

NATTER

Issue 4

March 2010

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Welcome to the March 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

The Nottinghamshire Skills Graduation for Advanced Apprentices 2009



Prostart Training
Advanced Apprentices 2009



Advanced Apprentices 2009

The following people completed their Advanced Apprenticeship Framework during 2009 and graduated with full mortar board and gown at a ceremony held at East Midlands Conference centre in January 2010.

Accountancy

Michelle Adcock	National College
Gemma Broddell	MS Accountancy Services
Sarah Johnson	Connect For Ltd
Charlotte Morris	Interfleet Technology Ltd
Nina Ricci	Prostart Training
Rebecca Yates	Potter Clarkson LLP

Business Administration

Heather Beardsley	VP Forensic Ltd
Amy Bleasdale	NHS Direct East Midlands
Natasha Green	Stirland Paterson Printers
Lisa Leighton	Derbyshire Community Health
Jody Prince	Derbyshire Community Health

Customer Service

Charlotte Wright	Portico East Midlands
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Information Technology

Kallum Dyson	East Midlands Ambulance Service
Richard Fox	CBP Architects

Management

Stacey Pollitt	Building Product Design Ltd
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All the team at Prostart would like to congratulate all the 2009 graduates for their hard work and dedication in achieving the Advanced Apprenticeship program.

Also Congratulations to the following Achievers -

- Gemma Dakin – Entry to Employment
- Vicky Coalwood – Team Leading Apprenticeship
- Rebecca Langton – Accounting Advanced Apprenticeship
- Charlotte Dean – Business Administration Advanced Apprenticeship
- Sarah Johnson – Accounting Advanced Apprenticeship
- Simon Lovatt – NVQ 2 Warehousing & Storage
- Georgina Taylor – NVQ 2 Customer Service
- Tracey Allison – NVQ 3 Business Administration
- Lindsey Scatcherd – NVQ 3 Business Administration

Employer of the month - Spatial Group

Spatial provide mail management services for domestic and international post, with a choice of Priority, Standard and Economy deliveries. Creativity is encouraged in pinpointing the best commercial options for deliveries, and the teams are structured to deliver cost effective solutions to their customers, quickly and efficiently.

In the highly competitive postal market, Spatial pride themselves in having the experience, the systems and the personnel to deliver the first class service that clients expect, on time, every time.



The Spatial Group is one of the many companies who encourage and motivate their team members to complete qualifications with Prostart. The majority of our current learners are within the Postal department but we also have learners across the whole company, working towards warehousing, administration and management awards. The learners are fully supported and given time to work with their assessors on their qualifications.

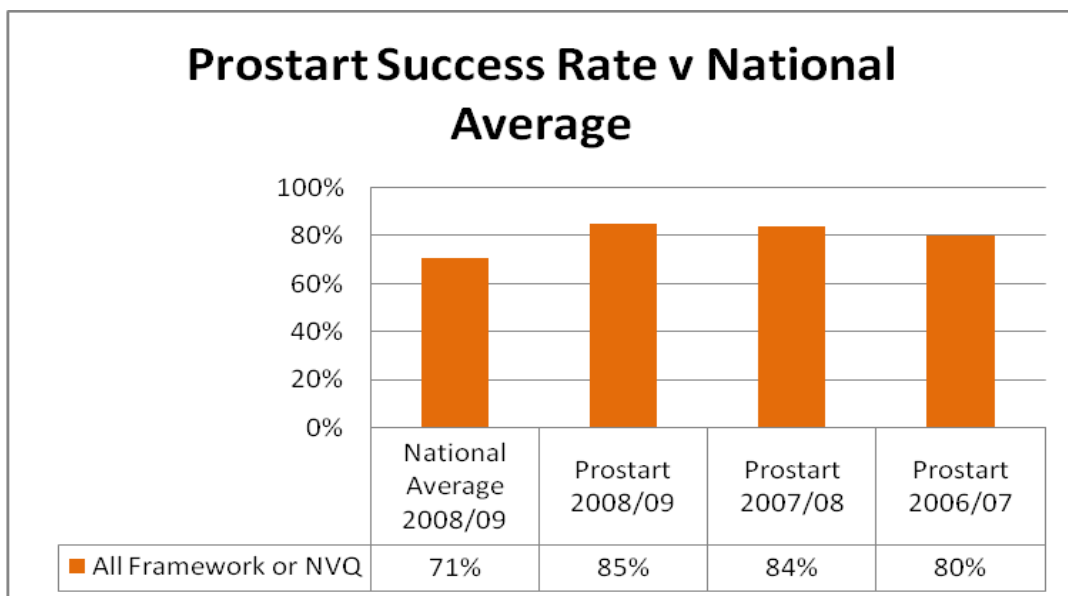
Photo: Darren Gerow being presented with his NVQ level 2 certificate in Warehousing by Donna Ball who works with Darren in the freight department.

