

Beacon policy. To précis and change for STUDENT



Student Health and Wellbeing Policy

POLICY STATEMENT:

The policy will apply to all students attending programmes and courses at Beacon+. This Policy will be communicated to all students during their induction phase and a copy will be available at all other times on Beacon+ website.

Beacon+ will have a planned approach to students' personal health and wellbeing.

It will positively promote the health and wellbeing of all students through information and supporting accessibility, for example through support services, information networks and regular health promotion campaigns, including alcohol awareness, diet, exercise, self-management, drug awareness, mental health awareness

It will support the physical, mental and social wellbeing of all students and promote a safe and healthy environment in which teaching and learning can take place.

PROCEDURES: Beacon+ has a responsibility to promote good physical and mental health and wellbeing and it aims to promote good practice in both physical and mental health and wellbeing activities provide support and guidance for individuals and groups provide confidential counselling for students whose wellbeing is affected by either the learning environment and work or external factors

encourage students to take more personal responsibility for their health and wellbeing and providing opportunities for example some themed weeks and days throughout the year to promote within Beacon+; which could include

British Heart Foundation – Healthy Heart Month

Think Pink Week – Breast Cancer Awareness Mental Health Week – MIND Jeans for Genes day World Aids Day Green Awareness Day Testicular Cancer

Health and Wellbeing Support Provided by Beacon+

Beacon+ will provide support through the area of Learning Support and Enrichment on the following topics by linking with external organisations and professionals: A Sexual Health Service Drug and Alcohol Services Stop Smoking Support on Diet and Nutrition Mental Health Service Chlamydia Screening Student counselling Tips on reducing stress and increasing relaxation Physical fitness Healthy relationships and Contraception Workshops and activities will be organised such as: Fitness testing Healthy eating taster sessions Relaxation activities Drug, Alcohol and Substance Misuse

Beacon+ has a zero tolerance on drugs, alcohol and substance misuse, should it appear that a student may have drugs on them Beacon+ will stop and search the student.

At induction Beacon+ will raise students' awareness of the dangers of drugs, alcohol and substances misuse to their health, and the legal and professional consequences of drug abuse. Beacon+ will provide help and support if needed.

No one should attend for study in an unfit state because of alcohol or under the influence of drugs, with the exception of medically prescribed drugs. Any student believed to be under the influence will be temporarily suspended with disciplinary proceedings .

Self-harm and Mental Health

This can cover a range of experiences

Staff may identify students with concerns such as

Stress/ anxiety attack Depression Eating disorder Changes in behaviour which cause concern

Beacon+ will support students through a range of services which may include Beacon+ counselling service and/or by referring to external organisations and encouraging the student to seek support from their GP. Beacon + will uphold confidentiality as long safety is not compromised.

Stress Stress can be caused by a wide variety of factors and the effects of possible sources of stress will vary with each student. People react differently to work pressures, and deadlines that may motivate one student may be a source of severe stress to another. Students may be subject to pressure both inside and outside of Beacon+ and sometimes it may be a combination of these pressures that results in harmful levels of stress.

Personal Tutors will provide support to help develop students' academic and personal skills such as organisation skills and time management.

Students will have access to Beacon+ Counselling Service, in order to assist them in managing levels of stress, anxiety and self-harm.

Harm. Continue from here

Staff will check if the student is already known to the Student Assessment and Support team or has a risk assessment. The Student Assessment and Support team will refer as required to Beacon+ counselling service or external agencies.

Beacon+ will raise awareness of self-harm and any concerns should be referred to the Progression Mentor / Personal Tutor in the first instance. Progression Mentors / Personal Tutors will consult with the Student Assessment and Support team and refer as required to Beacon+ Counselling Service or to the Safeguarding Team and external agencies as required. Staff have an important role in monitoring and reducing the impact of mental health difficulties on the student's ability to study.

Eating Disorders Beacon+ is aware that many students will become aware of their body shape and weight during their teens and as young adults and in some instances this can lead to an eating disorder. Staff must also be aware that students may be suffering from other conditions such as autism which may affect their eating habits. Some students may fast for religious reasons. Staff who have any concerns about a student should refer to the Progression Mentor / Personal Tutor in the first instance. The Progression Mentors / Personal Tutors will refer as required to the Student Assessment and Support team, College Counselling Service or to the Safeguarding Team and external agencies as required. Healthy Eating Beacon+ wishes to promote healthy eating habits for all students, as part of general health awareness. Opportunities will be made available for students, through health promoting activities including Wellbeing Week. Beacon+ will encourage students to eat appropriately and

the food outlets of Beacon+ will offer a choice of food which will assist students in sustaining healthy eating habits.

