

LEARNER NEWSLETTER

HOT TOPICS

OCTOBER 2022

SAFEGUARDING 101!

We at Achieving Excellence UK Ltd take safeguarding very seriously. Most of you learn and put into practice the principles of safeguarding as part of your roles every day, others still have responsibility for yourself and others! Either way, your safeguarding and wellbeing is critical to us!

So, what does that mean? Safeguarding, in essence, is the action of protecting individuals from harm or damage, whether physical, emotional or sexual. Some of you may wonder what that has to do with us. Surely our job is to deliver a qualification to you and help you succeed in it. Well, yes that is correct. Yet it is extremely difficult to compartmentalise every aspect of our lives, so if you are suffering abuse at home, it will invariably affect your ability to concentrate on your qualification or get the most out of the teaching sessions and assignments.

That is not the only reason we take your safety and wellbeing seriously though. As part of a civilised society, we feel it is every person's responsibility to look out for his fellow man (or woman of course). In any decent society we should look out for each other, whether it be family members, neighbours or colleagues.



There are times when this basic building block of a civilised society falls down. This was evidenced in the recent Panorama investigation into the Mental Health Facility, Edenfield Centre, in Greater Manchester. The investigation revealed serious and disturbing abuse of patients by staff. It is not an easy watch, but we would recommend you do so.

You can watch the Panorama programme on BBC iPlayer or on the below link:

<https://youtu.be/mDGyexA2joi>



We should all try to be aware of those around us, at home and work and look for signs of safeguarding issues and speak out if we are concerned. Please use our safeguarding contacts if you need support and have a great month and stay safe.

Mike Austin

Director

[What is Safeguarding? A Guide to Protecting Vulnerable Individuals \(highspeedtraining.co.uk\)](#)

[POL10 Policy_Safeguarding_v6.0_Sept-21.pdf \(achievingexcellenceukltd.com\)](#)

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PREVENT – COUNTY LINES



County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'county line' is the mobile phone line used to take the order of drugs. Importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapons – related crimes as a result of this trend.

(<https://www.nationalcrimeagency.gov.uk>)

County Lines is in the public eye with soap dramas such as Hollyoaks showing story lines about County Lines and how children are drawn into drug trafficking. Statistics are showing that currently this year, in London alone, 4,000 teenagers are involved in County Lines.

What does this mean to you?

What can you do if you suspect a child or vulnerable adult is being involved in County Lines?

Who can you report County lines to?

What are the signs of someone being involved in county lines?

Further information

[Substance Use | The Children's Society](#)
(childrenssociety.org.uk)

[file \(nationalcrimeagency.gov.uk\)](https://www.nationalcrimeagency.gov.uk)

BRITISH VALUES – END WORLD POVERTY DAY

The international day for the Eradication of Poverty started in 1987 and has been held on the 17th October ever since, the United Nations gather each year to discuss poverty and how it can be reduced across the world.

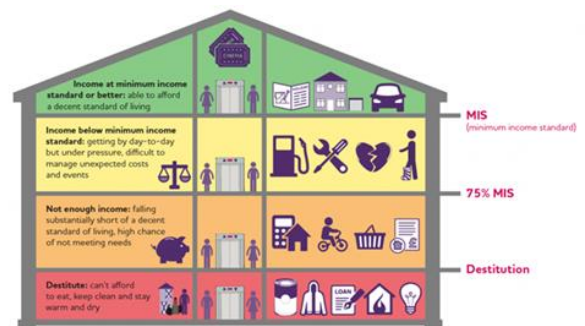
With the Cost-of-living crisis, the amount of poverty in the UK rose with people being made redundant, being furloughed or not being able to find employment. Within the UK there are more than 15 million people currently living in poverty this can mean that people cannot afford basic needs to be met such as food, heating their homes or clothes. Individuals living in poverty are also more likely to have debts, these can become unmanageable for those without a stable income and can lead to mental health difficulties due to stress.

Although the government put in place the extra support with the rebate for energy prices and the extra payments for those who are struggling this does not mean that people won't struggle throughout the winter.

If you are struggling with debt, income or wellbeing please speak to your tutor who can signpost you for support.

What are the signs of someone who is living in poverty?

What can you do to support others? This does not have to be financial support.



Further information

<https://www.bigissue.com/news/social-justice/uk-poverty-the-facts-figures-and-effects/>

<https://www.un.org/en/observances/day-for-eradicating-poverty/background>

<https://www.citizensadvice.org.uk/>

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SAFEGUARDING – ONLINE SAFETY

During the pandemic we saw a huge shift to working online due to not being able to work in an office environment or seeing others face to face, and in many businesses this has continued. Whilst working online is convenient and can allow people to reach a wider audience, it also comes with its own risks as does accessing online content in everyday life.

Although online safety is mainly aimed at children and how to keep them safe whilst working online, it is also vital that adults know how to keep safe and keep those safe around them.

In 2020, UK finance data showed that internet banking fraud was up by 117% to 55,995 cases being reported, and mobile banking fraud was up 48%. Anyone can be subject to fraud but there are steps you can follow to minimise the risks:

- Avoid using passwords that are easy to guess such as children's names, phone numbers, date of birth
- If a company calls you and you suspect it could be fraud, ask to call them back, but do this on a different phone if possible as they may keep your phonenumber open.
- Ensure that you are only using secure websites

1 in 5 internet users are children, and it is important that they are aware of how to use the internet safely, including their mobile phones. There are resources on the NSPCC website as to how to support children with safe internet usage. [NSPCC website](https://www.nspcc.org.uk)

What does this mean to you?

How does your work setting support online safety?

Who can you report a safeguarding concern to?

What are the signs of online abuse?