Darren is one of the many achievers at Spatial over the past 12 months.

Prostart Success Rate

Over the last 3 years Prostart has demonstrated continuous improvement in the number of learners leaving our training programmes with a positive outcome.

Please see below a table of the success rates, which is a percentage of the achievers against the number of leavers. The table shows our success rates against the national average.



Equality & Diversity

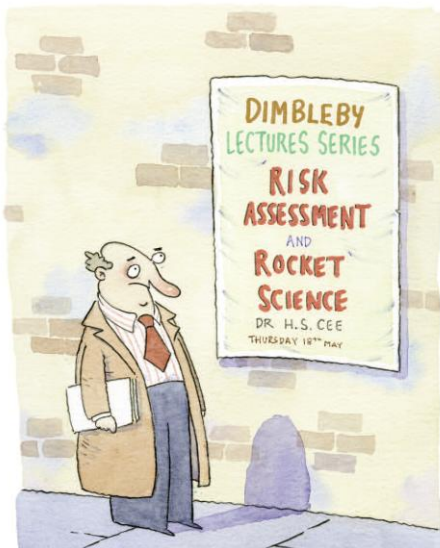
Test your knowledge with our mini quiz – answers are at the end

1. How many people in the UK have a disability?
 - A. 1 in 5
 - B. 1 in 25
 - C. 1 in 55
2. What percentage of disabled people are born with their disability?
 - A. 1%
 - B. 8%
 - C. 28%
3. What percentage of people with disabilities are wheelchair users?
 - A. 50%
 - B. 15%
 - C. 5%
4. If you were in a room with 100 people how many of them would you expect to have dyslexia?
 - A. 4
 - B. 34
 - C. 104
5. Most disabilities are associated with...
 - A. Motoring accidents
 - B. Sports injuries
 - C. Age

Source: York College for questions

Health & Safety

Great Health and Safety myths – March 2010



The myth Risk assessment is too complicated for me to do!

The reality carrying out a risk assessment should be straightforward. It's about focusing on real risks and hazards that cause real harm and, more importantly, taking action to control them.

For more information and guidance on risk assessments please visit the Health & Safety Executives website at: www.hse.gov.uk

Source: HSE

NEWS - Prostart Training Awards 2010

Thursday 17th June 2010



The Prostart Training Awards is a chance to celebrate the achievements of all the learners that have completed between the 1st April 2009 and 31st March 2010.

We are currently looking for companies to sponsor each of the award categories and take part in the event.

For further information or to attend the event please contact

Claire Bates on 0844 8150807
clairebates@prostartuk.co.uk

The Wall

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

Synagogue visit in Nottingham

On Tuesday the 28th January we went to the Nottingham Synagogue on Shakespeare Street to learn about the Jewish people and their faith. All of the e2e learners went by bus to Nottingham. We walked from the Broadmarsh Bus Station to the Synagogue. We were welcomed to the Synagogue by Rabbi Perez. He talked to us about the history of the Jewish people, starting from Adam and Eve, and how they came to be. He told to us about the 10 commandments and the Sabbath day. The Jewish Sabbath is from Friday evening to Saturday evening. Jewish people during this time are not allowed to go to work, use technology or do activities such as biking, sport and driving. Instead they spend time with the family and eat quite a lot of food!

Sabbath is observed from sundown Friday to the appearance of three stars in the sky Saturday night. The exact time therefore differs from week to week and from place to place, depending on the time of sunset at each location. Sabbath is the most important ritual in Judaism.

He also told us about some of the festivals including Passover and the most holy of all, the Day of Atonement. He explained the reason the men have to wear the skullcap to the synagogue; it is done more as a sign of respect to God.

