SPOTLIGHT ON GHLL

Gloucestershire Healthy Living and Learning

Who are we?

Healthy children and young people do better in learning and in life. The aim of Gloucestershire Healthy Living and Learning (GHLL) is to help children and young people achieve their full potential and lead long, healthy, happy lives. Working with GHLL will enable schools and colleges to support children and young people to make positive choices to improve their physical, emotional and mental wellbeing.

How Can GHLL Help Schools and Colleges

All educational settings in Gloucestershire are entitled to **FREE** support from GHLL. Every setting has a dedicated GHLL Lead Teacher, funded by Public Health, ICB and other organisation streams, who can help the school/college in a variety of ways linked to pupil and staff wellbeing and their PSHE/RSHE curriculum.

This includes:

- Support developing the **PSHE/RSHE curriculum** through school/college visits and free training;
- Access to a range of **free training;**
- Access to a range of **free PSHE/RSHE lessons and resources**;
- Highlighting the latest support available to Gloucestershire schools and their staff and pupils;
- Support with applying for **Healthy Schools Award and Mental Health Champions Award**;
- Support in signing up to, and analysing the results of, a variety of **Surveys**, including the Pupil Wellbeing Survey;
- Access to a termly **GHLL bulletin;**
- Support in developing a Whole School Approach, where wellbeing and mental health are everyone's business, with genuine engagement across the entire community: staff, pupils, governors, parents and external services. The approach involves multiple components including early identification and intervention; staff wellbeing and development; and skills-based work for pupils. Above all, it adopts a positive and universal focus on wellbeing:
- Signposting to support from **Partner and associate companies** which GHLL work with;
- Tailored support to meet the needs of the educational setting;
- Access to a **Staff Wellbeing Hub**

Training

GHLL Training is **FREE** to all staff working with children and young people in educational settings in Gloucestershire, including the voluntary sector and staff within GCC and the ICB.

Our training includes a range of topics linked to PSHE and wellbeing, including Mental Health First Aid England, Primary and Secondary RSHE Training, New to PSHE training and many more. Young Minds Matter schools have some additional training offers.
Please click here to see our full list of training and to book.

PSHE/RSHE Lessons

GHLL has written a range of PSHE and RSHE lessons and resources which schools can access on our website. We work closely with partner specialist organisations e.g GRASAC for the Give and Get Resource. GHLL has also produced a Puberty Booklet, which is freely available for all Yr6/7/8 pupils.

Meet the Team of GHLL Lead Teachers

Every educational setting in Gloucestershire has a dedicated GHLL Lead Teacher. The Lead Teachers are all highly experienced teachers and include Primary, Secondary, Further Education and Special Educational Needs specialists.

The GHLL team is led by **Fiona Quan, Lead for Health and Wellbeing**

Primary Leads

Ella Curtis
ella.curtis@ghll.org.uk

Chloe Gordelier
chloe.gordelier@ghll.org.uk

Hayley Hancock
hayley.hancock@ghll.org.uk

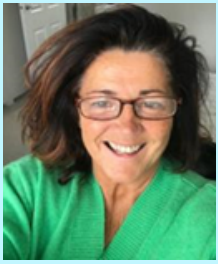
Nicky Witcomb
nicky.witcomb@ghll.org.uk

Manda Reedman
manda.reedman@ghll.org.uk

Mel Turner
mel.turner@ghll.org.uk

Secondary Leads

Kate Barnes
kate.barnes@ghll.org.uk



Tanith Lynham
tanith.lynham@ghll.org.uk

Di Harrill
di.harrill@ghll.org.uk

Specialist Leads

Val Kennedy
val.kennedy@ghll.org.uk

Belinda Heaven
belinda.heaven@ghll.org.uk

Phil Matthews
phil.matthews@ghll.org.uk

GHLL Awards

GHLL has two awards which schools/colleges can gain: Healthy Schools Award and Mental Health Champions Award.

In order to gain their GHLL award, schools/colleges need to complete the GHLL Review of the health and wellbeing provision, policy and practice in their school/colleges and also a minimum of two interventions. The GHLL Review can be found here. The Review is also a great way to audit the current provision in an educational setting.

For more information on the GHLL awards see here.

Mental Health Champions

Surveys

GHLL works with GCC to ensure schools have a good understanding of how their pupils are feeling and what is working well in schools. More information about the surveys we support can be found here, including the Pupil Wellbeing Survey 2026

GHLL Bulletin

GHLL produces a termly bulletin which contains a wide range of information regarding PSHE/RSHE; pupil and staff wellbeing; examples of good practice in Gloucestershire schools/colleges and important updates on PSHE issues. Previous bulletins can be found on our website and school staff can also sign up to have the bulletin directly emailed each term.

Our Partners

GHLL works with a variety of organisations to support schools and colleges. Examples include Active Gloucestershire; Asthma Friendly Schools; e-Bug; SkillZone; NSPCC, and many more. The full list of organisations we work with and details on how they can support your school can be found here.

Contact Us

For any general enquiries, please contact us by:

ghll@gloucestershire.gov.uk

01452 426322

www.ghll.org.uk

Gloucestershire Healthy Living and Learning