

# Learner NEWS

*In this issue...*

Downs Syndrome

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AI - Artificial Intelligence

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Animal Welfare Advice

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# Animal Welfare

How you can help animals enjoy summer as much as we do!



## Emergency First Aid for dogs

- Move the dog to a shaded and cool area
- Immediately pour cool (not cold to avoid shock) water over the dog. Tap water (15-16°C) has been found to be the most effective at cooling dogs with heat-related illnesses. In a true emergency, any water is better than nothing.
- Wet towels placed over the dog can worsen the condition, trapping heat. In mild cases towels can be placed under the dog, but never over, and in a true emergency water immersion or pouring water with air movement is ideal.
- Allow the dog to drink small amounts of cool water
- Continue to pour cool water over the dog until their breathing starts to settle, but not too much that they start shivering
- Dogs that have lost consciousness will stop panting, despite still having a very high temperature, these dogs require urgent aggressive cooling as a priority.
- Throughout the treatment of heatstroke try to avoid pouring water on or near your dog's head, as there is a risk of them inhaling water which could lead to drowning, especially for flat-faced and unconscious dogs.

### Provide shade and water

When pets are outside, make sure they have shade from trees or tarps, which allow airflow, and plenty of fresh, cold water. You can also add ice to the water during heat waves.

### Avoid leaving pets in cars

Even with the windows open, a hot car can be fatal for dogs in minutes. If you do need to travel with your dog, try to plan your trip for cooler times of day, take breaks, and avoid busy roads.

### Limit exercise

Avoid exercising dogs during the hottest part of the day, or don't take them for a walk at all if it's very warm. Dogs are generally at risk of heatstroke in temperatures above 89°F, and some dogs may be uncomfortable in temperatures as low as 70-77°F. Dogs with underlying conditions, like obesity, may also be at higher risk.

### Bring pets indoors

Small pets may benefit from being brought inside during hot weather.

### Keep pets cool at home

You can try these ideas to keep pets cool at home:

- Provide plenty of water
- Make a frozen treat bowl
- Give them a cool place to sleep
- Run a fan



**Never leave animals in cars conservatories, outbuildings, or caravans on a warm day**, even if it's just for a short while. When it's 22°C outside, temperatures can quickly rise to 47°C (117°F) in these environments, which can be deadly.



### Walking your dog in hot weather

Dogs need exercise, even when it's hot. We recommend walking your dog in the morning or evening when it's cooler to reduce the risk of heatstroke and burning their paws on the pavement.



### Signs of burned pads

Try the 5-second test - if it's too hot for your hands, it's too hot for paws! You can also look out for:

- Limping or refusing to walk
- Licking or chewing at the feet
- Pads darker in colour
- Missing part of pad
- Blisters or redness.



### Signs of heatstroke

- Heavy panting and difficulty breathing
- Excessively drooling
- The dog appears lethargic, drowsy or uncoordinated.



# Downs Syndrome

## What is Down's Syndrome?

Down's syndrome is when you're born with an extra chromosome.

You usually get an extra chromosome by chance, because of a change in the sperm or egg before you're born.

This change does not happen because of anything anyone did before or during pregnancy.

### What it's like to have Down's syndrome?

People with Down's syndrome will have some level of learning disability. This means they'll have a range of abilities.

Some people will be more independent and do things like get a job. Other people might need more regular care.

But, like everyone, people with Down's syndrome have:

- their own personalities
- things they like and dislike
- things that make them who they are

## Support Groups



<https://www.downs-syndrome.org.uk/about-dsa/our-network/local-support-groups/>



<https://downsyndromeuk.co.uk/about-dsuk/local-support-groups/>

## Find out more here

<https://www.downs-syndrome.org.uk/about-dsa/>

## Having a baby with Down's Syndrome

In almost all cases, Down's syndrome does not run in families.

Your chance of having a baby with Down's syndrome increases as you get older, but anyone can have a baby with Down's syndrome.

Speak to a GP if you want to find out more. They may be able to refer you to a genetic counsellor.

