

Prostart Newsletter

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Welcome

Welcome to the February 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.



Contents

Articles	Page Number
→ News - Microsoft Imagine Academy	1
→ Current Vacancies	1
→ Health and Safety Update	2
→ Equality and Diversity	2
→ Health and Wellbeing	5
→ Employer of the Month	5
→ Learner of the Month	6
→ Congratulations - Achievers	6
→ Quality Feedback	7
→ Quotes	7
→ Learner Feature	8



News

Microsoft Microsoft Imagine Academy

2015-2016 Program Member Microsoft Imagine Academy

The **Microsoft IT Academy** has changed its name to **Microsoft Imagine Academy**.

Prostart are pleased to say that we continue to provide Microsoft Office Specialist Training using interactive online training software. Training and pre exam testing can be done on any computer with the Microsoft Office Suite installed.

Did you know? Prostart can offer a half day group training session free of charge for any company purchasing 5 or more courses. This will get your employees off to a great start with their Microsoft Office Specialist Qualifications.

£99 is all you pay for your training materials, email support and your exam fee!!

For group pricing or further information please contact nick.malysz@prostartuk.co.uk

Current Vacancies

Apprenticeship/Position	Company	District
Business Administration	NHS	Ruddington
Business Administration	Estate Agents	Ilkeston
Business Administration	Environmental Engineers	Spondon
Customer Service / Retail	Retail - Financial	Nottingham City
Business Administration	Medical Practice NHS	Basford
Business Administration / IT	Charity	Mansfield
Finance Assistant	Manufacturer	Sandiacre
IT Professional x2	Information Technology	Leicester
Business Administration x2	NHS	Mansfield
Business Administration	NHS	Retford
Business Administration	NHS	Mapperley
Business Administration	NHS – Medical Centre	Ripley
Business Administration	NHS – Health Centre	Chaddesden
Business Administration	Manufacturing – Design and Printing	Nottingham City
Traineeship Customer	Career Advisors	Nottingham City

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

Builder fined after sacks of rubble thrown from building window

A Coalville construction firm working in Leicester has been sentenced after workers were spotted throwing sacks of rubble from a building project opposite a police station.

Police officers called the Health and Safety Executive (HSE) as debris was being launched out of a fifth floor window to a flat roof several metres below. They also saw unsafe working at open edges with no fall protection. HSE inspectors arrived at the site on 2 October 2014 and witnessed the activity first hand, and after investigating prosecuted the firm.

J A Ball Ltd. was contracted to carry out work to refurbish former office space into flats at Allied Place, 44 Abbey Street, Leicester.

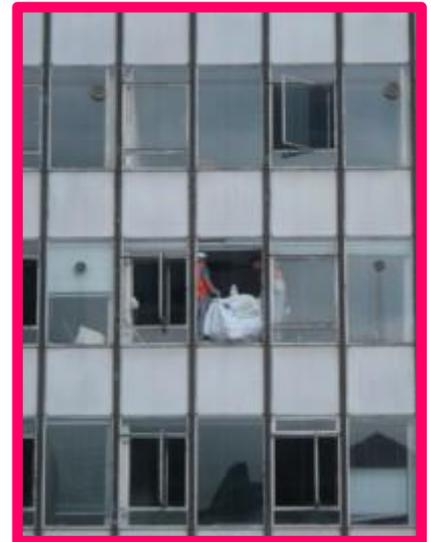
Leicester Magistrates' Court was told company director Adam Ball decided soft stripping work should begin and walked the site with a worker who was not a site manager while issuing instructions.

The court heard Ball had not ensured a refurbishment and demolition asbestos survey had been carried out on the site before work commenced. No paperwork was given to the worker regarding the methods to be used to carry out this work. No risk assessments or site paperwork was given to Ball's employee and no site file existed. There was a substantial amount of waste generated and placed into the rubble bags. These were initially taken down the stairs to the flat roof and then dragged across the flat roof and thrown over the edge into the skip at ground level.

The flat roof had a number of unprotected fragile roof lights across it and there was no edge protection on the flat roof. Mr Ball's employees then decided it would quicker to simply throw the rubble bags out of the window while they were working on the fifth floor. So while standing on the window sill of an open window bags were thrown to the flat roof before being dragged to skip.

