



Wellbeing Activity Day 2018

Endorsed by the Vice Chancellor

**proud to support
time to change**

let's end mental health discrimination

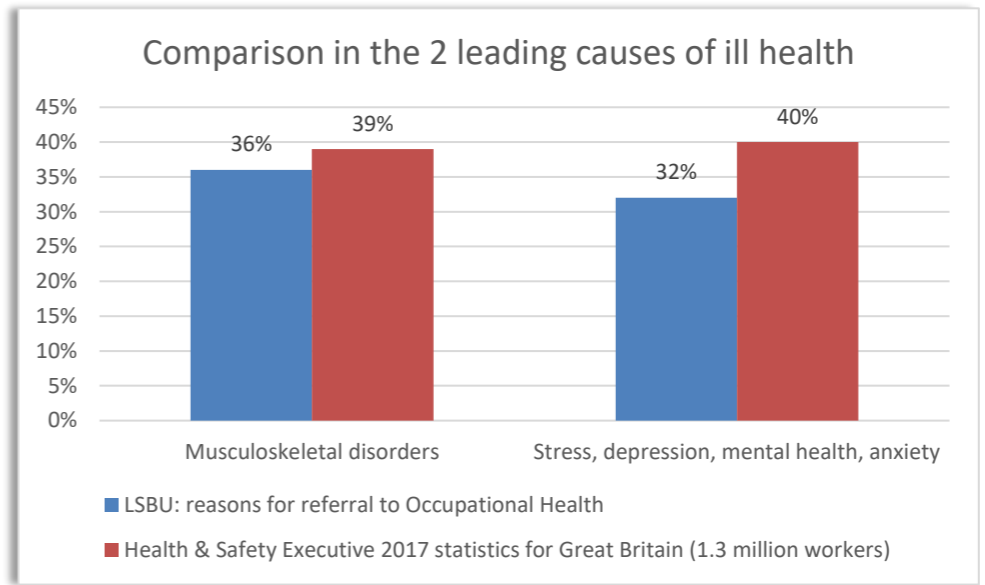
- 15 speakers on topic of Mental Health and Wellbeing

LSBU lecturer shares her personal story of ill mental health

Increased attendance of 133%

25 Health and Wellbeing related initiatives, stalls and activities:

- Art therapy
- Chair yoga class
- Nutrition and exercise
- Games by the Drama School
- Chinese medicine
- Diabetes awareness
- Tag rugby
- Student Wellbeing



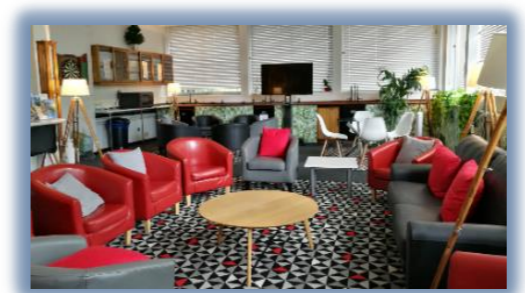
24/7/365 confidential support and advice for staff

Onsite trauma counselling following incident

Face to Face counselling:
44 sessions

Telephonic support:
89 calls

Website:
accessed 192 times



4 new social spaces for staff - 203m²

- London Road
- Borough Rd
- T Block
- E Block

Occupational Health initiatives for staff:

- 'Meet your OH Advisor' time slots
- Cholesterol tests
- Diabetes Type 2 tests

Free flu jabs provided to staff
– 110% increase in take up

Social groups: 1191 members
= 71% increase

HEALTH SCREENINGS → **New initiative:**
Free prostate cancer and ovarian cancer tests for staff.
Offer 100% taken up

Transgender Awareness Day:

- 70 attendees
- LSBU student shares her story



LSBU recognised nationally for it's Healthy Workplace Excellence Award.

Featured in winter newsletter:
Distributed to 71 Universities, 19 non-Universities and 24 stakeholder organisations

University of West Scotland (London campus)
sharing of good practice

Southwark Healthy Workplace Network
LSBU lead member and driver for Health and Wellbeing in the workplace

LSBU collaborations

Public Health England
LSBU selected for case study: best practice for alcohol awareness

Mayor of London's Office
Supported a Wellbeing in the Workplace event - attended by 60 people



Planning underway for benchmarking Wellbeing across all sectors