### Screening

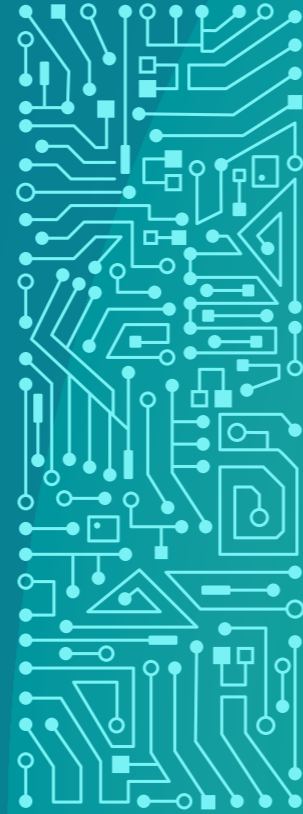
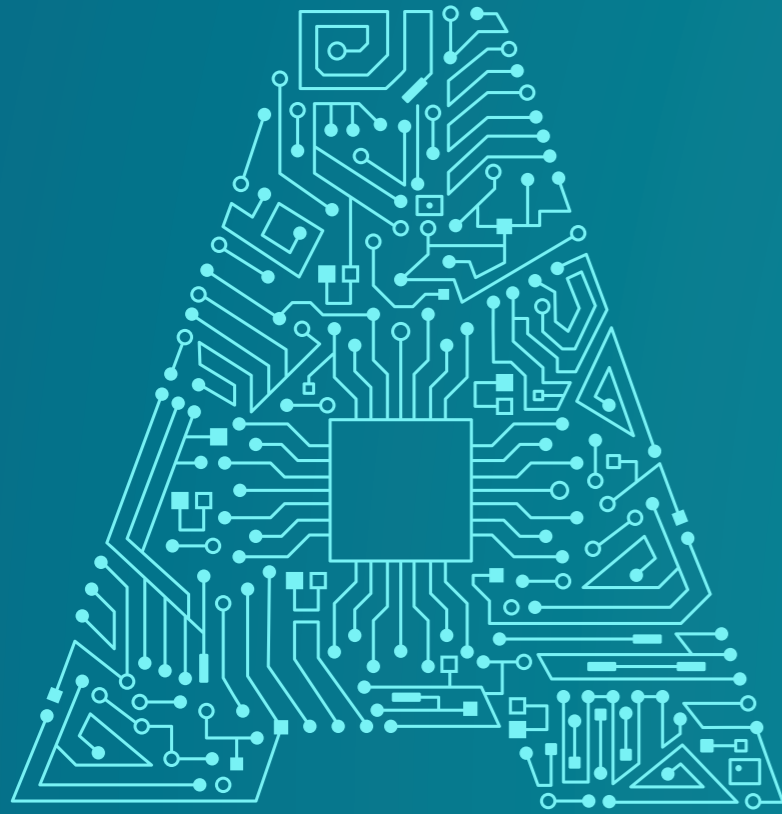
If you're pregnant, you'll be offered a screening test to find out your chance of having a baby with Down's syndrome.

You'll be offered the test between weeks 10 and 14 of pregnancy. It involves an ultrasound scan with a blood test. The blood test can be carried out at the same time as the 12-week scan.

If you have a higher chance, you can have further tests.

Please remember: It is your choice whether or not to have any screening tests.





## What is Artificial Intelligence?

Artificial intelligence, or AI, is technology that enables computers and machines to simulate human intelligence and problem-solving capabilities.

On its own or combined with other technologies (e.g., sensors, geolocation, robotics) AI can perform tasks that would otherwise require human intelligence or intervention. Digital assistants, GPS guidance, autonomous vehicles, and generative AI tools (like Open AI's Chat GPT) are just a few examples of AI in the daily news and our daily lives.



## Benefits of using AI

Artificial intelligence (AI) can have many benefits, including:

- **Automation:** AI can automate repetitive tasks, freeing up human creativity and innovation for other projects. Automation can also increase productivity and production rates in many industries, including transportation, communications, and consumer products.
- **Improved accuracy:** AI can reduce the chance of human error by automating processes. For example, in law firms, AI can improve the accuracy of legal documents and contracts by automating tasks like research and analysis, contract review, and document generation.
- **Reduced costs:** AI can help businesses save money by analysing data and automating processes that would otherwise require human input.
- **Improved customer experience:** AI algorithms can provide customers with personalized, real-time support, which can increase customer satisfaction.
- **Data collection:** AI can help collect and analyse large amounts of data from various sources, such as surveys, social media, and sensors. This can help businesses gain insights into their customers' preferences, behaviour, feedback, and satisfaction.
- **Improved processes:** AI can analyse work processes to identify inefficiencies and suggest ways to optimize them. This can lead to improved productivity, reduced costs, and a better user experience.

