

# Learning Curve Group make positive messages stick

**Employer:** Learning Curve Group

**Area:** Durham

**Theme:** Mental Health



Learning Curve Group specialises in education and training that supports the needs of three client groups; FE providers, employers and learners. Our combination of expertise and experience has created a sought-after model of success and a reputation for pioneering market leading learning. For over a decade we have either directly delivered or provided services which support apprenticeships, diplomas, literacy and numeracy qualifications, vocational certificate programmes and short courses which meet the needs of employers and individuals alike.

In 2016 Learning Curve Group joined the Better Health at Work Award to structure its health and wellbeing activities for colleagues whilst also wanting to access support that would help to provide guidance to some areas not previously explored by LCG.

During the Bronze, Silver and Gold awarding years, a core theme for LCG has continued to be around mental health awareness and wellbeing amongst colleagues. Throughout 2018 LCG



undertook several initiatives/campaigns/activities;

- Introduction of a Mental Health First Aider
- Staff quiz
- Onsite therapies including Reiki and Indian Head Massages
- Promotion of Mindfulness techniques
- Team Talks focussed on good mental health
- Foods and their connection to good mental health
- Exercise and it's connection to good mental health
- Wellness challenges

To support LCG with its campaign to raise colleague's awareness and to improve colleague's mental wellbeing, on the 8<sup>th</sup> August the LCG Health Advocates arrived to work slightly earlier than normal and distributed "wellness challenges" in the form of lollipop sticks with written instructions on, these included the following

- Be your own friend
- Don't be afraid to ask for help
- Drink more water
- You have got this
- Smile and make someone else smile
- Take notice today
- Just breathe

The activity was appreciated by many colleagues and made an impact on their day. One colleague said:

*"I used my stick (Ask for help if needed) within 5 mins of coming into the office today. I needed to put a note on pro solutions for 15 people and can never remember how to do this and have to ask! My colleague Simon very kindly helped me"*

whilst another colleague said:

*"I can't thank the wellness team enough, seriously it was such a lovely, thoughtful gift. That one moment of mindfulness is a moment of calm and I loved it. Another colleague who was having a stressful day picked up the make someone smile and yourself smile, after reading it out we both shared our smiles and that lightened her stress even for just that moment".*

Several colleagues took photos with their stick:

