



club gan ainm!

The No Name! Club

Health Promotion Policy

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Developed by:	Policy Committee of No Name! Club	
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Person Responsible for implementation:	Policy Committee Chairperson	
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Overview

No Name! Club is a National Voluntary Youth Organisation founded in 1978 and has clubs throughout the country. No Name! Clubs are run by and for young people aged 15 years + who come together in safe and lively environments where there's fun, friendship and enjoyment without the pressure of alcohol or other drugs. No Name! Clubs were founded to provide an alternative to pub culture for young people in Ireland. They demonstrate a lifestyle in which the use of alcohol or drugs is seen as unnecessary to the enjoyment of a happy, cheerful and fulfilling social life for young people. Over the last number of years, thousands of young people have valued their involvement in a programme of activities that allow them to enjoy themselves socially with their peers in a safe and friendly environment, free from the dangers and influences of alcohol and drugs.

1. Health Promotion Statement

The No Name! Club is a health promoting youth organisation which enables young people to mature without a reliance on alcohol and other drugs. We believe all young people, volunteers and staff have the right to, and should share responsibility for, enjoying a life that is healthy in all aspects. Well informed work practices ensure we guide and encourage everyone as we continuously strive to be an organisation that has health promotion as a core element of who we are at a local and national level.

2. The aims and objectives of this policy

Our Health Promotion Policy aims to develop a framework within which health promotion is an integral part of the No Name! Club. This policy will cover Staff, Volunteers and the youth of the organisation.

This policy will achieve this by:

- 1) Establishing how and where health promotion will exist within the No Name! Club.
- 2) Create guidelines that ensure health promotion is at the heart of the physical and social environment of young people, volunteers and staff as they participate in programmes that are health promoting
- 3) Clarify the roles and responsibilities of all involved in making this policy a very real part of the No Name! Club.

3. Clarification of the role of Health Promotion within the organisation

Health Promotion

Health Education:

Health Education may be defined as planned opportunities for people to learn about health and make changes in their behaviour.

"comprising 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." (The World Health Organization)

Health Promotion:

Health Promotion is "making the healthy choice the easier choice". (Milio, 1986).

Health Promotion is about raising awareness about the political and environmental factors that influence health.

Principles of Ottawa Charter

The Ottawa Charter for health promotion was published in 1986, it suggested that health promotion happens at five key levels;

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

Link between health promotion principles and the principals of the No Name! Club.

- Creating supportive environments for young people
- Encouraging and supporting young people to develop personal skills, negotiate changes in their personal development and developing coping strategies for life...
- Empowering young people to take control in their lives through the provision of health promotion information and adult guidance
- Improving access to health promotion programmes, services and activities...
- Encouraging young people to participate in decision making and planning of activities at all levels in the No Name! Club.

4. Health Promotion in Action

Guidelines for Management in planning, developing, implementing and evaluating health promotion policy in the No Name! Club.

Management should:

- Encourage the development of health promotion policy to be incorporated into the overall plan of the organisation.
- Actively encourage health promotion activities and the provision of training in health promotion for all in the No Name! Club through programme managers.
- Ensure that all working environments in No Name! Club are health promoting i.e. environments which are clean, safe, warm and hazard free, as per Health & Safety audits.
- Ensure ongoing assessment and evaluation of health promotion within No Name Club.

Guidelines for staff and volunteers in planning, developing, implementing and evaluating health promotion activities in the No Name! Club.

Staff and Volunteers should:

Become aware of the organisations health promotion policies and procedures.

- Incorporate health promotion into their role and undertake training in the area of health promotion, where appropriate.
- In partnership with young people and their parents, identify and respond to the health needs, through engagement with young people through health promotion activities.
- Encourage young people to take responsibility for their own health.

Guidelines for young people involved in the No Name! Club.

Young people should;

- Acknowledge that the No Name! Club is a health promoting organisation.
- Actively participate in health promotion activities within No Name! Club.
- Encourage their peers to participate in Health Promoting Activities.

Aims of No Name! Club as a Health Promoting Youth Organisation:

- To provide a health promoting environment for working and learning by providing a safe and health enhancing social and physical environment
- Encourage healthy lifestyle choices for young people and all involved in No Name! Club.
- To encourage and assist young people to fulfil their full potential
- To foster and develop positive relationships between young people, parents, friends and staff.
- To actively promote the health and well-being of all those involved within the organisation.

- To equip young people with the knowledge and skills that they require to make informed decisions about their personal health, particularly with regard to maturity in the use of alcohol.

5. Specific Roles & Responsibilities; Designated staff and level of knowledge & Understanding

All No Name! Club volunteers and staff members have a responsibility for health promotion.

Within No Name! Club a Health Promotion team will be established as per the Terms of Reference of Health Promotion Team.