## Artificial intelligence (AI) can pose a number of dangers, including:

- **Cyberbullying and sexual harassment:** AI-generated text or images can be used to bully or harass children.
- **Disinformation and fraud:** AI-generated text can be used to spread false or misleading information.
- **Negative impacts on education:** AI tools can undermine formal assessments and negatively impact children's learning.
- **Biased outcomes:** AI can perpetuate biases from its training data or algorithms, which could lead to legal issues and privacy concerns.
- **Security risks:** AI systems that aren't properly evaluated or tested can be vulnerable to attacks that compromise user data, disrupt systems, or lead to data breaches.
- **Data leaks:** AI's data requirements and storage practices can lead to data leaks and improper access.



# Did you know?



French became the UK's official language in 1066 with the arrival of William the Conqueror. It remained the official language until 1362.



JK Rowling's Harry Potter series has sold 500 million copies worldwide.



Eighty-four miles is the maximum distance between any part of the UK and the sea.

# FUN

## Facts about English



The original name for butterfly was flutterby.



"Go!" is the shortest grammatically correct sentence in English



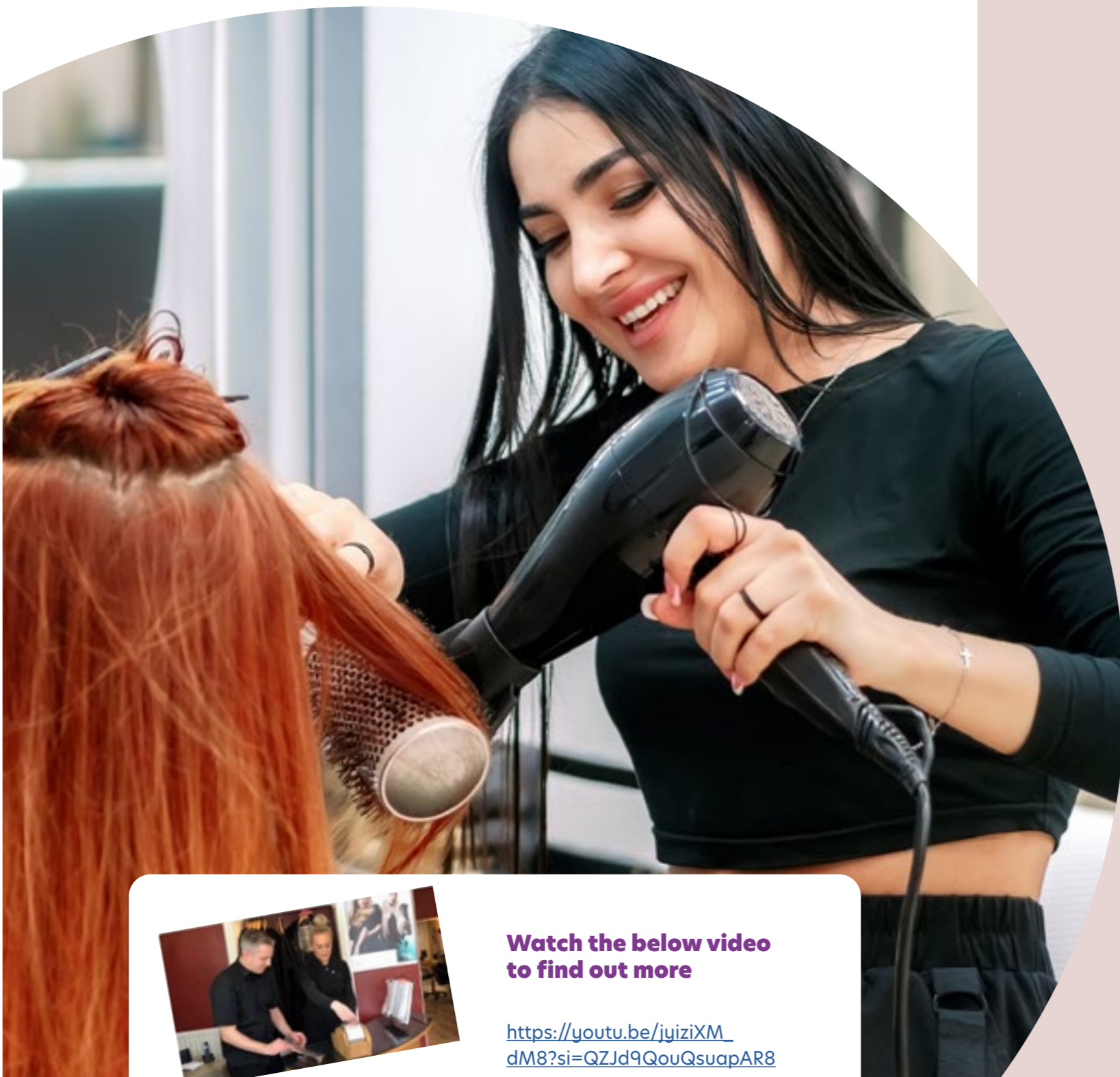
### Ghost words

Some words have appeared in the dictionary due to printing errors and are known as "ghost words". For example, the word "dord" appeared in the dictionary for eight years in the mid-20th century, but it doesn't actually exist.



Have you ever wondered what next?

# A day in the life of a Hair Stylist



Watch the below video  
to find out more

[https://youtu.be/jyiziXM\\_dM8?si=QZJd9QouQsuapAR8](https://youtu.be/jyiziXM_dM8?si=QZJd9QouQsuapAR8)

## What may a typical day look like...

The day in the life of a hairdresser, depending on where you are working, can be very comfortable or downright hectic. The type of salon that you work in will determine the kind of days that you have, as well. If you work in a trendy salon where people want bespoke and designer haircuts, you can find that you will be dealing with a minimal amount of clients as each one takes a few hours! However, if you are working as a traditional hair stylist you will find that customers come and go very quickly and styles all become a second nature to you.

Really, though, the life of a hair stylist is massively rewarding. You are helping people feel good about themselves and giving them a look they may never have tried before; you are aiding them in looking the best that they can. This is a massively rewarding job, but you need to be adept at both the styling side of things, and also in the overall care of clients.