HSE told the court that Adam Ball had arranged for work to begin on a site without ensuring that the proper procedures had been followed, and that all workers had been given adequate information. He also made incorrect assumptions about his employee being competent to manage this project.

J A Ball Ltd, of Property Court, Telford Way, Stephenson Industrial Estate, Coalville admitted breaching of Regulation 4(1) of the Work at Height Regulations 2005 and was fined £13,000 with £1182.00 costs.



Equality & Diversity

New rules to protect Apprenticeships

The Government bans organisations from using the term "Apprenticeship" where it is applied to describe a scheme that is not a statutory Apprenticeship, for example in a job advert. There will also be an Apprenticeship target for public-sector organisations. National Living Wage Employers will be required to pay the "National Living Wage" to workers aged 25 and over from April 2016. Speculation has been rife that the Government could face a legal challenge to the age threshold on the basis that it discriminates against younger workers.

Where is your boss more likely to be a woman? Take our global inequality quiz – The Guardian
<http://www.theguardian.com/global-development/2016/jan/22/where-boss-likely-woman-global-inequality-quiz>



Safer Internet Day 2016 - Tuesday 9th February

<http://www.saferinternet.org.uk/safer-internet-day/2016>

Murder Games

On Tuesday 26th BBC3 broadcast a [docudrama](#) about the murder of 14-year old Breck Bednar after he was groomed online.

The programme sees Breck's family and friends recount how Breck was manipulated and isolated by Lewis Daynes, then aged 18, over the course of nine months. Breck was ultimately persuaded to meet Daynes in person at his Essex flat.

Lewis Daynes was sentenced to life in prison and will serve a minimum of 25 years in custody. More information on this story can be found at <http://gu.com/p/4gvy5/sbl>

Parents and Carers Website - This new website supports parents and carers in protecting their children from abuse online. The site provides advice for parents who are concerned about their children, as well as those just looking to learn more about what they can do to keep their children safe. **Visit** www.thinkuknow.co.uk/parents

Religious Festivals and Holidays: January - March 2016

For more information

<http://www.bbc.co.uk/timelines/zq849j6>

Interesting Awareness Days



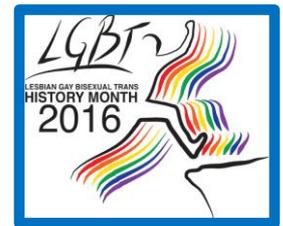
National Apprenticeship Week 2016 will be from 14 to 18 March

<https://www.gov.uk/topic/further-education-skills/apprenticeships>

Prostart will be attending events at Mansfield Job Centre , Nottingham Jobs at Loxley House and also holding an Open Day at 18 High Street – Details to follow on website www.Prostartuk.co.uk

About LGBT History Month

LGBT HM is celebrated in February in the UK but our work to challenge homophobia, biphobia and transphobia continues throughout the year. Our interactive calendar is also all-year-round so check it out or add an LGBT related event of your own.



This year our theme was Hidden Histories and Coded Lives. In 2016 our theme will be Religion, Belief and Philosophy.

In 2017 we will look at Citizenship, [PSHE](#) and Law as we mark the 50th anniversary of the partial decriminalisation of male homosexuality in England and Wales.

“The inspiration behind the badge design came from the phrase “leap of faith”. I chose this phrase because I believe it is a very powerful, and personal message. It is about believing and having faith, both in one’s religion, and in oneself. It represents a risk we take for a better outcome and future, a push forward in acceptance and tolerance within and towards to LGBT community, and the strength it can take to come out as a homosexual, bisexual or trans person.” – Gareth Marshall, 2016 Badge Designer, University of Bedfordshire

<http://lgbthistorymonth.org.uk/>

What is Purple Day?



Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide.

On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in dozens of countries on all continents including Antarctica participated in Purple Day!

- 50 Million people have epilepsy world wide
- It is estimated that 1 in 100 people have epilepsy
- In 50% of cases the cause is unknown



do something brilliant,
do something purple!

