



Prostart Newsletter

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Welcome

Welcome to the September 2016 edition of the Prostart Newsletter
We hope this continues to be a good source of news and information. If you would like to contribute to future editions please contact us.
We hope you enjoy reading it!!

Feedback to us Please...



We really appreciate all feedback we receive and we would welcome your feedback on this newsletter too, please click the link below to complete a short survey – it won't take longer than 2 minutes – promise! <https://www.surveymonkey.com/r/Y7K2DFV>

We currently have 224 Twitter followers and are looking to hit 500 by the end of July 2016.

To keep up to date with all the news at Prostart find us on Facebook/Twitter or check-out Prostart's website www.prostartuk.co.uk.



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News

Apprenticeship Levy



The new Apprenticeship Levy was announced on 25th November 2015 and will come into effect from April 2017. Following the headline news and key facts, there is still a large number of details the Government need to clarify.

In the meantime as your chosen provider we are here to help employers of all sizes understand how the levy will affect you, and how you can maximise the opportunity for your business and talent development.

For further information please contact the office on 0115 9468182 or visit our website www.ProstartUK.co.uk

Matrix Accreditation for Information Advice and Guidance

Prostart have successfully maintained accreditation for the Matrix Quality Kite Mark for Information Advice and Guidance for the 9th year.



The matrix standard is a quality framework that allows us to assess and measure our information advice and guidance services, allowing us to support individuals in their choice of career, learning, work and life goals.

By obtaining feedback about our services from our learners and employers we are able to ensure that we are continually developing our service to meet the needs of our customers.

Current Vacancies



Apprenticeship/Position	Company	District
Facilities Management	NHS	Mapperley
Business Administration	NHS	Nottingham City
Business Administration	NHS	Nottingham City
Business Administration	NHS	Rainworth
Business Administration	NHS	Mansfield
Business Administration	Double Glazing Installer	Coalville
Business Administration	Printing Company	Daybrook
Business Administration	School / Academy	Retford
Business Administration	Medical Practice	Radford
Business Administration	Printing & Design Company	Queens Drive
IT Professional	Network Provider	Beeston
Sales Apprenticeship	Metering & Control Services	Eastwood
Accounts Apprentice	E-Cigarette Manufacturer	Sandiacre

For further details on any of the vacancies detailed above please contact our Recruitment Team on 0115 9468185 or LawrenceTurton@Prostartuk.co.uk

Health & Safety



A coach company in Wrexham has been fined £250,000 after it repeatedly failed to comply with legal notices to get its lifting equipment examined.

Wrexham Magistrates' Court heard that, between 4 April 2014 and 28 August 2015, GHA Coaches Limited failed to have its lifting equipment thoroughly examined within the required timescales to ensure that health and safety conditions were maintained and that any deterioration could be detected and remedied in good time.

In 2015, an inspection revealed overdue Lifting Operations and Lifting Equipment Regulations (LOLER) examinations on at least 14 items. An improvement notice was served, and extended twice, and still resulted in a failure to comply.

An investigation by the Health and Safety Executive (HSE) found that a previous improvement notice was served in 2011.

GHA Coaches Limited, of Vauxhall Industrial Estate, Ruabon, Wrexham, pleaded guilty to breaching Regulation 9(3)(a)(ii) of the Lifting Operations and Lifting Equipment Regulations 1998 (LOLER), and failing to comply with an Improvement Notice, and was fined a total of £250,000 and ordered to pay costs of £3,068.

Equality & Diversity News & Events



Brexit

Since the EU referendum, police have reported a 57% increase in online hate crime reports in England, Wales and Northern Ireland. In London alone new figures from the Metropolitan Police Service show 599 incidents of race hate crime were reported to Scotland Yard between 24 June – the day the result was announced – and 2 July 2016. Police Scotland has not recorded a corresponding rise in hate crimes in Scotland, though it acknowledges that often these incidents of hate crime go unreported.

The Equality and Human Rights Commission has more details and have produced a fact sheet <https://www.equalityhumanrights.com/sites/default/files/what-to-do-if-youre-worried-about-racism-eu-referendum-factsheet.pdf>

Is wolf-whistling at women set to become a hate crime?

Nottinghamshire Police force's decision to record sexual harassment as a hate crime has drawn some derision over the idea that trivial behaviour could be prosecuted – but it is a response to overwhelming levels of misogynistic abuse

Is wolf-whistling really going to become a hate crime?

Possibly, but it is unlikely. What has happened is that, for the first time in England and Wales, a police force is going to record harassment of women as hate crime. Nottinghamshire [Police](#) say they are responding to the scale of sexist abuse and intimidation women face on a daily basis. But for an incident to become a crime, it has to cross the threshold of criminality – a wolf-whistle could theoretically be treated as a public-order act offence of threatening or abusive words or behaviour. A single whistle is unlikely to constitute an offence, and police action has to be proportionate to the incident. But if it was part of a pattern of behaviour – for example, online harassment, stalking and constant wolf-whistling in the street near a woman's home – the perpetrator could well be arrested and prosecuted

The National Police Chiefs Council says there are currently no plans for other forces to follow Nottinghamshire. <https://www.theguardian.com/lifeandstyle/2016/jul/15/is-wolf-whistling-a-woman-set-to-become-a-hate-crime>

Events for September

Roald Dahl

September is Roald Dahl's birth month, and each year we celebrate with a wonderful array of events centred around his birthday on 13th September. 2016 marks 100 years since the birth of Roald Dahl - the world's number one storyteller. Local libraries have set up this year's reading challenge around this and the film adaptation of his book The BFG is released on 22 July.

