**Name of Project: Healthy London, Healthy Relationships (HLHR)**

**Lead partner: AVA**

**Delivery partner: IMECE Women’s Centre**

**Borough: Islington**

**Bespoke Support: a professional’s perspective**

It was mutually decided to set the aim of the workshop to provide the staff with a `mindful listening tool` to support learners’ needs in terms of healthy relationships embedded in the HLHR presentation. The workshop was successfully delivered online as required.

The Head of Hubs- Student Services was contacted to detail the content of the workshop for the learners. It was agreed the aim of the workshop was to provide the students with an entry-level skill to `pause` in order to connect with themselves to differentiate between a healthy and unhealthy relationship embedded in the HLHR presentation. In the same meeting, it was also decided to produce specific content for special needs learners which will be organised with the mental health lead.

***“Thank you for coming to our City and Islington College and informing our students about Violence Against Women. I learnt a lot about what signs to look out for relating to abuse and what resources there are for them. It is very important to spread awareness to everyone about what could be a sign of abuse and how to prevent it if possible, and where or who can they talk to if they have concerns. Our centre in Business, Art and Technology has a Health and Social Care BTEC course that required work placements and letting students know that they have volunteer opportunities that work with therapy and other social care aspects is very useful. Our Wellbeing Officer also kept some of the leaflets and brochures!***