

	Gasóga na hÉireann/Scouting Ireland			
	Document No.	Issued	Last Amended	Next Review
	SID-YP07	10 th Feb. 2018		Feb. 2021
	Category: Youth Programme			
Health Promotion Policy				

Related Documents

Revision Schedule		
Revision	Date	Description
#	10/02/2018	Document Issued

Scouting Ireland Organisational Health Promotion Policy

Health is the extent to which an individual or group is able, on the one hand, to realise aspirations and satisfy needs; and on the other hand, to change or cope with the environment...a resource for life, not an object of living; it is a positive concept emphasising social and personal resources as well as physical capabilities' (World Health Organisation (WHO), 1986).

1. Policy Statement

Scouting Ireland endorses a holistic understanding and approach to health. It is the goal of Scouting Ireland, in line with our Aim, to provide, within the Youth Programme, the opportunity for young people to make healthy choices in their lives. This equipping of young people with the skills and knowledge to make healthy choices will be delivered through a programme of fun, adventure and challenge.

2. Aim and Objectives

The aim of this policy is to mainstream and regularise Health Promotion within Scouting Ireland to ensure young people have the skills and knowledge to make healthy choices in their lives.

This will be achieved by:

- ♦ Clarifying the role of Health Promotion within Scouting Ireland and how it fits with our existing ethos and value base.
- ♦ Providing guidelines for staff and volunteer adults that will ensure Health Promotion remains at the heart of our practice and Programme.
- ♦ Outlining the roles and responsibilities of all stakeholders involved in making this policy a reality, while detailing also the right to training and support of such stakeholders.
- ♦ Describing the procedure for disseminating this policy to members at all levels across the organisation and bringing our Health Promotion work into the wider community.

3. Scope of the Policy

This policy applies to all members and staff of Scouting Ireland. This includes those at management level as well as our volunteer adults at local level. At the heart of this policy are our Youth Members, who are divided into the following age categories, known as *Age Sections*:

- ♦ Beaver Scouts 6 to 8 years
- ♦ Cub Scouts 9 to 11 years
- ♦ Scouts 12 to 15 years
- ♦ Venture Scouts 15 to 17 years
- ♦ Rover Scouts 18 to 25 years

Adult members, while primarily responsible for providing Health Promotion opportunities for younger members, are also encouraged to see this policy as an opportunity to take ownership of health in their own lives. Scouting is a reciprocal activity where adults should be able to gain, as well as to give, and their health and personal development remains a priority for the organisation.

Health Promotion may take place in a variety of settings due to the nature of Scouting. These include places of work such as our National Office and Campsites; meeting halls around the country and other residential settings.

4. Clarification of the Role of Health Promotion within the Organisation

Scouting Ireland understands “health” to be a multi-faceted concept, “a state of complete physical, mental and social well-being, and not merely the absence of disease and infirmity” (WHO, 1948). We endorse the importance of health education for young people, understanding that health education “comprises [of] consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health” (WHO, 1998).

However, health education alone will not enable young people to make healthy choices if no provisions are in place to support them in developing healthy lifestyles. This is why we advocate for Health Promotion in all aspects of the work of Scouting Ireland. We understand Health Promotion, as defined by the Ottawa Charter, to be “the process of enabling people to increase control over, and to improve, their health” (WHO, 1986). We endeavour to attend to the health needs of our members at all five levels as suggested by the Ottawa Charter:

- ♦ Develop personal skills;
- ♦ Build healthy public policy;
- ♦ Reorient health services;
- ♦ Strengthen community action; and
- ♦ Create supportive environments.

Scouting Ireland believes that the principles of Health Promotion are complementary to the principles by which it works. The core ethos of Scouting is the Promise that we make. This is a three part commitment to do one’s best to seek spiritual fulfilment, contribute to the society in which one lives and to live by a simple code – the Scout Law.

We encourage and support our members to learn life skills, to develop meaningful relationships with their peers and leaders, to gain leadership experience and to participate in decision-making. Through this work we aim to achieve our mission, to enable young people to develop to their fullest potential as responsible citizens of the world.

5. Health Promotion in Action – Guidelines for Good Practice

Good practice will be guided by Scouting Ireland’s existing Safety Guidelines, Code of Good Practice, the ONE Programme, Equality and Inclusion Policy, and by the criteria laid out by the National Youth Health Programme Q-mark.

It is expected that all staff and volunteer adults will:

- ♦ Incorporate Health Promotion into all aspects of their practice;
- ♦ Identify and respond to the health needs of young people through health promotion activities and support their active participation; and
- ♦ Encourage young people to take responsibility for their own health.

6. Specific Roles and Responsibilities within Scouting Ireland

The role of Health Promoter will be taken on by a Team Lead on the National Youth Programme Committee (NYPC), with support from a staff member based in National Office. The Health Promoter will also be supported by a Team. This Team is made up of representatives of a number of important groups who are central to the promotion of health within Scouting Ireland: each of our component Sections; Adult Resources; Equality, Diversity and Inclusion; International; Communications; etc.