The health promotion team may invite other individuals to certain meetings and to work on certain aspects of the process, where appropriate...for example; staff from NYCI, management, volunteers, young people, parents....etc...

Each member of the health promotion team has specific criteria within the No Name! Club in relation to health promotion.

Roles:

- To actively promote the health and wellbeing of young people, staff and volunteers within No Name! Club.
- To raise awareness and understanding of health promotion among staff, volunteers, parents and young people.
- To provide help, support and training to volunteers in relation to health promotion, through education.

Responsibilities

- To create a safe environment
- Health & safety within the workplace
- Encourage young people to take responsibility for their own health

SEE TERMS OF REFERENCE

6. Staff Development, Training and Support Issues.

- No Name! Club is committed to providing help, support and training for staff and volunteers so that they are well informed in relation to promoting health in their roles within the organisation.
- There will be ongoing training delivered by No Name! Club internally and through partnerships with external agencies.
- Information, resources and appropriate training will be available through the No Name! Club website and e-library which will be accessible by staff, volunteers and young people. (www.nonameclub.ie)
- No Name! Club provides ongoing supervision and support to staff, volunteers and young people.
- Support is available for staff and volunteers during out of hours by statutory agencies (An Garda Síochána and the Health Service Executive) should difficult issues arise.

7. The Organisation's Health Promotion Work in a Community Context.

- No Name! Club recognises the importance of meaningful partnerships with services and supports available within the communities where we operate.
- No Name! Club always seeks to link young people in with appropriate groups, clubs and services in their own area.
- A comprehensive list of services are available to staff, volunteers, young people and parents through our website.
- Where available, No Name! Club actively participates in local networks

8. The Process by which the Policy is implemented.

- The Health Promotion Policy will be implemented through training for volunteers, staff and board members.
- A communication plan will be developed and disseminated to ensure key stakeholders are informed of the policy and its implementation.
- The implementation of the policy will be monitored on an on-going basis at all levels of the organisation.

9. Procedures for Review, Monitoring and Evaluation.

The procedures for review, monitoring and evaluation will include:

- Focus groups and supervision sessions will be held with staff, young people and volunteers to review the implementation of the policy.
- The Health Promotion Team will meet bi-annually to review feedback on the policy and to make any necessary amendments and improvements.
- There will be an annual evaluation of the policy.
- All stakeholders will be kept informed of the policy and its review and evaluation through the communication plan.

Appendix 1

Health Promoter Role and Responsibilities

1) Name & Job Title

Health Promoter within No Name! Club – Carole Goulding

2) Outline of Responsibilities of Health Promoter

- Liaison with the National Youth Health programme representative to monitor HQ Mark progress
- Liaison with key staff/volunteers/young people and the Board of No Name! Club regarding health promotion work within the organisation
- Key leader in roll out/progression/implementation/drafting of HP Policy and/or HP Strategies developed for the organisation in partnership with the Board of No Name! Club.

3) An indication of the number of hours to be devoted to this role in a month (to take account of the fact that this is a distinct piece of work which requires a time commitment from the organisation).

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|---|---------------------------------|
| 1. Planning and designing policies, frameworks and other relevant tasks in order to carry out the HQM | (approx. 40% of time allocated) |
| 2. Liaising with staff volunteers and young people, external organizations and management. This will involve speaking with members of the organization on different opportunities that may arise in areas such as consultation, training etc. | (approx. 10% of time) |
| 3. Compiling feedback from other relevant bodies | (approx. 20% of time) |
| 4. Carrying out Health Promotion activities through groups and services within No Name! Club. | (approx. 30% of time) |

Appendix 2

Terms of Reference of Health Promotion Team;

The Team will function to satisfy the quality criteria set out by the National Youth Health Programme (NYHP) for the Health Quality Mark (HQM). In doing so they will:

- Assess and acknowledge current Health Promotion (HP) practice in No Name! Club.
- Develop and co-ordinate HP activities and strategies for No Name! Club.
- Ensure ongoing support in relation to the HQM for all stakeholders in No Name! Club.
- Ensure that all HP work is documented for evaluation.
- Liaise with the NYCI to ensure quality standards.
- Ensure awareness and promotion of “*Healthy Ireland*” within No Name! Club.

Membership:

The No Name! Club Health Promotion Team will consist of:-

- No Name! Club Health Promoter (currently Carole Goulding)
- The Executive Programme Manager
- 1 Staff representative

Assisted by: The Implementation Team

- 3 Programme Officer

The team plan to invite other individuals to certain meetings, where appropriate...for example; staff from NYCI, management, volunteers, young people, parents....etc...

Meeting schedule:

The Health Promotion Team will meet at least twice each year. It is envisaged that the full team or part of the team will meet more often than this, particularly at initial stages of implementation of HQM.



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