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Prostart Newsletter - September 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 September 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.

News - The National Apprenticeship Awards

Now in their 16th year, the National Apprenticeship Awards showcase the diverse and growing range of sectors engage with apprenticeships. The awards celebrate employers who fire up their business with apprenticeships, outstanding apprentices who blaze their own trail, and individuals who champion apprenticeships with passion.



The awards are open to apprentices, individuals who promote apprenticeships and employers of all sizes from all sectors with entrants asked to demonstrate the impact apprenticeships has made to individual's lives and their workplaces.

For more information [click here](#)

Tip of the Month - Using OneDrive

- Ensure that you sign in with Chrome
- One Drive takes longer to sync - make sure that if you move a document you give it time to sync
- All of your apprenticeship programme information can now be found on your portfolio in OneDrive
- A OneDrive e-mail address has been set up for you that you can log in - speak to your Assessor if you haven't logged into your portfolio yet



Upcoming events

Friday 13 - Sunday 22 September
Various venues in Nottinghamshire

Heritage Open Days is England's largest festival of history and culture, bringing together over 2,500 organisations, 5,000 events and 40,000 volunteers. Every year in September, places across the country throw open their doors to celebrate their heritage, community and history - for the first time there will be two packed weekends of events taking place.

It is a chance to discover hidden treasures and enjoy a wide range of tours, events and activities which bring to life local history and culture - and it's all FREE.

With free access to properties that are usually closed to the public or normally charge for admission, there are various events taking place across Nottinghamshire.

[For further details click here](#)



Company News





The NHSTraineeship group have just completed their work preparation training at Prostart. These are the photographs of the group completing what is called - The Human Knot.] is a great team building exercise and the idea is that after specific joining of hands and then unravelling without letting go to end up with a clear circle of individuals!

Their Tutor Eve Adams, has had some great feedback about the training and the group will now go into a 4 day a week work placement and continue their training 1 day a week at Prostart.