Are you aware of your own online safety?

Further information

<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security/>

<https://nationalonlinesafety.com/>

safeguarding@achievingexcellenceukltd.com

HEALTH AND WELL-BEING – BREAST CANCER AWARENESS



'One in seven women in the UK will develop breast cancer in their lifetime. Men can also develop breast cancer.'

Breast cancer can cause symptoms such as a lump, but a lump is not the only symptom of breast cancer.' (breastcancernow.org)

October is Breast Cancer Awareness month and this not only fundraises for Breast Cancer Charities but also raises awareness of the signs and symptoms of Breast Cancer and how to access support.

The signs of breast cancer include:

- A lump or swelling in the breast, upper chest or armpit
- A change to the skin, such as puckering or dimpling
- A change in the colour of the breast – the breast may look red or inflamed
- A nipple change, for example it has become pulled in (inverted)
- Rash or crusting around the nipple
- Unusual liquid (discharge) from either nipple
- Changes in size or shape of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Although rare, men can get breast cancer. The most common symptom of breast cancer in men is a lump in the chest area.

Should you develop any of these symptoms it is important that you contact your GP as soon as possible as 85.6% of those diagnosed with breast cancer will survive past 5 years if the illness is detected early.

How can you support Breast Cancer awareness month?

21st October is 'wear it pink' where people are asked to fundraise and wear pink to spread awareness of Breast Cancer or complete your own fundraisers such as coffee mornings or cake sales.

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EQUALITY AND DIVERSITY – BLACK HISTORY MONTH



The theme for this year's Black History Month is 'Time for change; Action not words', this supports action to be taken rather than discussed.

'To ensure real change, we need real support from our allies. It's time to reset your mindset and support us with actions, not words. Join with us, see something, say something, don't be a passive bystander. Not just at the weekend in the club or playing sports, but on the street, in shops, at work.' Blackhistorymonth.org

Black history month has been celebrated since 1970 and we continue to celebrate the fundamental part of history that individuals from African and Caribbean backgrounds have had in British History for centuries.

The government has the Race Disparity Unit as part of the cabinet who are working to reduce the disparity between races and the opportunities that individuals are offered as it is clear that this still needs addressing as seen on this website: Ethnicity facts figures

What does this mean for you?

How does your work setting support individuals be proud of who they are?

Is there anything you can do to celebrate Black History month?

How do you manage discrimination?

Further information

<https://www.blackhistorymonth.org.uk/>

<https://www.bbc.co.uk/news/explainers-54522248>

YOUR PROGRAMME – ENTITLEMENT

We are excited to continue to support you with your apprenticeship. We wanted to remind you of some of the programme entitlements:

- Monthly feedback, planning and support
- Monthly teaching and learning
- Off the job, during working hours, training and assessment support
- Access to online learning and support
- Remote and/or face to face training and support
- Access to your individual learning plan
- Understanding your programme
- Access to your Learner Handbook
- Quarterly learning reviews with your tutor and employer
- Regular Hot Topics
- Prepare for End Point Assessment from day one!
- Training and support with maths and English

Please liaise with your tutor if you need reminding about any of the above. Its vital to us your programme remains seamless and focused on significant development and improvement!



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PERSONAL DEVELOPMENT – PROFESSIONALISM

What are the attributes that will mark you out as a professional? Let's look at eight key characteristics:

1. Competence

As a professional, you get the job done – and done well. Your abilities match the requirements of your role, and you often produce results that exceed expectations.

But you never plow on simply for the sake of appearances. Instead, your professionalism allows you to manage your own and others' expectations, and to ask for support when necessary.

2. Knowledge

Professionalism involves developing detailed, up-to-date knowledge, which is often highly specialised. At every stage of your career you can strive to master your role – and keep adding to what you know.

It's also important to put your knowledge into action. Being professional means feeling confident to show what you know – not for self-promotion, but to help yourself and others to succeed.

3. Conscientiousness

Professionalism involves being reliable, setting your own high standards, and showing that you care about every aspect of your job. It's about being industrious and organized, and holding yourself accountable for your thoughts, words and actions.

But don't confuse conscientiousness with working longer hours than everyone else, or obsessing about details. True professionals plan and prioritize their work to keep it under control, and they don't let perfectionism hold them back.

4. Integrity

Integrity is what keeps professional people true to their word. It also stops them compromising their values, even if that means taking a harder road.

Integrity is bound up with being honest – to yourself, and to the people you meet. Your beliefs and behaviors are aligned, and everyone can see that you're genuine.

5. Respect

Professionalism means being a role model for politeness and good manners – to everyone, not just those you need to impress.



What's more, you show that you truly respect other people by taking their needs into account, and by helping to uphold their rights.

6. Emotional Intelligence

To be a true professional you need to stay professional even under pressure. This takes strategies for managing your emotions, plus a clear awareness of other people's feelings. In short, emotional intelligence is essential.

Sometimes, professionalism means keeping your emotions in check. But at other times it's important to express your feelings, in order to have meaningful conversations or to stand up for what you believe in.

7. Appropriateness

A big part of being professional is knowing what's appropriate in different situations. It avoids awkwardness or upset, boosts your credibility, and helps you to feel secure in your role.

Appropriateness relates to outward appearances, such as dress, personal grooming and body language.

But it also covers the way you speak and write, the topics you choose to discuss, and how you behave with others.

8. Confidence

Well-founded confidence reassures and motivates other people, boosting your ability to influence and lead. It also pushes you to take on new challenges, because you don't fear damaging your professional reputation if things go wrong.

Professionalism makes you confident about what you're doing now, but always eager to do it better and achieve more.

<https://www.mindtools.com/pages/article/professionalism.htm>