

# NATTER

Issue 12

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**If you require this newsletter in an alternative format such as larger print, audio or different language please call us on 0844 815 0804 or e-mail [info@prostartuk.co.uk](mailto:info@prostartuk.co.uk)**

**Welcome** to the February edition of Natter.

We hope this newsletter continues to be a good source of news and information. Remember this news letter is for you, so if you would like to contribute to future editions please phone, fax or e-mail us (contact details above).

We hope you enjoy reading it.

*Editor*

## NEWS

### Nottinghamshire Work Based Learning Awards



The annual awards event took place on the 27<sup>th</sup> of January to celebrate the hard work & dedication of Apprentices, Employers and Training Providers across Nottingham.

Prostart are pleased to announce that, following a nomination from Prostart, Nottinghamshire Health & Social Care Community Workforce Team won Employer of the Year 2010!

Well done to everyone at NHSCCWT & NHS Nottingham.



Evening Post News Article:

<http://www.thisisnottingham.co.uk/news/Celebrating-achievements-Notts-best-apprentices/article-3156170-detail/article.html>

### East Midland Awards 2011

This annual competition is one of the most prestigious events in the Apprenticeships calendar.

If your company is a top Apprenticeship employer, you and your apprentices could win national recognition.

Applications are now open to all apprentices and organisations that employ apprentices; the deadline for entries is the 25<sup>th</sup> of March 2011

To enter go to

<http://www.apprenticeships.org.uk/Awards/Awards-2011.aspx>

Vision: 'To inspire individuals to fulfil their potential and to build excellence through effective training partnerships'

# Prostart Awards 2011

Applications are now open for the Prostart Awards 2011.

Prostart are holding our annual Celebration Event on Thursday 23<sup>rd</sup> June 2011 at The Village Hotel, Chilwell. This event is for all learners that have achieved between 1<sup>st</sup> April 2010 and 31<sup>st</sup> March 2011

If you are an employer delivering training with Prostart or you are on a training programme with Prostart you could be eligible for one of these awards:-

- Career Progression Award
- NVQ Achiever Award
- Foundation Learning Award
- Employer of the Year Award
- Apprentice of the Year Award
- Advanced Apprentice of the Year Award

To find out if you are eligible and request an application form, speak to your assessor or contact Claire Bates on 0844 815 0804

Deadline for completed Nomination Forms is 5pm on Friday 22<sup>nd</sup> April 2011.

## Employer of the month - Nottingham Castle



Nottingham Castle has recently recruited two Customer Service Apprentices as part of the Nottingham City Council Apprenticeship Scheme. They have been giving their apprentices the opportunity to work in all aspects of the Castle and Museum including helping to organise exhibits The British Art Show. They have organised a program of training to make sure that both apprentices have access to all areas of work to give them the best experience of their program. They offer full support to Prostart's assessor, making themselves available and accessible. They have also given their full support to Apprenticeship Week by helping to organise special tours of Nottingham Castle and Caves to be carried out by the Apprentices – which will give valuable experience and also show other people involved in Apprenticeships in Nottingham how diverse the program can be.

## Quotes

The purpose of education is to replace an empty mind with an open one.

**Malcolm S. Forbes**

Apply yourself. Get all the education you can, but then do something. Don't just stand there, make it happen.

**Lee Iacocca**

# Equality & Diversity



## Equality and Human Rights Commission...

- Watch the trailer for this year's Holocaust Memorial Day on the theme of Untold Stories <http://bit.ly/gUqqjv> (YouTube) 27 January 2011

## Check out Kara Tointon's interview about living with Dyslexia - part of the Born Survivors series on BBC3...

<http://www.bbc.co.uk/programmes/b00vy8c7>

### A few dates for February..

3 February - Chinese New Year, also known as the spring festival, is the most important celebration in the Chinese calendar.

8 February - Vasant Panchami (Hindu)

Dedicated to Saraswati, the goddess of learning and Brahma's wife. The festival marks the beginning of Spring.

15 February -

Nirvana day (alternative date) (Buddhist ) Nirvana Day is also known as Parinirvana and is celebrated by some Buddhists on February 8th. Nirvana Day is the celebration of Buddha's death when he reached total Nirvana, at the age of 80.

