

Adult Care Academy

Newsletter

January 2022

Leadership team thoughts

Happy New year from the leadership team!

We are looking forward to a bright new year and continuing to work with you all to support your learning journey. It's great to see the high level of engagement throughout the winter so far, and the ongoing commitment, focus and success of all our learners and employers.

Have you secured your place onto the latest sessions?

These live virtual sessions are delivered by a team of expert trainers, to provide apprentices with knowledge in specific areas that bring live examples to learners, and also give learners a chance to talk and exchange best practice amongst other apprentices across the country.

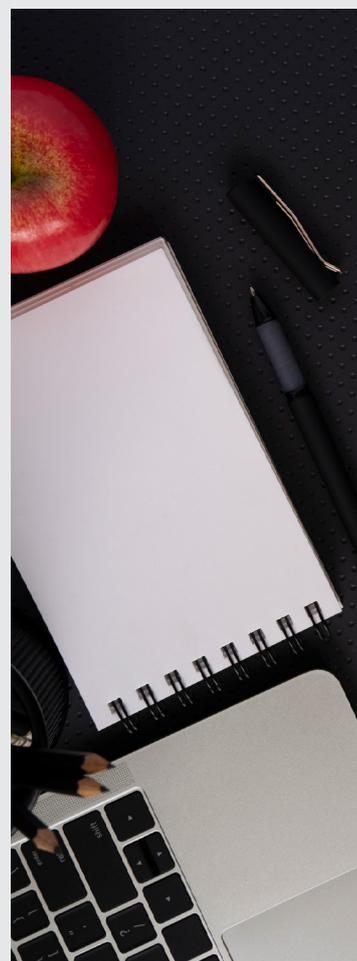
If you haven't already, check out the upcoming course schedule on the Learning Hub, or speak to your Skills Coach and sign up! They are FREE and part of your programme, and will give you credit progress towards your qualification.

Functional Skills - Maths

- Session 1 - Number - 3rd, 31st Jan
- Session 2 - Calculation Confidence - 4th Jan, 1st Feb
- Session 3 - Fractions, Decimals & Percentages - 6th Jan, 3rd Feb
- Session 4 - Area, Perimeter & Volume - 10th Jan, 7th Feb
- Session 5 - Ratio & Proportion - 11th Jan, 8th Feb
- Session 6 - Formulas - 13th Jan, 10th Feb
- Session 7 - Probability - 17th Jan, 14th Feb
- Session 8 - Conversions - 18th Jan, 14th Feb
- Session 9 - Averages - 20th Jan, 16th Feb
- Session 10 - Graphics & Statistics - 24th Jan, 27th Feb
- Session 12 - Preparing for your Non Calculator Test - 25th Jan, 22nd Feb
- Session 13 - Preparing for your Calculator Test - 27th Jan, 24th Feb

Functional Skills - English

- Session 1 - Reading - Text Types & Features - 3rd, 17th, 31st Jan
- Session 2 - Styles of Texts - 4th, 18th Jan, 1st Feb
- Session 3 - Comparing Texts - 6th, 19th Jan, 3rd Feb
- Session 4 - Preparing for your Reading Test - 10th, 24th Jan, 7th Feb
- Session 5 - Punctuation, Spelling and Grammar - 11th, 25th, Jan, 8th Feb
- Session 6 - Preparing for your Writing Test - 13th, 27th Jan, 10th Feb



Be vigilant

If you are concerned about a neighbour or vulnerable person, please report this to your local safeguarding team or email us on safeguardingreporting@gpstrategies.com.

Energy price hikes

Energy prices are continuing to soar, and as such many vulnerable and elderly people are finding it increasingly difficult to stay warm, whilst still paying their bills, pushing an estimated 150,000 pensioners into fuel poverty.

Here are some quick energy saving ideas:

- Turn appliances off - rather than on stand-by
- Plug gaps around windows, doors and floorboards
- Turn lights off when you are not in the room
- Reduce shower time

Congratulations

Well done to all of our apprentices who successfully achieved their qualification during December! Your dedication continues to inspire our staff to deliver the highest quality apprenticeship programmes



Key dates and events

National Pie Day - 23rd January

National Pie Day seeks to promote the sweet and savoury pastries we all love. Pie is a baked dish made from pastry dough, and can be filled with fruits or meats and comes in a variety of sizes. Pies are often distinguished by their crusts which can define how the pie will be filled.

National Pie Day was first observed in the mid-1970s when Charlie Papazian declared his own birthday to be National Pie Day. Today, pie is enjoyed all around the world with different types and flavours depending on region. The American Pie Council even organises an annual National Pie Championship for amateur and professional pie makers!

Did you know?

The phrase 'as easy as pie' has been in the English language since the 19th century. It was first published in 1855 by Garrett and Company. At the time, the phrase used was, as nice as pie, but it was later changed to the more renowned - as easy as pie.



International Day of Commemoration in Memory of the Victims of the Holocaust - 27th January

Holocaust Memorial Day is a day commemorating the millions of Jews and minority groups who were murdered by the Nazis during the Holocaust in the 1930s and 40s. The Holocaust, a systematic and state-planned programme to kill millions of Jews and other minority groups in Europe, was one of the most horrific genocides in history with an estimated 11 million lives lost. The purpose of the day is to encourage discussion of this difficult subject in order to make sure that it never happens again

In 2005, Holocaust Memorial Day was established by the United Nations General Assembly. The remembrance date - 27th January - is significant as it was the date that Auschwitz-Birkenau, the largest and most infamous Nazi extermination camp in Poland, was liberated in 1945. The Holocaust is marked by many different days around the world. In Israel, the day is known as Yom HaShoah and begins when the sun sets on 4th May and finishes in the evening of 5th May.



You can find some more events and celebrations here:
<https://www.wincalendar.com/Calendar-UK/January-2022>

Mental health awareness

[Every Mind Matters](#) is the national platform for good mental health, from Public Health England. It aims to make it easier for everyone to look after their own wellbeing and improve their mental health, by providing a digital hub full of advice, tips and resources and a new online tool to help everyone create their own action plan. See www.nhs.uk/every-mind-matters for more details.

Our [Mental Health First Aiders](#) are here to discuss any concerns you have in confidence. If you need any further advice and guidance, please contact your skills coach who will signpost you to the relevant organisations who can provide the relevant support.

Support information

Our team is on hand to answer any questions or queries you have - to find out more about us visit our website <https://www.gpstl-apprenticeships.co.uk/about-us/faqs.shtml>.