

Making the Connection:

Active Wellbeing and Sport in Further Education

21 October 2021





“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

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



Working towards Strategic Outcomes

GROWTH

Active wellbeing is becoming increasingly embedded in FE programmes linked to better mental health and wellbeing

Creating programmes where the activity offer is bespoke for learners and staff and is viewed as a normal part of the college day and an

ENTITLEMENT

RESILIENCE

Developing activities and evaluation tools that improve learner understanding of the connection between participation and employability

Showcasing the professional training environments in FE, developing new coach education partnerships enabling learners involved in sport to achieve their potential and

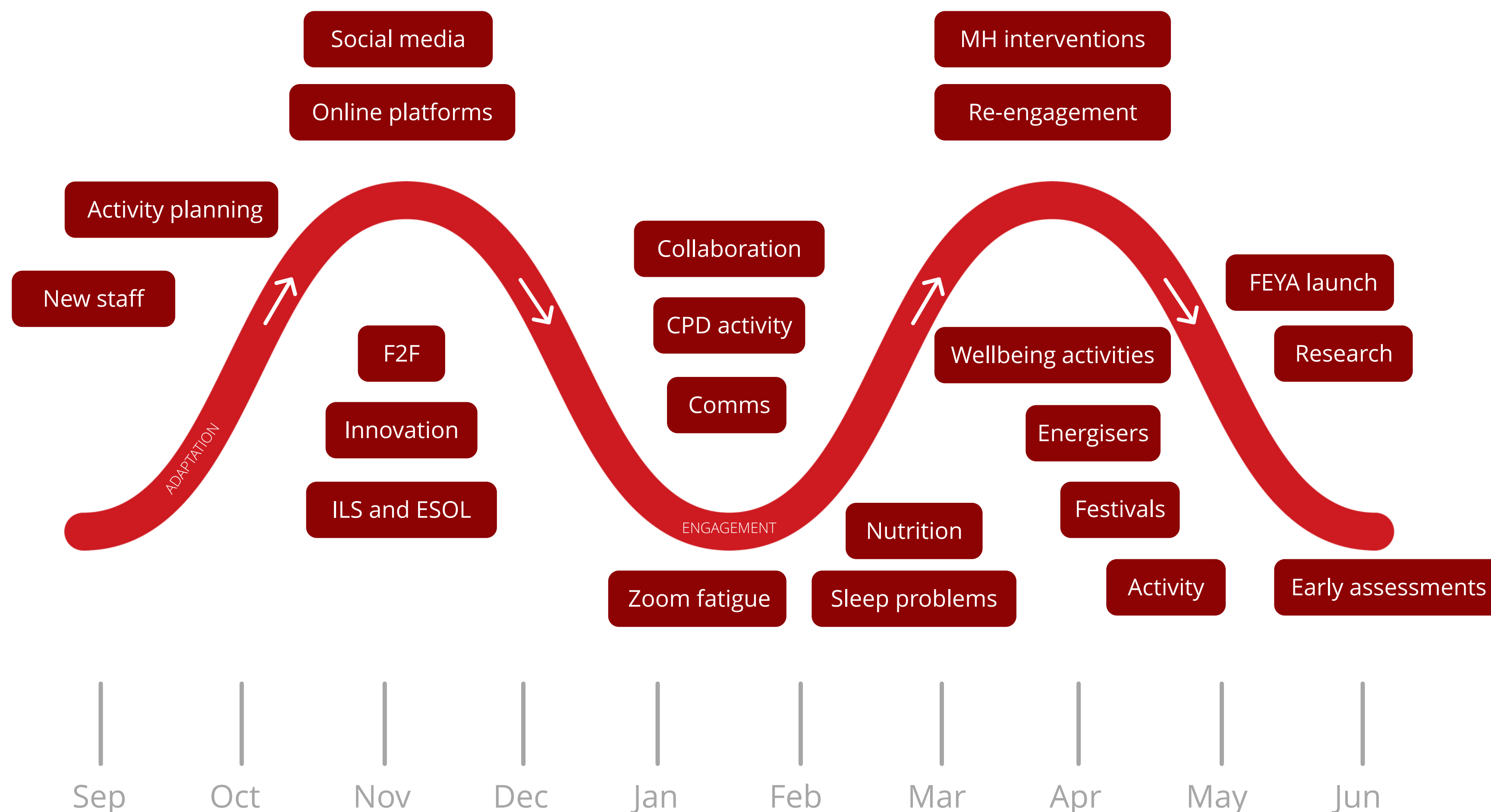
THRIVE

Utilising improved digital technology platforms and better face to face engagement improving connections that allow the sector to

CELEBRATE

Active Wellbeing in FE

What did 20/21 look like?



Sports Research

Key Findings v Potential Impact

Loss of Structure

Emotional wellbeing of sports learners

Access to training
and facilities

Loss of identity at key stage of development

Inclusivity and Access

Less young women and girls enrolling on sports
courses / playing competitive sport