The day in the life of a hair stylist can usually consist of lots of small talk and, at times, a bit of a shoulder to cry on for frustrated customers. This means that, depending on who you are dealing with, the day can change up quite dramatically. Your duties will be varied throughout the day, too, from tidying up to socializing and befriending clients who are waiting to be served.

It's your job to make sure every client leaves feeling confident and comfortable in the haircut that you provided them with, whilst also guaranteeing they have the look and style that they were looking for. It's the little things when working in a salon that will make or break your working day

## You can find out more here regarding eligibility and entry requirements

<https://nationalcareers.service.gov.uk/job-profiles/hairdresser>

<https://www.janets.org.uk/how-to-become-a-hairdresser/>

<https://haircouncil.org.uk/about-us/training/>



## Required Skills of a Hairdresser

A hairdresser requires an excellent set of skills to outshine others in this profession. So let us look at the top three skills to help you further on how to become a hairdresser in the UK.

### 1. Problem-Solving Skills

As a hairdresser, you will encounter many issues with hair colour products and other pieces of equipment. You will also need to deal with customer dissatisfaction. So, for all of this, having problem-solving skills is a must.

### 2. Interpersonal Skills

Meeting new people, helping them daily is a must in this profession. Thus, you have to be a good communicator. You need to have a good balance of verbal and non-verbal communication skills.

Additionally, making people feel comfortable and relaxed is a must too. At the same time, you need to bring in positive energy and enthusiasm consistently. To do all these, a correct balance of all interpersonal skills are necessary.

### 3. Scent or Chemical Tolerance

This skill is a must. It is because most of the hair and beauty products have a strong smell from the chemicals. Therefore, an individual who is very sensitive to allergies and odours would not be a right fit for this profession.



# Summer Fun



**Whilst we all like to make the most of the long sunny days - you need to make sure you keep safe and protected.**

Sunstroke, also known as heatstroke, is a life-threatening condition that occurs when your body temperature rises above 104°F (40°C). It can be caused by physical overexertion in hot, humid conditions, or by age or underlying health conditions.

**To avoid heatstroke, you can try these tips:**



## Stay cool

Stay indoors in an air-conditioned space as much as possible. Close windows during the day and open them at night when it's cooler. You can also use electric fans if the temperature is below 35°C.



## Protect yourself from the sun

Avoid the sun between 11 AM and 3 PM, when it's strongest. When you do go outside, wear a wide-brimmed hat, sunglasses, and a light scarf. Apply broad-spectrum sunscreen with an SPF of at least 15, and use an umbrella for extra protection.



