



NATTER

Issue 8

September 2010

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Welcome to the September 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

Apprentices make your opinions heard!

The National Apprenticeship would like to know more about you and your Apprenticeship. Please take a few minutes to complete the survey. This survey will help them understand what doing an Apprenticeship means to you and how it is helping you achieve your future goals. The results will be used to help the National Apprenticeship Service understand the views of apprentices better and help them communicate the most important elements of Apprenticeships to those currently considering starting an Apprenticeship.

Click here to take part in the survey:

<https://www.surveymonkey.com/s/NASapprenticesurvey>

Advanced Apprenticeship Graduation

Nottinghamshire Training Network (NTN) will be celebrating the achievements and successes of work based learners across Nottinghamshire **on Thursday 27th January 2011** at the **East Midlands Conference Centre** by hosting an Apprenticeship Graduation Ceremony.

The graduation ceremony is a unique event for Advanced Apprentices who have completed their full framework between **October 2009 and October 2010**.

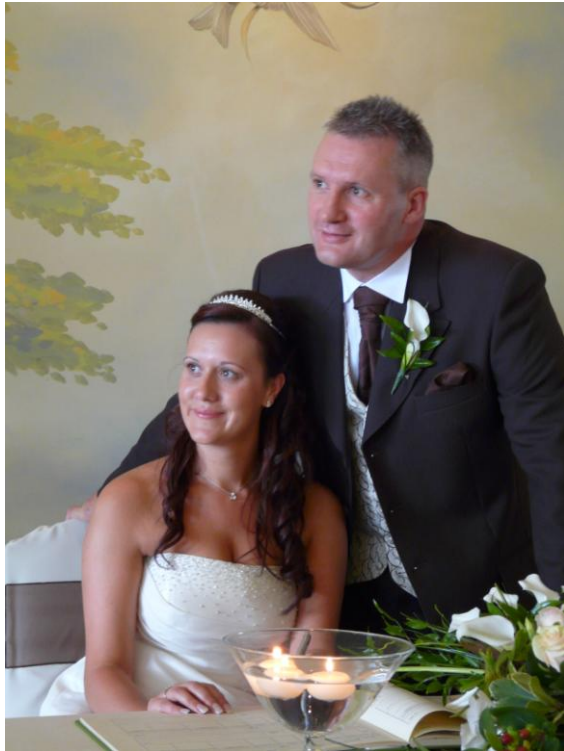
The ceremony is just like a university style graduation, complete with gowns and mortarboards.

To attend the event please contact Claire Bates at clairebates@prostartuk.co.uk or visit www.ntn-wbl.org.uk

Congratulations - Prostart Weddings

Congratulations to the following Prostart Learners

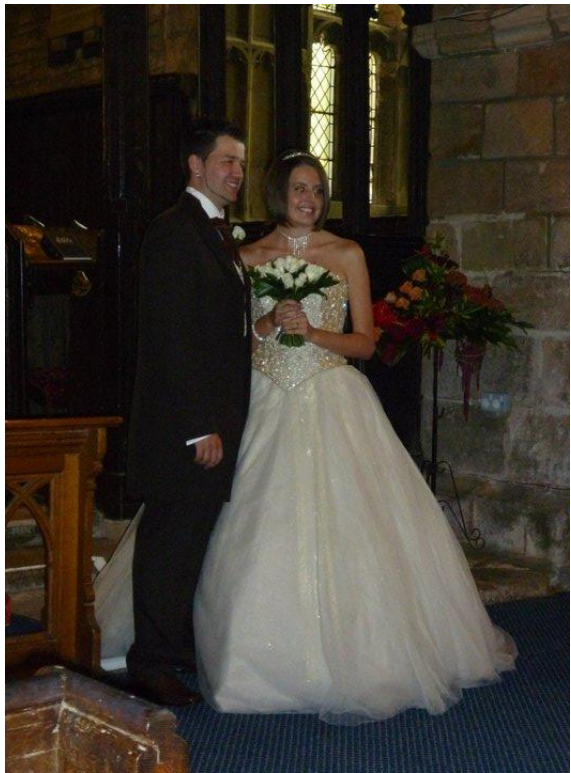
Rachel Espinoza - nee Templeman



Leanne Ridge and Adam Clifton met at Prostart on an Accounts course.



