**Department of Veterinary Medicine**

**Wellbeing and Mental Health Oversight Group**

**Notes of meeting: Thursday 11th July 2024, 1.00 – 2.00pm Main Meeting Room**

**Members:**

Present: Mark Holmes (MAH), Joanna Hudson (JH), Julie Ingham (JI), Dan Tucker (DT), Bethany Guy (BG), Alina Solina (AS) Nicky Holdstock (NH) Rachel Worsley (RW), Sharon Chandler.

Apologies: Nick Bexfield, Mary Kate Burke, Sharon Chandler, Jane Dobson.

**Agenda:**

1. Apologies for absence
2. Minutes of meeting of 2nd February 2024 – approved
3. Matters arising from previous meeting (not addressed elsewhere in the agenda):

**QVSH Clinical Staff Resilience booklet (Joanna, Nick, Dan)**

Staff resilience booklet finalised with edits re: SCTS provision – Joanna will send around to MHWOG for any final edits.

**Quiet / reflection room update (Class of 2004 donation) (Joanna)**

Quiet room was launched in May by the class of 2004 who gave a kind donation to the cost of the work. The Quiet Room has been mentioned in the newsletter twice and shown to all MH First aiders and is on the induction tour for new employees.

**Update on draft welfare sign-posting tool for VSCSs and Student Pastoral Team (Dan)**

The welfare sign-posting tool has been approved centrally by the Joint Wellbeing Committee which includes Colleges representation. This will be introduced to VSCSs at the annual VSCS update meeting in September for implementation. NH informed group that she has been on Student Mental Health Essentials Course provided by the university for all staff with student-facing roles. **Action NH** to encourage other VSCS’s to attend Student Mental Health Essentials Course.

**Mental Health First Aiders: training plan, awareness raising / accessibility. (Julie)**

JI updated group that we have a total of 16 people fully trained as MHFAs across the department, research and hospital sites. There is a new webpage on the intranet with a list of the MHFAs and a photograph with names and email addresses of all trained MHFAs so people can find a MHFA should they need one.

**Student membership of WMHOG (Katheryn)**

No students were able to attend this meeting as out of term time – **Action: RW** to feedback to Tutorial Office to ask student welfare reps (CUVS Welfare Officers) to attend in the new term.

**Wellbeing budget**

We have £2400 in the Wellbeing Budget. With £820 outstanding to pay for the extra MHFA training. We now have a budget of £1580.

1. Main business:
   1. **Feedback on annual departmental W+MHOG event / week, Spring 2024 (Joanna / Dan)**

All agreed the event / week was an overall success. Will start to plan for next year’s event after new term begins. With focus on improvement to uptake.

* 1. **Student wellbeing related outputs from RCVS Visitation.**

MAH updated group on feedback from RCVS accreditation. The feedback focused on the integration of Dept and College wellbeing support. We also need to record all wellbeing activity for future accreditation documentation, as we have a great deal going on and should be able to robustly detail this in documentation. The new VSCS Student Welfare Tool will enable enumeration of welfare based interactions on an annual basis, although protection of confidentiality will be critical. **(Action: Dan / JH to meet to discuss how best to do this)**

* 1. **Dept Wellbeing communications (Joanna)**
     + Wellbeing Week event took place in February 2024. It included the launch of the MHWOG’s wellbeing initiatives:
     + Quiet Room launched
     + Botanic Gardens tickets now available to staff to use and bring back
     + Increase in trained MHFAs
     + Improved website and signposting to MH and wellbeing resources available from the university and local and national NHS support.

1. Any other business

Looking into celebrating an awareness day in the new term. Macmillan coffee morning – 27th September and Wear it pink day – fundraising for breast cancer – last Friday in October. Vetlife day – we can choose the day. **Action: Joanna & Dan discuss at next meeting.**