Access to work
experience opportunities
and employment

Workforce / Volunteer shortage

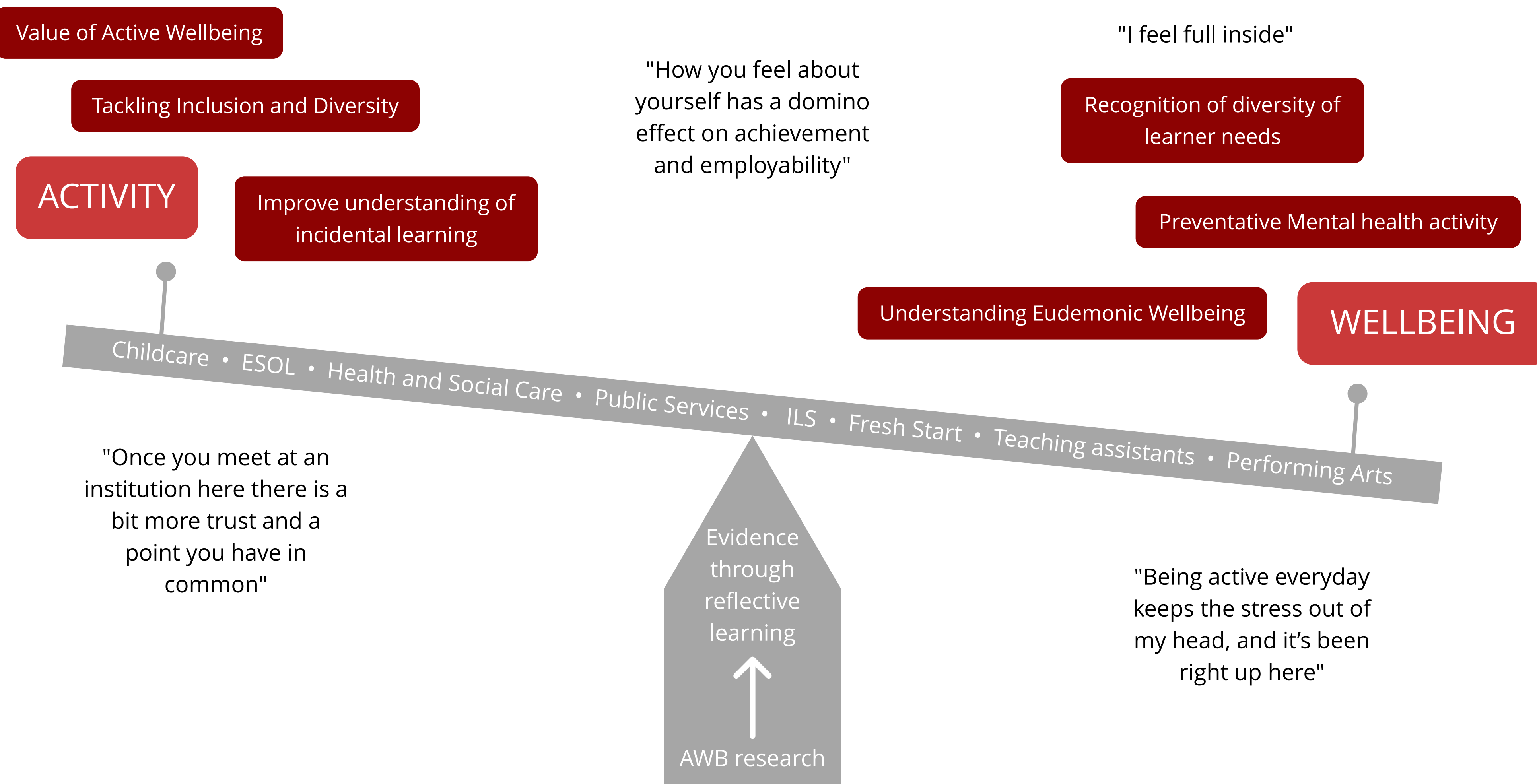


