

LEARNER NEWSLETTER

May 2024

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

SAY IT LIKE IT IS?

Over the last several months we are seeing more of you successfully achieve your qualifications. This is an amazing achievement, but what is even more amazing is some of your feedback. We hope all learners are having similar experiences!

"I wanted to take a moment to express my sincere gratitude for all the support and guidance you have provided me throughout Apprenticeship Standard Level 3 Lead in Adult Care Worker course including Mathematics and English. Your dedication to helping me navigate the material and preparing for the final exams has been invaluable.



Your passion for teaching and commitment to your students truly shines through in your approach. Your ability to explain complex concepts in a clear and understandable manner made the learning process both enjoyable and effective.

Moreover, your encouragement and belief in my abilities increased my confidence, through my all exam especially during the professional discussion.

I am deeply grateful for the knowledge and skills you've imparted to me. Your mentorship has not only enriched my academic journey but has also left a lasting impact on my personal and professional development.

Thank you once again for your unwavering support and dedication. It has been an honour to be your student, and I am truly appreciative of everything you have done"



"**** has been incredibly supportive and has given me some great feedback regarding the recent unit I have submitted for me to adapt to. It's been a while since I completed any coursework and he has been a great help. And helping me to dig deeper in the answers regarding the units."



"I am giving some feedback on how I feel you are as a tutor. The first time I spoke to you, I felt completely relaxed and our conversation was flowing so well. I was quite overwhelmed with having to start coursework again, especially as I feel that my level 2 was a waste of time when the company got closed and all my 8 months went down the drain. But you were and have been an amazing tutor. I have not been great with getting my work in on the deadlines at all, but from day one, I kept you updated on my personal circumstances & why I was struggling. You allowed me to take longer, and I feel you completely understand how hard things are, when juggling work & homelife, as well as getting coursework done. I give you 100% positive feedback. Thank you for being supportive, patient and professional."

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PERSONAL DEVELOPMENT – PERSONAL DEVELOPMENT SKILLS AND TIPS

Personal development can include any skill that you build to improve yourself—your emotions, thoughts, or



behaviours. It doesn't really matter which skills you want to improve; the key to personal development is taking the right steps—steps that help ensure that you reach whatever goal you are pursuing. What are the most important personal development skills? It really depends on what you're trying to achieve. But here are 9 that I have found to be important to successful personal development.

1. Start by figuring out which personal development skills you need to build.
2. Develop entrepreneurial thinking.
3. Develop a growth mindset.
4. Develop your self-soothing mechanism.
5. Develop resilience.
6. Develop your value compass.
7. Create a personal development plan.
8. Record your progress towards personal development.
9. Keep developing yourself in new ways.

Read more here:

[Personal Development: 9 Skills, Tips, and Examples | Psychology Today](#)

EQUALITY AND DIVERSITY – DEMENTIA – TIME FOR A CUPPA?

Why **'time for a cuppa'**? Because by the time the kettle has boiled, another person will have developed dementia. Over 944,000 people in the UK are affected by the condition – and if someone you love is living with dementia, you're living with it too.

There are different types of dementia and these include;

- Alzheimer's
- Vascular dementia
- Lewy body dementia
- Frontotemporal dementia
- Creutzfeldt-Jakob Disease
- HIV – associated neurocognitive disorder.

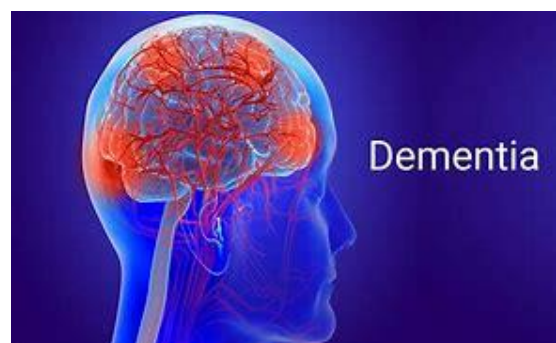
The common symptoms of dementia are; memory loss, difficulty concentrating, finding it hard to carry out familiar daily tasks, struggling to follow a conversation or find the right word, being confused about time and place and/or mood changes.

Although there is no cure for dementia, charities and scientists are working hard to develop one and there are medications that can slow down the progression of some types of dementia.

Dementia can happen to anyone, regardless of age, gender, race or status.

<https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/>

<https://www.dementiauk.org/>



Remember to contact us at safeguarding@achievingexcellenceukltd.com with any health, safeguarding or welling concerns!

