

ACTIVE

WELLBEING

STRATEGY

2020 - 2025





CONTENTS

3. Foreword

4. Active Wellbeing Strategy

5. Our message

6. Introduction

7. Our purpose, vision and mission

8. Strategy core beliefs

9. Our goals

10. Goal 1

Provide strategic leadership and support in the development and delivery of Active Wellbeing opportunities for everyone within the FE community

11. Goal 2

Improve the quality and provision of activity to enhance the emotional and physical wellbeing of the college community

12. Goal 3

Create an active workforce which is fit for future employment

13. Goal 4

Develop sporting potential

14. Goal 5

Raise the profile & celebrate the achievements of our college communities

15. Strategic outcomes



FOREWORD

Helping Wales to become a more healthy and active nation is a Welsh Government priority and this strategy is both welcome and timely in providing a new strategic direction for the Further Education sector. Encouraging new approaches for young people and college staff to be more active, and identifying clear links to better individual wellbeing provides a great start to tackling this challenge.

It is pleasing to see that the goals of the Active Wellbeing strategy include key areas of future development in health and workforce related activity while also encouraging FE Colleges to adopt a person centred approach and new ways of working. The strategy opens the door for a range of sectors to collaborate with the FE sector working together to achieve shared outcomes.

The young people in the FE sector will play a key role in the future prosperity of Wales, both as a skilled workforce and the parents of future generations. By creating healthier, more active and resilient individuals, there is an opportunity to ensure that the future workforce is fit for employment and has a good understanding of the wider benefits of being healthy and active.

It is important that we continue to celebrate the achievements of talented athletes and sports teams in colleges in Wales and their achievements at a regional, national and international level. While doing this, it is equally important that the work of young leaders and volunteers and the impact on communities and lives being transformed through

physical activity are also rewarded and given the profile they deserve.

I look forward to following the progress of the new strategy and how it supports growth in this sector, I am very grateful to ColegauCymru and the FE sector for their work in developing the Active Wellbeing strategy and wish all involved every success in the future.

Dafydd Elis Thomas
Deputy Minister for Culture,
Sport and Tourism

ACTIVE WELLBEING STRATEGY

“I want to be a primary school teacher when I leave college and have been working as a college active ambassador at my local rugby club and primary school. In this role I am learning at every session, gaining new experiences, meeting new people and helping young children become more active getting them off their Xboxes. My message to anyone thinking of becoming an active ambassador is get involved you’ve got nothing to lose!”

Level 2 Health and Social Care learner – Active Ambassador at Coleg Llandrillo

“Apart from having a positive impact on health well-being and behaviour, it enables learners to build self-esteem and have an experience of the leisure activities in the wider community.

They have applied the confidence gained to tasks in the classroom and have become more respectful to each other’s individual needs”

Entry level 3 tutor Coleg y Cymoedd



Only very few students come to us engaged in a regular exercise programme or sport. The funding from Sport Wales, together with the support of our Learner Experience and Well Being Manager has enabled us to incorporate regular physical activity sessions into our timetables. This has included gym work, mindfulness sessions, spin classes, badminton and mountain walking.

Health and Social Care Tutor – Gower College Swansea

As part of the DofE Award, students engaged in weekly yoga sessions held at Neath gymnasium delivered by an external yoga instructor. Students reported an improvement in fitness levels, reduction in stress and anxiety and are now excited to return to college in September to continue their fitness journeys.

Level 2 Creative Visual and Performing Arts Tutor– NPTC group

OUR MESSAGE

Active Wellbeing presents a new strategic direction for ColegauCymru and member colleges in enhancing the health and wellbeing of college communities across Wales. The Active Wellbeing Strategy will guide the sector in taking the next steps in creating college communities that place the individual at the core of strategic development, creating outstanding environments for learners and staff in the process.

The Active Wellbeing Strategy will support colleges in improving the emotional, social and physical wellbeing within the sector, promoting both healthier college communities and a workforce fit for future employment.

While the strategy has been created primarily for use within Further Education, its ambition for the sector will not be realised without further collaboration with partners at a local, regional and national level.

Active Wellbeing provides ColegauCymru and member colleges with the opportunity to make a difference to the future health, wellbeing and prosperity of learners, communities and Wales as a nation.

We are grateful for the support received from Welsh Government, Sport Wales and partner organisations in developing this new and exciting strategy.