Returning to sport

Visibility of sport offer to secondary learners

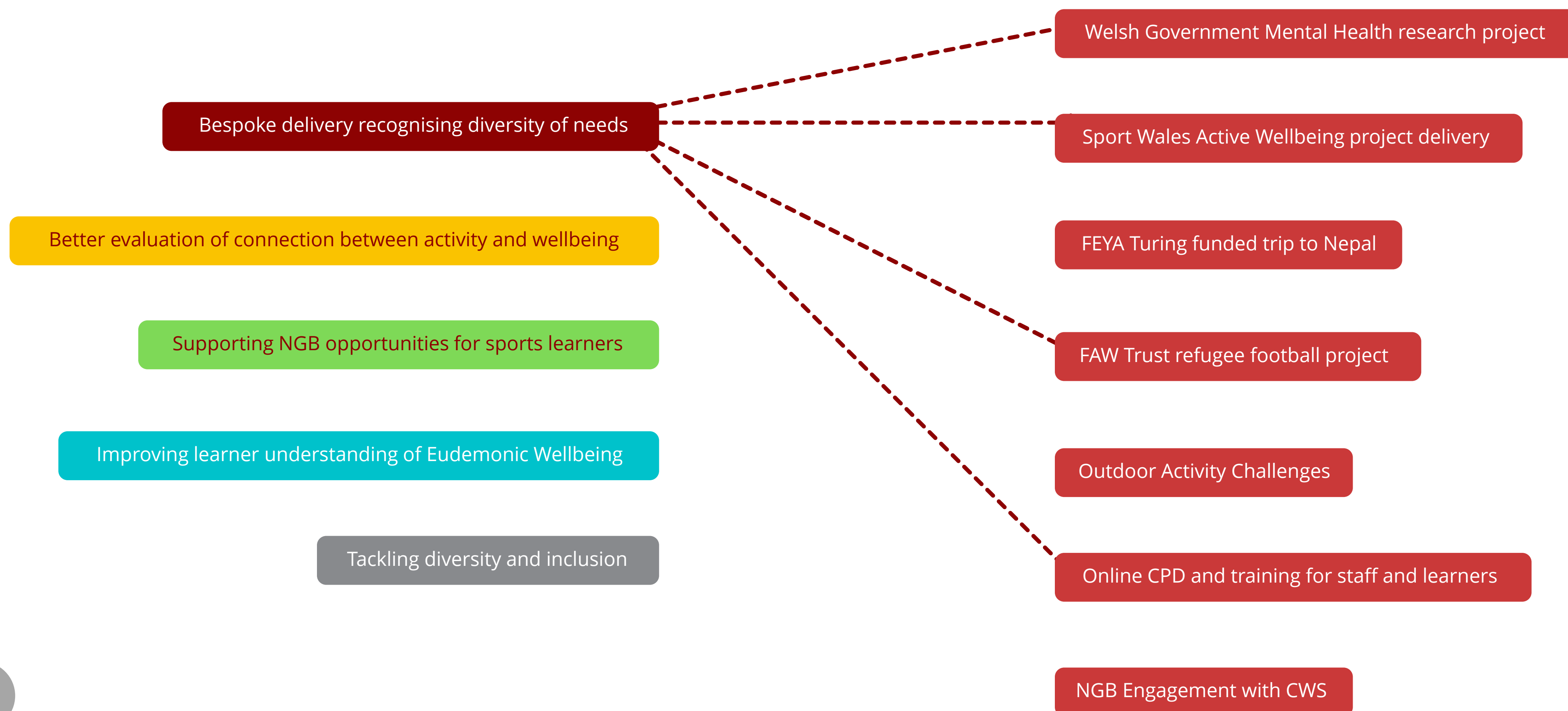


Valuing and understanding