More details for UK events - Epilepsy Society

<http://www.epilepsysociety.org.uk/purple-day-26-march#.VqdFNHkrGpo>



Health & Wellbeing

The benefits of eating Pumpkin's.....

<p>Denise's (Healthy Food in the spotlight)</p> <p>Pumpkin  Zinc is our topic of the month</p>		<p>Perfect winter soup for that healthy feeling, a smooth, velvety soup and for a touch of luxury, add wild mushrooms – their warm, earthy flavor complements sweet, nutty pumpkin beautifully.</p>
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amount	minerals contained	vitamins contained
Men need 15 mgs/day.	Potassium - 564 mg	Vitamin C - 11.5 mg
Women should get 12 mg/day.	Phosphorus - 74 mg	Niacin - 1.012 mg
Children need 10 to 15 mg/day.	Magnesium - 22 mg	Vitamin B1 (thiamine) - 0.076 mg
Vegetarians need about 50 percent more zinc in their diet than meat eaters.	Calcium - 37 mg	Vitamin B2 (riboflavin) - 0.191 mg
One cup of pumpkin, cooked, boiled, drained, with no added salt has 1.76 grams protein, 49 calories and 2.7 grams of dietary fiber	Iron - 1.4 mg	Vitamin B6 - 0.108 mg
	Sodium - 2 mg	Folate - 22 mcg
	Zinc - 0.56 mg	Pantothenic Acid - 0.492 mg
	Copper - 0.223 mg	Vitamin A - 12230 IU
	Manganese - 0.218 mg	Vitamin K - 2 mcg
	Selenium - 0.5 mcg	Vitamin E - 1.96 mg
	Also contains small amounts of other minerals	Contains some other vitamins in small amounts.

This metal is important in a number of key activities, ranging from protein and carbohydrate metabolism to the immune system, wound healing, growth and vision. Severe deficiency can contribute to stunted growth. Deficiency can sometimes be seen in white spots on the fingernails

Employer of the Month

Nottinghamshire County Council
Customer Service Centre
Mercury House



The staff at the Customer Service Centre within Nottinghamshire County Council have fully supported the Apprenticeship Programme, with 5 Apprentices recruited in the last 6 months and plans for several more throughout the coming year.

The supervisors and senior operators have shown their upmost support to all Apprentices, giving them the opportunity to develop and thrive in their working environments.

With a comprehensive training programme they have been able to support me in my role of assessor by giving the Apprentices a valuable foundation on which to build the rest of their Apprenticeship programme.

They always make time for the Apprentices and continue to support them in all aspects of their work.

Thank You....!!!

Learner of the month

Daniel Gostlow

Traineeship in Business Administration

**Sure Start
Children's Centre
Eastwood**

Daniel has worked towards a Level 1 in Administration as part of his Traineeship programme, Daniel works at Sure Start Children's Centre in Eastwood supporting the team with various administration tasks.

Daniel has had to overcome some difficult barriers in both his work and his qualification and has done this with dedication and enthusiasm. Daniel is also working towards his Maths & English Functional Skills.

Daniel is a pleasure to work with and is always very welcoming.

Well Done Daniel.....!!!!!!

Congratulations to the following learners.....

