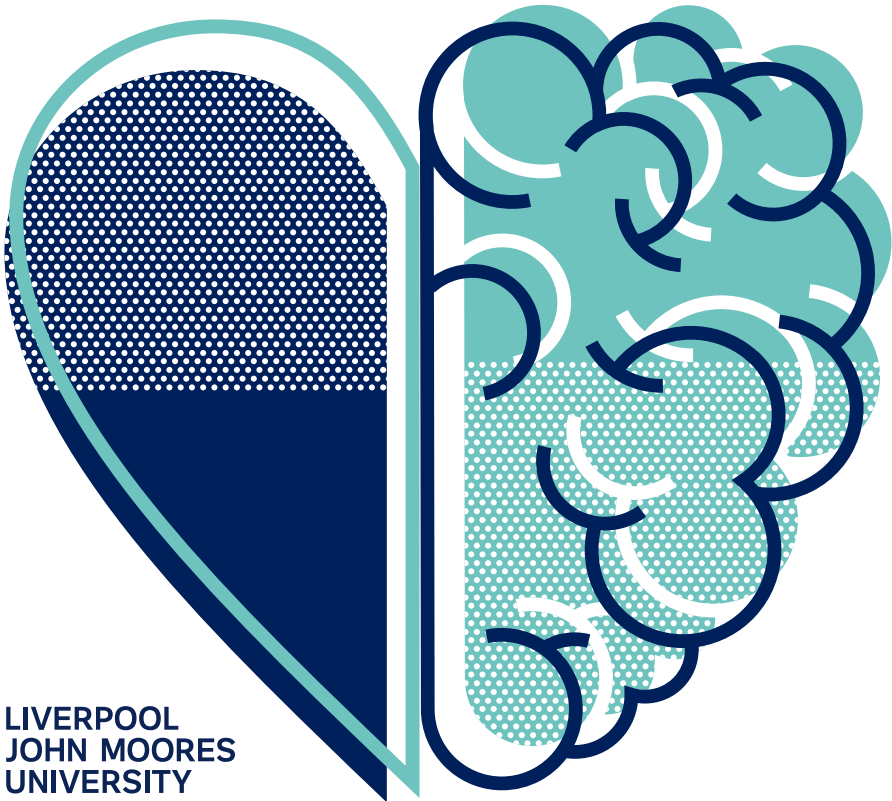


# HEALTH AND WELLBEING STRATEGY



# LJMU HEALTH AND WELLBEING STRATEGY

This strategy is built on the ‘three Ps’ of Public Health England (PHE): prevention of avoidable illness, health protection and promotion of wellbeing and resilience.

The role of a university is to help its students achieve their full potential and to produce teaching, research and other interventions that improves the world around it.

We do this with the help, support, guidance, dedication and expertise of all of our staff. Being healthy, energised and motivated can help us all make a long-term, sustainable contribution to our communities and to help society solve the problems of the 21st century. We want everyone at LJMU - in whatever way – to be able to flourish and thrive and be the best version of themselves.

We are committed to providing:

- I a supportive and compassionate culture
- I an environment that helps staff and students to manage their own health and wellbeing, to feel safe, including online,
- I the information to make better choices.

We want to encourage LJMU staff and students to take every opportunity to protect their health, to take physical exercise, to make choices that promote wellbeing and resilience and to support our people to do that around our campuses, during every working day.

We want to be an employer that supports its staff and students to find the right work-life balance and to manage their physical and mental health in ways that helps to keep them well.

Alongside this document, we will have an implementation plan with activities mapped against these three Ps with practical steps that help us embed the principles of the strategy into everyday practice.

We have been around since 1823 and to this day have maintained a desire to make a difference to the lives of those who work and study here and to our local communities. It is part of who we are to build an environment in which we can all flourish and thrive; to be the best versions of ourselves; to be well; stay well and help others to do the same.

**OUR VISION IS** that LJMU is a place that helps all staff and students to flourish and thrive, maintaining their health and wellbeing by making the right, well-informed choices.

**FLOURISHING AND THRIVING**

Providing work and study options for staff and students to allow them to reach their potential in their personal development and professional performance.

**MAKING CHOICES**

Supporting staff and students to make the right choices with timely access to information and services.

**FEELING SAFE**

Developing and maintaining a work and study environment that supports staff and students to feel safe.

**SELF CARE AND RESILIENCE**

Empowering staff and students with the autonomy to manage their own health and to support their life-long health and wellbeing decisions.

**EMPOWERING INDIVIDUALS**

Ensuring that staff and students can be themselves and that our systems and processes take account of their individual circumstances.

**SUPPORTING COMMUNITIES**

Providing opportunities for groups of staff and students to come together to share their experiences and ideas to shape and influence their health and wellbeing.

**PREVENTION**

**PROTECTION**

**PROMOTION**

Our vision will be underpinned by a supportive, positive culture, accompanying policies and procedures and the appropriate levels of ownership.



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