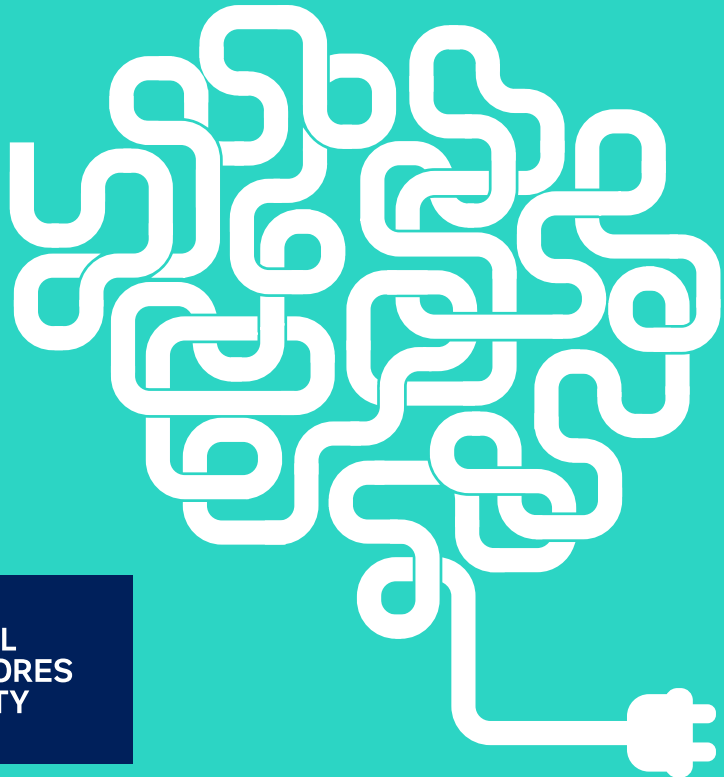


# LJMU CONNECTORS

**We have a team in place to provide peer support to any member of staff with your mental wellbeing.**

**The LJMU Connectors are on hand to listen, help and make sure you have access to the appropriate resources and services.**



**LIVERPOOL  
JOHN MOORES  
UNIVERSITY**

# MEET OUR LJMU CONNECTORS



NAME	ROLE/ DEPARTMENT	LOCATION	WHY I BECAME A LJMU CONNECTOR
 <p><b>Dr Emma Ashworth</b></p> <p>✉ E.L.Ashworth@ljmu.ac.uk</p>	<p>Lecturer in Psychology, School of Psychology</p>	<p>James Parsons Building</p>	<p>I became a connector so that anyone who may be experiencing a difficult time with their mental health has someone to turn to, and to help them get the support they need.</p>
 <p><b>Philip Bakstad</b></p> <p>✉ P.Bakstad@ljmu.ac.uk</p>	<p>Student Inclusion Lead, Student Advice and Wellbeing Services</p>	<p>Student Life Building</p>	<p>This has been a tough year for everyone. I wanted to play a small part in supporting colleagues as we slowly step out into this “new world”.</p>
 <p><b>Ian Beattie</b></p> <p>✉ I.Beattie@ljmu.ac.uk</p>	<p>Senior Lecturer, School of Sport and Exercise Sciences</p>	<p>Student Life Building</p>	<p>I became a connector because I believe the more we are connected as colleagues, the better our workplaces can be.</p>
 <p><b>Danielle Coogan</b></p> <p>✉ D.Coogan@ljmu.ac.uk</p>	<p>Administrative Assistant, Astrophysics Research Institute</p>	<p>Liverpool Science Park (IC2 Building)</p>	<p>I value helping support people in improving their mental health for the better, and to de-stigmatised mental illness.</p>
 <p><b>Jane Eme-Power</b></p> <p>✉ U.J.EmePower@ljmu.ac.uk</p>	<p>HRM Lecturer, Faculty of Law and Business</p>	<p>Redmonds Building</p>	<p>I believe that having a variety of connectors across the university can support staff in their mental and social wellbeing.</p>

**NAME****ROLE/  
DEPARTMENT****LOCATION****WHY I BECAME A LJMU  
CONNECTOR****Karen Forman**

✉  
K.Forman@  
ljmu.ac.uk

Careers and  
Employability  
Adviser in  
Student Futures

Student Life  
Building

I appreciate life has been tough for many over the past two years. I have had my own personal ups and downs, and I would like to be available to listen to anyone who may need a bit of support.

