Melita Panagiota Sidiropoulou, Lucy Sharp and Denise Meyer, University of Portsmouth	3.2c Embedding the Advocating for Education & Quality Improvement Model (A-EQUIP) into an undergraduate Nursing curriculum Susie Guthrie and Kat Sethi, Birmingham City University	3.3c Integrating and normalising coaching as a routine practice in doctoral supervision, Dr Claudia Bordogna, Nottingham Trent University and Dr Mariangela Lundgren-Resentera, EMCC Global	
		3.2d How can we care for others if we do not care for ourselves: A thread of self-care in undergraduate Midwifery training? Carla Jayne Avery, Buckinghamshire New University	3.3d Writing together: Communities of practice in support of student wellbeing, Dr Katherine King, Bournemouth University	
14:30 - 14:35	Transition period			14:30 - 14:35
Parallel Session 4 - Workshops				
14:35 - 15:15	International Suite	Senate Suite		14:35 - 15:15
	4.1 A cross University approach to deliver role based mental health and wellbeing awareness and support for front line staff Marcus Hill, Greg Evans, Matt Barker, Sue Green, Katie Hughes, Toria Thomas and Andrea Kerslake, University of Leeds	4.2 How to CREATE a mental health strategy Julie Castleman and Mark Fudge, Charlie Waller Trust		
15:15 - 15:30	Break			15:15 - 15:30
Parallel Session 5 - Oral presentations				
15:30 - 16:10	International Suite	Portland Suite		15:30 - 16:10
	5.1a The future of HE counselling services: Leveraging data for collaborative innovation Fabienne dos Santos Sousa, Annabella Feeny and Pierre Musa Halime Wessel, Phronesis Research Group	5.3a Evaluating SELF: A new model of reflection for learning and promoting wellbeing Dr Rebecca Rochon, John Knight, Matthew Smith, Carla Avery and Natalie Allan Buckinghamshire New University		
		5.3b The Make a Difference Leadership curriculum: Embedding student-led community for authentic belonging, wellbeing and learning success Dr Denise Meyer, Canterbury Christ Church University and Dr Catherine Murgatroyd, University of Portsmouth		
16:10 - 16:50	Keynote			16:10 - 16:50
International Suite				
Libraries, learning and life: Mental health and well-being across the whole university				
Dr Liz Brewster, Non-Clinical Senior Lecturer in Medical Education, Lancaster University				
16:50 - 17:00	Closing Plenary			16:50 - 17:00
International Suite				
Mental Wellbeing in HE Expert Group				