



## Children's Services

### Lifelong Learning Services Health, Cookery, Sport and Fitness

#### 1. Executive Summary

The Health, Cookery, Sport and Fitness provision provides courses across seven of the ALI (Adult Learning Inspectorate) areas of learning and inspection. It provides a diverse curriculum across 11 venues borough wide and offers entry level through to NVQ level 3 equivalent training

The London Borough of Tower Hamlets Lifelong Learning Service (LBTH LLS) is a local education authority directly delivered adult education service. It delivers on over 30 sites including 4 modern Idea Stores. It was merged with the Libraries Service in 2005/06, forming learning opportunities under the Idea Store brand.

One focus of the lifelong learning service is to widen participation in adult and family learning. It is therefore key to promote equality in the service to ensure that local people have access to appropriate learning opportunities.

Current assumptions and practices can set up barriers that can discriminate against people on the grounds of age, disability, faith, gender, religious belief or sexual orientation.

The Health, Physical and Technical curriculum is designed and attracts a diverse range of learners. This diversity is reflected in the majority of courses. Enrolment data, classroom observations and the February 2004 ALI Inspection highlight the diversity of our learners and their ability to work together co-operatively while their tutors meet their individual needs. Examples of opportunities for positive cross contact include 60yr + and 16-19yr old weight training students competing together in local, regional and national competitions.

All courses have equality of access – even when they are being targeted at particular groups. MIS data clearly indicates a mix of people participate in most classes

#### 2. Data Collection & Consultation

##### Data Collection

QLS Management Information System

Learner Satisfaction Surveys (done annually until this year; now ternly)

Service Self Assessment Report – attached to service level IA.

Curriculum Self Assessment Report – attached.

Examination data

Classroom Observation Reports – QA by the QA Manager.

Course File Audit  
ILP analysis  
Benchmarking  
Curriculum Financial Monitoring  
Curriculum Audit Reports  
Meeting Minutes – Stored locally and on VLE (Virtual Learning Environment)  
Tutor Self Evaluation – done after each course  
Tutor Staff profiles – held by HR  
Staff Development records  
Service/staff Meetings  
Course Files  
ALI Inspection , LSC national, London-wide and local data

## **Consultation**

Learner Satisfaction Surveys  
Classroom Observation Reports  
Student feedback Records (anecdotal)  
End of course Student Survey records  
LBTH Healthy Lifestyles Team Meetings  
Tower Hamlets PCT Mental Health Meetings  
Bromley by Bow Centre Meetings  
St Matthias School Sports Hall Meetings  
Idea Store Canary Wharf Learner Consultation Report  
Meetings with Tower Hamlets College

## **3. Key Findings**

### **Ethnicity**

The Curriculum attracts learners across all ethnic groups.

Enrolments of Black learners is higher than community profile but enrolments less for Bangladeshi community.

Acknowledge a growth in Bangladeshi learners but not yet reflective of community profile yet.

Examples of curriculum to attract Bangladeshi learners include weight training, food hygiene, first aid, women only exercise and health courses

Women-only courses attract women from all ethnic groups and are essential in a service that wants to provide equality of access. Where we have women only courses we also provide the same or similar courses for mixed gender groups.

To date we have had no demand or learner request for male only courses.

Market Research should be carried out with Bangladeshi men to see if this could be offered.

To increase and widen participation of Bangladeshi women it is essential to provide women only learning and teaching environments particularly in culturally sensitive curriculum areas like exercise and health.

### **Gender**

Female learners outnumber male learners across the curriculum provision reflecting the Service and trend nation-wide.

Changes to the publicity and marketing that included images of men on courses traditionally female dominated like health and complementary therapies appear to have improved enrolments on health courses especially at FE level.

Additional courses in weight training have facilitated male learners accessing learning many of whom have progressed onto other curriculum provision outside exercise i.e. IT

Examples of curriculum to attract female learners include women only exercise, varied health & parent and child swimming & cookery.

To increase and widen participation of men and women (especially Bangladeshi) it is essential to provide women only learning and teaching environments particularly in culturally sensitive curriculum areas like exercise, health and swimming. Equally it is essential to promote the male image in our marketing of health related courses and promote subjects like weight training that particularly attracts men into/back into learning.

### **Disability**

Disabled learners attend across the provision and where possible if access to a classroom is prohibitive (i.e. on a floor with no lift access) provision is made for the course to be in an accessible room, i.e. First Aid and RYA Dayskipper were moved to the ground floor of Shadwell to facilitate learners who could not access the staircase.

