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Prostart Newsletter - October 2019

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 October Newsletter. Thanks for signing up!
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Charity Appeal: Get Involved - Food Donation Appeal



'Hunger doesn't necessarily mean homeless or not looking after yourself. It's in the street where we live. It's in the place where we work. It's our elderly and disabled who have to make a choice to heat or eat. Hunger is the couple that work long hours and but still have to miss meals so that their children can fill their tummies.'

On the lead up to Christmas the team at Prostart have collectively chosen the Canaan Trust to support the work that they carry out. The Canaan Trust are a local charity who work with the homeless and those on the poverty line to provide food, toiletries and support. We would like you to get involved! If you are visiting Prostart or seeing one of our team, could you donate an item to our cause? Below are the types of items the trust are looking for;

- Tins of meat/fish (tuna, meatballs, chilli, hotdogs, spam, corn beef, tinned pies)
- Tins of food (spaghetti Bolognese, baked beans, any tinned vegetable)
- Chunky Soups
- Tinned Puddings (rice pudding, tins of fruit)
- Packets (tea, coffee, noodles, rice, pasta, cereals)
- Toiletries (small packets of wet wipes, soap, toothpaste, shower gel, sanitary products, deodorants)

Any item of food or personal hygiene which can be easily stored and readily used would be welcome. Cans which have ring pulls tops are especially helpful.

If we could all donate even just one item to this really worthy cause we could make a difference! There is a red collection box in our reception area at Prostart or alternatively please hand donations to any member of the Prostart team.

If you would like any help information on our appeal please do not hesitate to contact: clairebates@prostartuk.co.uk or alternatively visit the Canaan Trust website at: www.canaan-trust.co.uk/

Thank in anticipation of your support!

Tip of the Month - Using Apps for Brain Training

1. **Lumosity** - This app consists of various games, quiz and mind training puzzle. Daily records are also kept and your success is saved so you can continue from where you left c
[Download Lumosity](#)

2. **COGNIFIT BRAIN FITNESS** - Cognifit is listed in the health and fitness in the app store. It helps improve the user's memory by conducting various tasks to improve the user's cognitive abilities (brain abilities). It is personally checked by neuron scientists and designed by them too.
[Download Cognifit](#)

3. **HAPPIFY** - This app helps in relieving stress. In addition to all the other apps of its genre, it provides various them



that calm your mind and soul and help you change your perspective. [Download Happify](#)



4. CLOCKWORK BRAIN - Clockwork brain concentrates on increasing the user's mental strength in a very fun and easy manner. Similar to all the other apps it has got the quiz and the others but the difference is the gameplay. You will get a personal tutor a gold rabbit to guide you to the levels of the game. [Download Clockwork](#)

5. EIDETIC - The meaning of the word eidetic is never forgetting or the ability to memorize something with one look. Some of you might get the reference of 'SHELDON COOPER' from the 'BIG BANG THEORY' -he had an eidetic memory. People who want to improve their memory might find it very useful. It is free to use and can be downloaded and is also available in the app store. [Download Eidetic](#)

6. FIT BRAINS TRAINER - An award-winning application rated very high. It is designed by Rosetta stones and Fit brains have been named the top educational app in more than 90 countries. It includes some really challenging riddles. [Download Fit Brains Trainer](#)

7. **PERSONAL ZEN** - Its main aim is to relieve users from mental stress and also relieve anxiety. It has a game approach with riddles and quiz and puzzles. It is free to play and available on all downloading stations. [Download Personal Zen](#)

8. **ReachOut Breathe** - "Sometimes when we're anxious, we shift into the fight-or-flight mode where we have these really shallow breaths," Dr. Schueller says. "Breathing exercises, especially in the moment, can actually counter some of those physiological measures that can happen." **ReachOut Breathe** implements this technique by guiding your breathing, telling you when to inhale and exhale. The uncomplicated interface can also measure your heart rate using your phone's camera.