Finally Congratulations to Prostart Assessor Emma Fletcher – nee Blackmore
Emma married Daniel on the 1st of September 2010



Good Luck Frank!

For the third year running, Prostart's assessor Frank Harrison has entered the Erewash Borough Council Best Front Garden competition. Frank has won this the last two years. Below are some photos of this year's entry.



The judging took place at the end of August and Frank is waiting to find out the result which will be announced on the 1st of October.

Frank has planted approximately 800 plants to create this display



Congratulations - August Achievers:-

✓ Cantrell	Sarah Louise	App	NVQ in Business and Administration
✓ Murphy	Abigail	App	NVQ in Business and Administration
✓ Burrell	Andrew	App	NVQ in Customer Service
✓ Thompson	Daniel	App	NVQ in Business and Administration
✓ Nash	Phillippa	App	NVQ in Business and Administration
✓ Warner	Chloe	App	NVQ in Business and Administration
✓ Kimberley	Callum	App	NVQ in Business and Administration
✓ Scott	Corie Natasha	App	NVQ in Business and Administration
✓ Marples	Thomas	App	NVQ in Accounting
✓ Winson	Craig	AAp	NVQ in Customer Service
✓ Hickling	Chloe	AAp	NVQ in Business and Administration
✓ Butler	Jack	AAp	NVQ in Accounting
✓ Chaplin	Gemma	AAp	NVQ in Accounting
✓ Smith	Arran	AAp	NVQ in Accounting
✓ Priestley	Callum	App	NVQ in Business and Administration
✓ Nicholson	Thomas	HAp	NVQ in Accounting
✓ Mitchell	Robert	NVQ2	NVQ in Warehousing and Storage
✓ Harrod	Karen	NVQ2	NVQ in Business and Administration
✓ Brown	Robert	TTG	NVQ in Accounting



The Wall

The article below was written by a learner on the **Foundation learning** programme.

Picturing Scotland

I've always loved photography and taking pictures, but it can be a bit of a problem especially when I didn't have proper little digital camera at the time. I couldn't ask my Dad to let me use his camera because he'd never let me take it, only as long as he was there when I was handling the camera. It wasn't until a couple of years ago that I finally got my own digital camera. So I started to take photos of the things that interest me, like wildlife and the great outdoors. So now I've had some practice with the little one, I'm now using an SLR (single lens reflex) camera which is going to be a bit complicated, because of all the extra settings and the different lenses that are now available. When I go to Scotland I'm going to try to take some photos of the Moray Firth which is a Dolphin sanctuary were I am hoping to see some ospreys (birds of prey) and some seals. The holiday home I will be staying at also has a forest at the back, where I hope to see red squirrels and other forest dwellers.

By Kelly

Quality Update

Feedback Questionnaires

As part of the Governments quality assurance processes the Funding Body sends out an annual questionnaire to employers and learners to obtain your views about the training that we are delivering to you. This information is used to ensure that you are receiving a quality service from Prostart

This year these surveys will begin in November so look out for these questionnaires and make sure that you give your feedback about the service you receive from Prostart.



Quotes

The important thing is not to stop questioning.
-Albert Einstein

The highest result of education is tolerance.
- Helen Keller

Equality & Diversity

The Equality and Human Rights Commission now have online guidance available please go to or bookmark the web page <http://www.equalityhumanrights.com>

Did you know...



The UK Driving Standards Agency offers or provides a number of facilities for those with special needs.

You can ask for a voiceover, if you are suffering from dyslexia or any other reading difficulties.

The standard time for multiple choice part of the driving test is of 57 minutes. However, on request you can exceed it up to double but for this. You will have to send a proof of your reading difficulty to the theory test booking customer services.'

