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Competition: We want to hear about your training experiences.

For your chance to win a £25 voucher send your training story to: Laura Lawson: trainingmgr@training-now.co.uk

Entitle your email: 'Training Story'

SAFEGUARDING

Psychological abuse:

In the past domestic abuse has been thought of as only *physical* violence but *psychological abuse* can be just as damaging. A change in the law means psychological abuse is also now illegal - a new crime of 'coercive control', introduced in December 2015, widened the net to cover a host of other types of domestic abuse, such as *psychological abuse*.

If you have any issues or need to discuss any concerns regarding your own safety or that of a fellow learner please do not hesitate to contact us:

Laura: trainingmgr@training-now.co.uk / 07738892289

Alina: AlinaHemkova@training-now.co.uk / 07720947247

CELEBRATIONS:

Congratulations go to the following learner/s for achieving their qualifications with Training Now:

Catherine Harvey has received her certificates for her level 2 Diploma in Adult Care. Caroline Evans kindly sent this picture to Training Now and went on to write:

"I would also say that the skills and knowledge that Catherine has developed through completing the diploma has led to her becoming a senior care worker and being able to assist with assessments, reviews and performance management; she is a real asset to the team. The office team have worked with Catherine to help her complete the NVQ and remind her of the ways her experiences working in the field and in the office are relevant to her diploma and evidence her learning."



Congratulations also go to Matthew Wood for passing his Functional Skills in maths level 1. Matthew works for Agincare UK in the Newcastle-under-Lyme branch. I caught up with Matthew and he said it all went fine. A huge well done to Gabriela-Carolina Popovici for achieving her Lead Adult care worker level 3 apprenticeship. Gabriela works for Agincare Homes Holding at Gainsborough care home in Swanage, I spoke with Juliet Porter who said it was a brilliant achievement for Gabriela and the home. Both have said that as soon as the certificates arrive they will take pictures and send them in so we can feature them in next month's issue.

Easter Sunday fell on the 21 April this year - The Eastern Christian churches still determine the Easter dates using the older Julian Calendar method. According to the Bible, Jesus Christ's death and resurrection occurred around the time of the Jewish Passover, which was celebrated on the first Full Moon following the vernal equinox. This soon led to Christians celebrating Easter on different dates.



Equality & Diversity - Some dates to look out for in May:

- 12th International Nurses Day
- 17th International Day Against Homophobia, Transphobia & Biphobia
- 19th Vesak – Buddha Day – Buddhist
- Mental Health awareness week

Health & Safety - Personal protective equipment – known as 'PPE' – is used to protect health care workers while performing specific tasks that might involve them coming into contact with blood or body fluids that may contain some infectious agents (germs). It includes many of the items often associated with health care by the public – gowns, gloves and masks. These items will be for single-use only – that is, you MUST use them once and then discard them.



What can you do to stay safe online?

Here are some tips to help you get started:

1. Create Complex Passwords.
2. Boost Your Network Security.
3. Use a Firewall.
4. Click Smart.
5. Be a Selective Sharer.
6. Protect Your Mobile Life.
7. Practice Safe Surfing & Shopping.

Contact Training Now:
01305 825473
www.training-now.co.uk
info@training-now.co.uk

Autism awareness

As mentioned in last month's issue it was Autism awareness week from the 2nd to the 7th April. We distributed a task and information sheet amongst our learners in order to raise awareness of autism and some of the challenges faced by people living with the condition. Knowing what we now know about autism we can look back at some famous historical figures with the view that they were probably on the autistic spectrum. Albert Einstein for example had difficulty with social interactions, had tactile sensitivity, was very intelligent, yet found his language difficult at times, and had difficulty learning in school. It is likely that Einstein did not have the accommodations and different teaching styles that many autistic children need. Einstein famously said: 'We are all geniuses but if we judge a fish by its ability to climb tree it will live its entire life feeling that it is stupid' a reminder to us all that we are all different and have our own unique set of gifts and talents, it is building on these that enable us to truly celebrate diversity.

Mental Health Awareness Week 2019: body image issues:

This year, Mental Health Awareness Week runs from Monday 13th to Sunday 19th May and focuses on the theme of body image. The annual awareness week, hosted by the Mental Health Foundation since 2001, will look at how we think and feel about our bodies and raise awareness of how body image worries can affect people at any age...



Health & Social Care word search – Scan below and see how many care-related words you can find. Email your answers to: trainingmgr@training-now.co.uk first complete & correct submission wins a £10 amazon voucher and mention in next months issue!

T	T	T	C	G	T	D	I	Y	T	E	F	A	S
R	M	P	T	N	S	I	I	I	R	Y	R	L	Y
E	F	T	A	I	I	V	D	A	I	Y	N	P	T
Q	P	P	O	N	O	E	U	Y	Y	Y	C	P	R
U	R	A	G	I	H	R	D	T	T	C	O	R	A
A	O	T	S	A	V	S	R	I	I	I	N	I	I
L	C	U	E	R	T	I	O	C	N	L	S	V	N
I	E	F	M	T	Y	T	C	A	G	O	E	A	I
T	D	O	P	T	V	Y	E	P	I	P	N	C	N
Y	U	T	A	A	S	I	R	A	D	A	T	Y	G
T	R	A	T	I	N	F	E	C	T	I	O	N	R
O	E	O	H	T	E	R	G	L	O	V	E	S	P
M	S	T	Y	R	E	W	A	R	D	I	N	G	E
R	E	P	O	R	T	L	D	U	T	Y	T	C	E