Further detail is included in the appendices:

Scouting Ireland Health Promoter Job Description (Appendix I)

Scouting Ireland Health Promotion Team Terms of Reference (Appendix II)

7. Staff/Volunteer Training, Support and Supervision

Scouting Ireland has an established network that grows from local Groups up to National level so that every volunteer has a Support Person to turn to for support and supervision. In addition there is Support Staff employed in every area who can address the concerns of volunteers.

Adult training (or the Woodbadge Training) is built into our annual calendar at Provincial and National levels and takes place locally in areas of identified need, as well as informally between new and more experienced adults. The Health Promotion Team includes a representative from the National Adult Resources Committee who will liaise with them to provide training to adults on areas of common interest.

8. Health Promotion Work in a Community Context

Scouting Ireland promotes community participation as an important facet of the Scouting ethos, and it is intended that the benefits of our Health Promotion initiatives will extend far beyond local Groups and on into a wider local, national and global community.

As part of a global organisation, the World Organisation of the Scout Movement (WOSM), Scouting Ireland is committed to participating in worldwide actions to further the Sustainable Development Goals (SDGs). Health is inherently essential to the achievement of these goals, which cover such broad ranging issues as poverty, hunger, education, sanitation and well-being for all.

Scouting Ireland is committed to supporting and maintaining existing links with outside agencies and networks. We will continue to explore further links with other complementary services, both nationally and locally.

9. Dissemination of the Policy

The umbrella-role of the Health Promotion Team means that this policy can be easily disseminated throughout the organisation as all Sections and Committees are represented. It also facilitates input to the National Management Committee (NMC) and all decisions and policy changes that impact on the health promoting ethos that Scouting Ireland has adopted.

The Health Promotion initiative has been embedded in the “ONE Programme” Curriculum across the six areas of Personal Growth – Social, Physical, Intellectual, Character, Emotional and Spiritual.

Scouting Ireland maintains a proactive communications strategy through a member website, social networking sites and regular emails to members. Through this variety of media the Health Promotion agenda can continue to remain in the forefront.

10. Monitoring and Review of the Policy

On-going monitoring of the Health Promotion policy and its implementation process will happen via the NYPC, where Health Promotion will be maintained as a regular agenda item. The Health Promotion Team will review feedback and reports on the policy and make amendment suggestions to the N MC.

The Health Promoter will endeavour to be familiar with, and keep abreast of, changes to, relevant policies, circulars and legislation regarding the health of young people in Ireland and feed such information back to the Health Promotion Team.

A full evaluation of the policy will take place every three years. All relevant stakeholders will be consulted to ensure that the policy is being incorporated into the organisation in a holistic way and that impact and outcomes at all levels are explored. Updates on such reviews and changes to the policy will be disseminated through the communication methods detailed above.

For further information please see:

Scouting Ireland Website

<http://www.scouts.ie>

WHO (1948) Constitution

http://www.who.int/governance/eb/who_constitution_en.pdf

WHO (1986) The Ottawa Charter for Health Promotion

http://www.euro.who.int/_data/assets/pdf_file/0004/129532/Ottawa_Charter.pdf

Appendix I

Scouting Ireland Health Promotion Team Terms of Reference

In an effort to ensure that Health Promotion is fully embedded in Scouting Ireland's programme and practice, the NYPC have taken on the role of Health Promotion Team. As such the group will not meet specifically as the Health Promotion Team, but rather will maintain Health Promotion as a regular agenda item for their Committee. This Committee in turn will report to the NMC through the Chief Commissioner (Youth Programme) on matters arising from the Health Promotion policy.

The Working Group will support the NYPC in keeping up to date with developments and best practices. This Group will work with the Health Promoter and will be made up of members from the following Teams: Adult Resources, Equality and Diversity, International and Communications.

In addition to their established methods of work as the NYPC, the Health Promotion Team will undertake the following:

The aim of the Health Promotion Team is to ensure that Health Promotion remains an integral part of the practice and Programme of Scouting Ireland. This Team is responsible for the overseeing, planning, implementing, monitoring and evaluation of all activities associated with the National Youth Health Programme. They will encourage quality health promotion throughout the organisation and thus aim to achieve the Gold Health QualityMark.

Appendix II

Scouting Ireland Health Promoter Job Description

The Health Promoter is responsible for supporting the Health Promotion Team as needed, in its aim to oversee, plan, implement, monitor and evaluate all activities associated with the National Youth Health Programme.

That person, who is responsible to the NYPC, ensures that Health Promotion is a regular agenda item and that the Committee is active in its dual role as Health Promotion Team.

That person is responsible to any Health Promotion Team members as required and encourages them in their roles as needed.