Jewish Celebrations -The High Holidays

Rosh Hashanah 8th – 10th September and Yom Kippur 17th – 18th September

Eid-ul-Fitr is a Muslim holiday that marks the end of Ramadan, the Islamic holy month of fasting – 10th September

For more information about different faiths and a calendar of dates

<http://www.bbc.co.uk/schools/religion/>

Check out this website for interesting information and articles

<http://www.need2know.co.uk> – their web site of the month is –



This is their 5 things u need2know:

1. No idea how to cook? Read the [Sam Stern Cookblogs](#). It's easy!
2. If you don't want to give up some of your favourite snacks, there are plenty of fresher, healthier options that won't make you go 'bleurgh!' and will help keep you going until your next meal.
3. You can do a little bit of exercise every day, without having to join a gym. Running up the stairs; kicking a ball around; a bit of swimming. Every little helps.
4. The kinds of foods you eat can have a big effect on your skin, mental health and energy levels.
5. If you can't give up certain foods, then try to cook them differently - grill them instead of frying them.

This reflects Prostart's highlight of the month – September Health and Well-being
www.bhf.org.uk/healthatwork

Health & Safety -Fit for Work Programme

The Nottingham Fit for Work Programme is a new, free service to support local people and their employers living in Ashfield, Mansfield and Nottingham to stay healthy and in work.

There are three strands of practical support on offer:

- **Work Survival** – Provided by ingeus, these **free** workshops are aimed at helping people manage their health and work. The workshops are approximately 2 hours long and cover a variety of topics including: work-life balance, coping with stress and anxiety, managing moods, assertiveness skills, coping with dealing with negative comments and situations, healthy eating, back/neck care and posture education; plus physical activity workshops for relaxation, Pilates, exercise, and a walking group. Businesses who are interested in workshops for their staff can contact ingeus.
If you are interested please call Chris Hanbury on 0115 8532077 or 07827 236 850 email: ffwvs@ingeus.co.uk or www.ingeus.co.uk/ffwvs
- **Support in Work** - If you are off work or are struggling to stay in work (or have employees in this situation), you can request 1 to 1 help from a health professional to assist you in tackling health issues and to stay in work.
Contact the Support in Work Team on 07771 838534.
- **Working for Health** - Aimed at small to medium-sized businesses, free independent advice and support is available to help you develop and retain a healthy workforce. This service is provided by HBJ Gateley Wareing and includes an online audit of your procedures and a plan to address workplace health issues.
Contact Andrew MacMillan on 0115 983 8242 or a.macmillan@hbj-gw.com

HSE Myth of the month



The reality

There are no regulations banning people from hanging bunting at weddings and village fetes or flying flags for sporting events.

HSE encourages people to have a bit of common sense about their attitudes to risk, not to make everything risk-free. There won't be an army of inspectors cutting down bunting or insisting flags are lowered.

HSE exists to prevent people being killed or seriously injured at work, not to stop people celebrating in style.

For the latest news from HSE go to <http://www.hse.gov.uk/press/press.htm#sep>

Health Corner - Food of the month

Denise's (Healthy Food in the spotlight)

My favourite:-

The Mushroom

Mushrooms provide a number of nutrients

Amount contained	minerals contained	vitamins
Half a cup of raw mushrooms contains :- 1.08 grams of protein, 8 calories and 0.3 grams of fibre.	<p>Potassium - 111 mg Phosphorus - 30 mg Magnesium - 3 mg Calcium - 1 mg Iron - 0.17 mg Sodium - 2 mg Zinc - 0.18 mg Copper - 0.111 mg Manganese - 0.016 mg Selenium - 3.3 mcg</p> <p>Also contains small amounts of other minerals.</p>	<p>Vitamin D - 2 IU Niacin - 1.262 mg Vitamin B1 (thiamine) - 0.028 mg Vitamin B2 (riboflavin) - 0.141mg Vitamin B6 - 0.036 mg Vitamin C - 0.7 mg Pantothenic Acid - 0.524 mg Folate - 6 mcg</p> <p>Contains some other vitamins in small amounts.</p>

* Selenium is a mineral that works as an antioxidant to protect body cells from damage that might lead to heart disease, some cancers and other diseases of aging. It also has been found to be important for the immune system. Mushrooms are among the richest sources of selenium. Look at the table above for all the other good things in the mushroom.

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.



Register at www.ucas.com/ucascard

Thanks for reading!

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