

## Prostart Newsletter - April 2020

Our Mission *Training you Today for Tomorrow*  
Our Vision *'Inspire excellence through commitment  
to our customers & partners  
to prepare the best future for our community'*

### Introduction

Welcome to the April Newsletter. Thanks for signing up!

If you no longer wish to receive these e-mails please use the unsubscribe button at the bottom of this newsletter.

If you'd like to contribute to future newsletters or would like us to promote a charity project you are involved in, please get in touch at [newsletter@prostartuk.co.uk](mailto:newsletter@prostartuk.co.uk).

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## Coronavirus Prostart Update

As of the 23rd of March Prostart offices have been closed.

All examinations are currently cancelled.

All Training sessions will be carried out remotely for an indefinite period of time; this will be through Teams on OneDrive or phone and e-mail assessments.

Prostart will continue to monitor the Government and NHS Health Information and updates will be made on Prostart's website [www.prostartuk.co.uk](http://www.prostartuk.co.uk).

Our staff continue to work from home, if you have any queries or concerns please contact your Learning & Development Coach.



## CORONAVIRUS COVID-19

# Social Distancing

### AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential

### USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

### SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls

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## Health & Wellbeing

As the world continues to cope with the unprecedented impacts of the COVID 19, an increasing number of people will be directed to isolate themselves at home or practice social distancing



**These actions can cause negative psychological effects including:**

- Anxiety
- Post-traumatic stress symptoms
- Confusion and anger

Dr. Adrian Hyzler, Chief Medical Officer at Healix International has put together some advice on how to tend to your mental wellness during this time:-



## **Things you can start doing today to reduce anxiety**

**Maintain a routine:** This is so important! Maintain a regular routine to mimic the structure that was previously provided by your work (or "normal") life. This will go a long way in helping you to feel productive. Part of that routine should include showering and getting dressed; tempting though it may seem, don't lounge around in your pyjamas all day!

**Eat regular, healthy meals:** Eating well will help maintain your physical and mental well-being. Whenever possible, make meals from fresh ingredients that you can buy locally. however, do not go out shopping unnecessarily.

**Exercise:** A fitness routine, whether it consists of a walk with the dog, skipping with a rope for 20 minutes in the garden or using any exercise equipment you might have at home, will serve as a distraction and help to boost your endorphins



**Have some fun:** Join online communities for an hour of Scrabble, Monopoly or other traditional games that can now be played online in order to get a sense of community.

**Get enriched:** Learn a new language or skill, maybe enrol in an online course.

**Tackle your DIY List:** Do those tasks you have been putting off forever, including household repairs and gardening.

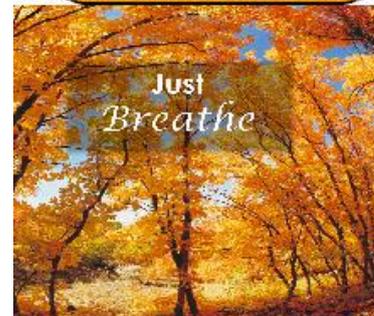
**Don't be afraid to ask for help:** If you do get anxious and need some professional help, access mental health professionals via helplines that are open 24 hours a day. Know that everyone will get anxious to some degree and it's ok not to be ok!

**Remember to breathe:** It sounds pretty basic but take a deep breath whenever you start to feel overwhelmed. You may also want to try meditation apps as well as online yoga classes and wellbeing videos.

**Be kind:** This goes for yourself and those around you; check up on vulnerable neighbours and offer assistance as you're able. Help with shopping for food and medications (drop things off at the door) or offer just conversation (maintaining social distancing of course).

**Take space:** If you are in a family household, give each other breathing room!

**Try and find some meaning:** Though it may seem impossible at times, try and learn from this experience. Focus on what matters the most to you and take some time to really bond with those you care about.



## Free Online Resources

[Get Moving Get Healthy- A Free online course from Virtual College](#)

A course that covers the health benefits of physical activity, how much you should be doing, the importance of diet and how you can incorporate exercise into your lifestyle

[Successful Working From Home - A free online course from Digital Lorators](#) handy hints and tips for making 'working from home' work for you.

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## Further Advice about Staying Safe

By Apprentice Morgan McGrath

If you start to feel ill with a sore throat or cough it's very good to drink hot drinks as the virus does not like hot temperatures going down the throat. It's still important to make sure you drink lots of water, but try and fit in hot drinks throughout the day too.