9. **Self-Help for Anxiety Management (SAM)** - Developed by scientists in the U.K., **SAM** is an unusual app because it encourages users to think about situations that make them anxious and how they would think and act in each scenario. "What we see in anxiety disorders often is that people get trapped in this avoidance cycle where they avoid the thing that makes them anxious and therefore don't master the skills to cope," Dr. Schueller says. "One of the most effective treatments for anxiety disorders are exposure-based treatments, so things that actually get us to face our fears." [Download SAM](#)



10. **Downloading Rootd** means you can work on improving your panic and anxious mood while supporting a female-led app. In addition to mindfulness exercises and step-by-step guides to tactics such as deep breathing, the app features an emergency contact button that makes it simple to call a loved one or hotline when you're in distress. The Personal Stats Page is another source of encouragement, as it tracks the number of panic attacks you've overcome and the number of in-app lessons you've completed. [Download here](#)

Sources: <https://androidfreedom.com/best-brain-training-apps/>

Upcoming events

**Nottingham Halloween and Halloween events in the city
Old Market Square**

Friday 25 - Thursday 31 October

Various times and venues



Experience Halloween in 'Old Market Square' this October

Step into Nottingham's scariest square. New for 2019, the Horror Hotel - A live action scare maze. Plus an array of spooktacular family rides and attractions! Get a selfie with the giant pumpkin, enjoy a witches brew at Nottingham's scariest bar and plenty of other eerie entertainment.



Bonfire Night

Forest Recreation Ground

Tuesday 5 November 2019

Nottingham's best loved FREE Fireworks display is back at the Forest Recreation Ground!

The largest and most central bonfire celebrations in the city, will be packed with fairground rides and delicious food stalls, all centred around a grand roaring bonfire.

For more information and other events: <https://www.visit-nottinghamshire.co.uk/whats-on>

Company News





We are sad to announce that one of our staff members Tony Start will be leaving us this month.

We'd like to wish Tony *Good Luck* in his new job.

Did you know?

Getting Ready for Brexit

The government has guaranteed that in the event of leaving the EU without a deal, all those who are resident in the UK before the UK leaves the EU will be able to stay.

Employers should ensure that their employees, including apprentices, who are EU/EEA or Swiss citizens living in the UK are aware that they and their family members will need to apply for settled or pre-settled status through the EU Settlement Scheme in order to secure their rights. Many of your employees will have already applied to the [EU Settlement Scheme](#), or be in the process of doing so. But if they haven't, they still have until 31 December 2020 to do so (30 June 2021 if the UK leaves with a deal). Use the [toolkit for employers](#) to help your employees.

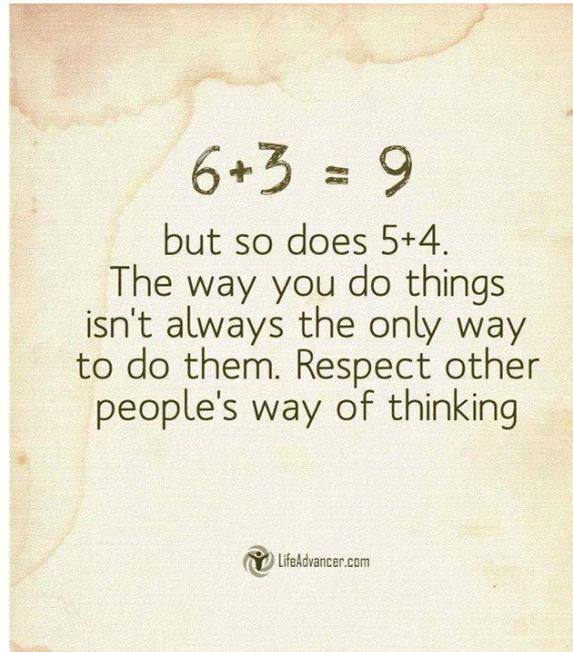
All EU/EEA and Swiss citizens and their family members starting an apprenticeship in England in the 2019 to 2020 and 2020 to 2021 academic years will remain eligible for apprenticeship funding.

Quote



YOU WILL NEVER
ALWAYS BE
MOTIVATED, SO
YOU MUST LEARN
TO BE
DISCIPLINED.

