

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'*

Coronavirus and Lockdown one year on...



Can you remember the first time we heard about Coronavirus and the events that unfolded in China, the spread to Europe and eventually to the UK and the first lockdown...?

Working from home and remote training became a norm.

The nation took to walking and wildlife had respite from traffic and pollution for a while.



Neighbourhoods came together to clap for the NHS and helped others with shopping, meals, food banks, errands and emotional support

and fantastic fund-raising



So one year on the Country is rolling out vaccinations and we are looking forward to getting back to some sort of normal...let's hope it is soon -

Well done to all our learners during this time your assistance and commitment has been remarkable - the Prostart Team

Please note that Training sessions will remain remote until July 2021 and any updates will be via your L&D Coach. Remember if you have any support needs or have any queries please contact your L&D Coach or Paula.

Safeguarding & Prevent

Citizenship



TIPS FOR IMPROVING YOUR CULTURAL SENSITIVITY

Becoming more sensitive to cultures, including your own, is an important skill everyone should learn. The good news is you can improve your cultural sensitivity without having to travel far from home. Here are a few tips to get you started!



Exposure

The truth of the matter is, no matter where you live, you are exposed to other cultures. Look for local festivals and events focused on other cultures: Chinese New Year, El Día de los Muertos or Holi Festival just to name a few.



Education

Understanding the cultural practices of others can make or break an interaction. We show respect by observing those practices, so knowing what not to do is crucial. Learn about other cultures by reading online magazines, journals, or blogs.



Curiosity

Being culturally curious doesn't mean you have to sell everything and become a backpacker. You can start small by going to a local restaurant to try a new food. Ask questions like "Is this how this dish is traditionally served in your country?"



Self-Awareness

Knowing more about your own culture is the most important part of developing cultural sensitivity. You can't expect to truly understand someone else until you know yourself. Start by answering a simple question: what makes you and your culture unique?

www.ajaincali.com

Working together to prevent terrorism and staying safe online

Useful website links:

NSPCC [Online safety | NSPCC](https://www.nspcc.org.uk)

Vote for Schools [VFS \(votesforschools.com\)](https://votesforschools.com)

Lets talk about it - [Lets Talk About It - Staying Safe Online \(Itai.info\)](https://www.lets-talk-about-it.com)

Learner of the Month

Bryony started work at Highbury Hospital for Nottinghamshire Healthcare in August 2020 as an Apprentice and quickly became a key member of the team. Starting a new job in a pandemic isn't the easiest, especially going straight into being an essential worker but Bryony has shown determination, a great attitude to learning and proved to be a team player by providing support to her colleagues and peers. Bryony has already started to build excellent working relationships with those around her especially Managers and ensures that they have all the support they need. Bryony's hard work and determination has paid off, and in October, Bryony secured a Band 3 permanent position within the trust! Bryony works hard on all tasks set and is keen to achieve her Business Administration Level 3 Apprenticeship.



Bryony's Manager - Kelly Harbey commented:

'Bryony has an excellent attitude to work and her colleagues, she is always keen to learn new skills and is always happy to provide assistance to support her colleagues' Well done Bryony you are a shining star and a great role model to future Apprentices within Nottinghamshire Healthcare!



Employer of the Month

The employer of the month is NOTTINGHAM City Council. Prostart have worked with them for several years supplying and assessing apprentices, but in the more recent years have worked in partnership with them delivering apprenticeship to employed staff who want to achieve higher level qualifications. NCC have made things as easy as possible by supporting their staff to have time away from work to attend both training and supported portfolio days, even during the last year where everyone has been under the COVID pressure they have ensured staff have some time to work towards their qualifications.



Health and Wellbeing

5 Surprising Health Facts

1 Drinking Coffee Can Prevent Depression We hear a lot about the negative [effects of caffeine](#) on our health, but turns out that caffeine has its good points too. Research from the Harvard School of Public Health found that women who drank a minimum of four cups of coffee per day could lower their risk of depression by 20 per cent. Earlier research also found that females who drank two or more cups per day were less likely to commit suicide.



