

Grŵp Llandrillo Menai Wellbeing Pledge

Grŵp Llandrillo Menai is committed to supporting the wellbeing of staff and learners through the promotion and provision of a range of opportunities and services. Taking care of your physical, emotional and social wellbeing is important to ensure that you can enjoy your time and achieve success at the college.

This wellbeing pledge supports the implementation of the STAFF AND LEARNER WELLBEING STRATEGY and summarises the commitment to supporting everyone's mental health and wellbeing.

Grŵp Llandrillo Menai will support your **EMOTIONAL AND SOCIAL WELLBEING** by:

- Raising awareness of mental health and wellbeing
- Providing expert support and guidance from a team of dedicated staff
- Offering access to professional counselling and support services
- Developing opportunities for open discussions about wellbeing
- Developing apps and toolkits to promote wellbeing, self-care and resilience

Grŵp Llandrillo Menai will support you to **STAY SAFE** by:

- Promoting safeguarding in all that we do
- Providing personalised support for learners and staff during absence
- Providing information and support on healthy relationships
- Working in partnership with other specialist services to offer expert guidance and support e.g. substance misuse
- Promoting support and delivering health checks for potential chronic health conditions

Grŵp Llandrillo Menai will support you to contribute towards a **SUSTAINABLE ENVIRONMENT** by:

- Promoting green health
- Providing guidance on being environmentally sustainable
- Providing opportunities for outdoor learning
- Developing and promoting healthy transport options
- Reducing our use of single-use plastic

Grŵp Llandrillo Menai will support you to become **ACTIVE AND HEALTHY** by:

- Identifying and developing a team of Wellbeing Representatives (staff) and Wellbeing Ambassadors (learners) to provide and promote opportunities to engage in a range of social wellbeing activities
- Providing opportunities for inclusive sport and fitness
- Providing opportunities for community engagement
- Offering healthy eating and drinking options at every site
- Promoting physical activity