

### *First Event: Exploring Opportunities for Health and Wellbeing Across Scottish Universities and Communities*

**DATE:** MAY 30, 2019

**TIME:** 12:30PM – 3:30PM

**LOCATION:** ROSEANGLE ARTS CAFE | 132, PERTH ROAD | DUNDEE

*\* Lunch will be served*

We would like to invite you to participate in a stimulating afternoon for the first of three knowledge café events to **explore, discuss, co-develop** and **provide recommendations for actions** on how we can work together across Scottish Universities and communities to inform better health and wellbeing for Scottish people. The three workshops will be followed by a final Showcase event to share our conclusions and recommendations. We hope that you will join us in our first event in Dundee to help us explore and co-create opportunities for health and wellbeing across Scottish Universities and communities. This work is funded by the Scottish Universities Insight Institute and is led by members of the School of Nursing and Health Sciences at the University of Dundee.

#### **FIRST EVENT: KEY AIMS**

- i. To explore perceptions of how Scottish Universities and their communities currently interact around a health and wellbeing agenda.
- ii. To examine the challenges and facilitators that staff, students, third sector services and members of the community experience when working together to improve health and wellbeing.
- iii. To identify how we might embed opportunities for sustainable University and community collaborations to enhance health and wellbeing.

#### **FIRST EVENT: INTENDED OUTCOMES**

From the perspectives of key stakeholders:

- i. A descriptive overview of how Scottish Universities and communities are working together for mutual benefit around a health and wellbeing agenda.
- ii. A clear understanding of the challenges faced when trying to work together and the facilitators that support efforts to enhance health and wellbeing.
- iii. Insight into opportunities for collaborative and sustainable actions to enhance health and wellbeing of both University and local communities.

**TO RSVP AND FOR MORE INFORMATION, PLEASE CONTACT MEI LAN FANG AT [M.L.FANG@DUNDEE.AC.UK](mailto:M.L.FANG@DUNDEE.AC.UK)  
WE LOOK FORWARD TO SEEING YOU ON MAY 30<sup>TH</sup>**