With the NHS staff working incredible hard to make sure they can look after every single patient at such a chaotic time, it's so important that we don't waste their time. If you have the symptoms of Coronavirus, stay in and look after yourself isolating from everyone you live with. Unless you're really struggling to breathe, this is when you should ring 111 to see what their thoughts are and what they want you to do. By following this procedure this will help the NHS out massively as you won't be putting the people that work for the NHS at greater and they can focus on the people who are really ill.



When going shopping, it's so important with thinking about other people and their families. If everyone takes 1 or 2 items of what they need this will keep the supermarkets well stocked and enable everyone to get what they need..

Finally, please stay indoors and only go out if really necessary. The Government have advised that this should be -

Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible

One form of exercise a day, for example a run, walk or cycle - alone or with members of your household

Any medical need, or to provide care or to help a vulnerable person

Travelling to and from work, but only where this absolutely cannot be done from home

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## Employment News - Minimum Wage

Rates from the 1st April 2020:-

25 yrs old and over	£8.72 per hour
21-24 yrs old	£8.20 per hour
18-20 yrs old	£6.45 per hour
16-17 yrs old	£4.55 per hour
Apprentices under 19 or 19 or over who are in the first year of apprenticeship	£4.15 per hour

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## Safeguarding and Prevent - County Lines

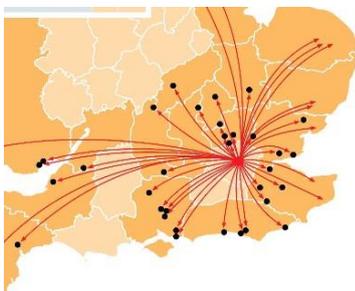


### What are County Lines?

County lines is a practice which drug gangs from larger cities in the country use to spread their trade to smaller towns and villages. The phrase itself actually originates from the phonelines that the city dealers use to organise and promote their wares in the rural areas.

### How does it work?

Drug traffickers set up operations in small towns in rural Britain. Once they have a number of users and dependents, they hand out contact details for a number of 'deal lines' which are telephone numbers which the users contact to obtain drugs.



### Why is it important I know about County Lines?

A key factor in county lines is the exploitation of young and vulnerable people to be used as these runners from county to county.

### How are the young and vulnerable targeted?

These children are often lured in by drug traffickers who promise them luxury goods, money or simply friendship in what is considered a **grooming** process. Some of these

runners are forced to run the drugs under the threat of physical violence towards them or their families, and others are blackmailed by the dealers.

## What to do if you know a victim

If you know someone who is, or may be, a victim of county lines drug trafficking, you can help. Reporting of suspected county lines activity should always be reported to the police which can be done by ringing the non-emergency number which is 101, or, if it's an emergency, by calling 999. To remain anonymous while reporting an instance of drug trafficking, you can call Crimestoppers on 0800 555 111.

There are a number of charities who can help. The first one to call should be Childline on 0800 1111, which is a confidential number connected to specialist counsellors. Before you do so, it can be a good idea to talk to an adult you trust, such as a teacher, a parent or a social worker.

Source: Virtual College

Further Information: [Children's Society County Lines](#)

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## Information Advice and Guidance

Going forward our Equality & Diversity Officer Paula Vaughan has created a Learner Padlet. The Padlet is an online virtual bulletin board which is full of Information Advice and Guidance on Equality & Diversity and Safeguarding. The Padlet will be located in 05. Resources as shown in the screenshot below.

Please use this to update your Continued Professional Discussion. Your Learning and Development Coach may discuss the topics in the Padlet as part of your Progress Review.

Documents > Template Portfolios > BA Level 2 Framework > 05. Resources

 Name	Modified	Modified By	+ Add column
 H&S, E&D, Safeguarding & Prevent Info	November 29, 2019	Curtis Ferrin	
 Portfolio Building Guidance	November 29, 2019	Curtis Ferrin	
 Learner Padlet.url	A few seconds ago	Curtis Ferrin	

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## Prostart News



**Congratulations** to Learning and Development Coach Claire Moreton (nee Loosemore) on her marriage on the 13th of March.

Here is a fantastic photo of the bride.

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## NUS Apprentice Extra Card

This is Apprentice Dalvinder Singh with his Apprentice Extra card.

The Apprentice Extra card is a discount card for UK Apprentices with discounts in stores and online. The card costs £11.

Current discounts include Amazon Prime 6 month free trial and then half price for 6 months.

To find out more and apply go to <https://www.apprenticeextra.co.uk/>



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**To see the latest Prostart vacancies:-**

<http://www.prostartuk.co.uk/apprenticeship-vacancies/>

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)

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