

# LEARNER NEWSLETTER

October 2023

KEEP SCROLLING FOR HOT TOPICS TO CHAT THROUGH WITH YOUR TUTOR!

## WE'RE ALL WINNERS!

Here at Achieving Excellence, we believe we are all winners. We are born winners. We believe what makes a winner is someone who puts their heart, might and mind into something or everything. It's impossible to be perfect, but if we put every effort into something, we can "Achieve Excellence" and do great things!

Life throws at us all sorts! We all have different issues we face at different times. This can include work, home, family, illness or even death; the aftermath of COVID, cost of living crisis and wars throughout the world, etc. We can have all this, but many then decide to continue to educate themselves. They undertake an apprenticeship whilst working.

We feel balance is so important and that whilst the human heart and mind can achieve many things, they can also become strained. Your apprenticeship will stretch and challenge you, but it should not be at the expense of everything else in your life. Planning, off the job teaching and learning, and hard work will help achieve this 'within' working hours.

However, we sometimes need to take a step back to move forward. I love this quote from a show on Netflix.

Used as a rally call a coach has his team chant this when entering the field of play! Don't worry, we aren't going to ask you to chant this at the start of every shift!

*Clear eyes* suggest our eyes are open and unobstructed. We have the ability to discern what's important, and what is needed. We have a clear vision.

*Full hearts* suggest a strong passion for what we are embarking on. It suggests joy and happiness. The heart leads the mind to make credible decisions and choices!

*Can't lose* – when faced with apprenticeships, cost of living crisis, death of a loved one, etc, we have confidence in ourselves. We have the strength and ability to persevere, to achieve, to succeed.

If we can't lose, we are winning; there is no middle ground. We may not always get the desired outcome, but success is in the effort and comes with patience. We create our own luck.

Life requires us to leave our comfort zones, apprenticeships certainly do that!



We invite all friends, colleagues, and apprentices to have clear eyes and full hearts!

**Mike Austin**

**Rick Shuttleworth**

**CLEAR  
EYES.  
FULL  
HEARTS.  
CAN'T  
LOSE.**

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## PERSONAL DEVELOPMENT – CV WRITING

A CV is a short, written summary of your skills, achievements and experience which relate to a role you want. You use it in the first stage of applying for jobs. Employers often ask for a CV instead of an application form but sometimes you'll need both.

It's your first chance to promote yourself to an employer. A good CV will get you to an interview.

Use it to apply for advertised jobs, or to introduce yourself to employers you'd like to work for. They may have vacancies that aren't advertised.

### Introduction

Start with the job advert for the role you're applying for, so you can refer to the:

- job description
- person specification
- company details

Think about how your skills and experience match what the employer is looking for and gather the information you'll need, including:

- your qualifications
- your past jobs and volunteering experience
- your past employers' details
- evidence of any training courses you've completed

You should tailor your CV to suit the job description and the company. If the job you're applying for does not have a job description, you can look at our [job profiles](#) to understand the skills you'll need and the typical things you'll do in that job.

For more information:

<https://nationalcareers.service.gov.uk/careers-advice/cv-sections>



## EQUALITY AND DIVERSITY – BLACK HISTORY MONTH

The theme for this year's Black History Month is 'saluting our sisters'.

The theme of 'Saluting our Sisters' highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year's celebration will showcase pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more.. 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>

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## GETTING TO KNOW OUR STAFF!



Name: Lynne Peachey

Role: Tutor/Assessor for Adult Care/Childcare Diplomas and Apprenticeships

Hobbies or interests: time with Family, Travelling, Reading, Music,

Favourite movie: too many to choose just one, so top five are:..... Lawrence of Arabia: Pretty Woman: The Green Mile: The Shawshank Redemption: & Jeanne Dielman, 23 quai du Commerce, 1080 Bruxelles:

Favourite music or song: Music: Gustav Holst – The Planets, & Song: Abba - Dancing Queen

Favourite quote: “Never look down on anybody unless you’re helping him up.” – Jesse Jackson

Advice to an apprentice: Don’t ever be afraid to admit when you are struggling and need some help.

What do you want invented within next 25 years?  
Cure for Cancer, Parkinsons, etc.

What would you be if not a tutor? What I still am on a ‘bank’ basis – Registered Mental Health Nurse/Manager within a Secure Adolescent Mental Health Forensic Unit

## GETTING TO KNOW OUT STAFF!



Name: Charlotte

Role: Childcare tutor/Safeguarding lead

Hobbies or interests: Visiting new places, I'd like to travel more.

Favourite movie: Goodnight Mr Tom

Favourite music or song: anything from the 80s!

Favourite quote: 'I can't go back to yesterday, because I was a different person then' (Alice in wonderland)

Advice to an apprentice: Think of the skills you are learning as part of your apprenticeship, not just the qualification but life skills that are learnt as a result.

What do you want invented within next 25 years? The ability to stop time

What would you be if not a tutor? A paramedic.

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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

[https://www.childrensociety.org.uk/what-is-county-lines?gclid=CjwKCAjw7-P1BRA2EiwAXoPWA3wwvuKt3Ac7R62oIZcOa7W2iSzLlyBOQnB34EQD4PyigYyZFdpqKhcCfMAQAvD\\_BwE](https://www.childrensociety.org.uk/what-is-county-lines?gclid=CjwKCAjw7-P1BRA2EiwAXoPWA3wwvuKt3Ac7R62oIZcOa7W2iSzLlyBOQnB34EQD4PyigYyZFdpqKhcCfMAQAvD_BwE)

<https://www.nationalcrimeagency.gov.uk/who-we-are/publications/257-county-lines-drug-supply-vulnerability-and-harm-2018/file>

## BRITISH VALUES – END WORLD POVERTY

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 continuing, the amount of poverty in the UK rose with people being made redundant 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 can not 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.

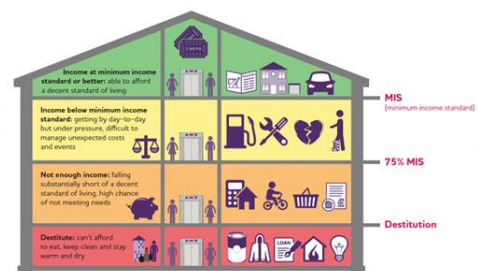
What are the signs of someone who is living in poverty?

What can you do to support others?

<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/>



Remember to contact us at [safeguarding@achievingexcellenceukltd.com](mailto:safeguarding@achievingexcellenceukltd.com) with any health, safeguarding or wellbeing concerns!

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## SAFEGUARDING – ONLINE SAFETY

Since 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/keeping-children-safe/online-safety/)

### 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/>

## HEALTH AND WELL-BEING – WORLD HEART DAY

'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?

20<sup>th</sup> 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.