<http://www.roalddahl.com/roald-dahl/roald-dahl-100>



National Eye Health Week

Monday, September 19, 2016 to Sunday, September 25, 2016

Eye care charities, organisations and health professionals from across the UK are joining together to promote the importance of eye health and the need for regular sight tests for all.

<http://www.visionmatters.org.uk>

Jeans For Genes Day

Friday, September 23, 2016 to Friday, September 23, 2016

Jeans for Genes is the national children's charity that holds Jeans for Genes Day. Wear your jeans, make a donation and help children with genetic disorders. Visit the website for more details.

<http://www.jeansforgenes.com>

World's Biggest Coffee Morning

Friday, September 30, 2016 to Friday, September 30, 2016

Across the country, and in several other parts of the world, thousands of people hold or attend coffee mornings to raise money for people affected by cancer.

<http://coffee.macmillan.org.uk/>

Details for Religious Festivals Calendar can be found at :-

<http://www.interfaith.org.uk/resources/2016-religious-festivals/august>

Funding Raising

Children's Air Ambulance

Our chosen charity once again for our Awards Event was the Children's Air Ambulance who do fantastic work throughout the region. Tickets were sold for £1 on the night and through all of your efforts we managed to raise an incredible £350 for this amazing charity.

Mental Health Foundation

Monday the 10th of October is World Mental Health Day. Prostart will be holding a "Tea and Talk Event" on Friday 14th October from 12 until 3.30pm at 18 High Street.

We will be selling cakes, biscuits, tea and coffee to raise money for the Mental Health Foundation. Anybody is welcome to come and join us. If you would like any further information on how you can contribute to this important cause please contact

ninaricci@prostartuk.co.uk.



If you are taking part in any charity/awareness event please share your story with us.

www.prostartuk.co.uk

Health & Wellbeing

Denise's (Healthy Food in the spotlight)

New Food Idea:- Calcium eases insomnia and helps regulate the passage of nutrients through cell walls. Without calcium, your muscles wouldn't contract correctly, your blood wouldn't clot and your nerves wouldn't carry messages.

If you don't get enough calcium from the food you eat, your body automatically takes the calcium needed from your bones. If your body continues to tear down more bone than it replaces over a period of years in order to get sufficient calcium, your bones will become weak and break easily.

Cheddar Cheese Deficiency may result in muscle spasms and cramps in the short term and osteoporosis.

amount	minerals contained	vitamins contained
One cup of shredded cheddar cheese contains 28.14 grams of protein, 455 calories and 37.45 grams of fat	Potassium	- 111 mg
	Phosphorus	- 579 mg
	Calcium	- 815 mg
	Magnesium	- 32 mg
	Iron	- 0.77 mg
	Sodium	- 702 mg
	Manganese	- 0.011 mg
	Zinc	- 3.51 mg
	Copper	- 0.35 mg
	Selenium	- 15.7 mcg
	Also contains trace amounts of other minerals	
	Vitamin B1 (thiamine)	- 0.031 mg
	Vitamin B2 (riboflavin)	- 0.424 mg
	Niacin	- 0.09 mg
	Pantothenic Acid	- 0.467 mg
	Vitamin B6	- 0.084 mg
	Folate	- 20 mcg
	Vitamin B12	- 0.94 mcg
	Vitamin A	- 1132 IU
	Vitamin E	- 0.33 mg
Vitamin K	- 3.2 mcg	
Vitamin D	- 27 IU	
		Contains some other vitamins in small amounts.

Tips for Mental Wellbeing

Below are five things that, according to research, can really help to boost our mental wellbeing:

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Learn more in [Connect for mental wellbeing](#).
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in [Get active for mental wellbeing](#).
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in [Learn for mental wellbeing](#).
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in [Give for mental wellbeing](#).
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental wellbeing](#).

For further information and support go to: <http://www.nhs.uk/conditions/stress-anxiety-depression/pages/improve-mental-wellbeing.aspx>





Employer of the Month



Yu Energy are a business energy supplier based in Nottingham. They have been nominated as employer of the month for their commitment to training and recruiting Apprentices.

Yu Energy have recently introduced Apprentice recruitment into their workforce including roles in Sales, Accounts and Business Administration. They continue to work closely with Prostart to develop training programmes for existing staff also, in ICT and Leadership and Management. Yu Energy are a growing employer and the Apprenticeship programme has been led by Emma Jenkinson, HR Assistant.

