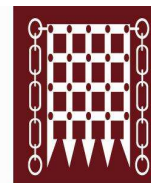


**Westminster Higher Education Forum Keynote Seminar**  
**Improving student well-being: behavioural risks, active lifestyles and addressing mental health**

Timing: Morning, Monday, 7<sup>th</sup> November 2016

Venue: The Caledonian Club, 9 Halkin Street, London SW1X 7DR



**WESTMINSTER  
HIGHER EDUCATION  
FORUM**

Agenda subject to change

- 8.30 - 9.00 Registration and coffee
- 9.00 - 9.05 **Chair's opening remarks**  
**Alison Goddard**, Editor (Higher Education), Research Fortnight
- 9.05 - 9.25 **'Determinants of health-related lifestyles among university students. Having the time of their lives?'**  
**Dr Carmen Aceijas**, Senior Lecturer in Public Health and Program Leader, MSc Applied Public Health, Middlesex University and Fellow, Royal Society of Public Health  
Questions and comments from the floor
- 9.25 - 9.55 **What is the role of universities in improving student nutrition and in encouraging an active lifestyle?**  
  
*How can universities help improve students' diets?*  
**Dr Farzad Amirabdollahian**, Associate Professor and Subject Leader for Nutrition, Liverpool Hope University  
  
*Case study: increasing participation of the student population in sports*  
**Jane Shewring**, Deputy Director, Strategic Lead for Sport, Herts Sports Partnership  
  
Questions and comments from the floor
- 9.55 - 10.40 **New thinking on addressing behavioural risks among students and improving early identification of potential problems**  
  
*'Preventing the harms of substance abuse on campus'*  
**Michael O'Toole**, Chief Executive, Mentor UK  
  
*Sexual health - latest behavioural trends and challenges for universities*  
**Simon Blake**, Chief Executive, NUS  
  
*Identifying and reacting to students in need of support*  
**Ben Stein**, Director, Student Success, Hobsons  
  
Questions and comments from the floor
- 10.40 - 10.45 **Chair's closing remarks**  
**Alison Goddard**, Editor (Higher Education), Research Fortnight
- 10.45 - 11.10 Coffee
- 11.10 - 11.15 **Chair's opening remarks**  
**Kevan Jones MP**
- 11.15 - 11.45 **Mental health services for students - partnerships, access and quality**  
**Gregor Henderson**, National Lead for Wellbeing and Mental Health, Public Health England  
Questions and comments from the floor
- 11.45 - 11.55 **Innovative approaches to treating student mental health**  
**Dr Dominique Thompson**, Director, Student Health Service, University of Bristol and Honorary Secretary, Student Health Association
- 11.55 - 12.55 **Student mental health - addressing stigma, preventative measures and improving support services**  
**Dr Alicia Peña Bizama**, Head of Student Wellbeing, University of Reading  
**Dr Jeremy Christey**, Counsellor and Psychotherapist, Counselling Services, University of Sussex and Chair, Universities & Colleges, British Association for Counselling & Psychotherapy  
**Rosie Tressler**, Chief Executive Officer, Student Minds  
**Dr Nihara Krause**, Consultant Clinical Psychologist and Founder and Chief Executive Officer, stem4  
**Bernard Reed**, Trustee, Gender Identity Research and Education Society  
Questions and comments from the floor with **Dr Dominique Thompson**, Director, Student Health Service, University of Bristol and Honorary Secretary, Student Health Association
- 12.55 - 13.00 **Chair's and Westminster Higher Education Forum closing remarks**  
**Kevan Jones MP**  
**Jonny Roberts**, Associate Editor, Westminster Higher Education Forum