

Healthy  
University



Prifysgol  
Iach

A values driven approach

# Healthy University Update 2017/18



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Cardiff  
Metropolitan  
University

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## Foreword

Cardiff Metropolitan is a global university rooted in Wales and with a history of practice-focused and professionally oriented education that requires a values-driven approach to maximize its impact. Our Strategic Plan for 2017/18 to 2022/23 emboldens our commitment to education, research and innovation undertaken in partnership with our students, governments, business and industry and with tangible benefits for individuals, society and the economy.

Establishing a Healthy University is, in its broadest sense, a prerequisite for success in everything we do. As evidenced in this report, great strides forward have been made in 2017/18 and our new Strategic Plan, together with its associated improvements to some of our ways of working, will only strengthen our ability to deliver against the seven Healthy University themes.

In 2017 Professor Leigh Robinson joined the University to take up the new post of Pro Vice-Chancellor and Executive Dean for Sport and Health Sciences and now takes the strategic lead at the highest level for Health and Wellbeing across the University by being a member of the Vice-Chancellor's Executive Group.

We will continue to open our university campuses to schools and communities to increase our Community Engagement and our new model of Cardiff Open Colleges will enable us to engage more fully with the local communities that we serve, particularly by strengthening our partnerships with local colleges.

Our Strategic Plan makes an unequivocal commitment to increasing Welsh medium provision within the University and to supporting Welsh Language and Culture. We will double the number of students studying through the medium of Welsh by increasing the range of provision and services available in Welsh and will create an environment that will allow the Welsh language and culture to flourish. The University engages with a wide range of communities in Wales, from sustaining local food production through the research of our Food Industries Centre and our own procurement practices to supporting and promoting Welsh art, literature, media and broadcasting.

Our commitment to the Environment was recognized in 2017 with the award of 1st place in Wales and 8th in the UK in the People and Planet Green League and we are finalists in the Student Engagement category in the 2018 Green Gown Awards (winner to be announced in November 2018).

Significant progress has been made in increasing Equality and Diversity: through the promotion of Diversity as one of our four chosen values in the new Strategic Plan; by securing the Equality Challenge Unit Athena Swan Bronze award for the university and taking action to address the gender pay gap at senior management level; and by supporting LGBT+ and disabled staff and students from the highest level through an increased series of public events, pledges and commitments.

By taking a stand within the new Strategic Plan in relation to all aspects of the Healthy University strategy we can ensure that our departments are All Healthy Departments.

Our University is committed to ensuring that every student has the opportunity to fulfil their full potential to make outstanding graduate-level contributions to their own and future generations through sustainable economic growth and social cohesion for our City, Wales and the wider world. We will ensure we meet this commitment by providing a Healthy University where creativity, diversity, freedom and innovation will establish Cardiff Met as one of the world's most international and impactful universities, a university that changes the world one student at a time.

### **Professor Cara Aitchison**

**MA(Hons) PgDRLP CertEd MA PhD FAcSS FRGS FHEA**

President and Vice-Chancellor and Professor in Geography and Cultural Economy



## Strategy Development

The Healthy University Strategy has evolved with clear support and commitment from all parts of the University. It has been, and continues to be very much informed by the staff and student voice.

This Strategy focuses upon the development of a socially cohesive, environmentally responsible and an all-inclusive work and study environment which looks to engage staff, students and the wider community.

The three core aims within the 2016-20 planning period are:-

-  **Social Responsibility** - Contribute to a fairer society through enhancing the impact of interactions with our local, regional and international communities.
-  **Environmental Efficiency** - Embed environmental sustainability as a core organising principle across all activities.
-  **Health and Wellbeing** - Create an environment where individuals are inspired and supported to perform to the best of their abilities, and in doing so, contribute to the University's aims, values and success.

The Strategy stresses the role of groups and peer networks in identifying and leading change. This will enable the University to move from a state where changes and developments are tacitly supported by the majority, to one in which the explicit views of the majority actively shape choice and action.

In the areas covered by the Strategy the primary role of management is to enable good ideas, behaviours and activities to occur and be sustained.

## Key Objectives

The Strategy signals the intention to apply a more instrumental approach in actively influencing the factors that have the greatest impact on how people experience the learning and working environment, such as relationships with their peers/supervisors/managers; organisational culture; the opportunity for personal development; equitability; opportunities for work life balance; health; safety; personal well-being and environmentally friendliness.

An integrated approach to community engagement, health and well-being and environmental sustainability, the Strategy has the potential to deliver tangible benefits to the University's operations, in particular:-

-  Improved health and well-being of students and staff.
-  Improved student experience and retention.
-  A more motivated and supported workforce.
-  Improved business performance and productivity.
-  Strengthened institution-level commitment to practise corporate responsibility.
-  Projecting a positive public perception of the University.

## Success / Achievements

The University has a successful record of investing in the local community, environmental awareness and human capital development. The progress is evidenced by the following externally recognised achievements:-

-  Gold level Corporate Health Standard.
-  ISO 14001 : 2015 certified Environmental Management System.
-  Platinum in the Welsh Government's travel plan awards and for the development of a second generation carbon management plan.
-  Investors in People, silver status.
-  Two Ticks (Disability) and Stonewall (Gay, Lesbian and Bi-Sexual) symbols.
-  Fair Trade University.
-  Athena SWAN Award (Institutional Bronze).
-  Stonewall Cymru Diversity Champion (LGBT+ Community Engagement).
-  Achieved 1st in Wales and 8th in UK from 154 Universities, in People and Planet Green League table.
-  Social Enterprise Award

This section provides an update on the HU activities and initiatives that have taken place throughout 2017/18.

The Strategy identifies the importance of cohered efforts to improve performance outcomes. It is also important to illustrate the interdependencies and additional benefits that can be realised when taking a holistic approach, for example Active Travel positively contributes to Health & Well-being, Environmental Performance and Community Engagement.

Therefore our progress report will identify the main HU themes contributed to, by each of the examples shown through the use of the following keys :-

-  Sport, Health & Well-being
-  Environment
-  Community Engagement
-  Welsh Language and Culture
-  Equality & Diversity
-  Student Engagement
-  All Healthy University Departments



# 2017 - Healthy University Initiatives and Achievements

## January 2017

- Cynnal Cymru - Sustainable Coffee Event hosted by Cardiff Met, Community event facilitated by Cynnal Cymru to discuss sustainability issues around the coffee industry (1).
- Fairtrade Steering Group with Students' Union and Cardiff Met Catering - Termly meeting to progress and plan activities for upcoming events.
- The Community Garden project at Llandaff Campus involving staff and students. The group used raised beds to grow fruit, herbs and flowers.
- Sustainable Transport Planning Group - Review of travel survey results, action planning and delivery.



- To oversee the implementation of the Healthy University Strategy, the university established a Healthy University Development Group with staff and student representation to contribute to the action planning and setting priorities.

- Environmental Performance Group - termly meeting of the Aspects owners with direct responsibility for environmental and sustainability performance.

- Family Fun Club - launched in Jan 2017 at Dusty Forge centre based In Ely. The programme ran for 6 weeks and engaged with 4 families who are currently unemployed. The sessions used sport as a tool to aid behaviour management between parent and child. The programme highlighted the lack of exercise the children were currently getting and how easy it is for them to increase fitness levels by playing fun games together. Since the programme two parents have joined the gym to increase their own fitness levels so they can enjoy interacting with their children more.



- Cardiff Metropolitan University signed the 'Time to Change Wales' pledge in January 2017. The University's Student Union signed the pledge at the same time to join up actions (2).