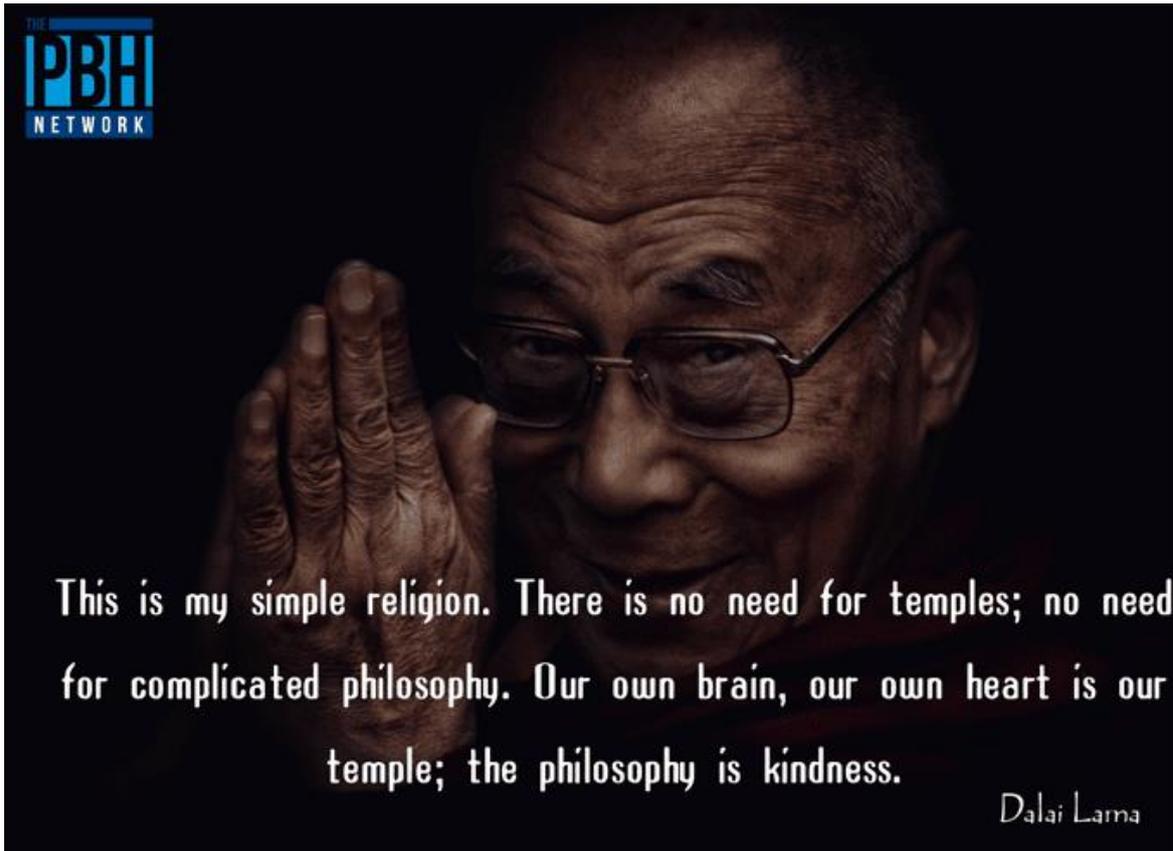


Did you know?

Sir Michael Caine, who starred in films such as *The Italian Job*, *Inception* and the *Dark Knight Trilogy* actually started his working life as a plumbing apprentice.



Quote



Frequently Asked Question:-

How do I find out what I need to do for my End Point Assessment?

You will find details of the end point assessment requirements in your Scheme of Work. Every apprentice has a Scheme of work on their portfolio. If you are unsure you can also speak to your Assessor or another member of staff at Prostart.

Prostart Staff Member of the Month - Eve Adams



Eve has had some great feedback this month from the NHS Traineeship group:

- Thank you for all the support
- Thank you for everything you have done for us

-Thank you for being an amazing tutor, these past 3 weeks have been fun learning and getting to know everyone

-Thank you for all the help.

Courses and Training

Prostart offer a variety of short courses on our website, these courses are reasonably priced and can offer an alternative to an apprenticeship or provide refresher training. Courses include:



- Touch-typing level 1-2
- Minute Taking
- Distressed Callers
- Boundary Training
- Effective Chair
- Telephone Techniques
- Microsoft Office Specialist
- Microsoft Technology Associate

For more information go to Prostart's website Store. If you would like to arrange a group booking please contact Prostart's recruitment team info@prostartuk.co.uk or call 0115 9468182

Safeguarding and Prevent



BBC Article - [How I became a victim of a modern slavery gang](#)

Equality & Diversity - Health & Wellbeing

Information taken from Website - thegoodbody.com

Laughing can increase blood flow by 20%

Skin is the largest organ in the body and it defends against disease and infection

Always look on the bright side: Being an Optimist can help you live longer

Exercise will give you more energy, even when you are tired

Too much sitting and sleeping can increase your chances of an early death

A lack of exercise now causes as many deaths as smoking

Nearly 30% of the world's population is obese

Between 2000 and 2015, the average global life expectancy increased by five years

Learning a new language or playing a musical instrument gives your brain a boost

Reading can lower levels of unhealthy stress hormones

Staying in touch with family and friends is good for your health memory and longevity

Drinking coffee can reduce the risk of depression

Smelling Rosemary can increase alertness and improve memory

Writing things out by hand will help you remember them

Chewing gum makes you more alert, relieves stress and reduces anxiety levels

Yoga can boost your cognitive function and lower stress



Did you know?

Most people that are dehydrated don't even know it!
It can make you feel tired and lead to unwanted weight gain.
Try to drink around 8 glasses of water a day!

#DrinkEightGlassOfWaterEveryday

@CircleCareApp       

Motivate friends and family to stay healthy

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



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