the connection between activity and wellbeing



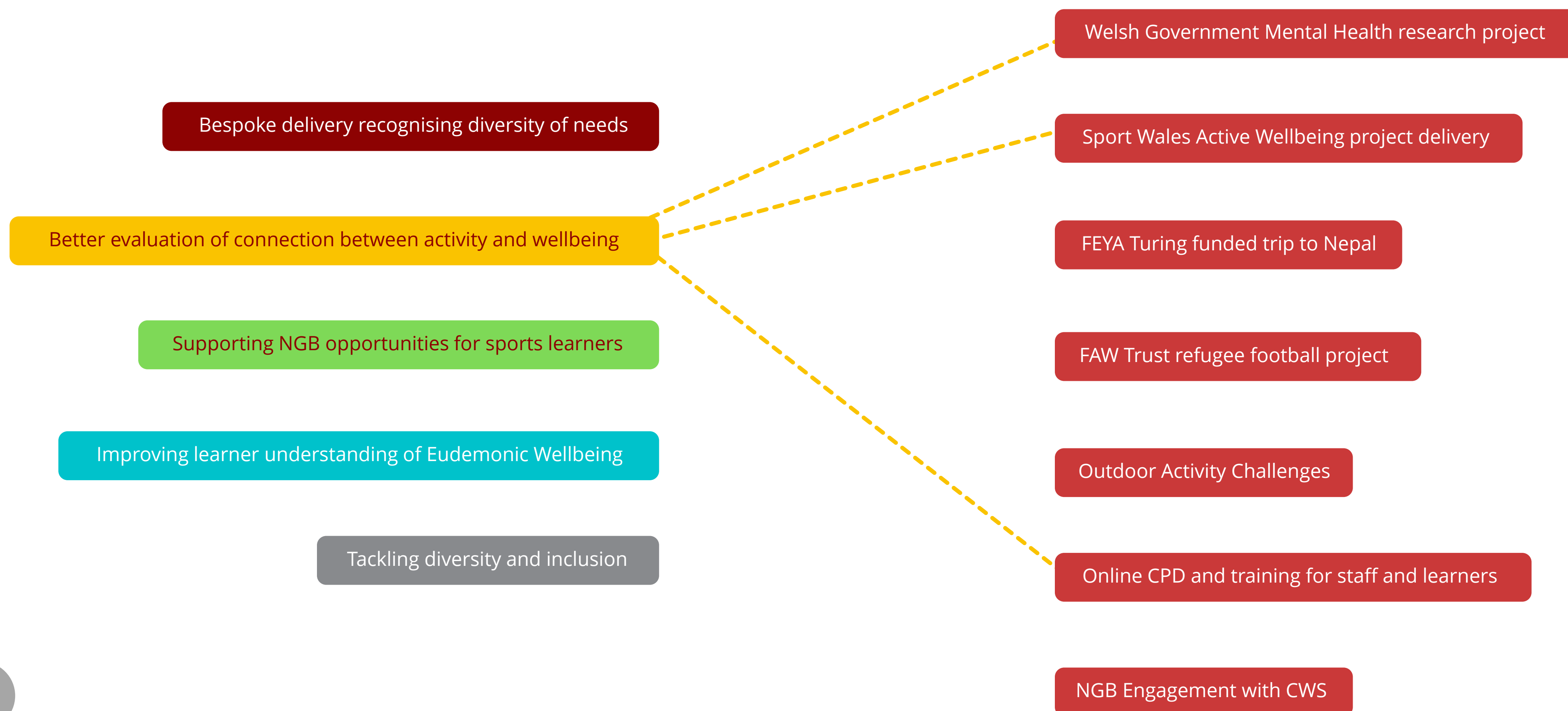
Turning Evidence and Learning into Action