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PREVENT – STEREOTYPING AND MEDIA

Stereotyping is a 'fixed, over generalised belief about a particular group or class of people'.

One advantage of a stereotype is that it enables us to respond rapidly to situations because we may have had a similar experience before.

One disadvantage is that it makes us ignore differences between individuals; therefore, we think things about people that might not be true (i.e., make generalisations).

The use of stereotypes is a major way in which we simplify our social world; since they reduce the amount of processing (i.e., thinking), we have to do when we meet a new person.

There are different types of stereotyping, and these include:

- Religious stereotypes
- Political stereotypes
- Racial stereotypes
- Class stereotypes
- Country stereotypes
- Gender stereotypes

The media can feed into stereotypes, and this does not always have a positive impact on society, stereotyping can make individuals view other groups or themselves in a negative way. This could be from racially profiling people or statements such as 'boys don't cry'. The media will often use statements to attract attention, and this can be led by stereotyping.

Although stereotyping is an innate process it is important that we challenge any negative stereotyping to ensure that everyone is supported in society.

BRITISH VALUES – RACISM!

Racism is where someone treats another person differently because their skin colour is not the same as theirs, they speak a different language or have different religious beliefs, for example.

The UK is full of people who follow lots of different faiths and religions. Most of the time they all get along and people are free to live the way they want to.

However, some groups are targeted because of their beliefs, and because of events that people blame them for - even if this is incorrect.

It is a crime to be racist to someone in the United Kingdom. According to UK law, a person is committing a 'hate crime' if they direct hostile behaviour at someone based on that person's race and they can face criminal charges.

In 2019, there were almost 80,000 hate crimes in the UK. That's 10% more than the year before.

Some people believe that they are better than others - just because of the colour of their skin.

But racism can come from ignorance too - some people might not even know they are being racist in how they are acting.

That's because they might have made assumptions based on another person's colour or culture. This is sometimes called 'racial discrimination'.

A lot of racism comes from history - for centuries, white Europeans were in charge of much of the world and thought they were better than people from other countries.

Racism can cause individuals to feel angry, upset or depressed. If you feel that someone is being racist towards you, please speak to our safeguarding team or you can find support on the following websites:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>

<https://www.youngminds.org.uk/young-person/coping-with-life/racism-and-mental-health/>

<https://www.bbc.co.uk/newsround/52965984>

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SAFEGUARDING – MANCHESTER ARENA ATTACK ANNIVERSARY

On 22nd May 2017 twenty-two people were killed when a bomb was detonated at the Manchester Arena during an Ariana Grande concert.

As a result of the attack the family members of Martyn Hett who lost his life in the blast campaigned for new anti-terror legislation to improve security in public places and this is known as Martyn's Law.

The law included:

- The introduction of free counter-terror training for event staff
- Assessments of locations to see how vulnerable they are
- The need for venues and local authorities to have clear counter-terror action plans
- More thorough security checks, including bag searches.

It is important that if you are aware of any risks that are posed when you are in a public space and how to respond to any threats such as:

Run

- Escape if you can
- Consider the safest option
- Do not attempt to film the incident

Hide

- If you cannot run, hide
- Find cover
- Be aware of exits

Tell

- When it safe to do so, ring 999

More information on this protocol visits this website:

<https://www.protectuk.police.uk/advice-and-guidance/response/run-hide-tell>

HEALTH AND WELL-BEING – MENTAL HEALTH AWARENESS

May celebrates mental health awareness, this year's focus is on Movement: Moving more for our mental health.



According to Mind statistics show that

- 8 in 100 people have mixed anxiety and depression,
- 6 in 100 people have generalised anxiety disorder,
- 4 in 100 people have post-traumatic stress disorder,
- 3 in 100 people have depression,
- 2 in 100 people have phobias and
- 1 in 100 people have OCD.

It is important that you look after your mental health, this can include eating a healthy diet, taking part in exercise, meditation, reading, and enjoying leisure activities.

What can you do in the workplace?

Companies such as Google and Lego have invested in their employees mental health by encouraging time away from the desk, having mental health and wellbeing support within the office and ensuring that staff feel valued and supported.

Taking time out to talk to others about mental health can not only support staff but also reduce the stigma surrounding mental health and make it less of a taboo subject to be talked about.

If you have any concerns about your welfare, wellbeing or mental health please do talk to your tutor or reach out to the safeguarding team.