Milad un Nabi (Birthday of the Prophet Muhammad) (Muslim )

Shia Muslims celebrate this 5 days later. Some Muslims do not approve of celebrating the birthday, and regard doing so as a religious innovation.

## Health & Safety

On the 31<sup>st</sup> of January the Health and Safety Executive today opened a three-month consultation on proposed changes to the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 1995.

Changes to RIDDOR were recommended in the Young report on health and safety published last year, which contained a proposal to increase the threshold for reporting workplace injuries to seven days.

Under current rules when an employee is absent from work for more than three days following an incident, employers are required to report the injury to the relevant enforcing authority - either HSE or the local council. The proposed amendment increases this 'over three day' period to over seven consecutive days.

The change would align the incident reporting threshold with that for obtaining a 'fit note' from a GP for sickness absence, and would ensure that someone who has suffered a reportable injury has had a professional medical assessment.

The consultation paper is available online at [www.hse.gov.uk/consult/condocs/cd233.htm](http://www.hse.gov.uk/consult/condocs/cd233.htm). The deadline for responses is 9 May 2011.

HSE will consider the responses and expects to submit recommendations to the Secretary of State for Work and Pensions.

For further information and Guidance on Health and Safety: -

**<http://www.hse.gov.uk/index.htm>**

# The Wall

The articles below were written by learners on the **E2E** programme.

If you'd like your comments posted on '**The Wall**' please e-mail [info@prostartuk.co.uk](mailto:info@prostartuk.co.uk) or visit Prostart's Facebook page and post a message.

## Achievers December and January

|           |                 |                         |                                     |
|-----------|-----------------|-------------------------|-------------------------------------|
| Danby     | Michelle        | Advanced Apprenticeship | NVQ in Business and Administration  |
| Lambert   | Jason           | Apprenticeship          | NVQ in Accounting                   |
| March     | Nina Rose       | Apprenticeship          | NVQ in Business and Administration  |
| McRoberts | Marianne        | Apprenticeship          | NVQ in Customer Service             |
| Spilsbury | Jamie Andrew    | Apprenticeship          | NVQ in Business and Administration  |
| Bramley   | Ryan            | Apprenticeship          | NVQ in Business and Administration  |
| Allcock   | Lisa            | Apprenticeship          | NVQ in Business and Administration  |
| Hall      | Pamela          | Apprenticeship          | NVQ Certificate in Customer Service |
| Corpe     | Karen           | NVQ                     | NVQ in Business and Administration  |
| Elwell    | Michelle        | NVQ2                    | NVQ in Customer Service             |
| Woodhouse | Martine         | NVQ2                    | NVQ in Customer Service             |
| Carter    | Siobhan Martina | NVQ3                    | NVQ in Business and Administration  |
| Bell      | Lindsay         | NVQ3                    | NVQ in Business and Administration  |
| Schofield | Rebecca         | NVQ3                    | NVQ in Customer Service             |
| Wall      | Kyle            | NVQ3                    | NVQ in Business and Administration  |
| Scatcherd | Lindsey         | NVQ4                    | NVQ in Business and Administration  |



Also congratulations to the following learners who have been given additional responsibilities at work in the last few months:-

Nina Rose     March  
Ryan             Bramley

# Health Corner - Food of the month

Denise's (Healthy Food in the spotlight)