**Dr Scott Foster**

✉  
S.Foster@  
ljmu.ac.uk

PhD Programme  
Leader, School  
of Doctoral  
Management  
Studies

Redmonds  
Building

This initiative aligns closely with my research interests in spiritual wellbeing and will enable the possibility to raise awareness and remove potential stigmas, by spreading the word and educating others.

**Ian Gould-Jones**

✉  
I.R.GouldJones@  
ljmu.ac.uk

University  
Timetable and  
Assessment  
Manager,  
Academic Registry

Exchange Station

I became a connector to give help and support where I can.

**Dr Teri Howson-Griffiths**

✉  
T.R.HowsonGriffiths  
@ljmu.ac.uk

Lecturer in  
Drama, Liverpool  
Screen School

John Foster  
Modular Building

The connectors role appealed to me for its positive potential to contribute to the LJMU community and to be a part of creating a supportive and support-giving network.

**Abdul Khalique**

✉  
A.Khalique@  
ljmu.ac.uk

Head of  
Maritime Centre/  
Programme  
Leader Nautical  
Science, School  
of Engineering

James Parsons  
Building

I became a connector to help build a resilient LJMU community through doing well by doing good!

NAME	ROLE/ DEPARTMENT	LOCATION	WHY I BECAME A LJMU CONNECTOR
 <p><b>Dean McShane</b></p> <p>✉ D.A.McShane@ ljmu.ac.uk</p>	<p>Mental Health Senior Lecturer, School of Nursing and Allied Health</p>	<p>Tithebarn Building</p>	<p>With my knowledge of mental health, support and interventions I am happy to help anyone.</p>
 <p><b>Nick Medforth</b></p> <p>✉ N.Medforth@ ljmu.ac.uk</p>	<p>Senior Lecturer, School of Nursing and Allied Health</p>	<p>Tithebarn Building</p>	<p>I appreciate that we may all need to access to confidential support and we can all play an important role in ensuring the health and wellbeing of our university community.</p>
 <p><b>Lucy South</b></p> <p>✉ L.A.South@ ljmu.ac.uk</p>	<p>HR Resourcing Assistant, Human Resources</p>	<p>Exchange Station</p>	<p>Mental health has always been important but especially so after the past year and I wanted to try and do something to help.</p>
 <p><b>Sharlene Whittle</b></p> <p>✉ S.K.Whittle@ ljmu.ac.uk</p>	<p>Projects Co-ordinator, Clean Growth UK, Faculty of Engineering and Technology</p>	<p>Peter Jost Enterprise Centre</p>	<p>I became a connector to provide accessible support to those in need and actively promote mental health awareness.</p>

# SUPPORTING YOU

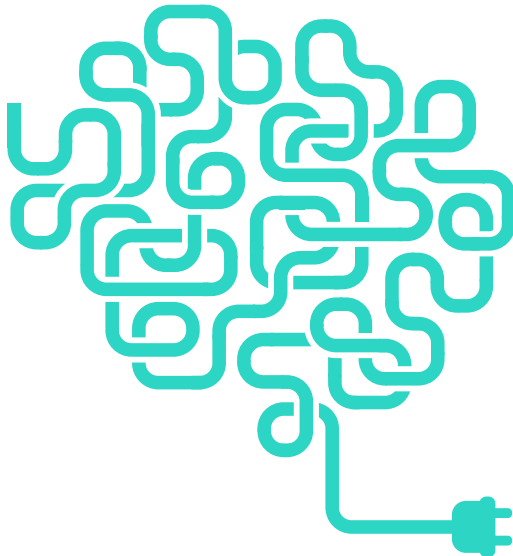


**The LJMU Connectors are receiving ongoing training to spot early signs of mental ill health, listen to staff in confidence and without judgement, and to make sure people can access professional support.**

The roles are in addition to our existing wellbeing services and are part of LJMU's commitment to providing an environment where people feel supported and are able to thrive.

The connectors are based in academic and professional service teams across our campuses.

If you feel you need confidential advice or support around your wellbeing, please contact the connector in your area using the email addresses provided (you are welcome to approach a connector from a different area of LJMU if you are more comfortable doing so, but please be assured that all contacts are completely confidential).



**YOU CAN FIND MORE INFORMATION AND RESOURCES TO SUPPORT YOUR PHYSICAL AND MENTAL WELLBEING ON OUR WEBSITE.**

**[ljmu.ac.uk](http://ljmu.ac.uk)**