



## PsychUP for Wellbeing

Advisory Board Meeting 3 – Monday 16 November, 15.00-16.00

### Meeting minutes

<p><b>Present</b>  Prof Alan Thompson (Chair), UCL (AT)  Prof David Clark, University of Oxford, NHS England (DC)  John de Pury, Universities UK (JdP)  Prof Peter Fonagy, <i>PsychUP for Wellbeing</i>, UCL, UCLPartners, AFNCCF (PF)  Prof Deborah Gill, UCL (DG)  Sheila Gupta, QMUL (SG)  Prof Stephen Pilling, <i>PsychUP for Wellbeing</i>, UCL (SP)  Fiona Ryland, UCL (FR)</p> <p><u>In attendance</u>  Dr Laura Gibbon (Minutes), <i>PsychUP for Wellbeing</i> (LG)</p>	<p><b>Apologies</b>  Prof Tim Kendall, NHS England (TK)  Dr Vincent Kirchner, Camden &amp; Islington NHS Foundation Trust (VK)  Louise Knowles, University of Sheffield (LK)  Prof Mike Roberts, UCLPartners (MR)  Prof Sasha Roseneil, UCL (SR)  Sir David Sloman, NHS Improvement (DS)  Rosie Tressler, Student Minds (RT)</p>
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### Action summary

Action	Owner	Timeframe
Incorporate the Board's comments into the Office for Students funding application	LG	December

### Discussion

Item
<p><b>1. Welcome and introductions</b></p> <p>AT welcomed the group. Apologies were received from TK, VK, LK, MR, SR, DS, RT.</p>
<p><b>2. Minutes of meeting on 16 November 2020</b></p> <p>Approved.</p>
<p><b>3. Quarterly update</b></p> <p>LG updated the group on programme activity since the May meeting, particularly focussing on two new initiatives developed to support international students, and in response to the pandemic: the Cultural Connections buddy scheme and the peer link intervention.</p> <p><u>Cultural Connections:</u></p> <ul style="list-style-type: none"> <li>Developed by BSc Psychology students, the scheme pairs international and UK students, with the aim of helping international students acculturate to university in the UK and to help all students benefit from the multicultural university environment at UCL.</li> </ul>



The Board discussed the challenges international students are currently facing, often remaining in their home countries to study online. DC shared some experiences from the University of Oxford, which has a well-developed buddy scheme for international students.

Peer link intervention:

- Students' Union UCL have approached *PsychUP for Wellbeing* to suggest a collaboration to train peer supporters to help link students in with services. An intervention blending University Clinic/ Camden & Islington iCope NHS wellbeing workshops and peer support within Students' Union UCL is currently being developed.

#### **4. Partnership with Koa Health**

[Koa Health](#) is a scientifically rigorous provider of evidence-based digital wellbeing and therapeutic tools (e.g., psychoeducation-based apps for stress, depression and to build resilience). PF informed the Board that discussions about an academic partnership are ongoing between Koa Health, UCLPartners and UCL.

Koa Health have worked with student populations in the US and are keen to work with students in the UK. As part of this collaboration, *PsychUP for Wellbeing* Board member SR is working with Koa Health on an evaluation of one of their apps with students at UCL.

#### **5. Office for Students funding**

SP and LG asked the Board for comment on plans to apply to the Office for Students funding call for innovative ways to reduce barriers to support, taking an intersectional perspective.

- JdP and DC raised the issue of trust for online communities and the importance of thinking carefully about confidentiality, whilst acknowledging the limits on managing this risk.

**ACTION:** LG to incorporate the Board's comments into the application

#### **6. Any other business**

The Board acknowledged the gap for students in crisis because of the pandemic, and that contributing solutions to this problem should be a priority for the programme going forward.