

Healthy Further Education Programme

March 2009

Our progress since July 2008

Healthy FE: vision

The vision for the future is for FE providers to have strong relationships with community partners to create a learning environment where positive well-being is the expectation for all, producing learners and staff who are confident, health, safe, emotionally resilient and personally fulfilled.

Healthy FE is funded by the Department of Health (DH) with support from the Department for Innovation, Universities and Skills (DIUS) and the Department for Children, Schools and Families (DCSF).

Our Offer

In July 2008, Ministers in the Department of Health (DH), Department for Innovation Universities and Skills (DIUS) and Department for Children, Schools and Families (DCSF) approved and announced the launch of the Healthy Further Education Programme (Healthy FE) to target the health needs of those who study or work in the Further Education (FE) sector. In September 2008, DH set up a Healthy FE delivery unit and it has been working behind the scenes to set up this new national programme for the FE sector.

The Healthy FE framework takes forward the commitment to develop a strategy to improve the well-being of learners and staff, integrating health into organisational structures and

thereby create an effective learning and working environment. This celebrates and capitalises on the current drive and diversity of the FE sector and its community leadership role. The programme is shaped by two guiding principles which are:

- It must be sector-led: FE organisations should identify what is wanted and what can be delivered by them (in collaboration with community partners) as part of their mainstream business.
- It should not seek to create new infrastructure and processes but make use of and develop existing arrangements wherever possible (hence colleges want us to focus on health in the broader context of 'well-being').

Our plans for 2009

The next 12 months will move on two areas: (1) to establish the Healthy FE Framework and infrastructure and, (2) to better understand the areas where we will target the additional support work. The Healthy FE Steering Group agreed a series of activities for 2009, which have been approved by Ministers from DH, DIUS and DCSF.

These include:

- **LSIS Excellence Gateway:** In March, a new section for the Healthy FE Programme went live on the LSIS Excellence Gateway, please see www.excellencegateway.org.uk/hfep. The Programme's presence on the Excellence Gateway will expand over time and will host the Healthy FE online Self-Review tool. Working with a practitioner group, LSIS will design, test and build the online self-review tool for the Healthy FE Programme. The tool will allow FE organisations to benchmark their starting point, and will generate an action plan to improve their provision for student and staff well-being.

- A mechanism for promoting quality and driving FE sector improvement. The Healthy FE Steering Group were clear that the sector does not want a National Standard or an external accreditation mechanism. Instead, they advised that health and well-being review tool should become an integral part of the annual internal assessment and planning process, linking to the Ofsted framework and ECM report back and contributing to the overall FE self-assessment and improvement agenda.

- **Commissioning good practice guidance:** DH has commissioned the National Association of Managers of Student Services (NAMSS) to produce good practice guidance covering organisation-wide practice for 16-19s based on existing practice within the sector. Further guidance for the sector will be produced as part of the LSIS contract from April 2009.

This guidance will be held in the Case Study section. The Case Study section will be live in the Summer term and we hope it will be populated by the sector from the start of the new academic year.

- The Healthy FE Steering Group agreed the formation of a new region-based network to offer an FE forum to focus on wider health and well-being policy and practice development. The network will exchange information, share good practice and identify training needs. It will maintain close links with existing networks run by the Association of Colleges, NAMSS, NIACE, and NCB (Sexual Health). Managing the network will be part of the LSIS contract. A Healthy FE Task Group will advise on setting up the network, which we hope will be up and running for the start of the new academic year.
- We have identified a number of areas where we want to focus health and well-being initiatives, and where we will address health inequalities.

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Measuring success

The Healthy FE Programme has three overarching success measures. These are:

- i. an enhanced national, regional and local role for the FE sector in contributing to health and well-being outcomes for young people and adults;
- ii. an improvement in health and well-being provision by the FE organisations;
- iii. a greater impact on the community served by the FE organisations.

Our intention is that for organisations within the FE Sector, participation in the Healthy FE Programme should contribute towards:

- Improvement in scores in the Ofsted ECM outcomes.
- Improvement in perceptions and experiences from learners (and staff) in annual health and well-being/satisfaction surveys and increased self-awareness by learners and staff of the personal benefits and wider importance of a healthy college.
- Enhancements to organisational and partner services through stronger infrastructure, needs-led policies and increased participation in health initiatives.
- Strengthening of the FE sector as a healthy setting in which to work and learn.
- Stronger and demonstrably more effective FE organisation-health/community partnerships.
- Demonstrable improvements in recruitment, retention and attendance rates supported by evidence that learners enjoy their education and reach their attainment goals.
- Improvement in measures of a healthy workforce (such as lower absence rates).
- Increased learner participation in the wider life of the college, including learner voice processes.

