



Good Morning and welcome to the new look Prostart Bulletin. We hope that these news articles continue to keep you informed about Apprenticeships and other courses that Prostart deliver, along with other useful information.

You can follow Prostart on Facebook and Twitter and if at anytime you wish to unsubscribe please use the link below.

## **Mental Health Awareness Week**



This year Mental Health Awareness week (14-20th of May) will focus on stress. Research has shown that two thirds of us will experience a mental health issue in our lifetime and stress is a key factor in this.

For further information and support please click here: - [Mental Health Foundation](#)



## General Data Protection Regulation (GDPR)

From May 25, 2018, GDPR will be enforced by data protection regulators across Europe. It will change how businesses and public sector organisations can handle the information of their customers.

The GDPR is Europe's new framework for data protection laws – it replaces the previous 1995 data protection directive, which current UK law is based upon.

The EU's GDPR website says the legislation is designed to "harmonise" data privacy laws across Europe as well as give greater protection and rights to individuals. Within the GDPR there are large changes for the public as well as businesses and bodies that handle personal information.

## What this means for Prostart learners and employers

You may have recently received emails from firms asking if you'd be happy to "stay connected" or apps asking that you "review your terms".

That's because, under GDPR, consent must be an active, affirmative action by the data subject, rather than the passive acceptance under some current models that allow for pre-ticked boxes or opt-outs.

Controllers must keep a record of how and when an individual gave consent, and that individual may withdraw their consent whenever they want.

Prostart will also be requesting that all learners and employers sign an updated consent form. Prostart's newsletter will now be sent online to learners and employers that have subscribed.

[Further information →](#)

## **Training Opportunities... NEW Touch Typing Courses**

Prostart will now be offering the Level 2 Award in Touch Typing Skills. This qualification is designed to support you to learn to touch type so that you can increase your speed and accuracy when using an alphanumeric keyboard. By learning to touch type, you will be able to increase your efficiency when using an alphanumeric keyboard both in work and at home. This can serve to increase your overall productivity in work and give you a life-long skill to support employment aspirations. Please be aware you must book onto these as there is limited availability. These can be delivered at



Prostart's premises or within an employer's premises dependant on your requirements. For a quote or further information on this qualification please contact one of our Recruitment Advisors on 0115 9468182 or e-mail us.

[Send Mail](#)

## Learner Nomination of the Month - Julie Fleckney-Jones



Julie is a Management level 5 Apprentice who has attacked the course with vigour and enthusiasm. Julie ensures that she is up to date with her work at all times and always produces work to a high standard. Julie joined the training group later than the other apprentices which is not always an easy thing to do, but has established herself quickly and confidently and is a very competent group member. As an added bonus Julie supplied cake on the last training session to celebrate a milestone birthday, Happy belated Birthday Julie. If you are interested in an Apprenticeship level 5 in Management please contact a member of our Recruitment Team on 0115 9468182.

### **Equality & Diversity: What is culture and why does it matter?**

Culture is a word for people's 'way of life', meaning the way groups do things. Different groups of people may have different cultures. A culture is passed on to the next generation by learning, whereas genetics are passed on by heredity.

There are many different cultures in the world and here are two lesser known current examples.



The Kazakhs of the Western province of Bayan-Ölgii, Mongolia are a Turkic people originating from the northern parts of Central Asia and can trace their roots to the 15th century. Most of Kazakhs in this remote, mountainous region are dependent on domestic animals for their livelihood and practice the ancient tradition of hunting rabbits, marmots, foxes and wolves on horseback with the help of trained golden eagles.

The Himba are an ancient tribe of an estimated 20,000 to 30,000 members located near the Kunene River in northwest Namibia and southwest Angola. They're known for being tall, slender and statuesque semi-nomadic herders. Most still live and dress according to ancient traditions and speak Herero-their language since the 16th century. The Himba live in scattered settlements of cone-shaped structures made of saplings bound together with palm leaves and plastered with mud and dung. If grazing is poor the village will migrate to land with better opportunities, with young men leaving first to set up separate, temporary villages and move the cattle, while the women, children and older men stay at the main settlement.



## **Why is it important to learn about other cultures?**

Culture is a strong part of people's lives. It influences their views, their values, their humour, their hopes, their loyalties and their worries and fears. So when you are working with people and building relationships with them, it helps to have some perspective and understanding of their cultures.

In Britain today it is unlikely that you will come across the Himba or the Kazakhs but we are a multi-cultural society and it is important for us all to learn about and understand each other's cultures. We can learn from one another, but first we must have a level of

understanding about each other in order to facilitate collaboration and cooperation.

Source: <https://www.outsideonline.com>

## Learner Benefits – Did you know?

As an Apprentice you are entitled to various benefits and discounts through the National Union of Students' Apprentice Extra Discount Card. This card has discounts available on travel, sport, books, DVD, technology, mobile and broadband, as well as fashion, beauty and going out. The card costs £11 and is valid for 12 months. To apply please visit the link below:-



[ApprenticeExtra](#)

## Vacancy List May 2018

Apprenticeship/Position	Company	District
Business Administration	Packaging Company	Loughborough
Business Administration	NHS	Nottingham
Business Administration	NHS	Retford
Business Administration	NHS	Loughborough
Business Administration	NHS	Mansfield
Business Administration	NHS	Sutton-in-Ashfield
Business Administration	Medical Storage	Nottingham
Customer Service x 3	Recruitment	West Bridgford
Customer Service	Private Medical	Sutton-in-Ashfield
Business Administration (Reception)	Solicitors	Nottingham
Sales Apprentice	Metering Solutions	Eastwood
Warehousing	Metering Solutions	Eastwood

If you are interested in any of the positions above or need any further information please contact the **Recruitment Team** below:

**Nina Ricci: 0115 9835837 / [NinaRicci@Prostartuk.co.uk](mailto:NinaRicci@Prostartuk.co.uk)**

**Lawrence Turton : 0115 9835823**

**/ [LawrenceTurton@Prostartuk.co.uk](mailto:LawrenceTurton@Prostartuk.co.uk)**



## **Feedback...**

We hope you have enjoyed this newsletter, we really appreciate all the feedback we receive and welcome your feedback on this newsletter too, please click this link to complete a really quick survey.

[Click here](#)

Prostart Training

28 High Street, Long Eaton, Nottingham NG10 1LL

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