2 Chewing Gum Makes You More Alert If you're suffering from a mid-afternoon slump or can't seem to concentrate in the morning, then try chewing some gum to make you feel awake. Coventry University researchers found that chewing mint flavoured gum dramatically reduced feelings of tiredness. Another study on the subject found that chewing gum can improve overall test scores and memory by 35 per cent, relieve stress and reduce anxiety levels.



3 Sitting At A Desk Can Increase Death Risk By Almost 50 Per Cent Office workers beware, as research found that office workers who sit for longer than 10 hours a day at their desk had a 48 per cent increase in risk of death, in comparison to people who sat for less than four hours a day. To counteract this health risk, try to introduce five minutes of activity every hour and make sure you take regular breaks away from your [workstation](#). Simple changes like taking the stairs instead of the lift will also make a positive difference to your health.

4 ATM Machines And Public Toilets Are Equally Dirty Withdrawing money from a cash machine is something many of us do regularly, but how many of us give our hands a wash after using them? Cleanliness tests carried out in Britain found that ATM machines were as dirty as the toilets. Specialists investigated swabs taken from the cash machine keyboards and from public toilets nearby and found both samples had the same bacteria known to lead to sickness.

5 If You're An Optimist, It Could Help You Live Longer According to a study from Duke University Medical Centre, heart patients who were more optimistic about their treatment, actually lived longer than those who were more pessimistic in their mindsets. Also, according to findings of a study published in the *European Heart Journal*, people who are optimistic have less chance of suffering from heart disease.

Never stop
learning, because
life never stops
teaching.

© LIN PERNILLE

be humble,
be teachable
and always
keep learning

Equality & Diversity

April Holidays



- 2 Good Friday (Christian)
- 4 Easter Sunday (Christian)
- 5 Easter Monday (Christian)
- 13 Vaisakhi** (Hindu, Sikh)
- 12 Ramadan Begins* (Islam)
- 20 First Day of Ridván (Bahá'í)
- 23 St. George's Day (Christian)
- 26 Second Passover (work permitted) (Judaism)
- 28 Ninth Day of Ridván (Bahá'í)
- 30 Lag B'Omer (work permitted) (Judaism)

Good Friday

Good Friday is a Christian holiday commemorating the crucifixion of Jesus and his death at Calvary. It is observed during Holy Week as part of the Paschal Triduum on

the Friday preceding Easter Sunday, and may coincide with the Jewish observance of Passover. Find out more: https://en.wikipedia.org/wiki/Good_Friday

Check out the 6 wackiest apprenticeships in 2021 we could find -

Tree Surgeon

Baby Photographer

Jeweller

Telescope Maker

Sail Maker

Animal Technologist

Source successatschool.org



Raising Money for Charity

Please watch Prostart learner Damien Greaves brilliant video to raise money for the NHS

<https://youtu.be/CklcFoCCn8k>



Up to £3,000 incentives available to eligible employers who would like to recruit an Apprentice

Apprenticeships are fantastic career opportunities that combine a job, with an accompanying assessment and skills development programme - it is a way for individuals to earn while they learn! Apprentices gain skills and knowledge through a wide mix of learning in the workplace, formal off-the-job training and the opportunity to practise new skills in a real work environment. Apprentices can provide enormous benefits to employers from increasing productivity, to reinvigorating the workforce through their developing skills and expertise.



If you are interested in recruiting an Apprentice or would like further information, contact the Recruitment Team on 0115 9835837 / Info@Prostartuk.co.uk

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 and DVD, technology, mobile and broadband, as well as fashion, beauty and going out. The card costs £11 for 1 year and £19 for two years, you get discounts from the likes of The Co-op, Amazon, Dominos, Alton Towers, New Look and much much more!

To apply please visit the link below:

<http://www.apprenticeextra.co.uk/>



You have received this newsletter as a Prostart Training subscriber. Need to update your details? No longer relevant? Please use the links below.

[Unsubscribe](#) | [Manage your subscription](#)

28 High Street
Long Eaton
Nottingham
NG10 1LL