

**Lancashire Adult Learning – Opportunities for collaboration and partnership to support Health and Wellbeing strategies in Lancashire**

Contact for further information:

Andy Parkin, Lancashire Adult Learning, 01282 508 278, [a.parkin@lal.ac.uk](mailto:a.parkin@lal.ac.uk)

## **Executive Summary**

Lancashire Adult Learning is the second largest adult community learning provider in the country and provides exceptional learning opportunities across Lancashire. The primary objective of Lancashire Adult Learning is to deliver a wide range of high quality 'targeted' programmes, which focus on the needs of disadvantaged people and those least likely to participate in learning. These include those furthest away from the job market, people on low incomes, and adults with low skills who lack 'first rung' qualifications.

## **Recommendation/s**

The Health and Wellbeing Board is recommended to:

- (i) Raise awareness of Lancashire Adult Learning and its curriculum offer within Lancashire County Council and Public Health in order to identify opportunities for collaboration and partnership.
- (ii) Make recommendations to Clinical Commissioning Groups and locality managers to identify opportunities for Lancashire Adult Learning to support and contribute to health initiatives within districts and localities.
- (iii) Support Lancashire Adult Learning to ensure that the learning offer is directly linked to Lancashire's strategies to support adults.

## **Background**

The offer reflects the needs of local communities, and regional and national priorities. Delivery is aligned to Lancashire County Council's strategic objectives and priorities for example, 'Digital Inclusion' and 'Starting Well, Living Well and Ageing Well'. We also work to meet national agendas and these include the Department for Work and Pensions' Fuller Working Lives and the Troubled Families programme.

As a result of a thorough understanding of the profile of people living and working in Lancashire, the College offer is defined around the following curriculum areas: Health and Wellbeing; Preparation for Life (Basic Skills); Employability; Digital Inclusion and ICT; Family Learning; Arts, Modern Foreign Languages and Humanities; Volunteering.

In addition to the 'targeted' learner offer, Lancashire Adult Learning provides an extensive range of engaging and interesting lifelong learning courses through its publicly advertised

programme. In 2017-18, Lancashire Adult Learning engaged with 13,500 learners, 2500 of which were learners who completed a Health and Wellbeing course.

The majority of Lancashire Adult Learning's Health and Wellbeing courses are delivered in partnership with community organisations across Lancashire, who work to improve their lives. This provision is delivered in the heart of communities and is shaped to meet the bespoke needs of the groups. These courses are provided free of charge and are delivered by teachers who are highly skilled at meeting the needs of learners in order to support them to move forward with their lives.

The Health and Wellbeing curriculum provides a range of taster sessions and longer courses in a variety of health related topics which offer learners the chance to improve their health and overall wellbeing whilst developing key skills that will enable them to progress onto further learning and employment opportunities.

There is a small amount of accredited provision within the offer which includes Level 2 and 3 qualifications in: First Aid and Level 2 qualifications in Food Safety and Health and Safety. The vast majority of the curriculum is unaccredited and has been developed in line with the documents stated below.

The key priorities within Health and Wellbeing are:

- Align the curriculum with the three programmes of work as detailed in the Lancashire Health and Wellbeing Strategy: Start Well, Live Well, and Age Well in order to support the wider Lancashire vision "that every citizen in Lancashire will enjoy a long and healthy life".
- Ensure the curriculum offer is responsive to the 7 key health behaviours in Lancashire as identified in the LCC JSNA (Joint Strategic Needs Assessment) – Alcohol, Drug/substance use, Healthy eating, Mental health, Physical activity, Sexual health, Smoking/tobacco use.
- Respond to identified local and national significant health issues in an effort to reduce health inequalities across Lancashire (District Health Profiles).
- Across Lancashire, the consistent significant health issues are: Mental health, Obesity, Physical Inactivity, Alcohol, Drug/Substance use and Smoking. Working in partnership with LCC's Public Health Team and the NHS, we aim to support partners across Lancashire who are working to educate the public and reduce the prevalence of these issues.
- Reduce the number of premature deaths by improving how people live their lives.
- Work with partners to plan provision that responds to local needs and provides opportunities to engage learners who are disadvantaged and least likely to participate, including those in rural areas and people on low incomes with low skills.
- Provide robust Information, Advice and Guidance to support learners to progress onto appropriate and relevant learning opportunities, including English, Mathematics, ICT and Employability.

Health and Wellbeing courses are targeted at a range of learners, some of which are the most vulnerable in Lancashire. Examples include; unemployed adults, people who are recovering from alcohol and substance misuse, people suffering from mental ill health,

people with long-term health conditions, offenders / ex-offenders and blind / partially sighted adults. Feedback from learners tells us that attending courses such as Chair Based Exercise has greatly improved their long-term health, confidence and ability to live independently whilst across all areas of the provision 75% of learners reported that by attending a course they had reduced their dependency on health care services. Lancashire Adult Learning aims to continue to have a positive impact on the residents of Lancashire by working with a range of partners. By engaging with members of the Health and Wellbeing Board we aim ensure that the learning offer is directly linked to Lancashire's strategies to support adults.

### **List of background papers**

None