

Summary Report of the Wellbeing Sub-Committee – 9 September 2020

Executive Summary

This report provides the Committee with an update from the Wellbeing Sub-Committee. Due to current activity level across the University in terms of planning for our September intake and Covid measures, the agenda was limited, and a decision was taken by Priscilla Preston and Sarah Swales (as Co-Chairs) that the meeting take place by correspondence on this occasion. Papers were circulated to members who were asked to provide feedback. A summary is outlined in the attached report.

Action Requested

The report is **for information and to note**

On the 09 September 2020, the Wellbeing Sub-Committee met by correspondence and were invited to review the papers of the Sub-Committee and provide their endorsement where indicated no later than 22 September 2020.

The Wellbeing Sub-Committee approved the minutes from the last Wellbeing Sub-Committee meeting which took place on the 18 May 2020. The minutes were altered slightly pertaining to a minor amendment to committee attendance.

The Wellbeing Sub-Committee additionally received the following papers for their information and discussion:

- **Mentally Healthy Universities Project**
This paper outlined the aim, goals and scope of the Mentally Healthy Universities Project which will be jointly delivered by Leeds Beckett University and Mind during the 2020/21 academic year.
- **Occupational Health Update Report**
This paper provided an update of the University's Occupational Health activities.

The next Wellbeing Sub-Committee will take place on 21 January 2021 via Skype for Business.

Author

Name: Nicola Beaumont

Date: 22 September 2020

Approval Route

Name: Sarah Swales

Date: 02 October 2020