Simon Pirotte
Principal, Bridgend College
and Chair, Active Wellbeing
Strategy Group

Iestyn Davies
CEO ColegauCymru





“Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing”

- 5 steps to wellbeing- NHS

INTRODUCTION

The Active Wellbeing strategy is the culmination of six years development work by CoelgauCymru in partnership with Sport Wales and a wider network of organisations. This work has been set against a rapidly changing landscape in Wales, with the launch of the Wellbeing of Future Generations act (2015) and the Vision for Sport in Wales (2018).

ColegauCymru has engaged with FE colleges in providing activity for over 24,000 learners since 2014. Supported by Sport Wales, funding has been primarily aimed at increasing participation, tackling inequality and increasing volunteering. Wider development work has taken place, creating improved delivery models, better insight and monitoring, and strategic level development across the FE sector.

During 2018, the BlwBo report, an independent review of FE project activity identified that ColegauCymru has been successful in its work to date but would benefit from the development of a

new sector wide strategy and a strategic level group within the ColegauCymru structure.

The strategy has five clear goals; these have been guided by feedback from the BlwBo report and includes knowledge and insight from existing delivery from colleges, as well as consultation with those involved. Alongside strategic level change, the goals provide a clear scope to develop new and innovative delivery, develop the future workforce and a more strategic approach to raising the profile of Active Wellbeing.

Underpinning the strategy goals are a series of objectives. These are intended to provide a starting point for strategic level discussion and to highlight any priorities at a college level for development.

The strategy should be seen as a document that guides colleges in developing Active Wellbeing while also recognising where it “fits in” to tutorial, Welsh Baccalaureate, enrichment, corporate health, volunteering and other aspects of college life including the enhancement of educational outcomes and reducing stress related issues for both staff and learners.

An info-graphic has been provided to provide some examples from existing delivery of where the strategy could connect at a college level.



Project delivery has reached 24,000 young people since 2014



50%+ of participants have been female

100%

of college projects are now centralised linked to learner services departments compared to 45% prior to BlwBo review



100% of college projects are inclusive in working with underrepresented groups



Participation has reached a high of 6100 participants in 2018/19



OUR VISION:

Active Colleges, Active Lives, Active Wales

OUR PURPOSE:

Enhance the emotional, social & physical well-being of the College community through Active Wellbeing.

OUR MISSION:

1. Support an active, healthy and sustainable college community
2. Enrich staff and learner experiences and enhance emotional and physical wellbeing
3. Tackle inequalities & promote diversity, tolerance and fairness
4. Enhance learner outcomes and create an active workforce which is fit for future employment
5. Enable Welsh College sporting pathways to thrive and support the aspirations of talented learners
6. Raise the profile & celebrate the achievements of our college communities



STRATEGY CORE

BELIEFS

This strategy is guided by the belief that everyone in our FE community should have the right to participate, inspiring a lifelong enjoyment of activity which supports positive emotional, social and physical wellbeing.



Inclusive opportunities should be provided for all people irrespective of age, disability, gender, gender reassignment, race, religion or belief, sex and sexual orientation



The voice of the participant will be heard



View activity as a means of increasing positive mental health and wellbeing, confidence, friendships and new skills



Through education, inspire a lifelong enjoyment of activity, resulting in enhanced wellbeing



“Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions.”

- World Health Organisation 2019

OUR GOALS

GOAL 1:

Provide strategic leadership and support in the development, learning and delivery of opportunities for everyone within the FE community

GOAL 2:

Improve the quality and provision of activity to enhance the emotional and physical wellbeing of the college community

GOAL 3:

Create an active workforce which is fit for future employment

GOAL 4:

Develop sporting potential

GOAL 5:

Raise the profile & celebrate the achievements of our college communities





GOAL 1

Provide strategic leadership and support in the development and delivery of opportunities for everyone within the FE community

GOAL 1

OBJECTIVES:

“ColegauCymru is now in an ideal position to seek to refresh its approach to the delivery of physical activity for FE learners in Wales. The organisation can actively lead on taking this work forward in partnership with further education partners and stakeholders”

- BlwBo report 2018

1 Sustain and manage a leadership group to oversee the Active Wellbeing Strategy

2 Use an evidence-based insight approach to the development of activity-based programmes

3 Produce and monitor an annual development plan

4 Ensure the FE community / individual colleges remain informed, innovative and agile when responding to the future needs of a constantly changing landscape

