

Learner **NEWS**

Hello, welcome to the November edition of our learner newsletter.

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Share your
thoughts
and ideas!



Blindness and Vision Loss

In the UK, more than 2 million people are living with sight loss. Of these, around 340,000 are registered as blind or partially sighted.



What is vision Loss

It's possible to have vision loss without being completely blind. You may have some useful vision but have a visual impairment that can't be corrected by wearing glasses or other treatments. If your vision deteriorates to a certain level, you can be registered as 'sight impaired'. Having a visual impairment will likely affect your everyday tasks and activities. You might benefit from aids and adjustments to help you make the most of the vision you do have.

What is Blindness

Total blindness means being unable to see anything, for example, not telling light from dark or having severely limited vision or field of vision. If you have this degree of visual impairment, you can register as 'severely sight impaired' because you can't rely on your eyesight for everyday activities.

You can find more information and support here
<https://www.guidedogs.org.uk/>



Strut Safe is a free, volunteer-operated non-judgmental UK-wide phonenumber.

Strut Safe volunteers will stay on the phone with you until you arrive safely at your destination, no matter where you are going or where you have come from.

Strut Safe provides kindness and reassurance to anyone who needs it during their travels.

**Strut Safe phone line is
0333 335 0026**

Operating hours are:
Fridays and Saturdays: 19.00 - 03.00
Sundays: 19.00 - 01.00



LEST WE

Armistice Day/ Remembrance Day

which was on a Friday - marks the actual day World War One ended, at 11am on the 11th day of the 11th month, in 1918.

Remembrance Sunday

12th November is a national opportunity to remember and honour those who serve and those who sacrificed to defend our democratic freedoms and way of life. It is observed by a tribute of silence at 11.00am.

The red poppy is a symbol of both remembrance and hope for a peaceful future. Poppies are worn as a show of respect for the Armed Forces community.

The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it.

During WW1, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow.

There was a notable and striking exception to the bleakness - the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in the thousands upon thousands.

A Canadian doctor, Lieutenant Colonel John McCrae had recently lost a friend in Ypres, he was moved by the sight of the poppies, and was inspired to write the now famous poem 'In Flanders Fields'

The poem then inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She campaigned to get it adopted as an official symbol of Remembrance across the United States and worked with others who were trying to do the same in Canada, Australia, and the UK. Also involved with those efforts was a French woman, Anna Guérin who was in the UK in 1921 where she planned to sell the poppies in London. There she met Earl Haig, founder of the British Legion, who was persuaded to adopt the poppy as our emblem in the UK. The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year. (britishlegion.org.uk)



F RGET

Remembrance honours the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.



The purple poppy is a symbol of remembrance in the United Kingdom for animals that served during wartime.

The purple poppy was created in 2006 by the charity Animal Aid as a way to commemorate animals which served during conflicts as the charity viewed that they had been the forgotten victims of war.

Animals lost in war

It is estimated that 484,143 British horses, mules, camels and bullocks died between 1914 and 1918. And many hundreds of dogs, carrier pigeons and other animals also died on various fronts.

You can find out more about the animals of war here:

<https://www.rspca.org.uk/whatwedo/whoweare/history/firstworldwar/animals>

In Flanders Fields

*In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe;
To you from falling hand we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We should not sleep, though poppies grow
In Flanders fields.*

~ John McCrae ~

You can learn more about Remembrance here.

<https://www.britishlegion.org.uk/>

<https://www.army.mod.uk/news-and-events/events/2023/remembrance-sunday/>

'Letters Home' is a short film which tells the story of Tom, a sailor from the Royal Navy 63rd Division, writing his letter home. It's a personal account on the front line, where a letter home is sent in case the imaginable happens. (Video may contain some scenes you may find upsetting) You can watch it here:

https://youtu.be/nZ-l19FQfc0?si=ZxfXlpcDWKt0_aYV

What is seasonal affective disorder?



Seasonal affective disorder (SAD) is a type of depression that you experience during particular seasons or times of year. Depression is a low mood that lasts for a long time and affects your everyday life.