21/22



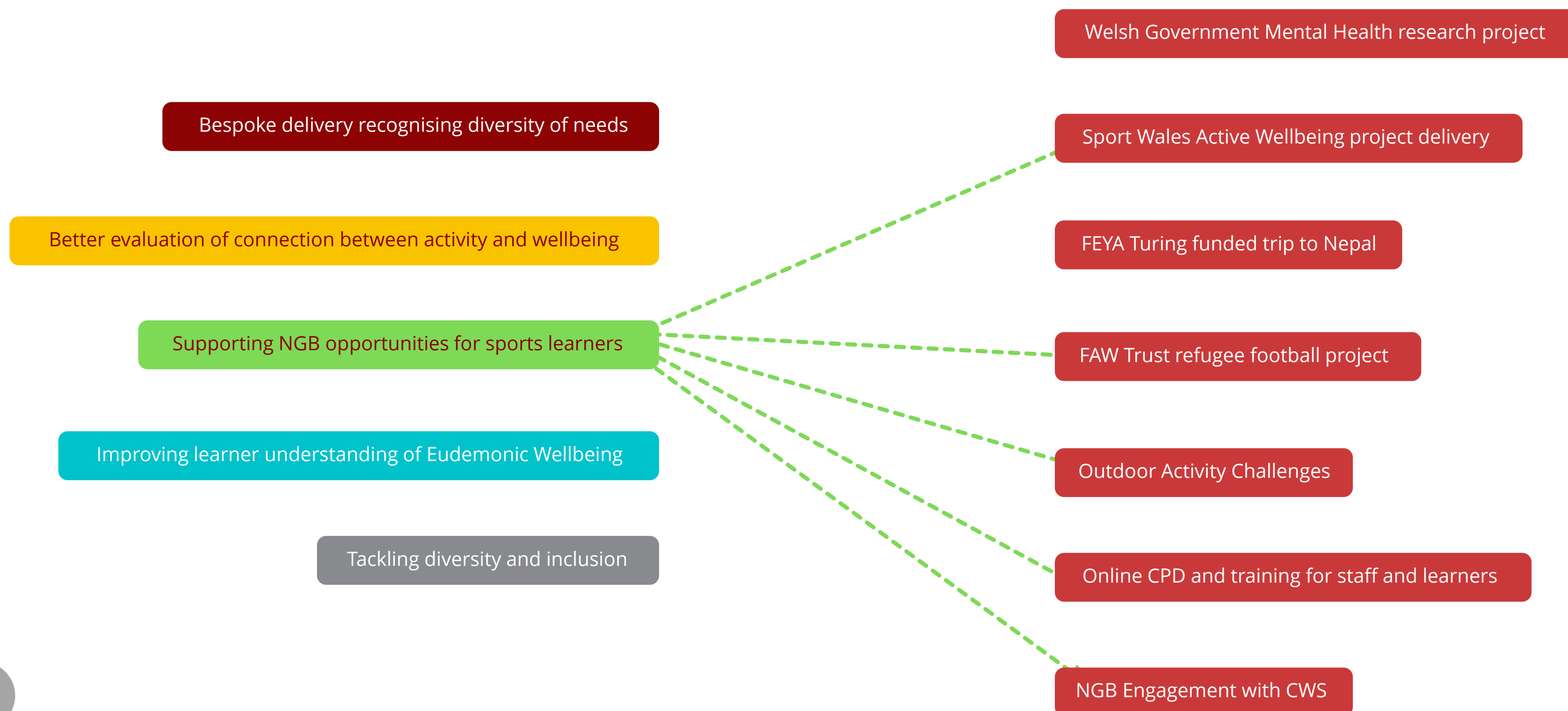
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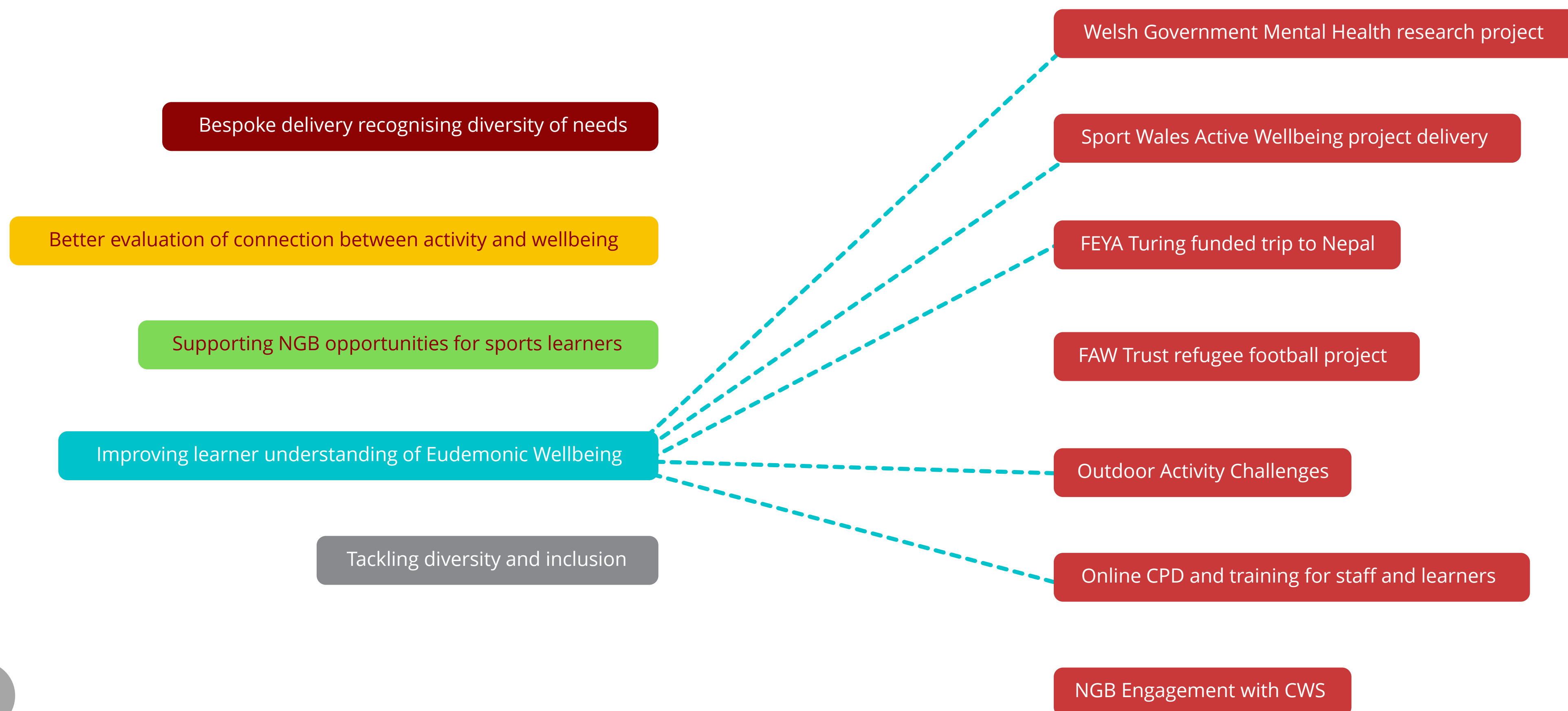
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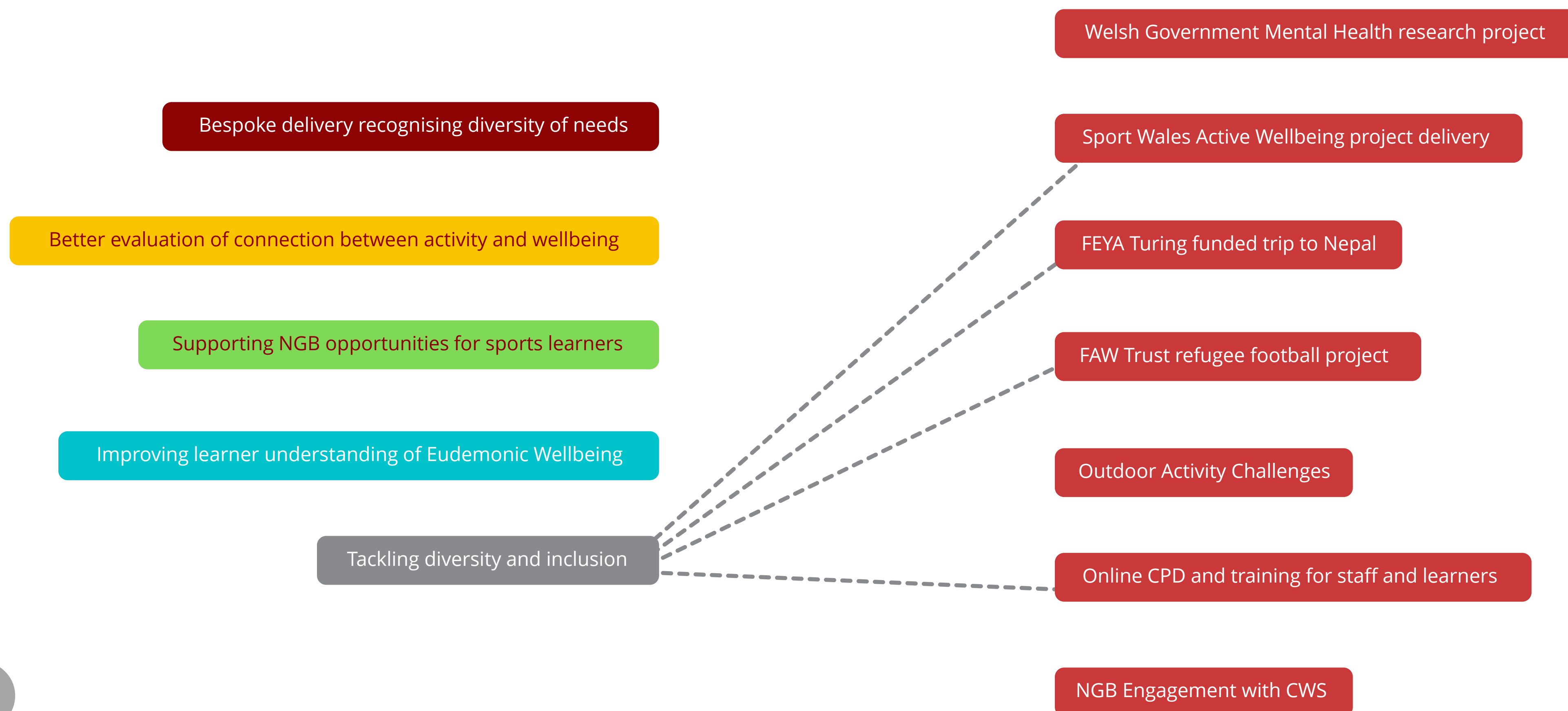
