

## Active wellbeing in FE

September 2023

The link between Active Wellbeing and good mental health is widely recognised and acknowledged. Across further education (FE) colleges and with support from Welsh Government and Sport Wales, the Colegau Cymru Active Wellbeing Strategy has promoted physical, mental and emotional wellbeing through increased access to physical activity since 2014.

This important programme sees over 4,000 young people each year engage in new activities. Sport Wales grant funding and Welsh Government funding for mental health in FE has provided colleges with the opportunity to develop new projects and support existing ones. This work has included creating new staff roles and a bespoke offer for many FE groups. Challenges however remain in providing a sustainable model for Active Wellbeing in the FE Sector.

### Research and Forums

Since 2021, Colegau Cymru has published three qualitative research projects, focusing on Active Wellbeing provision. These projects have been funded by Welsh Government as part of their programme to support better mental health and wellbeing in FE colleges.

[Report: Connecting Activity, Wellbeing and Better Mental Health Among FE Learners and Staff](#)

[Report: The Value to Learners of Active Wellbeing in FEI in Wales](#)

[Report: Wellbeing insight, FE sports learners and the recovery from COVID-19 – supporting the future of Welsh Sport](#)

The research engaged with over 300 learners, their tutors and staff members, as well as some national partners. Following the research, Colegau Cymru held three regional AWB forums in the Autumn of 2022 to share insight and discuss the next steps for AWB with the sector, Areas of future strategic development include:

- **Connecting** – further work to demonstrate the long-term benefits of being active on wellbeing.
- **Cultural change** – identifying what is needed to support future college environments where AWB is part of a whole system approach.
- **Collaboration** – working with partners at a local, regional and national level to support new initiatives and development project.

### Next steps for Active Wellbeing in FE

Colegau Cymru has identified the following operational priorities for delivery and development based on the three strategic priorities listed under future development:

- Supporting colleges in developing programmes that enhance a better understanding of the benefits of activity on wellbeing, tackling inequalities in opportunity.
- Linking with wider initiatives that support the development of a whole system approach including active wellbeing in FE.

- Developing collaborative micro – projects between FE Colleges and partner organisations that increase opportunities for young people in Wales.

#### Further Information

[Sport Wales Impact Overview 2022/23](#)  
[Active Wellbeing Strategy 2020 - 2025](#)

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