## Stay hydrated

Drink plenty of fluids throughout the day, especially if you're active. Take frequent drink breaks during outdoor activities and mist yourself with a spray bottle to help you cool down.



## Pace yourself

Limit strenuous physical activity during the hottest part of the day. Gradually increase the amount of time you spend outdoors so your body can adjust to the heat.



## Dress appropriately

Wear lightweight, loose-fitting, tightly woven clothing in light colours. Avoid wearing too many clothes or clothing that fits too tightly, as this can prevent your body from cooling down properly.

## Sun Safety tips

**Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.**

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

## What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

Do not spend any longer in the sun than you would without sunscreen.

## What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.



# Safeguarding

**What's happening in your area?**



## Scotland

Man jailed for teenage rape of schoolgirl in classroom

[CLICK HERE TO READ MORE](#)

## Yorkshire and the Humber

Man arrested after gunshots reported

[CLICK HERE TO READ MORE](#)

## North East

Two arrests after three deaths suspected to be linked to the same batch of drugs in South Shields

[CLICK HERE TO READ MORE](#)



## North West

Childminder jailed for 12 years after 'snapping' and shaking baby to death | ITV News Granada

[CLICK HERE TO READ MORE](#)

## East Midlands

Attempted murder arrest after three left injured

[CLICK HERE TO READ MORE](#)



## West Midlands

Judge asked to lift order protecting identity of schoolboy killers in Wolverhampton murder

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## East of England

Bleed kits installed across Norfolk after fatal stabbing of teenager

[CLICK HERE TO READ MORE](#)



## South West

'We're going to see a death' - stark warning as vapes spiked with Spice in England's schools

[CLICK HERE TO READ MORE](#)

## South East

Accidental drowning deaths likely to increase during hot weather, says Bournemouth University study

[CLICK HERE TO READ MORE](#)

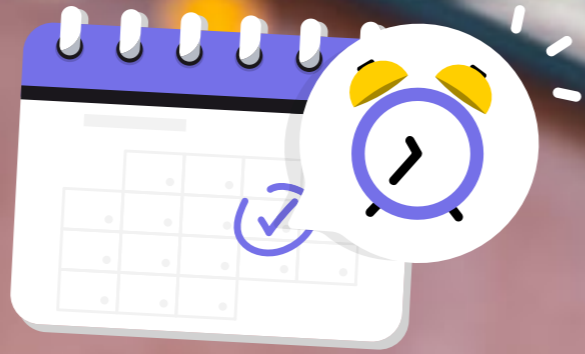
## London

Man arrested in connection with teenager deaths

[CLICK HERE TO READ MORE](#)



# What's going on in August



## Leicester Caribbean Carnival 3rd - 4th August

Join the annual Leicester Caribbean Carnival in August for a celebration of culture and tradition full of music, colour and dance.

The main hub of the festival is the Carnival Village, where local artists perform genres like reggae and soca across different stages. You'll find food stalls here too, serving up all the Caribbean favourites from jerk chicken to rum punch. And then there's the parade - a flamboyant display of dance troupes, floats and costumes.

<https://www.visitengland.com/experience/leicester-caribbean-carnival>



## Sidmouth Folk Festival - 2nd - 9th August

A must-see in every festivalgoer's diary, the annual Sidmouth Folk Week is held in August, with over 700 multi-national music and dance events happening across various venues.

Situated along the World Heritage Jurassic Coast, Sidmouth is a charming seaside town with over 500 listed buildings and some of the best shops in East Devon, with independent retailers nestling alongside stylish eateries with outdoor seating.

The colourful displays and family entertainment of Sidmouth Folk Week bring the streets to life - a spectacle not to be missed at this popular cultural event.

<https://sidmouthfolkfestival.co.uk/>



## Edinburgh Tattoo 2nd - 24th August

The Royal Edinburgh Military Tattoo is an annual event that takes place at Edinburgh Castle Esplanade from August 2-24, 2024. The show will feature over 800 international performers, including military bands, precision drill teams, cultural performers, and almost 1,000 musicians, pipers, drummers, singers, and dancers.

<https://www.edintattoo.co.uk/>





**We would love to hear your ideas and suggestion of content you would like to be included in our future editions. Please scan the QR code to share your thoughts and ideas:**

