PsychUP for Wellbeing

Advisory Board Meeting 4 – Friday 19 February, 14.00-15.00

Meeting minutes

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

Action summary

Action	Owner	Timeframe
Explore how the UCLPartners quality improvement team could support the development and dissemination of the University Clinic model	MR, PF, SP	May
Discuss with student Board members who will chair their group and how they want to work with the professional members, ahead of the next meeting	LG	May

Discussion

Item
1. Welcome and introductions   MR welcomed the group and thanked AT for chairing the last meeting on his behalf.
2. Minutes of meeting on 16 November 2020   Approved.
3. Quarterly update   LG and SP updated the Board on the last quarter's activity, drawing attention to key points: • Two major developments (recruitment of the student Board members and the UNI-LINK initiative) are for discussion at this meeting.

- The *PsychUP for Wellbeing* website has gone live and members are invited to send comments to LG.
- Partnership work with UCL Workplace Wellbeing has been developing, with joint work on the London Healthy Workplace Award application and a review of evidence supporting the UCL staff wellbeing offer.

The UCL University Clinic is continuing to develop, with a Clinical Psychologist specialising in addiction due to join the team later in the year.

- LK updated the Board on developments with the Sheffield Clinic. A second round of trainee placements are starting. They are also in discussions with staff support at Sheffield about how the Clinic could support university staff.
- LK, PF and LG have been in discussion with the student counselling service at QMUL, to support their plans to establish a University Clinic.
- The Board discussed ways this type of support could be further reaching, for example through the set up of a community of practice to share learning.

ACTION: MR, PF and SP to explore how the UCLPartners quality improvement team could support the development and dissemination of the University Clinic model.

4. Student Advisory Board

Student members of the Board have been recruited and their first meeting is in early March. The Board revisited the earlier discussion about ways of working for the professional and student members of the Board, such that the students have their own space but also feel represented at the professional meetings, and to ensure feedback loops between parallel meetings.

It was agreed there should be a counterpart chair for the student members, and that student members should be invited to join professional member meetings as they see fit.

ACTION: LG to discuss with the student members before the next meeting in May.

5. UNI-LINK initiative

PF outlined the rationale for the UNI-LINK initiative: as raised as an urgent concern at the last meeting, there is an acute need for better routes into support for students because of the pandemic. The UNI-LINK initiative draws on relaxation of geographic service eligibility criteria agreed with NHS England, direct contact (via emails from academic departments actively 'reaching out' to students), e-triage and smart programming to improve access to IAPT and other services. The Board agreed that better integration with NHS services was essential in the current context.

PF and SP have been in discussion with UCL Student Support and Wellbeing about joint implementation of the initiative at UCL. Although SSW are keen to collaborate, there are issues with information governance and risk management which are yet to be worked out.

6. Any other business

None