What are the symptoms of SAD? If you have SAD, you might experience some of the signs and symptoms. But it's different for different people, and can vary season to season, so you might also have other kinds of feelings which aren't listed here:

- Lack of energy
- Difficulty concentrating
- Not wanting to see people
- Feeling sad, low, tearful, guilty, or hopeless
- Feeling anxious, angry and agitated
- Being more prone to physical health problems, such as colds, infections or other illnesses
- Sleeping too much or difficulty waking up (common with SAD in winter)
- Sleeping too little, or waking up a lot (common with SAD in summer)
- Changes in your appetite, for example feeling hungrier or not wanting to eat
- Losing interest in sex or physical contact
- Suicidal feelings
- Other symptoms of depression

If you also have other mental health problems you might find that things get worse at times when you're affected by SAD. (mind.org.uk)

Watch this video on youtube to find out more

<https://youtu.be/hqkXDspzOI8>



You can read more about the support and help and available for sad here

<https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/>



Have you heard about the Warm Welcome Campaign?...

The Warm Welcome campaign exists to bring together the community and create a space for a warm welcome reception.

Warm welcome spaces began when former prime Minister Gordon Brown and faith leaders came together to see what could be done about the cost of living crisis.

Poverty can compound isolation and loneliness and prevent people from connecting with others. The dark evenings and cold winter months can be challenging for everyone, especially those who feel lonely and isolated, and those who can't afford to heat their homes or get enough to eat.

"Warm Welcome will ensure everyone has somewhere to go, so no one is left to get through winter alone". (warmwelcome.uk)

Warm Welcome is a seasonal campaign. It begins when the clocks go back at the end of October, and the cold and dark days and nights draw in. The campaign closes when the clocks leap forward in March, signalling the start of Spring and brighter days ahead.



You can find out more here: [About Us](#) | [Warm Welcome Spaces](#)

A day in the life of a Children's Occupational Therapy Assistant Practitioner (OTAP)

My overall role is to support my Occupational Therapist colleagues in supporting children with disabilities to live life as independently as possible. As a team, we support children from 0-18 (or 0-21 if attending a special educational need setting) within all areas of everyday life. This includes sleeping, feeding, playing, toileting, bathing, writing, accessing the community and plenty more! I work at Norwich Community Hospital; however children's services are segregated from the main hospital. We see children at home and at school and provide equipment to help them access their environments wherever that may be. I see children with varying degrees of disability, but all children deserve the right to live their lives as fully and independent as they possibly can and it's a job I take pride in being able to do.

An example of a day in the life would be...

- 6.30 - Get up, pack my bag and lunch bag
- 8am - arrive at work, turn on laptop and check emails/reply to emails.
- 9.30am - team meeting - we allocate new referrals, discuss any urgent referrals (palliative oncology patients who need end-of-life equipment), discuss team issues, etc

- 10.30-1 - can be a variety of visits - going into a school to set up toileting equipment for a child with Down syndrome or going into a nursery to adjust a complex wheelchair seating system for a child with cerebral palsy to allow them to sit at the table with their peers. It may be a school visit to measure a child with complex needs for a new bath seat. Depending on the length and complexity of these visits, I can sometimes do 2/3 visits in this time frame.
- 1-2/2.30 lunch, write up notes from visit, prepare for afternoon visits
- 2.30-5.30 afternoon visits - usually visits at patients' homes after they have finished school. These visits are usually for older children. These visits could be like above and would be adjusting/reviewing equipment such as seating systems, bath seats, toilet chairs etc. They could be therapy sessions - taking therapy equipment/toys to children who have weak tone in their hand/arm and trying to help them strengthen this. It could be therapy sessions to teenagers who want some independence in self-care - looking at ways to be independent in the kitchen by making meals or cakes. Looking at techniques to independently shower and wash hair.
- 5.30-6 - write up notes/emails/admin



Have you ever wondered what's next?

