

# Foyer Health Programme

## Test bed



# Welcome

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# Foyer Health Programme

Foyers established two key strands of their offer;

Housing plus

Holistic support including education training and routes to employment plus more.....

**Health to sustain and optimise the above outcomes**



# Foyer Health Programme

## Healthy Transitions framework

- Developing agency skills - empowering young people to change and achieve
- Healthy Settings - creating supportive environments for health and making the healthy choice the easy choice
- Sustainability, partnerships
- Creativity and Innovation
- Learning Network
- Developing an evidence base



# Life Coaching double impact- staff

- Adopting a less prescriptive and more creative approach
- Empathising and then personalising the service
- Finding young people were more empowered to achieve their own goals as a result

*( Summary Foyer Staff 2010 Life Coaching Survey)*



# Life Coaching double impact- young people

“Life coaching offers the opportunity to work with someone over a longer period of time in order to achieve their goal allowing more effective work to be done.” Foyer Staff Survey Sept 2010

“Entirely, life coaching has improved the way I deliver support and I see results quicker.” Foyer Staff Survey Sept 2010

# Key Achievements

- **6,942** young people in Foyers have been supported in one to one life coaching sessions
- **3,034** young people participated in specialist health programmes.
- **15,642** wider beneficiaries have benefitted from the programme
- **£850,000** added value from local partnerships



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# Young people's health and well being improved

## Managers reported an improvement as a result of the Programme in key health related areas

	%
Poor Nutrition	100%
Lack of Confidence and Self Esteem	89%
Lack of Exercise	86%
Emotional Issues	83%
Sexual Health	80%
Medical Issues	71%
Anti-social Behaviour	60%
Poor Sleep Patterns	54%
Substance Misuse	52%
Alcohol Misuse	51%
Obesity	40%
Teenage Pregnancy	37%
Smoking Cessation	31%

# Young people's health and well being improved

“Residents are more willing to engage in the service and are more motivated and willing to change. Have more energy and enthusiasm through eating and exercising so we have less anti social behaviour to manage.” Foyer Staff Survey Sept 2010

“We have seen many people move from being on class A drugs and alcohol, ..within twelve months being free of their dependences and successfully moving on into independent living.” Foyer Staff Survey Sept 2010



# ↑ Well Being = ↑ Engagement

‘We note a better attendance on team meetings. We had tenant representative election and all residents got involved. We also increased the number of residents completing consultations and getting involved with policies and procedures.’ Foyer Manager Survey 2010

We have used our equipment to work with mostly the young people who have been difficult to engage or with young people with ADHD who have found exercise an outlet for their energy. A water cooler has been installed and the sweet and chocolate vending machine has been removed.’ Foyer Manager Survey Sept 2010



# Youth Involvement Pays

- Health Action Teams
- Community Involvement
- Life Coaching



# Health focus boosts attainment

*Local businesses have a changed opinion of our Young People and employment prospects have improved. Agencies are more open to deliver their services in house to our customers.*

*( Foyer Manager Foyer Health Survey 2010)*



# Pro- Active Health Approach = Positive Housing Outcomes

- Maintain and Sustain Tenancies
- Reduction in evictions
- Reduction in Anti Social Behaviour
- Improved positive move ons
- Better engagement of hard to reach groups



# Over to you.....

- 3 ways you could continue or improve health outcomes in your Foyer or other services



# Sustaining Healthy Transitions

- Maintain the momentum
- Youth Involvement
- Life coaching training- managers and staff
- Quality Assurance Health Policies and Strategic Framework
- Commissioned Research - Capturing Learning
- Action Planning
- Localised service solutions
- Use the network



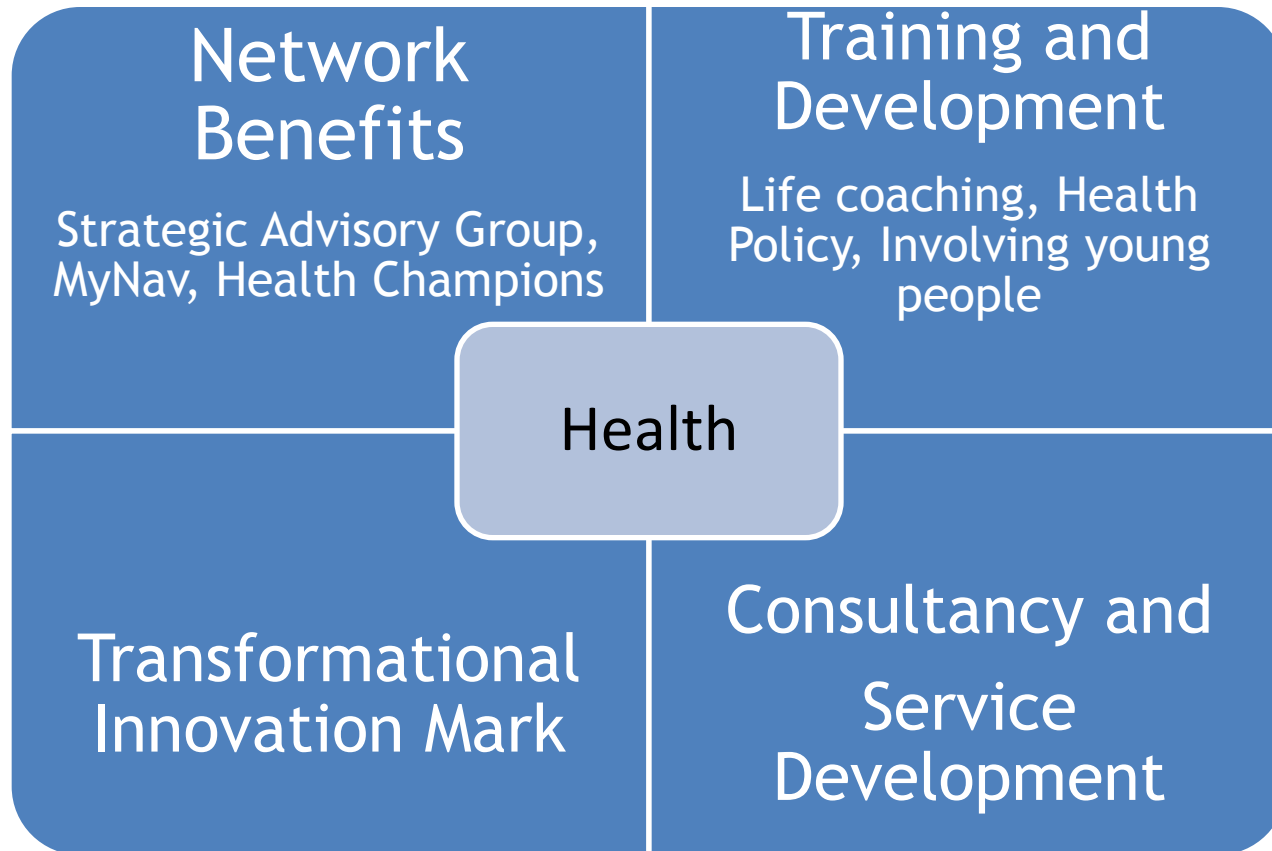


# The future for health

- Personalisation and public health
- Localisation agenda Foyers as hubs
- Engagement of different groups and achievement of outcomes
- Community engagement
- Workforce development- staff benefits



# Health Test Bed Packages



# Foyer Health Programme

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