



## Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

# Campus Community Choir

Name of institution and initiative lead
IADT. Staff Training officer
Date and timeframe
Spring 2023
What was the reach?
Target audience – all staff and students in IADT and staff working in Blackrock Education Centre (BEC), Monkstown Educate Together National School (METNS) and staff in the start-up companies of the IADT Media Cube.
Aims and Objectives
That the campus community (staff, students, BEC, METNS) would have the opportunity to connect/get to know one another in a positive environment on campus.
Aligned frameworks, policies, or strategies
The Healthy Campus framework suggests that holistic, multicomponent, whole campus approaches are more likely to be successful and it was felt a Campus Choir was something that ticked those boxes.

Aligned frameworks, policies, or strategies
This initiative aligns with 3 of the 5 pillars of wellbeing identified in the terms of reference of the IADT HCSG
Social (togetherness – campus community - all ages),
Mental (including psychological/emotional benefits)
Physical (physiological - breathing, warm up etc.)
The IADT strategic plan outlines a focus on staff and student wellbeing and the promotion of positive physical and mental health.
Project Collaborators
Initial idea discussed with HR Manager and the HCSG including SU rep.
Contact made with relevant stakeholders on campus - Director of Blackrock Education Centre (BEC), Principal in Monkstown Educate Together National School (METNS) – unfortunately they couldn't participate because of the timing during the school day).

Project Collaborators
Support from management team for staff to participate at lunchtime once a week.
Support from Estates re logistics of room etc.
Technology technician provided the piano.
Students Union were involved in promoting with students.
Key Learning Points
Timing is a big factor for staff and students.
Hybrid working – challenge of finding the right day and time to suit all.
Reminders need to be sent until people have made it a habit to come along on the day and time.
Discussion about widening participation to the local community or perhaps to the University of the 3rd age (U3A) group who meet in Blackrock Education Centre.
Communication can be improved by using intranet and social media as well as display screens on campus.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Leadership, Strategy & Governance	Mental Health & Wellbeing	Students
Coordinate	Campus Environment (Facilities & Services)	Physical Activity / Active Transport	Staff
Consult	Campus Culture & Communications	Health & Sustainability	Wider community
Create	Personal & Professional Development	Other Community engagement	
Celebrate & Continue			

**Institute of Art, Design + Technology Dún Laoghaire**