## GREEN SQUIRREL @ CARDIFF MET

**FREE GREEN LIVING WORKSHOPS FOR STUDENTS AND STAFF**

<b>City crops</b> Growing food in the city	February 16th	Llandaff Campus
<b>Urban honey</b> Beekeeping for beginners	March 16th	Cyncoed Campus
<b>Revive your clothes</b> Ethical and sustainable fashion	April 27th	Llandaff Campus

**All take place at 4 - 6:30pm**

**SPACES ARE LIMITED!**  
Book yours by emailing [Sustainability@cardiffmet.ac.uk](mailto:Sustainability@cardiffmet.ac.uk)

For more information visit [www.cardiffmet.ac.uk/about/sustainability/Pages/News-and-Events.aspx](http://www.cardiffmet.ac.uk/about/sustainability/Pages/News-and-Events.aspx)

**@CMetEnvironment 3**

## February 2017

- City Crops - Growing Food in the City - Free Green Workshop for staff and students, opportunity to learn a new sustainable skill (3).
- Oasis Inclusive Sport Week - coordination of an inclusive sport week at Oasis after a noticeable increase in the number of disabled users. The aim of the week was to show the people using the centre how to adapt their sport sessions to make them more inclusive. A number of sports were delivered including wheelchair basketball, VI football, table tennis and sitting volleyball. The week received positive feedback from participants and Oasis staff who claimed that the sessions engaged previous users, which allowed staff to develop new relationships. Moving forward, a monthly wheelchair basketball session will run from the centre.



➤ Go Green Week 13 - 17 Feb - Waste Not, Want Not theme this year, opportunity to raise awareness of all the green initiatives on Campus, volunteering opportunities etc. (4 and 5).

➤ Business In Action - Fairtrade group meeting, Students task and finish group and presentation of Fairtrade activity at Cardiff Met.

➤ Business in Action - Sustainable Travel meeting, Students task and finish group and presentation of sustainable travel activities at Cardiff Met (6).



➤ Guest Lecture - Sustainable Tourism module - Cardiff School of Management - An introduction to the Environmental Management System - ISO14001 in Cardiff Met.

➤ The Future of UK Manufacturing - Supply Chain Strategies for Securing Growth, Professor Andrew Thomas - Cardiff School of Management, - Inaugural and Professional Lectures (Cardiff Metropolitan University's Professorial and Inaugural Lecture series brings world-leading research to a public forum and welcomes all to attend).

➤ A night Out with Nigel Owens - Public Lecture - In his talk, Nigel Owens MBE, addressed some of his experiences surrounding his sexuality and the impact that they had on his personal and sporting life.

➤ Charity Shop Volunteer Painting project for Cancer Research Wales.

➤ Global Week quiz.

➤ Cardiff Met became the 1st Welsh University to offer UNiversal gym. An initiative run through BUCS where students can use their local university sports facilities for free when they go home over Christmas, Easter and Summer. The focus of this offer is keeping active people active, increasing the likelihood that active students continue with their exercise out of term time (rather than stopping during periods when they are not based at Cardiff Met). This scheme is also open to university staff.

➤ The Stonewall Cymru Workplace Conference, supported by EY, returned to Cardiff. Over 200 people from across the public, private and third sectors came together to learn and share the latest best practice on creating an inclusive workplace for lesbian, gay, bi and trans (LGBT) staff. Content included sessions focused on inclusive service delivery, supporting trans staff, building and sustaining ally networks and exploring multiple identities.

- The University supported the LGBT+ Staff Network and LGBT Student Society to organise a number of events to help mark LGBT History Month. International Rugby referee Nigel Owens attended an event titled 'A night Out with Nigel Owens', which addressed his experiences surrounding his sexuality and the impact on his personal and sporting life (7).



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- Cardiff Met's Staff Football Team, alongside members of the LGBT+ Staff Network organised a mixed football match against Cardiff Dragons FC (Wales' only LGBT football team) to support the Football vs Homophobia campaign. Rainbow laces and Football vs Homophobia t-shirts were worn by players (8).
- The Department of Humanities in Cardiff School of Education put on a showing of the film 'Hedwig and the Angry Inch' for staff and students at our Cyncoed campus.

## March 2017

- Urban Honey - Beekeeping for Beginners - Free Green Workshop for staff and students, opportunity to learn a new sustainable skill (9)
- Healthy University Development Group Meeting.
- Business In Action - Fairtrade group presentations, student presentation to Facilities staff, their solutions to improve Fairtrade awareness and event suggestions.
- Business in Action - Sustainable Travel presentations, student presentation to Facilities staff, their solutions to improve sustainable travel awareness, event and promotion suggestions.
- 103 students receiving the Coleg Cymraeg Scholarships.
- Cardiff and Vale Disability Sport and Physical Activity Forum - The first meeting, a partnership approach with the Vale seemed a good option as so many organisations we could link with, spanned both local authorities. The first meeting was very well attended with over 25 people around the table.
- Forest Farm - Environmental Champions event - An afternoon out with Green Days at Forest Farm. Volunteers helped to preserve habitats by undertaking conversation work.
- Fairtrade - Fairtrade break as part of Fairtrade Fortnight 2017. Free fairtrade drinks and snacks were made available. Whilst people find out a bit more about Fairtrade. Students and staff attended.
- Hearts in the Fire, Heads in the Fridge! Stress, Coping and Wellbeing in Elite Sport, Professor Stephen Mellalieu - Cardiff School of Sport, Inaugural and Professional Lectures - Professor Mellalieu took the audience on a personal journey of his experiences as a player and consultant that have shaped his research interests, navigating some of the contemporary knowledge and understanding regarding the experience of psychological stress, coping and wellbeing in elite sport.



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Underpinned by a 'theory to practice to theory' philosophy the influence of a range of personal, contextual, social and developmental factors upon these phenomena will be explored.

- International Women's Day.
- Linking clinical cardiovascular research and public health - Public Lecture - This seminar, we will hear from three speakers and three different perspectives. Dr Kearney took us through her research related to cardiovascular coupling through ageing and hypertension, and her work with public engagement. Dr McDonnell discussed a number of studies conducted in South Wales, and the importance of clinical research in understanding the cardiovascular risk associated with heart failure patients on mechanical circulatory support. Finally, Dr Yousef explored clinician and patient perspectives and the real life dilemmas of treating heart failure with mechanical circulatory support.
- Farmers Market Llandaff Atrium (10).



- Free Bike MOT / servicing for staff and students Llandaff.
- Farmers Market Cyncoed (11).
- Free Bike MOT / servicing for staff and students Cyncoed (2).
- Volunteer Afternoon at the Amelia Trust Farm - the Students' Union experienced an afternoon in the Welsh countryside by volunteering at Amelia Trust Farm. The farm provides an alternative education for vulnerable and disadvantaged young people. Students will be volunteering to help with the animals and with the general maintenance on the farm.

- Women in Sport - Moving the Game Ahead - an evening of student led questions with a selection of elite female and pioneer's of the women's game. Introduced by Professor Cara Aitchison VC.
- Cardiff Metropolitan University held a Human Library event to celebrate International Women's Day. The event gathered staff and students from across the university to mark the global event and celebrate the social, economic, cultural, political and environmental achievements of women around the world. The event acknowledged and celebrated achievements of all the guest speakers, as well as celebrating successes of women in history. Speakers from various backgrounds at varying stages of their careers shared their experiences and successes in story form as 'human books'. This gave staff and students the opportunity to discuss different career pathways, learn from any challenges the speakers may have faced in their professional and personal life and generated conversations about how women can challenge inequality and be bold for change (13).



↻ Global walk - logged steps and miles as part of Global Week activities.

↻ Global Week celebrates the cultural diversity of Cardiff Met's student body with a range of internationally themed activities for all students and staff to get involved in. The week aimed to provide an opportunity for students and staff from across

the university to share, learn and celebrate each other's values and traditions and to encourage conversation, networking and integration between students of different nationalities and backgrounds.



