

LSBU Student Wellbeing Strategy

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Foreword



Education is not just about academic achievement; it's about developing the whole person. It is with great pride that I present London South Bank University's (LSBU) first Student Wellbeing Strategy, a reflection of our unwavering commitment to your holistic development.

Today, the importance of student mental health is increasingly recognised. We have always understood that your wellbeing is fundamental to your learning and success. This strategy and its associated action plan builds upon the excellent wellbeing practices already embedded across LSBU and ambitiously aims to elevate them.

This strategy acknowledges the diverse educational pathways you may have taken to reach LSBU and that you join us at various stages of your academic and professional lives. Whether on campus, in halls, on placement, or within the workplaces as an apprentice, this strategy promises to meet your multifaceted needs.

I'm particularly proud that this strategy is born from the most important collaboration of all – it's been developed with you, for you. It speaks to the real experiences and aspirations of our LSBU community. Our Executive Team is deeply committed to this cause and we will be actively monitoring our progress, ensuring that the strategy lives and breathes alongside you, adapting and growing as we do.

Professor Deborah Johnston,
Deputy Vice Chancellor

Introduction



Welcome to the London South Bank University (LSBU) Student Wellbeing Strategy.

At LSBU, we recognise that academic and professional success is intertwined with wellbeing. We believe that an environment that promotes positive wellbeing is fundamental to the success and retention of our students. We recognise that balancing academic pursuits with work, relationships, caring commitments, and everyday life can be challenging and this strategy is our commitment to support you on this journey.

This strategy is a product of extensive collaboration with you, our students. Your experiences, ideas, and aspirations have been instrumental in shaping this strategy and we are committed to an ongoing partnership with you, the Students' Union, and the wider LSBU community as the strategy is implemented and future iterations are developed. Your feedback, participation and involvement in the evaluation process are vital to this strategies success.

This strategy is also informed by the University Mental Health Charter, reflecting LSBU's dedication to a whole-university approach to mental health. This means that not only do you have access to tailored support when and how you need it, but also that initiatives to promote your wellbeing are embedded at every step along the student journey, from pre-enrolment to post-graduation.

Echoing our Equality, Diversity and Inclusion Strategy, we are proud of and celebrate our diversity, and aim for you to truly recognise that you belong in the LSBU community and can thrive here. Whilst always on hand to provide support (we all need a little help sometimes), we aim to empower you to make healthy and balanced lifestyle choices that support you to achieve your academic and professional goals.

Your success is our success. Let's continue this journey together.

Luke Howson, *Head of Wellbeing & Advice*
Lisa Hellawell, *Student Mental Health & Wellbeing Strategy*



Strategic Pillars



1. Belonging

Acknowledging that a strong sense of belonging supports positive wellbeing, academic success and retention, we are committed to cultivating a strong sense of belonging within the LSBU community. We will foster belonging by facilitating a range of meaningful engagement opportunities that cater to our diverse student body.

To achieve this, LSBU will:

- 1.1 Deliver a coordinated enrolment and induction period that promotes connections and shared understanding of LSBU values
- 1.2 Facilitate peer support programmes at LSBU
- 1.3 Establish a calendar of events that fosters relationships at LSBU and in the local area
- 1.4 Sustain an inclusive, safe and welcoming community in residential accommodation that supports students to feel at home

2. Healthy and balanced lifestyle choices

We recognise that our students have busy lives, many with competing study, work and caring commitments. Within this context we aim to empower our students to make healthy and balanced lifestyle choices, building resilience for their studies and the future.

To achieve this, LSBU will:

- 2.1 Promote a holistic approach to health and wellbeing
- 2.2 Provide accessible and integrated opportunities to engage in physical activity and with nature
- 2.3 Ensure students have access to nutritious and inclusive eating opportunities
- 2.4 Empower students to make informed lifestyle choices and to engage in healthy help-seeking behaviour.

3. Tailored Support

We recognise that students may encounter challenges in day-to-day life and may benefit from specific support at times. We are committed to providing accessible support services at LSBU, including mental health and wellbeing, disability, financial and faith-related support.

To achieve this, LSBU will:

- 3.1 Offer compassionate and welcoming support services in a staged model that is personalised and proportionate to an individual students' level of need
- 3.2 Dedicate time and resources to the Continued Professional Development of staff delivering support in these teams
- 3.3 Ensure that our specialist Mental Health and Disability services are staffed by professionals who have undergone the necessary training to safely and effectively identify and respond to risks
- 3.4 Continue to centre the perspectives of under-represented groups as we evolve our services

4. Embedded throughout the Student Journey

To support student success during study and in future graduate roles, we are dedicated to embedding wellbeing initiatives throughout the student journey, from pre-entry to post-graduation.

To achieve this, LSBU will:

- 4.1 Identify key transition points and processes, existing support and priority areas for additional targeted support
- 4.2 Consider student wellbeing in the design and delivery of curriculum and teaching spaces
- 4.3 Facilitate a personal tutor/supervisor experience that proactively engages with and responds to the mental health and wellbeing needs of students
- 4.4 Recognise the significance of mental health and wellbeing in the workplace and equip students with tools and resources to thrive in the workplace, in particular for students on placements and apprenticeship courses.



5. Effective Partnerships

We are committed to fostering strong working relationships within LSBU and with external stakeholders, enhancing student wellbeing through collaborations.

To achieve this, LSBU will:

- 5.1 Establish clear roles and responsibilities so that all staff are equipped (and supported by management) to respond to the mental health and wellbeing needs of students, offering appropriate support and signposting, recognising the boundaries of their role
- 5.2 Listen to our diverse student body to understand their views and wishes; co-produce solutions to identified challenges; and centre student experiences when developing and evaluating services and resources
- 5.3 Develop our network of partnerships, utilising their expertise and resources to support student wellbeing
- 5.4 Be transparent with our data sharing protocols, ensuring they are in line with GDPR and are easily accessible

