# Health Promotion Policy

## Health Promotion Statement

This Youthreach centre is a health promoting centre guided by the principles of respect, openness, flexibility, commitment, inclusiveness, non-judgemental and empowerment. It acknowledges the rights of all those involved to healthy lifestyles and a health promoting environment.

The centre acknowledge the responsibility of all those involved in the organisation to:

* Contribute to a health promoting environment for everyone.
* Endorse a holistic understanding and approach to health.
* Guide and support everyone in the organisation in implementing policy at all levels.
* Actively encourage individual and collective ownership of health promotion.
* Recognise the need for guidelines and good practice for management, workers and young people in implementing health promotion activities.
* Endorse and encourage interagency co-operation.
* Base this policy within the context of legislation and structures at national, regional and local level.

## Aims & objectives

The aim of this policy is to develop a framework within which health can be actively enhanced in and through this Youthreach centre

The objectives of this policy are:

* To clarify the role of health promotion within this Youthreach centre
* To create guidelines which will inform and develop quality standards in relation to
  + the working environment of staff and young people
  + programmes for all stakeholders in this Youthreach centre
* To outline the roles and responsibilities of those involved in implementing the policy

## These are the aims of this Youthreach centre as a health promoting organisation

* To provide a health promoting environment for working and learning by providing a safe and health enhancing social and physical environment.
* To promote individual, family and community responsibility for health.
* To encourage healthy lifestyles and present a realistic and attractive range of healthy choices for young people and all those involved in the organisation.
* To enable all young people to fulfil their physical, physiological and social potential and promote self-esteem.
* To set out clear aims for the promotion of health and safety for the entire organisation.
* To encourage and develop positive relationships between young people and staff within the organisation.
* To clarify the social aims of the organisation for management, staff and young people alike.
* To provide a choice of stimulating challenges for young people so that they can experience involvement and success in a range of satisfying learning and leisure activities.
* To actively promote the health & wellbeing of all those involved within the organisation.
* To consider the role and the potential of complementary services within the community for advice and support in health education and health promotion.
* To access and implement programmes on a needs basis, reflective of the needs of young people ensuring educational methodologies which actively engage young people and encourage empowerment and participation.
* To equip young people with the knowledge and skills they need both to make sound, informed decisions about their personal health and to preserve and improve a safe and healthy environment.

## Specific roles and responsibilities

**The role of the health promoter**

The health promoter is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for this Youthreach centre.

**Outline of responsibilities for the health promoter (job description).**

* The coordination of health promotion team.
* The convening of meetings of the health promotion team when required.
* Informing and liaising with management regarding updates and progression of health promotion work and the health promotion team.
* Liaison with key staff regarding health promotion work within the organisation.
* Key leader in roll out/progression/implementation/drafting of health promotion policy and or health promotion strategies developed for the organisation.
* Sourcing information, training and resources relevant to health promotion.
* To act as a representative for the unit at regional and national health promotion meetings.

Time is to be allocated to this health promotion role.

**Health promotion team: composition of group**

The health promotion team consists of two members of staff. Both members report to the health promoter. Each member is nominated by their organisation and both act as health & safety officers.

**Functions of group**

* To develop and implement health promotion within working environment.
* To assist the health promoter in implementing programmes relevant to health promotion.
* Assist coordinator in progression/implementation/drafting of health promotion policies and strategies developed for the organisation.
* To bring to the attention of the coordinator any information, training and/or resources relevant to health promotion.
* The team is not solely responsible for the carrying out of tasks in achieving a health promotion environment, all staff must participate in this.

**Membership of group**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Health promoter/coordinator of health promotion team

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Health promotion team

As health promoter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is responsible for the coordination of the activities of the health promotion team. The health promotion team roles are for a period of 12 months whereby it will be reviewed by the management/committee in conjunction with the health promoter.

**Working methods**

* All members of the health promotion team are required to attend meetings. If this is not possible please send apologise.
* Members of the health promotion will be notified in good time of any meetings/workshops.
* The health promotion team will meet once a month.
* Future dates of meetings decided at the end of meetings.
* Recommendations and minutes will be forwarded to the coordinator.
* Minutes taken for all meetings and kept on file.

**Specific responsibilities**

The health promotion team is specifically responsible for providing support to the health promoter and providing assistance in the maintaining of H.P policies, strategies and standards within the organisations.

## Staff development, training and support issues

This Youthreach centre aims to provide help, support and training for staff by providing;

* Access to information through updated information on up and coming training courses on staff notice board, by email and on database of training providers.
* Resource library.
* Attend relevant workshops on issues relating to organisation.
* Staff are encouraged to identify their own health and training needs and to undertake training accordingly.
* Staff are allocated time necessary for training.
* Team meetings are held once a week to discuss any issues which may arise.
* Supervision when needed.
* Staff planning and review days held 4 times a year.
* A counsellor is available for staff at this Youthreach centre when necessary.
* Management meet 4 times a year.
* Staff will not be expected to facilitate or undertake workshops without the adequate training.

## The organisation’s health promotion work in a community context

This Youthreach centre has a comprehensive list of support and referral agencies.