



EST 1892

**London
South Bank
University**

Data Protection and Information Compliance
Governance, Information and Legal Team
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Tel: +44 (0)20 7815 6170
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09 January 2019

Dear Mr Douglas

Freedom of Information Act 2000 - Information Request Ref FOI 18206

Further to your Freedom of Information request on 25 November 2018, London South Bank University (LSBU) has now considered your request and completed its search for the information requested. Our response is below, together with a copy of your request. Thank you for your patience in waiting for this response and apologies for the delay.

You have the right to appeal against this response within 20 working days of the date of this letter. If you wish to appeal, please set out in writing your reasons for the appeal and send it to Mr James Stevenson, University Secretary and Clerk to the Board of Governors, London South Bank University, 103 Borough Road, London, SE1 0AA.

Yours sincerely,

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Re: Freedom of Information Act 2000- Information Request Ref FOI 18206

1. *The job title of the senior manager with lead responsibility for staff wellbeing in the University.*

Acting Deputy Director of HR Business Services

2. *The number of mental health specialist staff available within the University to support staff wellbeing.*

Mental Health specialist staff are provided for staff via our external Employee Assistance Programme, which is free and can be accessed 24/7/. When staff call the helpline they have instant access to a trained Counsellor and thereafter if required are permitted 6 free face to face Counselling sessions.

3. *A copy of the University's Policy (procedures)/other relevant document(s) to support the wellbeing of staff.*

Please see the following attached:

- Wellbeing strategy document 2015 to 2020;
- Mental Health and Work Plan; and
- Policy to Improve Resilience at Work and Manage Stress 2017.

4. *The type of services offered to support staff wellbeing in the University*

Mindfulness classes

240 free flu jabs

Discounted gym membership

A range of approximately 80 courses

Dignity at Work Advisor Scheme

Annual Wellbeing Day

Employee Assistance Programme

Occupational Health

We have a range of varied activities from free yoga to subsidised medical insurance and gym facilities.



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5. *The number of referrals to services offered where staff wellbeing was a primary reason for the referral*

We do not conduct referrals specifically for Wellbeing. The only referrals we do for staff are to Occupational Health.

However, we also have a Dignity at Work Scheme where staff can do self-referrals and link up with a DAW advisor for support and advice.

6. *Staff take up (number) by each service offered to support staff wellbeing.*

We have no specific data held other than for Occupational Health for the period 1 August 2017 to 31 July 2018.

243 referrals were made by line managers to Occupational Health. 213 members of staff attended the appointments made for them and 30 did not attend.