5 Reflect on activity and provide opportunities to share learning and inform best practice

6 Identify resources for the implementation of the strategy



GOAL 2

Improve the quality and provision of activity to enhance the emotional and physical wellbeing of the college community

GOAL 2

OBJECTIVES:

1 Embed active wellbeing activity into college programmes leading to positive health and lifestyle choices

2 Support colleges to deliver local programmes that recognise diversity and are inclusive to all

3 Work with colleges to target 'drop off' in learner participation in physical activity and respond to Health and Wellbeing as a new curriculum

“The chance to get learners out of their comfort zone and see them participating in something new was great. They gained so much more confidence and it helped them work together as part of a team when back in the classroom as they were able to show their true self and not feel judged on their work.”

- Course tutor, Coleg y Cymoedd

4 Support colleges to deliver programmes that reflect prior learning, evidence-based insight and the voice of the participant

5 Develop a collaborative approach with national, regional and local delivery partners to support college activity

6 Promote safeguarding and ethical practice within sport and activity programmes



GOAL 3

Create an active workforce which is fit for future employment

GOAL 3

OBJECTIVES:

“I felt privileged to have the opportunity to share my YA journey at the recent Active Well-being Forum, exchanging knowledge, ideas and good practice from a young person’s perspective. I particularly enjoyed networking with outside organisations and having the ability to voice what support we, as young ambassadors, required to prepare us for the future.”

- Young Ambassador, Coleg Sir Gar

- 1** Improve the resilience of the future workforce through a culture of healthy physical activity
- 2** Provide a range of learning and training opportunities for all to enhance skills and self-confidence for future employment
- 3** Identify employability pathways within the active wellbeing sector by connecting learner experience with future opportunities

- 4** Promote volunteers and peer-led interventions in project delivery
- 5** Continue to endorse and promote the delivery of coach education and volunteering programmes to learners
- 6** Endorse and promote a diverse range of equalities-based training opportunities to learners



GOAL 4

Develop sporting potential

GOAL 4

OBJECTIVES:

“So often we hear that sport has improved people’s well-being, self-confidence and motivation; that sport has provided people with the skills to reach their potential and achieve their goals; that sport has bound communities together and that it has promoted Wales to the world through excellence on a global stage.”

- Sport Wales, 2019

1 Support colleges in developing environments where talented athletes can thrive and achieve their ambitions

2 Provide governance arrangements for CollegesWales Sport as the lead for competitive FE sport in Wales

3 Support colleges in working collaboratively with Sport Wales regionalisation of community sport

4 Promote a diverse and inclusive range of sporting opportunities in colleges

5 Engage with partners in the sport sector to develop new coach education, coaching and workforce opportunities



GOAL 5

Raise the profile & celebrate the achievements of our college communities

GOAL 5

OBJECTIVES:

1 Use innovation and technology to share information, experience and best practice

2 Utilise new and existing networks for marketing and communications output

3 Create opportunities to recognise and celebrate the achievements of colleges and their learners

“A Healthier Wales - A society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.”

- Wellbeing of Future Generations Act 2015

4 Develop a marketing and communications plan for the life of the strategy

5 Embrace the skills of learners to use technology to share their personal experience of the benefits of sport and physical activity

6 Influence national, regional and local stakeholders based on the benefits and impact of the strategy

STRATEGIC

OUTCOMES

The strategic level outcomes have been designed to indicate what successful implementation of the strategy would look like. If strategic goals are reached and objectives met the resulting outcomes on college communities, individuals and nationally would be:

LEADERSHIP OUTCOME:

GROWTH

Enabling the growth of active well-being across the FE Sector

ACTIVITY OUTCOME:

ENTITLEMENT

Ensuring that everyone in the FE Sector has access to activities which improve their personal well-being

WORKFORCE OUTCOME:

RESILIENCE

Improving opportunities and developing resilience creating a workforce which is fit for the future

SPORTING OUTCOME:

THRIVE

Learners achieve their personal best

ACHIEVEMENT OUTCOME:

CELEBRATE

Recognising the contribution that the FE Sector makes towards a more active, healthier Wales



Colegau Cymru

Colleges Wales