We will explore how the FE sector can:

- a. increase its contribution to the national obesity strategy, Healthy Weight, Healthy Lives (DH, 2007) and to the Olympic Legacy through the promotion of healthy eating and increased physical activity;
- b. improve provision for early intervention in mental health and emotional well-being – an area that often underpins a range of unhealthy behaviours, and is a particular concern for the FE sector;
- c. contribute to the other three other big teenage health concerns identified by the Chief Medical Officer (Annual Report, 2008) - alcohol and drugs; tobacco; and exposure to injuries and violence.

Extra funding to improve sexual health services for FE learners

Many FE colleges already provide on-site contraceptive services, however, a recent National Children's Bureau (NCB) / Sex Education Forum (SEF) survey indicated that 106 colleges provided no services at all, and of those that did, many were basic and did not offer a full range of contraception support.

DH has recently added £1m per annum for two years to an existing arrangement to work through Strategic Health Authorities to raise the standard of contraception services offered by PCTs. The purpose of the funding is to enable PCTs to focus more on the needs of FE learners and work in partnership with colleges. First year activity will mostly be centred on a needs analysis and building delivery partnerships. DH, working with DCSF, DIUS and the Association of Colleges, will be setting up a national conference during the Summer term 2009 for colleges to share effective practice on contraception and sexual health.

Financial support this year is being given to extend an innovative peer marketing activity

The *Want Respect: Use a Condom* campaign will be extended to those FE colleges in the 21 areas that have high and increasing teenage pregnancy rates. A toolkit will be produced so that all colleges can use this peer-to-peer

approach. Sex and Relationship Education (SRE) is an essential precursor for future use of sexual health services and we have asked the National Children's Bureau to conduct a survey to establish the SRE needs of 16-19 year olds and how FE colleges are currently meeting these needs. We have, additionally, worked with the sexual health charity Brook to produce posters for colleges in support of this year's National Teenage Pregnancy Campaign.

Our Structure

The Healthy FE Programme recognises the vital role the FE sector plays in the life of communities. Initially, the Programme will focus on FE colleges, but the intention is to widen this out so that a range of providers in the FE sector might benefit from the developing infrastructure and processes currently being put in place.

Since September 2008, the Programme has been building a 4 tier support structure:

Healthy FE Management Group – with representation from DH, DIUS and DCSF, it is responsible for overseeing the delivery of the Programme and its project management and makes decisions on strategic fit, business plans and budget.

Healthy FE Steering Group – has representation from the FE sector, and sector NGOs and is chaired by Michele Sutton OBE, Principal of Bradford College. Steering Group membership comprises senior managers, student service managers, and health and education local/regional partners, Student Union, and external organisations, e.g. NIACE, NUS, AOC, NAMSS.

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Getting in touch

www.excellencegateway.org.uk/hfep

Healthy FE has a section on the Excellence Gateway. This briefing paper is uploaded and over the next 12 months, the content of the section will expand. It can be visited regularly for updates.

For further information, contact the Healthy FE delivery unit @ Department of Health:

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Contact Healthy FE Steering Group: questions or comments to the Healthy FE Steering Group should be sent to healthyfurthereducation@dh.gsi.gov.uk and marked for the attention of the Steering Group.

All enquiries for the Steering Group will be forwarded to the Chair.

The group was set up to steer the developmental aspects of the Programme and is the main mechanism for delivering on the commitment that this initiative be sector-led. Its decisions and recommendations are ratified by the Management Group.

Healthy FE contracting partner – from April 09, the Learning and Skills Improvement Service (LSIS) will be delivering a two year contract to implement the external aspects of the Healthy FE Programme. LSIS will develop products, promote the Framework and put in place an evaluation process to ensure improved outcomes for learner and staff health and well-being. All contracted activities are approved and monitored by the Steering Group and Management Group. All contract management is handled by the DH delivery unit.

Healthy FE delivery unit – is based in DH. It is responsible for overseeing the Programme and its implementation and linking it in to health, well-being and education policies across Government. The guiding principles for the Programme were developed following an extensive sector-scoping exercise in 2007-08.



Healthy FE is a Department of Health, Department for Innovation, Universities and Skills, and Department for Children, Schools and Families initiative.