



Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

Food and Care

Name of institution and initiative lead
National College of Art and Design - NCAD Student Experience team

Date and timeframe
Academic year 2023-2024 and ongoing

What was the reach?
All incoming new undergraduate students in September 2023 (first year and Erasmus) – around 320 students.

A small group of 14 students for a follow-up initiative in February 2024. (students who are members of/interact with the Bread Garden society – not sure of numbers but they have 154 followers on Instagram)

Aims and Objectives
The aim of the Food and Care workshops was to provide incoming students to NCAD with an opportunity during their induction to meet other students on a social level, to discuss and think about food as a means of providing and receiving care, to reflect on how their traditions relating to food are part of who they are and to consider the links between food and their own practice as artists.

An objective of the workshops was to create space for students to talk to us, and for the College to express extra care and interest in them at this period of transition. The students were encouraged to consider forming a food society as an outcome of their workshop.

Aligned frameworks, policies, or strategies
NCAD Mental Health and Wellbeing Policy (effective September 2024). NCAD College Community Charter

Project Collaborators
The Goodies (NCAD's cafeteria) who provided use of the space.
Current students.
Former students.
Jennie Moran (Luncheonette).

Key Learning Points
We understood from feedback from the College Community Welfare Committee and from other sources that students experienced loneliness and found it difficult to make friends. This project was an opportunity before college started to facilitate conversation and to encourage students to start making friends in a creative and safe environment. We have learned that this was a very needed intervention, and we were able to witness first-hand the opportunity the workshops gave students, and we want to embed this within our induction process.

We listened to what students were saying to us at various points and it was clear from the uptake and enthusiasm that the workshops were much needed and appreciated.

When information was shared with staff, we also received informal feedback that similar sessions would be desirable for staff also, so we hope to be able to run this.

We will collect formal feedback after the induction sessions in September 2024.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Culture & Communications	Healthy Eating / Food	Students
	Personal & Professional Development	Mental Health & Wellbeing	

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