Amongst my day, there is also answering and replying to phone calls/text messages from parents on my caseload, answering the office phone which is usually patients' parents or other professionals. There is cleaning of resources, preparing resources for clinics, booking rooms for clinics, arranging equipment assessment with company reps, requesting quotes for equipment, ordering equipment. the list goes on!

As you can see from the above, my day can vary drastically and each day is filled with variety and keeps me on my toes. Being able to go home at the end of the day knowing I have been able to make a difference in a child's life means the world to me. I am so lucky to have a job which is so rewarding.

You can find out more here on what is involved in becoming a Children's Occupational Therapy Assistant Practitioner <https://www.healthcareers.nhs.uk/explore-roles/healthcare-support-worker/roles-healthcare-support-worker/occupational-therapy-support-worker>

Knife Crime

Knife crime is any crime involving a knife or sharp object. This includes: carrying a knife, owning a banned knife, trying to buy a knife if you are under 18, and/or threatening, injuring or fatally wounding someone with a knife.

Watch the video - to see the impact of knife crime as shown by the parents of James Brindley (some scenes may be upsetting)



<https://www.youtube.com/watch?v=aVgYHuji3hY>

Visit the below for further advice support and guidance around knife crime

<https://livesafe.org.uk/young-people/knife-crime/>

<https://www.livesnotknives.org/>

<https://www.met.police.uk/cp/crime-prevention/skc/stop-knife-crime/someone-i-know-needs-help/>



MYTHS

FACTS

Myth or Fact - Below are some key facts about knife crime to help bust the myths (crimestoppers-uk.org)

Carrying a knife provides a person with protection	It has been proven that if you carry a knife, you are more likely to be hurt or threatened by someone else. People are often wounded by the knife they are carrying, putting them at greater risk.
Most young people carry knives	99% of young people do not carry knives. Sometimes it may feel like more people carry knives because of stories they've heard, or what they see online, on social media, or the news.
If it is illegal to carry a knife, then other sharp objects can be carried for protection	Any sharp object that is being carried with the intention of using it in a threatening way could be classed as an offensive weapon.
There are safe places on the body to stab someone	Any stab wound could be fatal for a number of reasons. For example, major arteries run across the whole body. If a major artery is severed, that person will bleed very quickly and it could be fatal within 5 minutes.



Safeguarding

What's happening in your area?



North West

'Devious predator' jailed for grooming and sexually abusing boy, 12

<https://www.bbc.co.uk/news/uk-england-manchester-67064445>



South West

Wiltshire Police failures put people at risk of domestic violence

<https://www.bbc.co.uk/news/uk-england-wiltshire-67226560>

Midlands

Pedestrian dies in West Midlands hit-and-run.

<https://www.bbc.co.uk/news/uk-england-birmingham-66971047>

Scotland

Racist police officer abused colleagues in Maryhill office.

<https://www.bbc.co.uk/news/uk-scotland-glasgow-west-67226820>

Yorkshire and the Humber

North Yorkshire: Drugs seized and 26 arrested in county lines crackdown

<https://www.bbc.co.uk/news/uk-england-york-north-yorkshire-67160363>



North East

Youth homelessness highest in the Northeast

<https://www.bbc.co.uk/news/uk-england-tyne-67125883>

East Midlands

Guns and knives found in Lincolnshire County lines crackdown

<https://www.bbc.co.uk/news/uk-england-lincolnshire-67196067>

East of England

Suffolk Police make 31 arrests in county lines crackdown

<https://www.bbc.co.uk/news/uk-england-suffolk-67197975>

London

Croydon stabbing is every parent's worst nightmare - police

<https://www.bbc.co.uk/news/live/uk-england-london-66938640>

South East

Met Police make 290 arrests in county lines crackdown.

