



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority



Collaborating for Wellbeing

Institution/ Organisation	University of Limerick. Physical Activity Subgroup, Healthy UL
Who leads/ led the project?	Sharon Ferguson
Date and timeframe	Ongoing
Project Rationale	Monthly themed Wellness cafés were introduced led by students' union welfare officer and seen average attendance of 60 students. The Wellness Café also provided opportunity others to host their events in the space (EDI/RESPECT Team One Million Stars workshop and <i>Seachtain na Gaeilge</i> .) Due to its success in bringing the campus together "No Closed Door" it was broadly agreed that initial planning, co-design and support to implement would be carried out on various sites within ATU in the 25/26 academic year.

Project Overview/ Summary
Planning
<ul style="list-style-type: none"> Peer Led Wellness Café model included in PASS (Peer Assisted Study Sessions) training in ATU Galway/Mayo to support PASS leaders in signposting to Wellbeing supports on campus. 4 sessions completed to 40 student leaders to raise awareness of the model implementation for the 25/26 academic year in ATU Galway/Mayo campuses. Needs assessments and baseline of current models of Peer Led initiatives on campuses carried out across 8 sites to ascertain readiness for a Peer Led Wellness Café. In collaboration with student services, mental health & Wellbeing project Officer students' union and Pastoral care identified 4 sites for initial roll out for the 25/26 academic year. Recruitment of staff and students to complete Peer facilitation training conducted at local level.
Implementation
<ul style="list-style-type: none"> 6 staff members/2 student Union representatives/7 students completed facilitation skills training semester 1. 2 development groups established to plan/develop/support/implement and evaluate Wellness Cafes locally. Co-design to rebrand Wellness Café logos for distribution across sites. 3 sites launched Peer Led Wellness Cafes in Semester 1. Sites are currently running monthly wellness cafes with average attendance of 30 students and staff. Themed Wellness cafes continue to thrive with Lego workshops, painting and poetry. Pop up Wellness cafes were supported in all sites through Irish Language officer as part of <i>Seachtain na Gaeilge</i>. Attendance on each site averaged 50 staff and students participating with a total number of over 400 staff and students engaging in activities that promoted the Irish language hosted by Wellness Café development teams.

Key Learning Points
<p>A short questionnaire was administered to staff and students to gauge campus views on the key health issues under consideration which provided guidance for the Healthy UL initiative. Over 90% of respondents reported that physical activity, healthy eating, mental health, drug misuse and sexual health are 'extremely important' or 'very important' in developing short questionnaire was administered</p> <p>A short questionnaire was administered to staff and students to gauge campus views on the key health issues under consideration which provided guidance for the Healthy UL initiative. Over 90% of respondents reported that physical activity, healthy eating, mental health, drug misuse and sexual health.</p>



Limerick Framework for Action			Whole Campus Approach	Type of Evaluation
Act	Partnership	Celebrate	Campus Environment (Facilities & Services) (Pillar 2)	Formative Evaluation
Culture	Students			Process Evaluation