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↻ Cardiff Met held a series of events, open to all staff and students, to celebrate International Women's Day 2017. These events included a Human Library networking event, mentoring workshop, series of MET Talks, series of short talks about the creative sector, student led forum 'Women in Sport - Moving the Game Ahead' (14).

## April 2017

↻ Llandaff Community Day - Farmers Market, HE for she, Stand up for Britain, BBQ, Boules, Bike MOT. The Community Day developed from the initial Farmers Market & free Bike Mot to create a sense of belonging and focus for the Campus, to bring together the local community, staff and students to engage on a variety of themes (15).



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↻ Revive your Clothes - Ethical and Sustainable Fashion - Free Green Workshop for staff and students (16).

↻ Cyncoed Community Day - Farmers Market, HE for She, Bike MOT, ASH Wales.

↻ Equality and Diversity Team promoted the UN led HeForShe campaign, inviting staff and students to stand together to create a bold, visible force for gender equality.

↻ Race Council Cymru Event titled "Can Muslims be British?". The aim was to bring about greater understanding between communities and have an open platform to ask some of those difficult questions.

↻ Two day Cultural Awareness Training Course was organised by the University Chaplaincy, International & Partnerships Office and Equality and Diversity Team.

↻ UCAS Fair - NIAC, Cyncoed Campus, The UCAS Higher Education Convention takes place at the National Indoor Athletics Centre (NIAC) at Cardiff Metropolitan University's Cyncoed campus. The event, organised in conjunction with UCAS, Cardiff Met and Careers Wales, attracts more than 7,000 students and is designed for those who wish to seek advice from the 130 HE institutions exhibiting on the day, along with other organisations such as student finance advisors and gap year companies.

- Officers delivered an introduction to Physical Literacy at Tredegarville Primary for parents and some of the teachers at the school. Following this, a Sport Cardiff coach worked alongside the KS2 teacher to delivered 4 weeks worth of sessions after school for parents and their children. These sessions were created to develop key skills focused on during PE lessons using the Physical Literacy resources. The teacher would introduce the skill during the PE lesson, then the parent would learn fun ways of developing these skills within the after school club. 8 families attended these sessions over the 4 weeks. Not only was this project a success, it also created a stronger link between Sport Cardiff and the school.
- University published its Equality and Diversity Annual Report.



## May 2017

- Natural Dyeing and Printing - Sustainable, beautiful techniques - Free Green Workshop for staff and students (17).
- Measurement Month - Free blood pressure testing on campus.
- Launch of Bike Purchase scheme for staff.
- Active Challenge Month - opportunity for staff to register and log their physical activity during the month - a league table amongst Schools and Units.

- Diabetes related arterial disease: limb and life threatening but potentially preventable - Public Lecture - This seminar was kindly supported by the Rotary Club of Cardiff - City of Llandaff - with four speakers - Dr Jane Lewis took us through her collaborative programme of clinical research related to early detection of peripheral arterial disease, linking with primary care and the Diabetic Eye Screening Wales (DESW). Miss Keri Hutchinson explored the clinical and patient perspectives of the very real issues of managing the consequences of undiagnosed peripheral arterial disease. Mr Andrew Crowder discussed the success of the diabetic eye screening model, and how the screening service is evolving to meet the demands. Finally, there was a discussion with Dr David Miller and Miss Hutchinson on the potential benefit to patients of early identification from a GP's and secondary care perspective.

- In our pursuit to continue in the advancement equality of opportunity, both our Cardiff School of and Health Sciences and Cardiff School of Sport achieved Athena SWAN Departmental Bronze Awards (18).



- Fairtrade Steering Group with Students' Union and Cardiff Met Catering.

- Relationships with the Middle East in a post Brexit era - Public Lecture - This lecture came at a critical juncture for Egypt and the United Kingdom, as 2017 witnessed landmark developments in both countries. Egypt will continue the path it has embarked upon to implement a highly ambitious economic reforms program which aims to unleash the true potential of the second largest economy in the Arab World and Africa. This program strives to achieve sustainable growth and prosperity for the people of Egypt. It also goes together with bold and ambitious mega projects the Government is working on that provide exceptional investment opportunities for the UK and other countries around the world.

- Athletic Union Sports Awards - This annual event recognises and rewards the sporting achievements of all Cardiff Metropolitan University's elite sports men and women throughout the year.

- Cardiff Met Award presentation City Hall, for all students achieving their Cardiff Met Award.

- An opportunity for Environmental Champions through Cardiff digs to celebrate the successes of all volunteering this year.

- Sport Cardiff invited every secondary school in Cardiff to send four pupils to take part in a silver level YA training day. A cohort of 42 children attended the day which was run by Sport Cardiff and delivered at the brand new Archers Arena at Cardiff Met, Cyncoed Campus.

- Pupils attended from a range of schools including Cardiff High School, Cathays High School, Llanishen High School, Mary Immaculate High School, Radyr Comprehensive School, St Illtyd's Catholic High School, St Teilo's Church in Wales High School, Ysgol Bro Edern, Ysgol Glantaf, Ysgol Plasmawr and Whitchurch High School. Sport Cardiff ran team-building activities with the school children where the pupils were allocated into mixed groups to ensure they had the opportunities to work with their peers. The schools also pledged how they would improve sport in their respective establishments.
- 50 students took part in the Coleg Cymraeg' s Teaching Competency Certificate.
- 36 students took part in the WJEC accredited Coleg Cymraeg Welsh Language Skills Certificate.
- 25 students received Cardiff Met's Welsh Language Scholarships.
- Cardiff Met hosted a Time to Change Wales Organisational Pledge Network Event. An opportunity to share best practice and learn from each other.

## June 2017

- Publish Annual Environment and Sustainability Report (19).
- Welsh Met stall at the Urdd Eisteddfod in Bridgend. Interactive Activities highlighting the work of each academic school. Food Technology event highlighting its work with local food producers.
- Staff cycle scheme encouraged staff to obtain cycles through tax saving initiatives.
- Healthy University Development Group Meeting.
- CSAD Degree Show Lecture, Llandaff Campus - As part of the CSAD Summer Show events, an evening lecture takes place each year at Llandaff Campus with guest speakers from with the world of art and design.
- CBI Wales Annual Lunch - Cardiff Metropolitan University continues its association with the CBI at their annual luncheon and partakes in this great opportunity for corporate networking, as business leaders from across Wales get together.
- Sporting Wales Rising Star Annual Awards Evening - The Sporting Wales Rising Star Awards are chosen by Sport Wales, Cardiff Metropolitan University, Devere Village Hotel (Cardiff) and Sporting Wales Magazine. 12 Monthly winners are chosen through the year and the overall winner for the year receives the Bob Humphrys Memorial Award at this event.
- The 2016/17 Cardiff games saw over 7584 children attend at least one competition throughout the academic calendar with a choice of 22 different sports across 73 different competitions. 12 schools from across Cardiff participated in an inclusive competition. All 21 secondary schools from Cardiff competed in at least 2 competitions including Greenhill. 7 out of the 8 Vale secondary schools and 69 out of 98 Cardiff primary schools attended a Cardiff Games competition (20).
- E&D Team attended the HERAG Think Tank 4: An inclusive university - travelling the distance to turn policy into practice.



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## July 2017

- Graduation at WMC - More than 3,000 students from Cardiff Metropolitan University's five academic schools, plus international students, celebrate their academic achievements over the course of three days at the iconic Wales Millennium Centre (WMC) in Cardiff Bay.
- National trends indicate that people with disabilities are under-represented on coaching / sports leadership training courses and qualifications. In order to help address this imbalance Sport Cardiff have engaged with Ty Gwyn and Woodlands special schools to pilot an adapted version of the nationally recognised Level 1 Sports Leadership Qualification. In July Sport Cardiff staff completed delivery of the course with sessions taking place on a weekly basis over a period of 7 weeks. 7 young people aged 13 - 16 undertook the course with all receiving a certificate of attendance from Sport Cardiff, and 5 of the pupils gaining the Level 1 Sports Leadership Qualification through Sports Leaders UK.