Smoking Beacon+ aims to develop a non-smoking culture but recognises that some students are smokers. Beacon+ therefore provides designated smoking areas on campus. Smoking in non-smoking areas is in breach of the student disciplinary policy and there is a total ban on smoking in all College buildings. Beacon+ recognises that smoking is an addiction and aims to provide a supportive environment for those wishing to stop. Reasonable support will be offered to students to help them to stop smoking. Beacon+ will aim to support those who wish to give up smoking through the Thanet Clinical Commissioning Group. Beacon+ will also run 'No Smoking Day events' to raise awareness. Advice and counselling can be obtained from Occupational Health providers, GPs, local NHS. And college counsellors

Information on stopping smoking with support from local cessation services will be provided for smokers. Those wishing to use e-cigarettes will be required to follow the smoking policy and only use them in the designated areas.

Physical Exercise Beacon+ wishes to promote regular physical exercise for all students, as part of general health awareness. Opportunities will be made available for students through Beacon+ Sports Maker, who will raise awareness of the benefits of regular physical exercise. Links will be provided to local community clubs. Opportunities will be made available to students to participate in various forms of physical exercise with taster events during induction, Wellbeing Week and throughout Beacon+ year.

Healthy Relationships and Sexual Health With reference to 'A Framework for Sexual Health Improvement in England March 2013' Beacon+ aims to support the sexual health needs of its students by providing support through external agencies and the NHS sexual health nurses. Beacon+ recognises its responsibilities in raising awareness of the key important issues that still need to be addressed in young adults and its role in working with local agencies in the prevention of the following:

- Inappropriate relationships
- Sexually transmitted infections (STIs) including Chlamydia testing and diagnoses
- Teenage pregnancy through under-18 conceptions, by ensuring that people have access to the full range of contraception
- HIV, through prevention strategies and increased access to testing to enable early diagnosis and treatment

Beacon+ aims to build a sexual health culture that prioritises prevention and supports behaviour change by:

- Ensuring that students know how to ask for help, and are able to access confidential advice and support about wellbeing, relationships and sexual health
- Ensuring that students have rapid and easy access to appropriate sexual and reproductive health services
- Ensuring that student are able to access support to enable them to make informed and responsible decisions, understand issues around consent and the benefits of stable relationships, and are aware of the risks of unprotected sex
- Ensuring that students are motivated to practise safer sex, including using contraception and condoms
- Increased availability and uptake of testing to reduce transmission of STIs

Sexual Health Education for Vulnerable Groups Beacon+ is committed to ensuring that accessible information and support is made available for young people with learning disabilities and for their parents, including information about sexuality, abuse and consent and practical information about contraception and safer sex where appropriate.

Evidence within government reports indicates that homeless people are at increased risk of STIs and unwanted pregnancies and can come under pressure to exchange sex for food, shelter, drugs and money. Therefore, Beacon+ will have a particular

focus on this and other vulnerable student groups through the Progression Mentors / Personal Tutors and the Vulnerable Student Liaison Officer to ensure early identification of need and support is available.

Appendix Useful Contacts Non-Smoking NHS support website: www.gosmokefree.nhs.uk To find out more about the health and wellbeing benefits of quitting smoking visit: www.nhs.uk/Livewell/smoking/Pages/Betterlives.aspx Call the Kent Stop Smoking Service now on 0800 849 4444 or text QUIT to 87023. For further help to quit, visit www.wequit.co.uk or www.nhs.uk to find out which services are available near you. QUIT – independent charity website: www.quit.org.uk Helpline: 0800 00 22 55 Drugs & Alcohol Advice NHS Choices - <http://www.nhs.uk/Livewell/studenthealth/Pages/Smoking,alcoholanddrugs.aspx> KCA - <http://www.kca.org.uk/> Change, Grow, Live <https://www.changegrowlive.org/> East Kent Substance Misuse Team - <http://eastkentdrugandalcohol.org.uk/> Other addiction <https://www.addictionhelper.com/legal-highs/> Tel: 0800 9159401 Video Games <http://www.videogameaddiction.co.uk/help/> Tel: 08000 886686 Mental Health Samaritans - 365 days a year/24 hours a day 0845 7909090 www.samaritans.org Saneline- 365 days a year - 12noon to 11pm weekdays- 12noon to 6pm weekends 0845 7678000 www.sane.org.uk MIND Mental health charity for England & Wales 0845 766 0163 <http://www.mind.org.uk/> Domestic Violence National Domestic Violence Helpline- 7 days a week. 24 hours a day 0808 2000247 www.refuge.org.uk Sexual Health Terrance Higgins Trust <http://www.tht.org.uk/our-charity/Get-help-now> Tel: 0808 802 1221 Eating Disorders Beat - Beating Eating Disorders telephone helplines and email services for people affected by eating disorders, including anorexia nervosa and bulimia nervosa. Youth helpline for people aged under 25. Provide a listening ear, information and literature. Run a network of support groups, postal and telephone contacts throughout the UK. Formerly known as Eating Disorders Association. How to contact: Phone: 0845 634 1414 adult, 0845 634 7650 youth; youth line open Mon-Fri 4.30pm-8.30pm, Sat 1pm-4.30pm. Email: help@b-eat.co.uk Website www.b-eat.co.uk