However, the data would indicate learners are not declaring their disability at enrolment and the information is therefore inaccurate. For example, learners are not declaring they are dyslexic or need additional examination arrangements e.g. modified paper, extra time, a reader at enrolment. This could be ameliorated by improved training for front-of-house staff and training for enrolment purposes.

New DDA resources were installed at both the Shadwell and Bethnal Green Gym/Fitness facilities.

New resources for the visually impaired were purchased and a dedicated member of support staff assisted a blind learner on a FE RYA course.

A loop system for the hearing impaired was installed at Idea Store Whitechapel.

All 4 Idea Stores are fully accessible.

We are aware of problems with access at some sites – the Shadwell and Bethnal Green Centres are only accessible on the ground floor and therefore this limits the choice of courses at these sites for people with mobility restriction.

There is a lack of targeted publicity and marketing.

Disabled learners are underrepresented.

A working partnership with the new Access and Inclusion officer in the new Idea Store restructure has not been established which would better assess the need, raise the profile and improve the SLDD curriculum provision overall.

### **Age**

There is a wide range of ages across the curriculum offer including:

Family learning classes

Classes for 60+ and 16-19 year olds

The curriculum provision provides for all ages from Parent and Child swimming and cookery to Yoga or Exercise for 60yrs +. Courses are very diverse in terms of age. Learners, young and old, learn together co-operatively.

Take up of the service is well represented across the age groups and consistent with the borough profile.

### **Sexual Orientation**

There is no evidence that the policy affects LBG groups differently or has the potential to do so. However, this is not a matter for complacency as there is equally no evidence that the policy does not affect LBG groups differently.

## **Faith and beliefs**

There is no evidence that the policy affects religious groups differently or has the potential to do so.

However, this is not a matter for complacency as there is equally no evidence that the policy does not affect religious groups differently

## **Health**

The Health, Cookery, Sport and Fitness curriculum is designed to be accessed by all target groups and to improve physical and mental health. Health assessments monitor learners' progress.

With few exceptions the provision is mixed ability and accessible to all ages, gender, ethnicity and disability. The exceptions are Health, Cookery, Sport and Fitness courses designed to target specific target groups. For example:

Race – Women only exercise courses with crèche support including body conditioning and aerobics to improve access for Bangladeshi women. Developing the weight training provision to attract more men of all ethnic backgrounds especially Bangladeshi and Black.

Gender – Women only exercise, yoga, complementary therapies, health workshops, self defence, pelvic floor workshop and post natal exercise (many with crèche support). Publicity promoting male students on health and complementary courses.

Disability – Special Needs Swimming in partnership with Tower Hamlets Youth Service. Working in partnership with Tower Hamlets PCT Mental Health Team to progress local people onto our health related courses like stress management, reiki healing, counselling, anger management, exercise for health courses. New DDA resources in the Shadwell and Bethnal Green Gym/Fitness facilities.

Age – Yoga for people over 60, Exercise for people over 60, Parent and Baby/Parent and Toddler Swimming, Parent and Baby/Toddler Massage, Parent & Child Cookery

## **4. Conclusions & Recommendations**

The areas requiring attention are:

The monitoring of student enrolment data especially additional support

Staff enrolment and lifelong Learning awareness training for all 6 Equalities strands especially for Idea Store staff

The accessibility of old buildings

Under representation by the Bangladeshi community

Under representation by Men

### **Recommendations for improvement**

Regular review of accurate data focusing on under-represented target groups

Curriculum review

Course review

Monitor workforce

## Action Plan

Recommendation	Key activity	Progress milestones
Increase participation of Bangladeshi learners	Develop programmes in partnership with Youth Service, NEET	<ul style="list-style-type: none"> <li>• Creation of targeted materials – Autumn 2007</li> <li>• Pilot new programmes in Bangladeshi Community Venues – Autumn 2007</li> <li>• Increase % of Bangladeshi learners to approximately 20% by 2008/9</li> </ul>
Deliver Family Learning cookery courses	Delivery of provision	<ul style="list-style-type: none"> <li>• New cookery staff employed and delivering courses – Spring 2007</li> <li>• Successful delivery of Family Learning cookery courses – January 2008</li> </ul>
Review Health Screening process for Health & Fitness courses (to allow for high levels of illness – diabetes etc)	Updates to existing protocols	<ul style="list-style-type: none"> <li>• Records of the review process – Spring 2007</li> <li>• New protocols proformas in use – Summer 2007</li> </ul>