- The University's Catering outlets achieving a Gold accreditation by the Sustainable Restaurant Association (SRA), for its operational good practice.
- Equality and Human Rights Commission (EHRC) Wales Annual Conference at Cardiff City Stadium.

## August 2017

- Cardiff Met's LGBT+ Staff Network and allies attended Pride Cymru over the August Bank Holiday Weekend. A time for the University to celebrate LGBT+ Equality at Cardiff Met and in our community (21).
- Environmental Performance Group Meeting.
- Green Spaces group meeting.
- Eisteddfod - The Eisteddfod is a travelling festival which belongs to the people of Wales - each year we aim to be involved and support the festival as it travels to various locations throughout Wales.
- Many Cardiff Met staff and students competing in the National Eisteddfod in Anglesey.



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- CSM students and staff in Patagonia developing links with Welsh speaking communities.
- The Sanctuary Games took place with the aim of the event to engage refugees and asylum seekers from across the UK in competitive sport as a means of creating a network for these groups through sport. Each team competed in athletics, table tennis and football with a turn up and play volleyball session running alongside. The event was a huge success engaging over 70 refugees, asylum seekers and youth groups from 27 different countries. Many of the groups accessed the student accommodation at Cardiff Met the night before, giving them a real 'University' experience. The event was led by Sport Cardiff and City of Sanctuary with other partners including Migrant Help, Communities First and Oasis Cardiff. The event has created some great links within the refugee community, with members of Cardiff City table tennis club visiting Brighton table tennis club as a means of sharing good practice and networking.
- Food and Fun (SHEP) Cardiff runs in schools in the summer holidays for 4 weeks, 3 days a week from 9.00am-3pm. It is a quality assured programme that includes breakfast, lunch, physical activity, food and nutrition skills education and enrichment activities.



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The programme is a joint initiative between Sport Cardiff, Cardiff Council, Cardiff and Vale UHB, Public Health Wales, and Food Cardiff. The award winning summer holiday programme 'Food and Fun' took place across 13 sites for children from 21 primary schools across Cardiff with over 550 young children attending. 29 children with special needs attended a Food and Fun club and 9197 Food and Fun meals were served to children and their families/carers. Throughout the 2017 programme 342hrs of sport delivered. The programme addresses the 170 non-school days in the year that Free School Meal (FSM) pupils cannot access their entitlement to a school lunch; often the only regular hot meal that is available to them during term time. In Wales, due to the free breakfast scheme, the effect of school holidays can be particularly acute. In addition, the lack of free play schemes and sports activities impacts most on disadvantaged children (22).

## September 2017

↻ Freshers Week.

↻ A joint action plan was developed with our partners ASH Wales to achieve the University's objective of becoming the first University in Wales to become a smoke free University by 2019/20.

↻ New opportunity for students to join the University's Welsh Society and Branch of the Coleg Cymraeg.

↻ Cardiff Metropolitan University is committed to improving employment opportunities and career development for disabled people, and in recognition of this Cardiff Metropolitan University following a self-assessment became certified as a Level 2 Disability Confident Employer (23).



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↻ Community Day at Llandaff Campus.

↻ Bike MOT and bike re-sale with Cardiff Cycle Workshop.

↻ Development of Health and Well-being level for Cardiff Met Award.



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↻ City Harvest - Make the most of your crops - Free Green Workshop for staff and students.

↻ Insport Series returned to NIAC and over the two days a record 925 participants attended to try the 30 sports on offer. This event is the flagship event for Disability Sport Wales and it has taken place in Cardiff now for 13 years. Disabled children and adults and their family and friends get the opportunity to find out which sports they like and find out about local clubs they can join in a supportive and inclusive environment. New sports on offer for the first time were Dance, Sitting Volleyball, and Taekwondo. The most popular sports were Archery, Shooting, Cycling, and Wheelchair Basketball. Over 100 coaches and volunteers gave their time across the two days and there was great support as always from clubs and National Governing Bodies (24).

↻ The University's Catering outlets continued in partnership with Health Science student nutritionists to develop healthier menu options for catering outlets on both campuses.

↻ The University was awarded the Social Enterprise Mark, which proves it is in business to benefit society, community and the environment. It is the first Higher Education Institution (HEI) in Wales to gain this recognition, and one of only ten HEI's across the UK. The Social Enterprise Mark is the only internationally available social enterprise accreditation, which enables organisations to prove their commitment to creating positive social change. Only organisations which can prove they use income and profits to maximise their positive social/ environmental impact are awarded a licence to display the Social Enterprise Mark.

↻ Black History Month launch event at Pierhead Building: 'Our Stars, Our Future, Our History'. Cardiff Metropolitan University sponsored the 'Outstanding Academic Achievement' award (25).



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↻ Cardiff Met continued its commitment to being a Stonewall Cymru Diversity Champion. The University submitted to the Workplace Equality Index in September 2017 and as an outcome ranked 185th in the UK. The University will look to build upon the recommendations of Stonewall Cymru for the September 2018 submission.

## October 2017

- 🌀 Community Day at Llandaff Campus.
  - 🌀 Bike MOT and bike re-sale with Cardiff Cycle Workshop.
  - 🌀 Chickens for beginners - Learn to keep happy hens - Free Green Workshop for staff and students.
  - 🌀 GO Green Day - supporting Size of Wales, fundraising and Campus environmental awareness.
- 🌀 Green spaces group meeting.
- 🌀 Fairtrade Steering Group with Students' Union and Cardiff Met Catering.
- 🌀 Healthy University Steering group.
  - 🌀 First social event of the new academic year for Welsh speaking students.
  - 🌀 Keeping the Politicians on TRACK - Public Lecture - Martin Shipton, Media Wales' Chief Reporter and one of the most experienced recorders of Welsh political life, provided his own experience and insight in order to address the central issue of the media's role in keeping a modern democracy functioning in a digital era. He also enlightened the audience about what it is like to work in the heart of a major UK news organisation, following and sometimes even setting the news agenda for the Government in Wales on a daily basis. In the talk, Martin reflected on his most recent work on the former Welsh Secretary and House of Commons Speaker George Thomas.
- 🌀 ISOC - Charity Week, raised over £2000.
- 🌀 Met Talks around Mental Health, speakers included BEAT (eating disorders).
- 🌀 Afternoon Tea event with BEAT in Llandaff Meeting Room.
- 🌀 Mindfulness activity sessions making mindfulness jars in Llandaff and Cyncoed SU and Feel Good Friday (26).
- 🌀 Launch of Student Minds.
- 🌀 Make a Wish Charity fundraiser event.
- 🌀 Jacob Foundation (talking about Young Mens suicide risk) In Cyncoed SU.
- 🌀 World Mental Health Day.
- 🌀 "Talking about our mental health" event held as part of the 'Time to Change' pledge.
- 🌀 Black History Month grand finale at Cardiff Millennium Centre.
- 🌀 The 2017-19 Coaching Academy programme was officially launched on 9th October 2017 at an event held at Cardiff Metropolitan University. The event was well attended with 31 of the 33 coaches in attendance on the evening which included an interactive media session, Q & A sessions with Scott Simpson (Welsh Athletics, UK Athletics) and Huw James (Vale Cricket Club, Cowbridge Rugby Club), group discussions, and initial meetings with mentors.
- 🌀 More of the University's most outstanding sportswomen will represent the institution at some of the world's most challenging competitions. Cardiff met alumnae, netballer Suzy Drane and bobsleigher Mica Moore made their mark further within their chosen sports. Suzy captained Wales' squad for the Netball Europe Open Championships at the Sport Wales National Centre which took place from 5th to 8th October. Mica Moore is also a Cardiff Met Sport and Physical Education graduate and initially made her name as a Commonwealth Games sprinter, competing for Wales at Glasgow 2014 before taking up bobsleigh in 2016. She continues to benefit from university facilities for training with team-mate Mica McNeill. The pair scooped World Junior Championship gold in January 2017, and despite the British Bobsleigh and