November & December Achievers

Name	Programme	Qualification
Andrew Aiston	Advanced Apprenticeship	Diploma in Accounting (QCF)
James Alder	Advanced Apprenticeship	NVQ Certificate in Management (QCF)
Ricky Baxter	Intermediate Apprenticeship	BTEC Diploma in Business Administration (QCF)
Kyle Bond	Traineeship	BTEC Business Administration (QCF)
Jenny Brelsford	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)
Katie Louisa Briggs	Advanced Apprenticeship	NVQ Diploma in Business Administration (QCF)
Jessie Burrows	Intermediate Apprenticeship	BTEC Diploma in Business Administration (QCF)
Luis Fermin	Traineeship	BTEC Business Administration (QCF)
Sofia Hussain	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)
Jordan Lawson	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)
Joseph Marsden	Intermediate Apprenticeship	Certificate in Warehousing and Storage Skills (QCF)
Jaymie Meadows	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)
Hannah Morris	Intermediate Apprenticeship	BTEC Diploma in Business Administration (QCF)
Leona Renshaw	Intermediate Apprenticeship	BTEC Diploma in Business Administration (QCF)
Rohan Sabbarwal	Advanced Apprenticeship	Diploma in Professional Competence for IT Professionals (QCF)
Ashley Seward	Higher Apprenticeship	BTEC Diploma in Business Administration (QCF)
James Skelton	Intermediate Apprenticeship	Certificate in Warehousing and Storage Skills (QCF)
Dontai Steadman	Traineeship (Level 1)	BTEC Business Administration (QCF)
Abigail Stubbs	Advanced Apprenticeship	NVQ Diploma in Business Administration (QCF)
Benjamin Jack Tompkin	Intermediate Apprenticeship	BTEC Diploma in Business Administration (QCF)
Pearce Whetton	Advanced Apprenticeship	BTEC Diploma in Business Administration (QCF)
Rowni White	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)
Lauren Paige Wilkinson	Intermediate Apprenticeship	NVQ Certificate in Business Administration (QCF)
Harry Wood	Intermediate Apprenticeship	BTEC Diploma in Customer Service (QCF)



Quality Feedback

Traineeship Focus Group Feedback - January 2016

The Traineeship programme is a 6 month course to build employability skills. The course consists of a work placement and is tailored to individual needs with the opportunity to complete the following qualifications: - BTEC Level 1 in Work Skills , Functional Skills in Maths, English and ICT at Level 1 or 2 and a vocational qualification at Level 1.

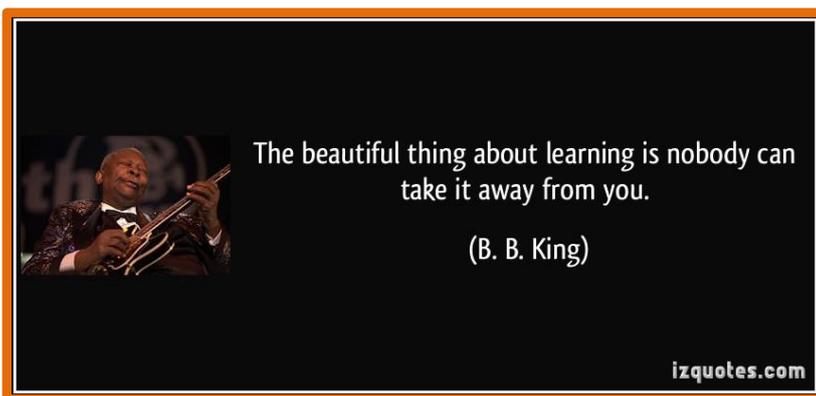
The feedback from the current group of learners about their course -

- Sessions are interesting, it is practical and the activities are interesting.
- We are learning a lot about different topics
- One to one discussion is very useful
- Work experience has been good
- We feel we are in a safe environment
- Course rated 9/10

Achievement Rates

The current Retention rate - which is the number of learners that have started their training and still working towards their qualification successfully across all of programmes - is **95%!!!!**

Quotes



The beautiful thing about learning is that no one can take it away from you.

[B.B. King](#)

Tell me and I'll forget; show me and I may remember; involve me and I'll understand.

Chinese proverb





Learner Feature

Congratulations to Nicola Allock.....

'My name is Nicola Allcock and I have been doing an apprenticeship with Prostart since July 2015. I work at Millbrook Mental Health Unit at Kings Mill Hospital Campus.

I received this email below which I was very surprised about but has proved that if you work hard and do well and work towards your goals - things like this could happen to you too.'

Dear Nicola,

As you may know, you have recently been nominated for an award in the Trust's **Outstanding Service Commitment and Recognition Scheme** – or **OSCARS**.

We are delighted to let you know that your nomination for the Rising Star Award has been short listed. The standard of entries for this year was extremely high and the judges did find their short listing job very difficult, and so to get through to this next stage is a further indication of the wider appreciation of your efforts.

Nottinghamshire Healthcare 
NHS Foundation Trust

Looking forward...

We would like to extend our best wishes to all of our learners, partners and employers as we look forward to an exciting year working with all of you to achieve your goals both personally and collectively!

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.