After his talk, we were shown the ark and some of the scrolls which we were allowed to take photos of. Rabbi Perez also read some of the blessings in Hebrew and translated them into English so that we could understand their meaning. I found the visit to be quite informative and interesting. I learnt some of the facts about the Jewish way of life, especially the Sabbath. *By Esme Cotton*

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



Feedback

The Learning and Skills Council wants your opinion to count!

The LSC wants you to share your views in surveys and feedback. The first TWENTY students from Prostart will be sent £4 in shopping vouchers for joining up. Find out more at:

<http://www.learnerpanel.co.uk/fe/?c=106974&x=405371>

Feedback - Compliments and Complaints

If you would like to give feedback on your training or have any suggestions for improvements, ask your Assessor for a 'Have your say' card. These can also be found at the Prostart offices or can be downloaded from our website www.prostartuk.co.uk on the testimonials page. Hand the card in to your Assessor or e-mail it to clairebates@prostartuk.co.uk.

Prostart have a compliments and complaints policy, if you have any feedback you would like to make or for any reason are not happy with the service you are receiving please contact the Quality Assurance Manager, Maria Pannullo, at mariapannullo@prostartuk.co.uk

The four agreements - Don Miguel Ruiz's code for life

Agreement 1

Be impeccable with your word - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Agreement 2

Don't take anything personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Agreement 3

Don't make assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

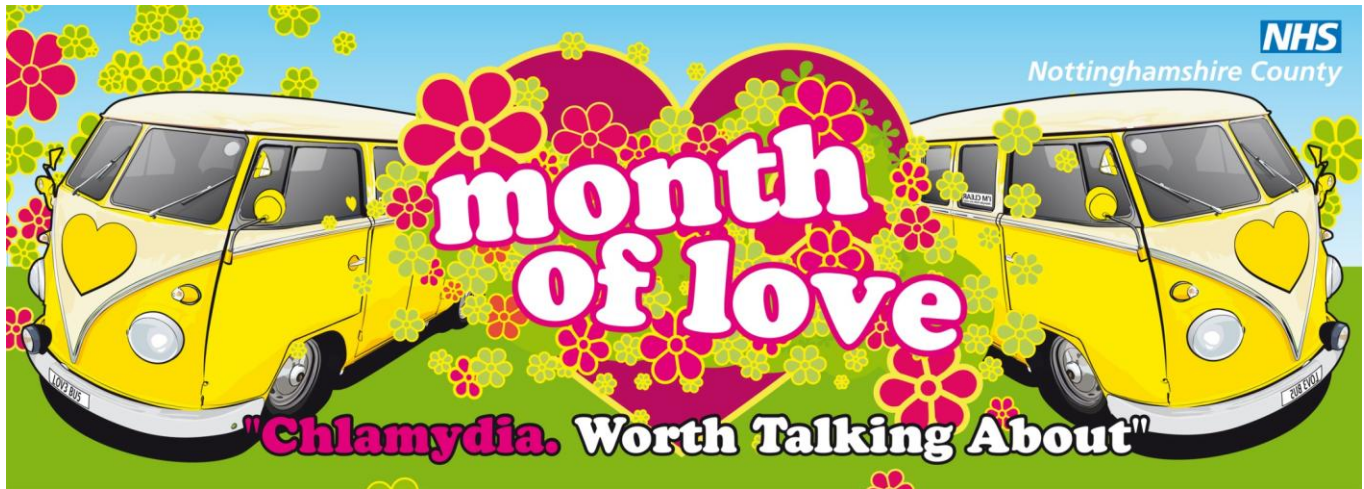
Agreement 4

Always do your best - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

Quote

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind. **William James (1842 - 1910)**

Health Corner



Confidential Chlamydia Screening, open to all Prostart E2E learners and Apprentices

Taking place at:



18 High Street
Long Eaton
Nottingham

Thursday 15th July 2010 at 11am

Thursday 16th September 2010 at 11am

Thursday 9th December 2010 at 11am

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, the UCAS student network website.



BSM

TOPSHOP

Register at www.ucas.com/ucascard

Thanks for reading!

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

E&D quiz answers 1.A 2.B 3.C 4.B 5.C