



# Inclusive Employment Webinar Series: Lunch and Learn

Welcome, we will start shortly  
20<sup>th</sup> February 2024

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**MAYOR OF LONDON**



# South London Partnership

The South London Partnership is a sub-regional collaboration of five London boroughs: Croydon, Kingston upon Thames, Merton, Richmond upon Thames and Sutton.



## Our vision

**South London Partnership is committed to securing a skills system that:**

- equips our young people and all our residents with relevant skills, versatility, adaptability and resilience to secure sustainable employment and support their wider wellbeing throughout their lives, and
- supports the growth and productivity of the sub-regional economy, ensuring that existing and future employers can access a ready pool of suitably qualified, resilient workers and can secure learning and training to support their workforce and business development.

## Our priorities

- Support all residents towards or into work and to progress through their career
- Increase employer participation and investment in skills
- Align the skills offer to our growth and strategic sectors

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# Today's session

1. What is mental health?
2. How can we support our own mental health?
3. How can we support others' mental health?

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# 10 Keys to Happier Living

|   |   |  |  |   |
|---|---|--|--|---|
|  <p><b>Giving</b><br/>Do kind things for others</p>        |  <p><b>Relating</b><br/>Connect with people</p>        |  <p><b>Exercising</b><br/>Take care of your body</p> |  <p><b>Awareness</b><br/>Live life mindfully</p>              |  <p><b>Trying Out</b><br/>Keep learning new things</p> |
|  <p><b>Direction</b><br/>Have goals to look forward to</p> |  <p><b>Resilience</b><br/>Find ways to bounce back</p> |  <p><b>Emotions</b><br/>Look for what's good</p>     |  <p><b>Acceptance</b><br/>Be comfortable with who you are</p> |  <p><b>Meaning</b><br/>Be part of something bigger</p> |

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# 3As Model:



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# Other training available



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# South London Partnership Programmes



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# Stay Connected: Let's Keep the Conversation Going!

Please do let us know what you thought of the session:

<https://forms.office.com/e/L6VrUTXGPY>

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Hub of Hope for signposting: <https://hubofhope.co.uk/>

10 keys to happier living: <https://actionforhappiness.org/10-keys>

For anyone interested in further training or questions please contact:

[Ecristin@slam.nhs.uk](mailto:Ecristin@slam.nhs.uk) Further details here: [www.statusemployment.org.uk/mhfa/](http://www.statusemployment.org.uk/mhfa/)

## [Attendee Contact Information Sharing Form](#)

<https://southlondonpartnership.co.uk/no-wrong-door-south-london-integration-hub/>

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