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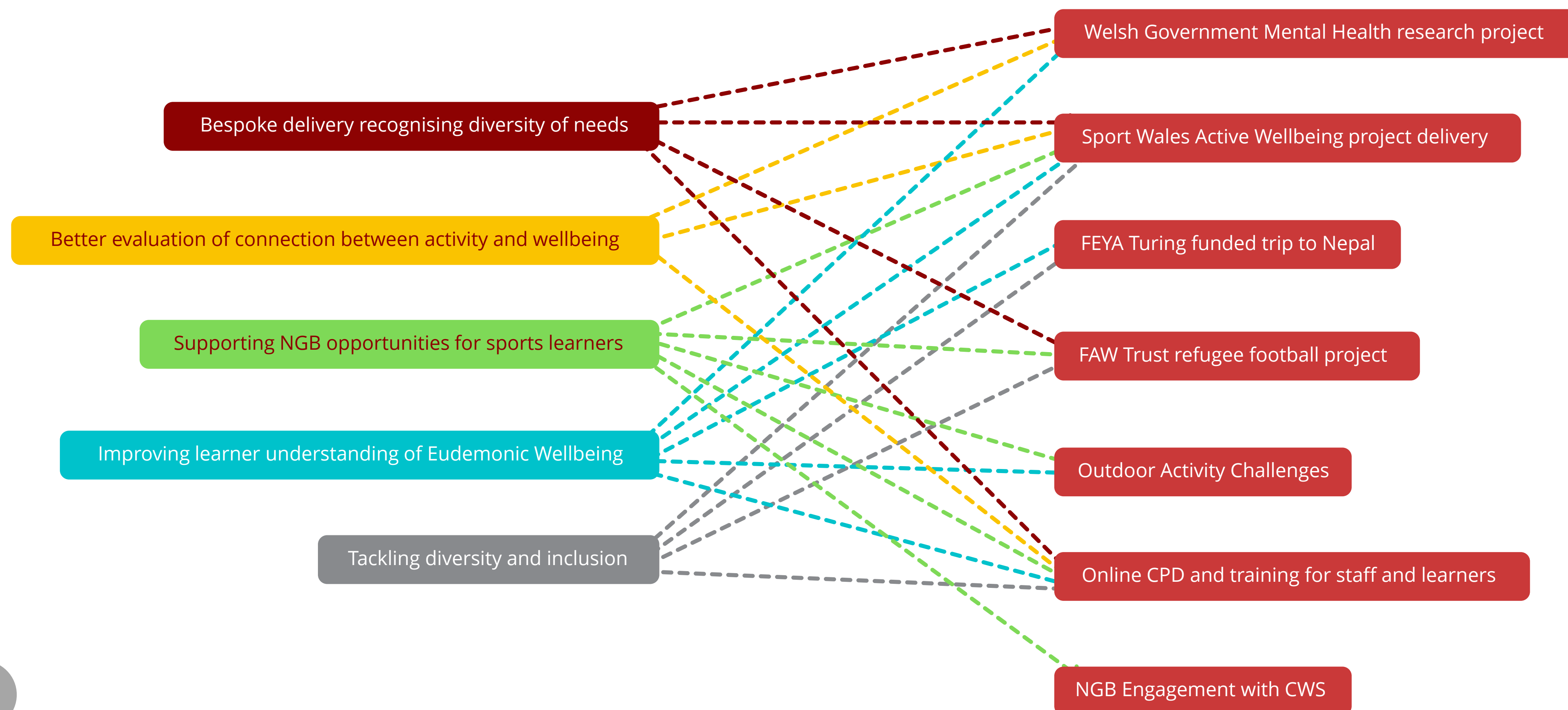
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Turning Evidence and Learning into Action

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Some key points for discussion



HOW CAN WE RECOGNISE THE WIDER
VALUE OF ACTIVE WELLBEING ALONGSIDE
PHYSICAL / HEALTH BENEFITS?



CREATION OF NEW EVALUATION
TOOLS MEASURING THE CONNECTION
BETWEEN ACTIVITY AND WELLBEING



SPORT – POTENTIAL IMPACT OF COVID ON
FUTURE WORKFORCE IN THE SPORT AND
WELLBEING SECTOR



SPORT – HOW CAN WE ENSURE AN “EQUAL”
RETURN TO SPORT THAT RECOGNISES THE
WELLBEING NEEDS OF ALL LEARNERS?



HOW CAN DELIVERY CHANGE TO IMPROVE
UNDERSTANDING OF WELLBEING AND LONG
TERM BENEFIT