



Learner Wellbeing Framework

Grŵp Llandrillo Menai

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Fframwaith Ffyniant Wellbeing Framework

Aim

Grŵp Llandrillo Menai aims to provide a whole college approach to supporting the wellbeing of our learners. Promoting the wellbeing of our learners ensures they successfully attain qualifications and develop as resilient independent individuals within their communities. The Wellbeing Framework applies to Further Education, Higher Education, Work Based Learners and our GLLM WBL Consortium Partners.

The Wellbeing Framework aims to promote:

- Our Values;
- Learner Wellbeing Pledge;
- Five Ways to Wellbeing;
- Opportunities for learners to participate by staying safe, building their resilience and feeling empowered to adopt a self-care approach to their wellbeing.

Four Dimensions

The Wellbeing Framework has four dimensions that support and contribute towards a 'healthy college':

- **Emotional and Social Wellbeing**
- **Active & Healthy**
- **Our Environment**
- **Stay Safe**

The Grŵp Llandrillo Menai Learner Wellbeing Framework was developed to take into account Welsh Government's ['Healthy and Sustainable Higher Education/Further Education Framework'](#).

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

Monitoring success and supporting improvement

Grŵp Llandrillo Menai will convene a Wellbeing special interest group where responsible officers will report on the progress of their assigned activity. It will be the responsibility of the Director of Learner Services and Learner Services Project Manager to produce termly reports presented to Tîm Strategol and Tîm Rheoli. An annual report will be presented to Curriculum Student and Standards Committee.

As part of the monitoring processes, learner feedback will be obtained and will feed into the review and further development of the Wellbeing Framework. A Health Impact Assessment will also be used to review and assess the level of learner and staff engagement and to measure the effect of the outcomes.

Where specified, the Wellbeing Framework will promote and embed national and regional approaches to wellbeing.

Communication Approaches

A Communication Strategy will promote the Learner Wellbeing Framework to the following stakeholders:

Learners

- Promote activities on 'My campus today' on the Grŵp Portal;
- Personal Tutorial Framework & Enrichment Calendar;
- Personalised Wellbeing Plans;
- EDrac Learner;
- Student Union Podcasts;
- GLLM Rygbi Instagram/Twitter;
- Principal Termly Newsletter to include reference to wellbeing;
- WBL Wellbeing Newsletter;
- Case studies to include Podcast and Vlogs and shown on GLLM social media channels;
- Press releases on achievements and approaches;
- All learners to receive a 'Can we help you' leaflet.

Staff

- Deliver a programme of Mental Health Awareness Training;
- Teaching and Learning Bulletin;
- Newsletter to share case studies and best practice;
- Vlogs and Podcasts;
- Personal Tutorial Framework & Enrichment Calendar;
- Support staff directory per campus;
- Learner Wellbeing Hub (information from Edrac Learner on the Grŵp Portal).

Parents/Guardians

- 'Can we help you' to be included on webpage to promote services;
- Introduce a parent/guardian information section on the website to include the Parent/Guardian Guide.

External Support Services

- Annual meeting scheduled for October/November with Careers Wales, Schools, DWP and key support services.