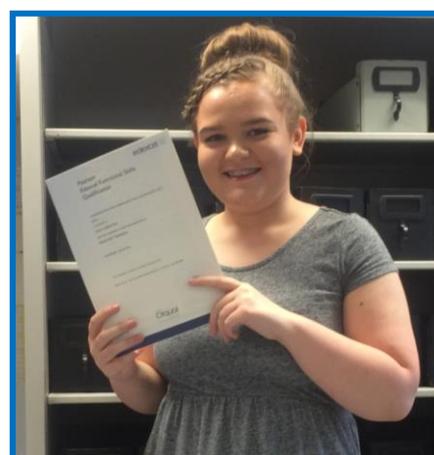
Learner of the Month

Chelsea Morton a learner on the Traineeship programme has been nominated as learner of the month. Chelsea has dedicated herself to her program and has worked on developing her workplace skills in addition to improving her Maths and English. Chelsea was also involved with the in- house tuck shop which is an initiative that was set up to sell drinks and snacks to learners and staff in order to learn valuable customer service skills.



Congratulations to the following learners.....

Adam Amin	Elysia Hawkins	Purvinder Roudh
Jade Jennifer Bradshaw	Robyn Johnson-Tattersall	Mary Elizabeth Sellars
Emily Buxton	Leon Maitland	Erica Smith
Samantha Champion	Lavena McFarlane	Kirk Stubbs
Sarah Clark	Nadia McKenzie	Siobhan White
Donna Corah	Chelsea Morton	Bonnie Wilbraham
Abigail D'Aguiar	Ellie Jade Murden	Ethan Wilkinson
Jenna Dennis	Terrena Nunn	Rebecca Wilkinson
Emily Evans	Jake Pearce	Tamia Wynne
Vianelis Fermin-Pena	Marita Pelosi	Heather Yewdell
Jamie Gingell	Amie Rigby	
Leah May Goodison	Luckvinder Roudh	



Left: Jodie Duckworth and Right: Leah Christian who both received their ICT Level 1 Certificates



Inspirational Quotes

SUCCESS IS NO ACCIDENT.
It is hard work, perseverance,
learning, studying, sacrifice
and most of all, **love** of what you are doing.
- Pele

Next time you're stressed:
take a step back, inhale and laugh.
remember who you are and why you're here.
you're never given anything in this world that
you can't handle. be strong, be flexible,
love yourself, and love others.
always remember, just keep moving forward.
www.dailyinspirationalquotes.in

Learner Feature

My time at Prostart by Chelsea Morton

I am writing this article to talk about all the things I have achieved at Prostart. School just wasn't for me and I wasn't sure that Prostart would be either!!

I first came here in 2014 and joined the in house students working on a qualification called Work skills which helped me a lot because we did units on all sorts of topics that I wouldn't have learnt at school, such as: managing you own money, applying for a job, self-management skills, positive attitudes and behaviours at work, working in a team, building working relationships with colleagues/customers, managing your health at work, setting and meeting targets at work and interview skills. All these units have helped me to prepare for future jobs and taught me a lot of things I didn't know. I was also able to go to a work placement 2 days each week where I started to understand what was expected of me in a job.



In 2015 I moved onto a programme called Traineeship where I am near to completing qualifications including Customer Service, Maths and English.

I did a lot of revision for maths and English on a very good training website called BKSB, this helped me a lot because it was the basic things I needed to know, and it helped me pass my exams. I also had a lot of help from the tutors and it was great to be told that I had passed my maths and I am now waiting for the results of my English exams!

Part of the in house course is to set up and run a tuck shop which gave me the chance to improve my team skills and made me realise there are more jobs to do than you think. We all had different tasks to do like counting the money and taking it and giving out the change, and taking notes on what we sell and what we buy and going to the shops to buy more stock when we ran out. Doing the tuck shop gave me a lot of experience which I will be able to use in the work place.

I have enjoyed my time at Prostart and the chance to complete the things I didn't do at school and I hope to move into a fulltime job soon!

Chelsea Morton



Training Opportunities

PROSTART'S TRAINING PROGRAMME UPDATE

The success of the "Minute Taking Programme" reported in the May newsletter continues as the feedback below demonstrates;

"All of today was very useful, the minute taking tasks and the importance of preparation including, who, what and when"

"I found the most useful part of the course was learning how to prepare for a meeting in many ways and how to concentrate on what, who and when involving actions"

"The most useful part was how to structure a meeting and simplify the notes"

"I found the most useful part of the training was in practicing the minute taking techniques and the discussions afterwards"

"I learnt the that preparation is very important"

All of our Training Programmes are designed and delivered to organisations individual need and content in order to bring added value and benefits to attendees. Please contact Nina Ricci or Frank Harrison for further details on 0115 946 8182.



Learner Benefits – Did you know?

As an Apprentice you are entitled to various benefits and discounts through the Nation Union of Students' Apprentice Extra discount card. This card has discounts available on travel, sport, books and DVD, technology, mobile and broadband, as well as fashion, beauty and going out.

To apply please visit the link below:



NUS Apprentice extra card -<http://www.nus.org.uk/en/nus-extra/nus-apprentice-extra-card/>

If you have any questions about the content of this newsletter or need to get in touch with us about anything else please contact us on 0115 9468182.