**124 Free Bike Mot** / servicing of Bikes for staff and students

Green Workshops attended by **91 staff / students** - all having the free opportunity to learn a new environmental skill

Cardiff Met achieved a ranking of 1st in Wales and 8th in the UK out of **154 Universities** in the People and Planet Green League

The Occupational H&WB service was accessed **572 times in 2017** (physio, complimentary therapies, Occupational Health visits and Health Assessments)

**16 staff members** took up the opportunity for purchase a bike through tax free bike scheme

**63 members of staff** on the Welsh Language classes

**123 students** receiving scholarships for studying in Welsh.

**103 students** receiving the Coleg Cymraeg Scholarships

**40+ programmes** across the university where you can study at least 40 credits per year in Welsh

Our volunteer workforce has recorded **2250 Volunteer** hours equating to **£23,040 volunteer value** with an additional **2979 coaching hours** supporting Sport Cardiff initiatives. A total of **529 people** have received training including **88 Young Ambassadors.**

Over **17,000 children** have participated in Sport Cardiff sessions.

Sport Cardiff supported **107 community chest applications**, with a total of **£128,936** invested in community clubs in Cardiff.

Over **9000 children** have represented their schools in the Cardiff Games in **80 competitions**.

A total of **3064 adults** have engaged in Sport Cardiff sessions.

Girls Together activities have engaged with **1311 females**.

Over **4400 disabled participants** have access Sport Cardiff sessions

Over **3700 BME participants** have accessed Sport Cardiff opportunities.



Member



Equality Challenge Unit



Certificate Number 9685



Skeleton Association (BBSA) withdrawing team funding, have raised enough support in less than three weeks through a crowdfunding page to represent at the Winter Olympics in Pyeongchang, South Korea, next year.

- 🔄 To mark World Mental Health Day, Cardiff Met organised a 'Talking about our Mental Health' event. Guest speakers included former Wales international rugby union player turned extreme endurance athlete and television presenter, Richard Parks and the Pro Vice Chancellor (Students) at the University of Worcester, Ross Renton.

## November 2017

- 🔄 Community Day.
- 🔄 Bike MOT and bike re-sale with Cardiff Cycle Workshop.
- 🔄 Mead Making - Traditional brewing from scratch - Free Green Workshop for staff and students.
- 🔄 Cardiff Met ISOC out on a Mend Community Islamophobia Exhibition across our Llandaff and Cyncoed Campuses.
- 🔄 Christian Union - Story week - range of inspiring talks and fundraisers.
- 🔄 Psychology Society fundraising for Children in Need.
- 🔄 Supported Movember.
- 🔄 Bronze YA Training - Utilising the introduction of Sport Wales My Welsh Sport conversation they launched the first Bronze YA training day. The training, delivered in its entirety by the Platinum YA group, incorporated a Sports Leaders Playmaker award. 24 year 5 & 6 pupils from schools in the North of Cardiff accessed the training. In advance of the course date, they communicated with Ysgol Y Wern, Rhydypennau, St Davids CIW, Roath Park, All Saints and Llanishen Fach primary schools to promote the benefits of the YA scheme. They emphasised the importance of pupil voice in relation to the Estyn framework requirements and the additional benefit of the nationally recognised qualification being delivered. The training day received support from Cardiff Metropolitan University senior staff and Sport Wales.
- 🔄 Equality and Human Rights Commission in Wales celebrated 10 years and held an event at the Senedd to mark the occasion discussing the past, present and future of the EHRC.

## December 2017

- 🔄 Environmental Management System ISO14001:2015 External Audit days.
- 🔄 Internal Auditor training for Environmental Health student volunteers.
- 🔄 Equality Challenge Unit's 2017 conference: Inclusivity, intersectionality, action: moving forward the equality agenda in higher education.
- 🔄 Internal Auditor training for Vision in Sustainability student volunteers.
- 🔄 Healthy University Development group.
- 🔄 Views on Europe: Slovakia's New Challenge - Public Lecture - Cardiff Met's Ambassadorial Lecture Series, providing alternative perspectives on international topics affecting its local and wider communities, proud to host Slovakia's Ambassador to the UK, His Excellency Lubomir Rehak.
- 🔄 Cardiff Met hosted Stonewall Cymru's LGBT Inclusive Sports Coaches Programme, which invited sports coaches to take part in a one-day programme, to learn how to create an environment where all LGBT people are able to participate fully in sports.
- 🔄 As a further reinforcement of the University's Time to Change Wales pledge (to remove the stigma around mental health), a mental health for managers course was developed and piloted at Cardiff Met.
- 🔄 Cardiff Metropolitan University Christmas Carol Service at Llandaff Cathedral - This festive annual event held at Cardiff's

Llandaff Cathedral and open to all. The service includes classic readings and carols and followed by mince pies and mulled wine at Cardiff Metropolitan University's Llandaff Campus for all guests.

- C.P.D. WORKSHOPS: As part of Sport Cardiff's programme of Coach Development two workshops were held in partnership between Sport Cardiff and the Cardiff Met School of Sport. Both workshops were well attended with 33 coaches in attendance across the two. This course was delivered by Sport Wales Physical Literacy consultant and Cardiff Met Programme Director Dr Anna Bryant. The workshop gave learners an introduction to what Physical Literacy is and how it can be applied to their coaching and was well received.
- In December 2017, the University joined the Big White Wall platform, allowing its students to access confidential support 24 hours a day 365 days a year. Big White Wall is a fully-moderated and clinically supported site, which offers users complete anonymity to share their experiences around coping with their mental health. As well as posting in community forums, users can complete assessments to determine if they have a specific issue, follow guided self-help courses to help them manage, or reach out for 1-1 support from 'Wall Guides', all of whom are trained to offer dedicated support. Wall Guides moderate all discussions, and look out for any warning signs or concerning posts from users, and are authorised to intervene or reach out as required. Since the launch in December 2017 over 3% of the student population have logged in to Big White Wall, completing over 100 self-guided courses and logging in for an average of 5 times per month, staying around 20 minutes each time. Big White Wall offers an alternative channel for students to seek support and will form part of the wide range of support measures over the coming years.

## 2018 - Healthy University Initiatives and Achievements

### January 2018

- 2018, a significant year for gender equality, as it marked 100 years since some women first secured the vote. An opportunity for people to reflect politically and personally on this anniversary.
- Seminar - Go Green Week, generating ideas and volunteering opportunities for students.
- Launch of the new Girls Together initiative #INNERSTRENGTH. The programme is an intervention for teenage girls with a 10-week course, which tackles body confidence and self-image issues and promotes a variety of physical activity. The two Cardiff Met Student placements continue to be an asset supporting both the community and Schools programmes.
- Range of Welsh language classes for staff every week ranging from beginners to intermediate level classes.
- Students' Union Rep Conference - First SU Rep conference entitled 'Student Voice Matters' including a keynote from QAA CEO Douglas Blackstock, breakout sessions and workshops for student reps and engaged staff aiming to raise the profile and share best practise relating to student representation (27).
- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time (28).
- Cardiff Met announced that the University had risen from 245th to 185th out of 434 organisations in the Stonewall UK Workplace Index! This was a step forward for us as we are committed to continue our journey to creating a more diverse and inclusive place of work and study for our LGBT+ staff and students.