@daretocultivate|daretocultivate.com



Apprenticeship Facts: - There are, on average, 23,000 apprenticeship opportunities listed on find an apprenticeship every month.

<https://www.gov.uk/apply-apprenticeship>

Events Assistant Apprenticeship

Do you work in an events company or events department in organisation, helping event planner and project managers to organise and host events?



Events cover a broad range of activities as well as sizes, from small numbers of attendees through to thousands. Around 75% of events are conferences, meetings, trade shows and exhibitions. Other events include outdoor events, cultural events, sporting and music events. Companies use events to bring together different groups of people: from employees attending a sales conference; to customers or suppliers

Source: <https://www.lbhf.gov.uk/children-and-young-people/schools-and-colleges/school-staff-zone/prevent-and-schools/prevent-and-schools-resources-and-lesson-plans>

Equality & Diversity -

For Dyslexia Awareness Week 2019 the British Dyslexia Association is asking schools and workplaces to put aside half an hour to explore how to empower dyslexia in the organisation, maximising the value it brings.

For more information [Click Here](#)



World Mental Health Day - 10th of October

This year, the World Federation for Mental Health (WFMH) has decided to make "suicide prevention" the main theme of World Mental Health Day. Suicidal behavior has existed throughout human history, but due to several complex factors, it has increased gradually in all parts of the world and, in the past few decades, has reached alarming statistical levels.

For more information:-

<https://wfmh.global/world-mental-health-day-2019/>

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

5 Ways to get a better night's sleep

1. Go to bed at regular times



Going to sleep and waking up at regular times - even on weekends - will strengthen your body clock, says Dr Lizzie Hill, a clinical sleep physiologist and a spokeswoman for the [British Sleep Society](#). Regular mealtimes are also an important cue for your circadian rhythm. Avoid exercise too close to bedtime, as it can cause restlessness and an elevated body temperature, says Samantha Briscoe, a senior physiologist at the [Sleep Centre at London Bridge hospital](#)

2. Protect the bedroom

Preserve the bedroom as a place for sleep: there is evidence that the brain forms a strong association with sleep there. A temperature of 16-18C (60-64F) is thought to be ideal for most, according to [the Sleep Council](#), an awareness and support organisation. Blackout blinds or an eye mask can help block out light, while keeping electronic devices out of the bedroom is highly recommended.

3. Get ahead on the next day

Your night-time routine is an opportunity to make mornings run a little smoother: choose your clothes for the next day when you reach for your pyjamas or pack your bag while brushing your teeth. Martin Hagger, a professor of health psychology at the University of California, Merced, [has stressed](#) how routines are linked to the formation of healthy habits.

4. Wind down

Reading a book can help slow breathing and relax muscles, while yoga stretches or even a gentle walk can reduce anxiety, says Briscoe. A warm bath or shower can also help you relax: [researchers at the University of Texas at Austin](#) found that bathing in water of 40-42.5C one to two hours before bedtime was associated with better sleep.

5. Write down your worries

"If your mind is buzzing from the day, try keeping a journal or worry book," suggests Hill. The [NHS also recommends](#) writing to-do lists for the next day in order to organise thoughts and clear the mind. "If you experience difficulty with sleep over the longer term, consider whether there may be an underlying medical condition," says Hill. A sleep diary could help you identify any patterns.

Source: Amy Sedghi for The Guardian published 4th October

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

Lawrence Turton : 0115 9835823 / LawrenceTurton@Prostartuk.co.uk

Answers to Prevent Quiz

1. False: anyone can harbour extremist beliefs.
2. False: Extremism can be seen in non-violent acts such as protest movements, online and in literature.
3. True: Extremism can be non-violent but still dangerous.
4. True: Extremism has taken place by ETA in the Basque Region, in the Israel-Palestine Conflict and by the IRA in Ireland often involving the use violence.
5. True: Some extremists target religious groups that may more heavily influenced than non-religious people. For example, Al Qaeda and affiliates see young Muslim's living in the West as a key target audience to their messaging.
6. True: Young people are seen as being more easily influenced than an adult due as they question issues relating to their identity , beliefs and values during adolescence.



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