

Promoting Wellbeing Group and Action Plan

Ayrshire College

Ayrshire
College 

The project

Ayrshire College established the 'Promoting Wellbeing Group' in 2017. The group's aim is to prepare, implement and review a Promoting Wellbeing Action Plan to **address issues around wellbeing** in the college.



Results

- The plan is one of a kind in Scotland's further education sector as it seeks to identify the wellbeing links between staff and students and includes addressing **staff mental health**
- The College is the first in Scotland to have appointed a Mental Health Liaison Officer, who is part of the promoting wellbeing group
- The number of students talking about their mental health increased and the College is working to embed a '**wellbeing culture**' where health and wellbeing is becoming an integral part of what the college does



SDGs

By **responding to health and wellbeing concerns** within the College and in the Ayrshire area, the Promoting Wellbeing Action Plan helps achieve **SDG3**

The plan seeks to **integrate** health and wellbeing within every aspect of the college, creating a culture of wellbeing and involving staff as much as possible to make sure the initiative is **sustainable in the long term**, thereby supporting **SDG11**

