

Forth Valley and West Lothian Regional Improvement Collaborative Health and Wellbeing Action Plan – January to June 2022

To work collaboratively to promote knowledge and generate understanding in order to develop the skills and abilities which are needed for mental, social, emotional and physical wellbeing.

The ultimate aim being to build sustainable, valued and productive relationships alongside promoting a whole school approach to Health and Wellbeing which will improve outcomes for all of our learners.

Empowering staff to have autonomy over their own Health and Wellbeing .

Facilitate collaborative practices between practitioners and agencies within and across and beyond local authorities, to build an effective Health and Wellbeing network.

Develop a maintenance PSE resource programme.

Incorporate and promote Digital Wellbeing through our Health and Wellbeing workstream

Support and Collaboration

Begin to share staff HWB/ continue to share PSE and Digital Wellbeing resources, CLPL, research and good practice. (Staff HWB support will avoid overwhelm and be informed by the Health and Wellbeing Survey which is currently being shared- this plan will be amended accordingly)

Maintain established networks

Increase and promote Secondary Support

Communication and Connections

Create HWB Specific Twitter Account and C-Change Hub Channels

Regular Meetings with new and existing partners scheduled across the RIC and beyond

Migrate Digital Wellbeing Resources to our RIC Blog and promote the rebranding of this from e-safety to Digital Wellbeing

Re-configure and refresh the HWB Workstream blog area

Create Primary Practitioners Substance Use Working Group

Sharing best practice on the Inspiration Hub

Measures of Success

Equity :

- Professional Dialogue (Formal/Informal) *AE
- Engagement with resources, initiatives and CLPL *QD
- Staff morale/ reported benefits from engagement (LA HWB survey data before and after action) *AE

Empowerment:

- Measuring satisfaction/ engagement with initiatives *AE and *QD
- Percentage of staff accessing HWB training/ information from across the RIC *QD

Collaboration :

- Evidence drawn from Teams, minutes of meetings, usage of collaborative spaces, feedback, engagement with Twitter, blog traffic and professional dialogue. *AE and *QD

***AE- Anecdotal Evidence *QD- Quantitative Data**

