



PsychUP for Wellbeing Advisory Board (student members)

Tuesday 24 August, 11.00-12.30

Meeting minutes

<p><u>Present</u> Thomas Steare (Chair), UCL (TS) Andrea Carstensen, UCL (AC) Jordan Elliott, Imperial College London (JE) Cate Goldwater Breheny, Imperial College London (CGB) Annie Hata, UCL (AH) Nellia Kornilova, UCL (NK) Ritvij Singh, Imperial College London (RS)</p>	<p><u>Apologies</u> Srishti Agarwal, UCL (SA) Sophie Churchill, Kings College London (SC) Rachel Gu, UCL (RG)</p> <p><u>In attendance</u> Laura Gibbon (Minutes), <i>PsychUP for Wellbeing</i> (LG)</p>
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Action summary

Action	Owner	Timeframe
Start co-production strategy document by setting out headline decisions made to date	CGB	September
Add comments to strategy document	All	Ongoing
Ask Hanna to set up additional meeting(s) to plan Services & Pathways consultation	LG	August
Start a thread on Teams, setting out what feedback each group would like from the wider Board.	Working groups	Ongoing
All to look out for threads and comment between meetings.	All	Ongoing

Discussion

Item
<p>1. Welcome</p> <p>Tom welcomed the group. Apologies were received from SA, SC and RG.</p>
<p>1. Minutes of extra meeting on co-production, held on 25 May 2021</p> <p>Approved.</p>
<p>2. Quarterly update</p> <p>LG updated the group on programme activity since the May meeting, particularly highlighting two points:</p> <ul style="list-style-type: none"> - The overview of student involvement section, including the fact a new DCLinPsy student (Trainee Clinical Psychologist) will be starting a joint placement with <i>PsychUP for Wellbeing</i> and the UCL Workplace Wellbeing team in September.



- *PsychUP for Wellbeing* has been awarded funding from the Office for Students for the 'TRANSACT' project. We will support student-led peer initiatives, in collaboration with Students' Union UCL, Camden Local Authority, UCLPartners and London Higher.

3. Co-production strategy

LG recapped where discussions about the co-production strategy have got to during the various team meetings since May. We have agreed three roles for the student Board:

- Input into programme strategic direction, alongside the professional group.
- A leading role in overseeing how *PsychUP for Wellbeing* works with students (e.g., the different student roles; how we support student colleagues; how we engage student communities).
- Input into the programme workstreams through the three working groups (Research & Evidence; Prevention & Community; Services & Pathways), channelling various types of student involvement to ensure work is genuinely co-produced.

The Board agreed:

- Development of the strategy would continue to be a focus during the monthly team meetings, with the intention of drafting a strategy document over the coming months. This will be a 'living document' which will be updated as co-production on the programme develops, but the first draft will be a useful starting point, setting out our collective intentions and providing a framework for us to evaluate activities.
- The Board will work as a group on developing each of the three elements of their role, and then will consider how these roles are aligned.

ACTIONS:

- CGB offered to start the document by setting out the headline decisions made so far.
- All to add to this document with comments.

4. Working group update

Services & Pathways

The project to scope out the 'support for students from the first step' project is underway, with two student consultation meetings scheduled for September and being advertised through Students' Union UCL. The working group discussed with the wider Board whether group meetings would be sufficient, or whether they should also offer the option for individual meetings for students who would prefer this. Feedback from the Board was to make both available, given the sensitive nature of the topic.

The working group have met with members of the *PsychUP* team to plan the sessions but would appreciate more support with how they approach the topics.

ACTION: LG to ask Hanna to set up another meeting.

Research & Evidence

The working group is reviewing the IMPACTS dissertations, which look at barriers to different student groups accessing support and their experience of care, in order to update the UCL Steps Model. A number of additions to the model have been agreed so far, including an emphasis on the importance of transparency to build student trust; links between different parts of the university (taking a 'whole university approach'); ensuring the student support workforce is culturally



competent and able to work with students with different identities; and the role of the university in identifying population need.

The Board discussed the fact that identity, or a student's experiences at university, may be more or less salient for different students. Something to balance will be how to allow choice around identity-based issues where this matters to a student, whilst ensuring there is no compromise to the quality of care (e.g., where there is no evidence such adjustments help, or where they may even be detrimental to outcomes).

Prevention & Community

The working group are updating the training for peer supporters, drawing on the Peer Link Worker pilot which will run into the Autumn term. The aim is to consult with stakeholders and run some consultation groups, with a view to identifying what may need to be changed and to come up with recommendations for the training to be available partly online, by the end of December.

Three types of consultation groups are planned for the end of September:

- Consulting with staff in services
- Two types of student consultation:
 - o Students who would like to be peer supporters
 - o What students would like from a peer support system (e.g. how long a term relationship they would like)

The Board discussed what the best services for the working group to approach would be; for example, transition support teams; UCL Student Support and Wellbeing; residential halls. As the working group approach these consultations, they would appreciate feedback from the wider Board on what the important questions for them to ask are.

ACTIONS:

- Each working group to start a thread on the Teams channel, linking to relevant documents and setting out what feedback they would like from the wider Board.
- All to keep a look out for other groups' threads and to comment.

5. Professional meetings

TS and AH to attend the professional meeting next week, to update them on the co-production strategy and to give a brief overview of each working group's projects.

6. Any other business

None

Date of next meeting: Tuesday 23 November, 11.00-12.30.