

Combating the cuts in HE – “A collective endeavour”

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What the workshop covers:

- Current environment
- What are the challenges
- Sharing of good practice
- Initiatives: internal and external
- Collaborations
- Support for staff

What is the current environment?

- Previous DSA cuts to band 1 and 2 support.
- Potential DSA reforms currently being proposed.
- Reduced student recruitment numbers over recent years. However, increase in demand of student support services.
- Budget cuts
- Restructures
- Access & Participation Plans (APP)

What are the challenges?

- Students arriving at university with no support
- Technology available / human support available
- Unwell students and barriers to accessing internal and external support
- Students struggling to obtain evidence for their difficulties
- Student waiting for support (DSA and internally) appointments with and advisor, DSA needs assessment
- APP Targets (closing the gap)
- Students transitioning out

Sharing good practice

Discuss in groups:

1. What do you find to be the greatest need(s)/resource intensive need within your service?
2. What are you currently doing to address your need(s) now?
3. What would you like to work towards developing in the future?

Think about policy, practices, improvements....

Wellbeing Initiatives - internal

Peer schemes:

- uGOiGO
- Mind Yourself & Get Involved
- Societies
- Networks
- Volunteering opportunities – one of 5 ways to well-being

Staff and student “Wellbeing Champions”

No Ordinary Society

uGOiGO



Streamlining services

- Staff training and CPD opportunities
- Information sharing with staff - sites and training
- Online 'disability confident' - collaboration with students
- Online portals - organisation of information
- Sharing note takers
- Lecture capture
- Transition programmes- open days, welcome days, applying for DSA early etc.

Collaboration with external organisations

- Advent Advocacy
- Recovery College
- NHS Early Intervention for Psychosis – providing training to staff and workshops to students.
- NHS Hounslow Wellbeing Network – bi-weekly peer to peer support group.
- Mind & Harlequins RFC – Mental Resilience Project.
- EACH Counselling – provide free awareness workshops on alcohol and drug use.
- Spectra – free guidance and add hoc university drop-in support for staff and students facing difficulties associated with Mental health and gender identity.
- iAPT Service – workshops to staff and students.
- ICope – local university pathway arrangements to improve student accessing NHS therapy.



Support for Staff

- Mindfulness workshops
- Beginners running club
- Beginners yoga class
- Staff training & CPD opportunities
- Flexible working
- Employee Assistance Programmes (EAP)
- Group reflective practice/ group supervision