

# LEARNER NEWSLETTER

October 2024

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

## CONSISTENCY & FOCUS



I recently read something that really made me think about what makes the best sports people become champions. Obviously, they have amazing skill, and natural ability. Yes, they will have worked hard with tens of thousands of hours of practice from an early age. But what I want to share with you now gave me a different view on the qualities needed to be the best, or even do our best!

Roger Federer, won Wimbledon 8 times, and 20 Grand Slam tournaments in total in his career, was asked to speak to the students at Dartmouth University. He talked about his victories, and his defeats. But one part really stood out to me. During his speech he said this:

***“... In the 1,526 singles matches I played in my career, I won almost 80% of those matches... Now, I have a question for all of you... what percentage of the POINTS do you think I won in those matches?***

***Only 54%.***

***In other words, even top-ranked tennis players win barely more than half of the points they***

***play. When you lose every second point, on average, you learn not to dwell on every shot. You teach yourself to think: OK, I double-faulted. It's only a point.***

***OK, I came to the net and I got passed again. It's only a point.***

***Even a great shot, an overhead backhand smash that ends up on ESPN's Top Ten Plays: that, too, is just a point.***

***When you're playing a point, it is the most important thing in the world. But when it's behind you, it's behind you... This mindset is really crucial, because it frees you to fully commit to the next point... and the next one after that... with intensity, clarity and focus.***

***The truth is, whatever game you play in life... sometimes you're going to lose. A point, a match, a season, a job... it's a roller coaster, with many ups and downs. And it's natural, when you're down, to doubt yourself. To feel sorry for yourself.”***

None of us will do everything perfectly. We will get things wrong. We will face hardships that take our focus from our apprenticeship programme at times. But the key is to consistently apply ourselves and focus on the next task.

Preparing for the next observation, completing the next assignment, successfully passing that next test. Don't dwell on what has gone before. Learn from it and move forward.

And just as Federer had a coach to support him, you have your tutor, and all of us at Achieving Excellence to help along the way!

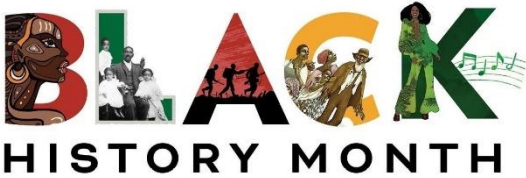
**Mike Austin - Director**

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## DIVERSITY – LANGUAGES DAY



The theme for this years Black History Month is 'reclaiming the narratives'

The theme of 'reclaiming the narratives' highlights how the stories of Black people have been told by others and from those who are disconnected from lived experiences of Black people. It has also recognised how media representations are often stereotypical or one-dimensional and this has impacted how people view Black people and indeed how Black people view themselves.

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

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/>

Black History Month 2024 resources - BBC Teach

## BRITISH VALUES – END WORLD POVERTY

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

With the many still seeing the impact of Cost of living crisis, 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.

With the government announcing cuts to the Winter fuel payments thousands of pensioners will struggle to pay their winter bills this year, although this will save the Government money, it does mean that pensioners may be at risk of poor health throughout the winter if they can not put their heating on.

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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## 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

[What Is County Lines? | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk/)

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



## HEALTH AND WELL-BEING – BREAST CANCER AWARENESS

Breast cancer awareness month can mean different things to different people, for some it's a trigger – a reminder of a disease that has forever changed them. For others, it's a chance to show their support to those who are diagnosed with the disease each year – more than 2 million worldwide.

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.

18<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.

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## SAFEGUARDING – ONLINE SAFETY

In recent years we have seen a huge shift to working online. 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 phoneline 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](#)

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/>

This documentary shows the reliance that people have on their phones:

[Panorama - Can We Live Without Our Phones? - BBC iPlayer](#)

## OTHER INFORMATION

### Recruitment

We are currently recruiting tutors/assessors in adult care and Residential Childcare. If you know of anyone or are interested in training to become one please contact Rick Shuttleworth at

[rick@achievingexcellenceukltd.com](mailto:rick@achievingexcellenceukltd.com)

### Learning and Development Support Scheme (LDSS)

#### • For adult care only

Replacing the Workforce Development Fund, the Learning and Development Support Scheme offers a pot of funding to upskill yourselves and your services.

Achieving Excellence are currently offering an *accredited Care Certificate Level 2 programme* via Highfield. This can be funded via the LDSS. Your organisation would need to express interest and register staff, but we can support with that as needed. For more information, please contact [mike@achievingexcellenceukltd.com](mailto:mike@achievingexcellenceukltd.com)

### Individual Learning Plan and Apprenticeship Agreement.

You are all under a learning plan, and apprenticeship agreement that requires your consistent attendance and progress. This programme is funded by the Education and skills Funding Agency and as such is monitored weekly and monthly by ourselves, the Department of Education and Ofsted. Please work closely with your tutor and employer to ensure you are receiving sufficient time and support to attend and progress regularly.