

Health and Well-being Strategy

Vision Statement

The College is committed to improving the health and wellbeing of all learners and staff. The importance of providing a learning environment which promotes health, safety and wellbeing is enshrined in the College's values and strategic plan.

Scope of the Strategy

The College is diverse and includes full and part time learners, on a range of premises, as well as apprentices and work-based learners. Yeovil College is committed to improving best practice, throughout the organisation, and ensuring that the health, safety and wellbeing of learners is embedded into the delivery of programmes, enrichment activities and general services. This means ensuring learners are physically healthy, mentally and emotionally health, sexually healthy, lead healthy lifestyles and choose not to misuse drugs, alcohol and illegal substances (Every Child Matters outcome framework).

Context

The College has a legal obligation under the Every Child Matters outcome framework in relation to health and wellbeing and legislation such as the Children's Act 2004 and Education Act 2002. The outcomes are also incorporated into the Common Inspection Framework for inspection purposes.

The college is currently working towards the 'You're Welcome' accreditation and this Health Strategy is a key part of the action plan which highlights the importance of health and wellbeing across the college.

Aims of the Health Strategy

- To provide an environment which promotes health and wellbeing for learners and staff
- To foster a culture of healthy lifestyles
- To support learners who are suffering, or likely to suffer ill health including emotional/mental ill health
- To ensure that learners understand the dangers of illegal drugs, legal highs and alcohol and substance misuse
- To promote the use of contraception to reduce unwanted or unplanned pregnancy and sexually transmitted infections
- To work with external agencies on health promotion initiatives

Objectives

- To ensure all learners feel that College is a healthy environment in which to learn
- To ensure that support mechanisms are in place to support students who may be suffering as a result of mental ill health, drug/alcohol/substance misuse, sexually risky behaviours, unwanted or unplanned pregnancy etc
- To ensure that comprehensive systems are in place to gather and respond to feedback from learners and staff on health and wellbeing initiatives
- To ensure that appropriate staff receive training to enable them to respond to health related issues and promote health and wellbeing

Health - Where are we now?

The Governing Body and Senior Leadership Team are committed to ensuring that the College operates with a clear commitment to providing a healthy environment for students and staff. They are also committed to supporting and local and national health initiatives such as Chlamydia screening and HPV vaccinations.

a. Policy and Procedure

The College has a robust Health and Safety policy which is reviewed and approved by the Governing Body regularly. There is also a Student Support Services Referral Protocol which sets out procedures for making and receiving referrals to external health agencies such as School Nursing team.

b. Designated Staff

The College has a Student Health Adviser who is part of Student Support Services who works 30 hours a week and a Student Support Adviser who offers support to students with mental ill health and emotional difficulties. Human Resources Department is responsible for meeting the health needs of staff.

c. Action Plan

The College has an action plan for health linked to the You're Welcome quality criteria which incorporates actions resulting from undertaking the Healthy FE Review Assessment Tool. It is reviewed on a regular basis with the college's local NHS lead and Vice Principal Learning and Quality.

d. Publications

The College distributes information through Tutorial Bulletins, News in 90, Team Brief and on Moodle through the new 'Do you need help?' button. Information leaflets from external agencies are also available to both students and staff. One of the key actions from the You're Welcome assessment is to improve the publications available to students.

e. Training

All members of the Student Support Services team undertake training in basic sexual health and specific courses as appropriate to their role. The Student Union Executive are trained through C-Card to be able to issue condoms to students who are signed up to the scheme.

f. Record Keeping

Confidential records are kept by the Student Health Adviser for all students accessing the service. Records are also kept on the password protected confidential traffic light system which holds data about students' additional needs.

g. Links with external agencies

The College has well established and effective links with:

- Somerset NHS and Dorset NHS
- Somerset School Nursing team
- Somerset Contraception and Sexual Health Service
- Yeovil Pregnancy Crisis Centre
- NHS walk in clinic – Yeovil
- Children and Adolescent Mental Health Service
- Somerset Partnership (Adult mental health services)

h. Student Consultation

The Student Union have been consulted about aspects of the You're Welcome assessment criteria.

i. Student Help Links

The College has developed a 'Do you need help?' button on the Moodle site which can be accessed by staff and students. This allows contact with members of the Student Support Team by confidential e-mail and links to internal and external health support, including relevant web-sites.

Health – Where do we want to be?

a. Policy and Procedure

To develop a Health Policy, which incorporates the college's commitment to promoting health and wellbeing amongst students and staff.

b. Designated Staff

To maintain a team of designated staff, trained to appropriate levels, who are able to provide health advice and support on all College premises.

c. Action Plan

To maintain and regularly review a Health Action Plan which includes clear and achievable actions for the College but also compares us to organisations with outstanding practice within the sector.

d. Publications

To develop publications which promote health and wellbeing and signpost students and staff to relevant external health agencies. To provide multi lingual information sheets and details of external clinic times and contact information.

e. Training and Development

To use tutorial sessions to provide an opportunity to communicate to learners messages about health and wellbeing.

To deliver tutorial sessions in an interactive way and involve experts from external partners.

To consider how health and wellbeing issues can be embedded within tutorial sessions and involve learners in shaping how these messages are delivered.

To consult with staff and learners, develop a programme on health and wellbeing as a core part of enrichment activities to further develop participants' knowledge on the key issues.

To develop training for tutors on how to inform students about making informed choices around health and wellbeing.

To include sessions on health and wellbeing in new staff induction training.

f. Record Keeping

To continue to maintain and develop a confidential password protected database which records health needs of students.

g. Links with External Agencies

To identify an appropriate contact within the PCT, Local Authority and other key stakeholders, such as local secondary schools, to discuss health and wellbeing issues.

h. Student Consultation

To improve consultation through focus groups, feed-back questionnaires etc

To carry out a cross-college survey based on Every Child Matters, using Survey Monkey and disseminate findings to students.

To carry out Qualitative and Quantitative surveys of students engaging with the service.

To develop a number of case studies which can be used in promotion.

To develop a feedback sheet for students to complete after accessing the service.

To carry out 'mystery shopper' surveys throughout the year.

i. Student Help Links

To further develop the 'Do you need help?' button on Moodle which is easily accessible to students and staff, regularly up-dated with key information and links and enables students to request help in a confidential manner.

j. Curriculum

To ensure that a strategy is in place to co-ordinate the embedding of health and wellbeing focused activities into learner programmes and maximise the opportunities across the curriculum.

To consider the use of external partners in the delivery where they can make delivery more effective.

Development and Review

The impact and effectiveness of the Health Strategy to be reviewed annually by SLT.

The impact measures of the strategy will include:

Full representation of health and wellbeing in the College SAR and QIP.

Development and review of health and wellbeing at Faculty level.

Policy Review

The College will undertake working with other partnership Colleges e.g. through the Somerset Healthy Colleges Network and the You're Welcome Trailblazer colleges to share good practice.