**HEA Healthy Campus**  **Case Study**

**NOTES FOR COMPLETION**

* Case studies should relate to your institution's healthy campus initiative.
* Where possible send a photograph or illustration, links, or resources to accompany your case study.
* It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
* Case studies will be used as part of HEA communications including email, website, and social media.
* Case studies should be written in the third person and anonymous when it comes to participants’ names.
* Please be as **concise and clear** as possible and consider the use of bullet points to summarise information.
* Please submit your case study to [healthycampus@hea.ie](mailto:healthycampus@hea.ie).

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution/ Organisation** | Technological University Dublin |
| **Who lead the initiative?** | Dr Teresa Hurley, Jennifer Scott and Paul Duffy |
| **Date and timeframe of the initiative** | 7th – 10th April 2025 |
| **What was the reach of the initiative?** | This initiative engaged more than 350 hundred students |
| **Initiative Title** | Student Wellbeing Week for students across 5 campuses |
| **Aims/ Objectives** | The aim of the initiative was to engage students in wellbeing and feel good activities prior to examinations |
| **The rationale for the action, including any identified health needs** | The rationale for the project was to reduce student exam anxiety, encourage physical activity, arts and crafts, mindfulness and improve mental health prior to examinations. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  **(internal, local or national)** | This initiative aligns with SDG3 Good Health & Well-Being and aligns with the TU Dublin Strategic Intent 2030 “People, Planet & Partnership” along with Department of Health Strategies and Policies encouraging health and wellbeing. |
| **Summary** | The Student Wellbeing Week encouraged students to participate and trial holistic health options, skincare consultations, trial mini sport activities, dance and listen to live DJ, drumming, arts and crafts, cycle on smoothie bike, trial meditation, liaise with mental health experts, exam support, quizzes, treasure hunts and healthy campus initiatives. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | Stakeholders included external holistic health practitioners, skin care and massage experts, mental health counsellors from Jigsaw and smoothie bike company, while internal stakeholders consisted of counsellors, student health centres, chaplains, sport, healthy campus, accommodation, financial support, student engagement, students’ union. |
| **How was the initiative organised?** | The event was co-ordinated by Jennifer Scott and Paul Duffy with 5 subgroup meetings in the 8 weeks leading up to the event. This subgroup consisted of Student Health Centre, Healthy Campus, Counsellors, Student Engagement & Success, Financial Support Team, Students Union, Sport and Chaplains.    The event promotion was approved through the communications team at TU Dublin and was promoted via social media, on screens and posters across campuses, in newsletters and via email to students. |
| **What resources did you need?** | The project was funded by internal TU Dublin funding from different service providers and departments.  Total cost €10,000 |
| **Has it been evaluated? How successful has it been?** | Include details of any results/ outcomes here.  This was a great collaborative event with many internal and external stakeholders participating. It presented a feel-good atmosphere on campuses throughout the week with over 350 students engaging in anxiety reducing activities while stakeholders also got an opportunity to meet. |
| **Any future plans, including the sustainability of the initiative?** | Plan to run this project as an annual event, seeking funding opportunities. |
| **Key Learning Points** | Consider longer lead in time for preparations and promotion. Form a working group in November and host initiative earlier in March to enhance engagement further. Add to collaborative calendar of events in the University early to avoid clashing with other events. |

**Healthy Campus Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit | Leadership, Strategy & Governance | Alcohol | Students |
| Coordinate | Campus Environment (Facilities & Services) | Substance Misuse | Staff |
| Consult | Campus Culture & Communications | Healthy Eating / Food | Wider community |
| Create | Personal & Professional Development | Mental Health & Wellbeing | Other |
| Celebrate & Continue |  | Sexual Health & Wellbeing |  |
|  |  | Tobacco Free Campus |  |
|  |  | Physical Activity / Active Transport |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development) |  |
|  |  | Health & Sustainability |  |
|  |  | Other |  |

**Contact Details**

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| **Links** | [https://www.tudublin.ie/explore/about-the-university/sustainability/about/news-and-events/tu-dublin-student-feel-good-and-wellbeing-week-2025.php](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tudublin.ie%2Fexplore%2Fabout-the-university%2Fsustainability%2Fabout%2Fnews-and-events%2Ftu-dublin-student-feel-good-and-wellbeing-week-2025.php&data=05%7C02%7CPaul.Duffy%40tudublin.ie%7C7ab3846916544ed9c38f08dd75c226df%7C766317cbe9484e5f8cecdabc8e2fd5da%7C0%7C0%7C638796198915875601%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=yZwY4lrfi3HuajwyaNXm9kkdaxNzr9X8YChycTaJGuw%3D&reserved=0)  [TU Dublin Feel Good & Wellbeing Week Photos 2025](https://tudublin.sharepoint.com/:f:/s/SustainabilityTeam/EucHBo1ucCFCn9CgV6SQ2fsBLWVr58ceEfC2s14OzN7j1A?e=k9UUGc) |