## February 2018

- Business in Action students introduced to their Real World Project task. The Business in Action module aims to provide an authentic and holistic overview of business and management. For this assessment students were given an authentic "real life" work based problem to study, analyse and problem solve. The group were given a presentation on current waste practices at Cardiff Met, data and tasked with solutions for reducing the recycling levels on Campus.
- Fairtrade Meeting, termly meeting with Students' Union, Cardiff Met Catering, student volunteers and Sustainability.
- Environmental Performance Group Meeting - termly meeting with Aspect Owners.
- Go Green Week 12th - 16th Feb - Cardiff Met's Go Green Week was held on Llandaff Campus, with a variety of activities for all students and staff to get involved with during the week. Free Bike MOT, opportunity to purchase Refurbished Bikes, Bike mechanic workshop, Smalls For All - Recycling initiative, Book swap, Fairtrade, Cardiff Digs and Environmental Champions, Boot camp taster, Yoga taster, Energy Workshops, YMCA Clothes Collection, Waste Management and Recycling unwanted Christmas gifts and much more. Show your support, Wear Green - Gorgeous in Green Day - Wednesday 14th Feb (29 and 30).



30

- Community Day - Llandaff Campus - Riverside Real Food Market traders, Cardiff Council Waste Management, Fair Do's Cardiff, Free Bike servicing and mot's for staff and students, Cardiff Council Gym, Free recycling files and folders, Student Entrepreneur traders, Health & Well-being - Barry McDonnell, Community Garden - origami session and IT - Information stand.
- To support LGBT History Month the local businesses/partners invited to the Community Day displayed rainbow flags on all of their stalls (31).

- Interfaith Working Group - Establishment of the Cardiff Met Interfaith Working Group, a joint initiative between the SU and Chaplaincy teams.
- Coaching Bursaries - Sport Cardiff's Women and Girls Officer and Disability Sport Officer teamed up with the Coaching and Workforce officer to provide coaching bursaries to tackle coaching inequalities amongst women and girls and disabled people.
- Coach Academy - As part of Sport Cardiff's 'Coaching Academy' programme, a series of bespoke workshops took place to support the development of coaches. The workshops are developed in partnership with the Cardiff School of Sport and are uniquely created taking the needs of the coaches into consideration.



31

- Free Green Workshop for staff and students - Natural soap making held for the first time. One of the Community Day market traders explained and demonstrated the art of natural soap making (32 and 33).
- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time.



32

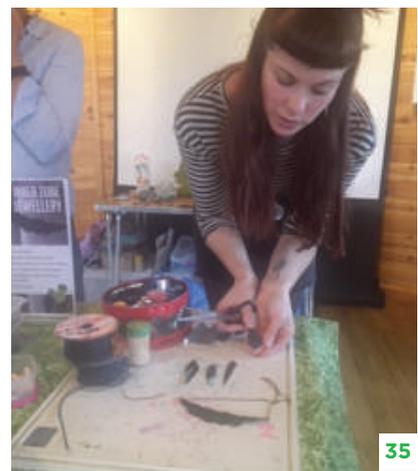


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Free Green Workshop for staff and students – Upcycled Crafts, held in the Outdoors Learning Centre. A fun evening recycling and making! (34 and 35).



34



35

Playmakers Award - Officers in the North of Cardiff recently

held an Active Schools association meeting to highlight some of the Sport Cardiff Offers that may not be widely known by our schools; one of these was the playmakers award for local primary school aged children. Following the success of the bronze training award held at Cardiff Met in November we have had a lot of schools contact us in order to run their own playmakers award training for year 4,5 and 6. We have recently booked in 4 playmakers awards with schools in Cardiff North.

Higher Education Young Ambassadors - There have been 2 major advances within the HEYA group at Cardiff Met; a meeting with the WRU to coordinate the next round of Gold training and the HEYA advancement day for current female Young Ambassadors have been developed. Our next group of Gold young ambassadors will now be trained up as Rugby leaders through Rhys Roberts (Rugby Hub Officer) and Jon Evans (WRU) alongside a bespoke training day hosted by the Sport Cardiff YA group over a two day period in the week commencing April 24th. Applications have been sent out to Silver Young ambassadors from across 11 schools this week in order to shortlist the 20 new Gold's for Cardiff.

East Half Term - the East of Cardiff worked in partnership with the Libraries, South Wales Police Table Tennis Wales, Badminton Wales, GLL and Children's Play Services and engaged with over 100 children between the ages of 7-11, delivering Golf, Table Tennis, Multi Sports and Badminton. This was a great success in many ways, the children that were engaged in the day sessions then attended paid community sessions at the leisure centre.

Llandaff and Gabalfa Hub half term sport sessions - Sport Cardiff have partnered with the hub numerous times to run free access sports and activity sessions for children aged 4 plus. Taking sport out of a traditional setting and putting it in the heart of the community has given local children, who may not usually take up sport, the opportunity to try something new and learn valuable skills for life. This half term saw over 15 young people take part in the sports clubs, which were run by Sport Cardiff coaches Holly Rye and Leon Greenwood.

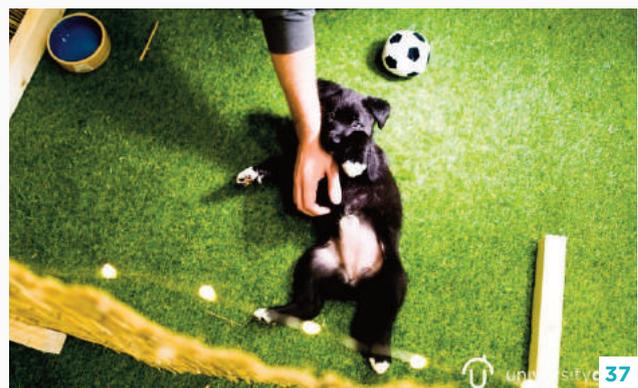
Business in Action students introduced to their Real World Project task. The Business in Action module aims to provide an authentic and holistic overview of business and management. For this assessment students were given an authentic "real life" work based problem to study, analyse and problem solve. The group were given a presentation on helping to reduce pollution in the City, considering modes of transport to University.

Students' Union Partner Conference - 4 day conference including training and personal development sessions, campus tours, city tours for students studying at Cardiff Met partner institutions around the globe.

Puppy Petting - Students' Union hosted a puppy petting day to raise awareness of mental health in association with MIND Cymru, over 700 students signed up to the ballot to be allocated a time slot and the event received national news coverage (36 and 37).



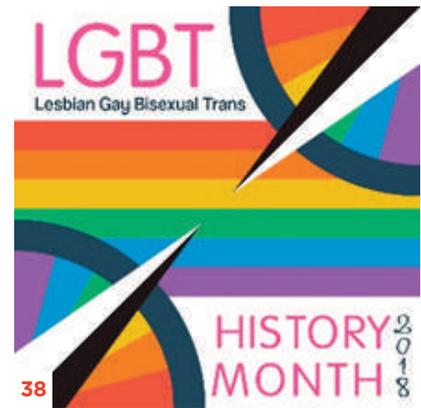
36



37

Further to the Cardiff Met's pledge to support Mental Health, the University marked Time to Talk Day 2018, encouraging staff and students to openly talk about Mental Health.

LGBT History Month 2018 - To celebrate LGBT History Month 2018 the Cardiff Met LGBT+ Staff Network engaged with colleagues from across the University and Students' Union. Information boards highlighting 'Our Past, Our Present and Our Uni' were positioned on both campuses providing an insight into the History of LGBT+ Equality Globally and at Cardiff Met (38).



