



Coleg
Llandrillo

Coleg
Menai

Coleg
**Meirion
Dwyfor**



Lles **GLLM**
Wellbeing

Grŵp Llandrillo Menai Wellbeing Pledge

Grŵp Llandrillo Menai is committed to supporting the wellbeing of all our 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 enjoy the college experience and successfully gain your qualifications.

The Wellbeing Pledge supports the delivery of the Wellbeing Framework and summarises the College's commitment to supporting the mental health and wellbeing of our learners.

Your College will support your Emotional and Social Wellbeing by:

- Raising awareness of mental health and wellbeing
- Providing personal tutorial and pastoral support
- Offering a referral to counselling and specialist services
- Delivering 'Amser I Chi' sessions at every site
- Promoting wellbeing apps to strengthen self-care and resilience

Your College will support you to become Active and Healthy by:

- Promoting clubs and societies
- Providing opportunities for inclusive sport and fitness
- Providing opportunities for community engagement via the Active Ambassador programme
- Offer a healthy meal deal at every site
- Promote physical activity

Your College will support you to contribute towards a sustainable Environment by:

- Promoting Green Health
- Providing recycling facilities at every site
- Provide opportunities for outdoor learning
- Provide guidance on being environmentally sustainable
- Reduce our use of single-use plastic

Your College will support you to Stay Safe by:

- Promoting Safeguarding in all that we do
- Provide information and support on healthy relationships
- Deliver C-Card Clinic
- Support the Period Poverty campaign
- Working in partnership with specialist services