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### South Thames College - Health Promotion

**B**eing Healthy is one of the five 'Every Child Matters' strands designed to raise awareness of health related issues amongst students.

Championing this work at South Thames College has been the Enrichment team, who work closely with other teams including the Counselling and Advice Service and curriculum staff to offer a varied programme of activities that raise awareness. The focus on health has led to a very good relationship with the Public Health department of Wandsworth Primary Care Trust (WPCT). With a mixture of projects and regular on-going campaigning we have promoted health and well being amongst our diverse population of learners.

#### Projects

Over the last two years a number of projects have been undertaken by our learners alongside WPCT. Two of these have been through our Art and Design department. Our learners were given the opportunity to produce some campaign materials aimed at their peers. One of these designs was launched on World AIDS Day by WPCT and formed the basis for their campaign. Recently it has been displayed at bus stops in Wandsworth as part of an advertising campaign. The other project that involved learners from the design courses was a re-branding exercise for the sexual health clinics.

A third project involved a group of performing arts learners, who developed a production with WPCT on alcohol and sexual health. The production was recorded and offered to schools, youth clubs and colleges as a way of engaging the audience (young people) in the topic (sexual health

and alcohol) with experienced facilitators on hand to guide young people through the debate.

#### Events

We take many opportunities to work with external agencies like WPCT to engage our learners in health issues. We hold annual Health Weeks which have included a promotion on de-stress (organised by our Student Counselling and Advice Service), healthy eating, safe sex, stop smoking and drug awareness. During the last event there was an opportunity for learners to have a body 'MOT' with checks on baseline and clinical measurements, a health questionnaire, physical activity, smoking, alcohol intake and mental wellbeing. There was also an exit interview with recommendations for a follow-up course of action. Other events have included World AIDS Day where we had use of a double-decker bus in which various activities were offered.

We recently piloted a drop-in sexual health service, delivered by a nurse from WPCT. After the project was evaluated the Trust agreed to fund it for 2007. Our Youth Workers will distribute condoms and have also been trained to deliver advice on how to give up smoking. We have similarly offered training to curriculum staff on drug awareness (with WPCT) and hope to develop further opportunities for tutors to gain knowledge in this area.

A group from South Thames College meets regularly with WPCT and we have developed an action plan for the current year. We hope to work together to promote health and well being to our learners, and plan to build on our success to date.