Building upon the relationship formed from last year's fixture, Cardiff Met's Staff Football Team, alongside members of the LGBT+ Staff Network marked LGBT History Month with a football match against Cardiff Dragons FC (Wales' only LGBT football team) to support the Football vs Homophobia campaign. Players were joined by former Welsh international footballer, Neville Southall MBE to mark the occasion. Money raised was donated to the Football vs Homophobia Campaign.

The Community Garden, which is managed by volunteer staff and students, from throughout the University celebrated LGBT History Month with Rainbow bunting and flags. Since LGBT History Month, the garden has continued to show its active support for LGBT+ Equality by flying these flags all year round (39).



LGBT and non-LGBT colleagues from Cardiff Met attended the Stonewall Cymru Annual Conference, working together to create more inclusive workplaces (40).

## March 2018

Community Day - Llandaff Campus - Riverside Real Food Market traders, Cardiff Council - Waste Management, Cardiff and Vale Credit Union, Registry - Graduation, SW Police - Immobilise, Fair Do's Cardiff, Free staff and Students free Bike servicing / MOT's, Student Entrepreneur traders, Bentyg, Office Depot, Principality Stadium, Cardiff Digs / Environment Champions and Free Folders /stationery (41).



Free Green Workshop for staff and students - Urban Honey, held in the Outdoor Learning Centre, Cyncoed (42).

Lecture on Cardiff Met's Environmental Management System - School of Management - Tourism for a small planet.

Review of lighting of Taff Trail route from Campus with SWPolice, SU, Cardiff Council and Cardiff Digs.



Lecture on Cardiff Met's Environmental Management System - Environmental Health - Food module.

↻ Fairtrade Fortnight - The Students' Union and Cardiff Met Catering supported and participated in Fairtrade Fortnight with various awareness activities to promote Fairtrade and products on Campus. The theme this year was Come on in (43).

↻ Launch of PM4SD - Cardiff School of Management.

↻ The international women's day was held on March 8th at Cardiff Met for female young ambassadors, the day's theme was created in order to empower women's leadership within the City. This day was led by our HEYA group and Christ the King Primary will bring a class of 30 children to the University in order to attend an afternoon of activity.



↻ Female Young Ambassador Enhancement Day - To celebrate International Women's Day Sport Cardiff provided a leadership enhancement day for girl's within the Young Ambassadors programme.

↻ Environmental Champions Awards - Afternoon Tea at The Mansion House (44).

↻ Sport Cardiff's Coaching & Workforce lead presented at the WCVA's Gofod3 conference this month. The event was for organisations working in / with for 3rd sector.

↻ Girls Together & Team East - Officers met with St Cadocs Primary school in Llanrumney to discuss opportunities to address wellbeing issues with pupils and parents in the school

↻ International Womens Day - SU Equality & Diversity Officer hosted a table top display of influential women throughout the ages (45).

↻ International Women's Day - Cardiff Met marked International Women's Day with a number of workshops and MetTalks as well as the official launch of our Women's Staff Network.



↻ Asylum Seeker Lunch - Asylum seekers from the OASIS project in Cardiff cooked a lunch and shared their stories of seeking asylum in the UK with student.



Cardiff Met representatives attended the Dimensions of Gender in Wales and Beyond in Barry. The day consisted of lively learning and discussion on the progress made by the LGBT+ rights movement and the challenges the community still face in 2018 (46).

BUCS Big Wednesday Finals Day - SU Sport teams Cardiff Met FC and Mens Rugby League made the national finals at the University of Nottingham.

South East - Officers attended the Street Games Conference in Northampton. The conference took place over 2 days and was a mixture of workshops including Mental Health, Working as a Collaborative Cluster, Female Participation (amongst others), as well as this there were talks from Sport England, Sport Wales and many more.

Two organisations were awarded insport club ribbon accreditation by Disability Sport Wales for their commitment to including disabled people in sport and physical activity. Chameleons Bowls Club and Rubicon Dance were supported

through the process by their insport Case Officer, our Disability Sports Development Co-ordinator. Both organisations have been providing opportunities for disabled people for many years, and it is fantastic to see them gain this accolade. This now brings the total number of insport clubs in Cardiff to fifteen and it is hoped many more clubs will be inspired to start their insport journey with support from Sport Cardiff.

Girls Together held a festival for secondary school pupils as part of the ongoing International Women's Day Celebrations. 9 schools signed up for the event with 178 girls attending on the day. 78% of the girls had not attended a Cardiff Games event before and only 29% of the participants accessed sport in a club environment. Schools had been encouraged to bring their inactive girls to offer them an opportunity to try activities they may not have tried before in a school setting.

Global Week - a great week of activities, showcasing we are International (47 and 48).

There were 10 competitions (5 secondary and 5 primary) across five sports including dance, football, netball, hockey and Inclusive Zone Basketball. Primary School regionals (Football and Netball) - Following months of regional rounds, March saw the football and netball City wide finals. 14 new schools took part in the regional competitions who haven't competed in any other Cardiff Games events this year!



This was the first year that secondary school B team hockey featured in the Cardiff Games for both girls and boys. It proved hugely popular with 59 boys and 93 girls competing throughout the day. Of the 152 players only 22 players were members of a club. The competition was supported by Hockey Wales, local club members as well as students from Cardiff Met. Schools appreciated organised matches for players who don't get to play in their first 11 and to have fixtures for the male teams. As a



result, Hockey Wales are keen to work closer with the Cardiff Games to introduce inclusive hockey and attend primary school multi-sport events.

- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time.
- Dr Katie Thirlaway was appointed the new Chair of the Cardiff Met Institutional Athena SWAN SAT.

## April 2018

- Community Day - Llandaff Campus - Riverside Real Food traders Farmers Market, Free staff and students bike servicing / MOT's, Student Entrepreneur traders, Waste Management - Cardiff Council, Cardiff and Vale Credit Union, Bike Purchase scheme - Cyclescheme, Travel line Cymru, NSPCC - student fundraising, Community Garden, Chilly's bottles, TooGoodToGo and re-usable containers, new coffee cups, Recycling free Files and folders, Occupational Health Service - sugar test, Mennigitis awareness and IT roadshow simulator.
- Free Green Workshop for staff and students - Willow for the Garden - held in the Outdoor Learning Centre, Cyncoed Campus. Willow made on the workshop was donated to the Community Garden on Llandaff Campus (49).
- Interviews for Student Union Part time Environmental Officer for 2018/19.
- Environmental Performance Group Meeting - termly meeting with all Aspect Owners.
- 48 students attempting the Coleg Cymraeg's Teaching Skills Certificate.
- 31 students attempting WJEC's Welsh Language Skills Certificate.
- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time.



- Launch of Cardiff Met Catering TooGoodToGo food app for Llandaff Campus (50).
- BUCS Super Rugby Final - Cardiff Met RFC at Twickenham for the BUCS Super Rugby Final.
- Varsity - Bath vs Cardiff Met annual varsity at Bath University.
- Student Led Teaching Fellowships - Awarding panel met to decide on winners of the SLTF's for 2017/18.
- This month saw the Young ambassadors working group run the Gold Young ambassadors training at Cardiff Met over a two day period. The training was the second of its kind run by Sport Cardiff; following the success of the previous Gold group, there are high expectations for the new cohort of Young Ambassadors.

- Cardiff Games ran the first ever primary school girls TAG rugby competition in partnership with the Cardiff Blues and the WRU. Over 70 girls participated from 6 schools and were supported by 7 WRU coaches. The morning consisted of a number of skill sessions to improve hand - eye coordination through passing drills and enabled the girls to learn the rules before the competition began in the afternoon. Following a round-robin it was Willowbrook primary who took home gold followed by Llanederyn in silver and Thornhill in 3rd. everyone left with a certificate and information on where to continue to play rugby. Of the 77 girls involved only 6 played rugby outside of school!