Onions



High supply of Vitamin E and rich in iron and other minerals

| amount   | minerals contained   | vitamins contained   |
|--|--|--|
| One small onion cooked without salt contains 0.82 grams protein, 26 calories and 0.8 grams of fiber. | <p><a href="#">Potassium</a> - 100 mg</p> <p><a href="#">Phosphorus</a> - 21 mg</p> <p><a href="#">Calcium</a> - 13 mg</p> <p><a href="#">Iron</a> - 0.14 mg</p> <p><a href="#">Magnesium</a> - 7 mg</p> <p><a href="#">Sodium</a> - 2 mg</p> <p><a href="#">Zinc</a> - 0.13 mg</p> <p><a href="#">Copper</a> - 0.04 mg</p> <p><a href="#">Manganese</a> - 0.092 mg</p> <p><a href="#">Selenium</a> - 0.4 mcg</p> <p>Also contains small amounts other minerals.</p> | <p><a href="#">Vitamin C</a> - 3.1 mg</p> <p><a href="#">Niacin</a> - 0.099 mg</p> <p><a href="#">Vitamin B1</a> (thiamine) - 0.025 mg</p> <p><a href="#">Vitamin B2</a> (riboflavin) - 0.014 mg</p> <p><a href="#">Vitamin B6</a> - 0.077 mg</p> <p><a href="#">Pantothenic Acid</a> - 0.068 mg</p> <p><a href="#">Folate</a> - 9 mcg</p> <p><a href="#">Vitamin A</a> - 1 IU</p> <p><a href="#">Vitamin K</a> - 0.3 mcg</p> <p><a href="#">Vitamin E</a> - 0.01 mg</p> <p>Contains some other vitamins in small amounts.</p> |

The choice this month is solely down to Nina who has gone on an onion diet (no she does eat other things as well) but as she found out that onions are very good for increasing your metabolic rate they are now part of everything she eats. (Seriously) Onions, and other Allium species, are highly valued herbs possessing culinary and medicinal value. Some of their beneficial properties are seen after long-term usage. Onion may be a useful herb for the prevention of cardiovascular disease, especially since they diminish the risk of blood clots. Onion also protects against stomach and other cancers, as well as protecting against certain infections. Onion can improve lung function, especially in asthmatics. The more pungent varieties of onion appear to possess the greatest concentration of health-promoting phytochemicals.

## Save a Packet on the High Street

Good News! All learners are entitled to sign up for the free UCAS card.

- Save a packet on the high street with your UCAS discount card.
- Information about the courses and universities you're interested in.
- Expert help from Giles, the UCAS adviser with all the reminders, hints and tips.
- Free copies of *The Independent's 'You Can'* magazine delivered to your door.
- Unlimited use of [yougofurther.co.uk](http://yougofurther.co.uk), the UCAS student network website.



BSM

TOPSHOP

Register at [www.ucas.com/ucascard](http://www.ucas.com/ucascard)

# Courses



WASS Management Ltd



## Open Courses Dates

### NEBOSH National General Certificate (£995 + VAT per delegate)

Notts / Derbys

One day a week starting Friday 18th March 2011 and running each Friday thereafter (with the exception of the two bank holidays - 22nd and 29th April) up to and including Friday 3rd June 2011

One day a week starting Friday 30th September 2011 and running each Friday thereafter up to and including Friday 2nd December 2011

### IOSH Managing Safely (£395 + VAT per delegate)

Notts / Derbys

One day a week for 4 weeks - commencing Thursday 17th February 2011 and ending on Thursday 10th March 2011

One day a week for 4 weeks - commencing Tuesday 3rd May 2011 and ending on Tuesday 24th May 2011

One day a week for 4 weeks - commencing Wednesday 14th September and ending on Wednesday 5th October 2011

### IOSH Working Safely (£99 + VAT per delegate)

Notts / Derbys

One day course on Thursday 17th March 2011

One day course on Tuesday 7th June 2011

One day course on Wednesday 12th October 2011

### NEBOSH Award in Health and Safety at Work (£385 + VAT per delegate)

Notts / Derbys

One day a week for 3 weeks - commencing Wednesday 15th June 2011 and ending on Wednesday 29th June 2011

One day a week for 3 weeks - commencing Wednesday 9th November and finish Wednesday 23rd November 2011

N B - please note that both NEBOSH and IOSH courses can also be offered as 'in company' options as well if this more closely suits your needs and is more convenient for you - please [contact us](#) for more details and costs.

Please note courses can only go ahead if minimum cost effective delegate numbers are achieved for each block of dates.

<http://www.wass-safety.co.uk/courses.html>

## Thanks for reading!

To keep up to date with all the news at Prostart become a fan on Facebook.

[www.prostartuk.co.uk](http://www.prostartuk.co.uk)

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