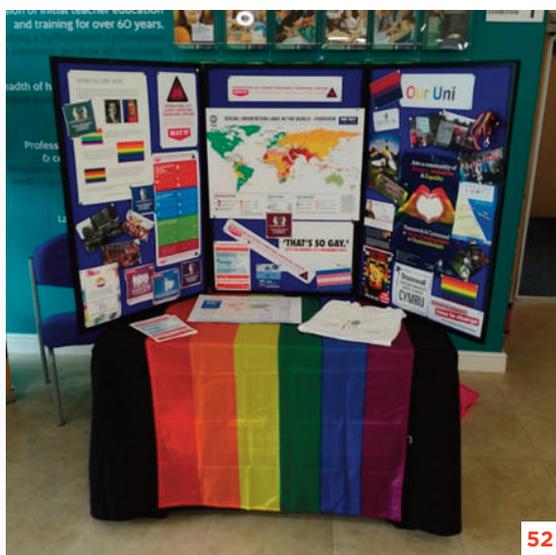
- SU – Cardiff Met Awards Ceremony – The Mansion House (51).
- Kidney Wales Cardiff 10k - The competitions officer attended the official launch of the Kidney Wales Cardiff 10k, along with the Sports Development Manager and Director of Sport. Cardiff Met were welcomed as one of the main sponsors of the event. It has been agreed that the Cardiff Met logo will appear on both the 10k and 2k race t-shirts, on all city wide branding, including banners and flyers as well as on the promotional car that can be spotted across Cardiff between now and the race day on September the 2nd.



51

## May 2018

- 14th - 18th May - Garden Force Community Garden Week, an opportunity for all staff and students to get involved, whatever their contribution during the week.



52

- Cardiff Council consultation meeting on Transport within the City.
- Cardiff Met celebrated International Day Against Homophobia, Transphobia & Biphobia. A day to stand up to discrimination and break down stigmas (52).
- SU - Cardiff Met Awards Ceremony - The Mansion House.
- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time.
- Deaf Awareness Week - Colleagues across the University took the opportunity to help those around them become more deaf aware through raising awareness and challenging perceptions of hearing loss and deafness. A 'Deaf/Hard of hearing group' was developed for those interested in BSL, lip-reading, caption provision or Deaf Culture on campus. This group is made of staff and students.

- Over the half term Sport Cardiff West lined up a series of free holiday activities catering for all different ages from 4 to 18 year olds.

- May Measurement Month - The Global public health screening initiative launched in Wales last year by Cardiff Met continues to secure further partners to host free blood pressure screenings as part of May Measurement Month (MMM). This global campaign is co-ordinated by the International Society of Hypertension and World Hypertension League, with the Wales initiative being led by Dr Barry McDonnell, a Cardiovascular Physiologist at Cardiff Met. This year the Wales MMM initiative has thankfully partnered up with Stroke Hub Wales, another scheme launched at Cardiff Met in 2017 (53).



53

- This month the Cardiff Games calendar was packed with girls competing across two very different sports! 277 girls took part in the cheerleading competition and taster sessions whilst 188 year 7 and 8 girls competed in the first touch and contact rugby competition in the Cardiff Games for over 4 years!

- Activity Weeks - Officers have run a further 2 school outreach programmes this month for Christ the King Primary and Birchgrove Primary School. 556 pupils attended the activities at the University over 3 mornings per school with 8 sports on offer. Birchgrove Primary School also brought 27 parent volunteers with them.
- Student Achievement Awards - A celebration of the achievements of students involved in the SU rep structure and Students' Union societies as well last SLTF winners at Park Plaza (54 and 55).



- The first round of Community Chest for the year, saw 33 applications considered and 23 awards made by the panels. In total just over £31,000 was allocated across the 23 projects, and 18 different sports have been supported. 10 of the applications were projects that specifically targeted inequalities in sport such as project to engage more females, disabled people, people from BME communities, or people living in poverty. It was great to see such a diverse range of sports and physical activities supported from traditional cricket, netball and rugby to sports such as Australian rules football, roller skating and weightlifting.



- SVC Awards Ceremony - Recognising the achievements of students who have volunteered with Student Volunteering Cardiff.
- 28th of May to 2nd of June, Urdd Eisteddfod, Royal Welsh Showground.
- Cardiff School of Art and Design submitted an Athena SWAN Bronze Submission following the expansion of the Charter Mark to recognise the work undertaken in arts, humanities, social sciences, business and law (AHSSBL).

## June 2018

- Healthy University Development Group Meeting.
- Fairtrade Steering Group Meeting - Cardiff Met and SU were successful in maintaining their Fairtrade Status (56).
- Monthly Staff and Student Bike Ride - Friday lunchtime - different route each time.
- Refugee Week was marked at Cardiff Met, raising awareness to colleagues and celebrating the contribution of refugees to the UK.
- Colleagues attend the Equality and Human Rights Commission Annual Conference 2018, which focused on Identity-based violence and how to tackle it.



## Plans for 2018...

- To develop and focus the Community Days each month (term time) The promotion of Environmental areas and Healthy University initiatives by continuing to raise awareness of University environmental activities on Campus and ideas for behavioural change and promotion and invitations to external community groups and organisations to attend and participate.
- Investigate new car share resource to aid staff.
- Introduction of NextBike to all Campuses as part of the City Council Bike Scheme.
- Bi-annual Health & Well-Being survey for staff.
- The reduction of single use plastic for food and drink products throughout the University Catering service.
- Introduction of a range of re-usable food and drink products throughout all University Catering service.
- The continuation of Free Green Workshops for staff and students together to enjoy and learn via taster sessions of green living opportunities.
- Review of Fairtrade Policy and re-application.
- Maintain and improve on Sustainable Restaurant Association Award.
- Review of Carbon Management Strategy.
- The continuation of free Green Workshops for staff and students together to attend taster sessions of green living opportunities.
- Volunteering of staff and students to support Green events, e.g. Go Green Week and Green Day.
- Maintain and improve standing within the People and Planet League for 2017 result of 8th in UK and 1st in Wales out of 154 Universities in the UK.
- Roll out the implementation of the Welsh Language Standards.
- Increase the range of Welsh for Adults Classes Available to staff.
- Work Closely with the Eisteddfod on this year event, which will be held in Cardiff Bay.
- Range of staff training on the Welsh standards.
- Girls Together - following the successful #INNERSTRENGTH pilot in the East of the City a further roll out is planned for Splott, Ely and Llanishen.
  - Launch of the Mums school gate running club challenge.
  - Launch of pre and post-natal support programmes to enhance pre and post-natal exercise provision.





- Cardiff Met Higher Education Young Ambassadors (HEYA's) led an advancement day for 10 young female leaders from 8 Cardiff Schools to celebrate International Women's Day.
- Sport Cardiff officers have delivered the Play Maker award training to 62 primary school children and further roll out is planned for the year.
- Launch of I Can, You Can Campaign to encourage more Disabled people to get involved in sport ad physical activity through 4 strands - as a coach, as a volunteer, as a competitor or as a participant.
- Launch of the Cardiff and Vale Disability Sport forum.
- Coordinate the second Sanctuary Games competition that is aimed at engaging and integrating refugees and asylum seekers.
- Launch of the Super Clubs accreditation.
- Sport Cardiff will be coordinating a new Aquatics Strategy for the City.
- Ladies boot camp in the East of the City is engaging with over 50 females a week.
- Continue to coordinate School engagement weeks at Cardiff Met utilising the student workforce.
- Increase the number of sports clubs achieving insport club.
- Cardiff Met Sport are sponsoring the Cardiff 10k in September 2018.
- Advertisement of SU part-time officers to support Healthy University initiatives.
- Target increasing student societies/groups.
- Addition of new school rep - School of Technology.



# A values driven approach



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