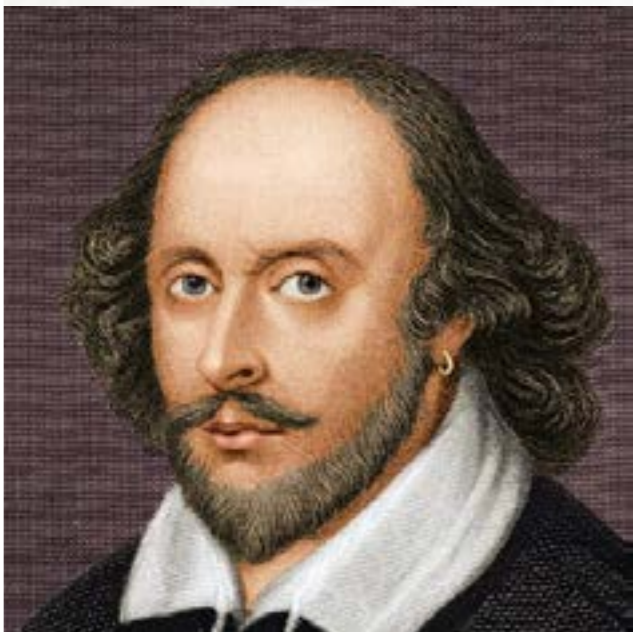
<https://www.bbc.co.uk/news/av/uk-england-london-67160360>

Did you know?

Shakespeare added approximately three-thousand words to the English language. Many of the words Shakespeare invented or coined are still in common use today - such as:-

THE COMPLETE WORKS OF
WILLIAM
SHAKESPEARE

Embrace
Bedroom
Excitement
Employer
Fashionable
Generous
Lonely
Manager
Informal
useful



The numbers on the opposite side of a dice always add to seven



You can use three cuts to a cake and get 8 pieces

FUN FACTS about Maths



There is a 50% chance that two people have the same birthdays in a room of 23 people.

Teaching and Learning sessions



Learner Forums

Have you joined the learner forum relevant to you? We want to create a safe community for you to reflect on learning, interact with other learners - please speak to your DC for further information!

Come and join our Quality Team members for informative sessions on a whole host of useful topics. Is there a topic you would like to know more about? Let your Development Coach know!

SEND

Do you have questions about SEND? Gemma Green will be on hand on 6 November, 10-11am to help you answer them.



Click [HERE](#) to join this session

CV Writing

Do you have a CV? Don't know how to create one? Join Kim Frost for handy hints and tips!



Click [HERE](#) to join 7 November, 12-12:30pm

British Values

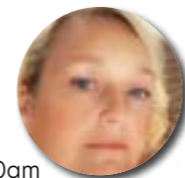
Join Michelle Date on the 28 November, 1-2pm to discuss how British Values are embedded into our lives.



Click [HERE](#) to join this session

Mental Health and Wellbeing

Katrina Jones will be here to talk with you about supporting your own Mental Health and Well-being.



Click [HERE](#) to join 17 November, 9:30-10:30am

Power Skills

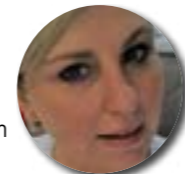
Want to know more about Emotional Intelligence? Join Sheryll Thicke on 8 November, 11-11.30am, to hear all about it!



Click [HERE](#) to join this session

Safeguarding

Our DSL, Emma Warren will be around with the latest Safeguarding updates.



Click [HERE](#) to join 2 November, 10-10:30am

Career Advice

Michelle Bird-Rolph will be here to answer your questions on your career pathway.



Click [HERE](#) to join 24 November, 10-11am

Residential

6 November
10.00 - 12.00
Legislation and Guidance

7 November
10.00 - 11.30
Group Living Partnership Working Health

8 November
10.00 - 12.30
Dynamics of a Team

10 November
10.00 - 12.00
Cognitive Development

14 November
10.00 - 12.00
Safeguarding

Early Years

2 November, 09.30 - 11.30
Introduction to Leading within an Early Years Setting

6 November, 13.30-15.00
Working in Partnership with Others

7 November

10.00 - 12.00
Equality, Diversity and Inclusion

09.30 - 11.30
Safeguarding

9 November

09.30 - 11.30
Development, Assessment and Pedagogy

09.30 - 11.00

Health, Wellbeing and Resilience

13 November, 09.30 - 11.30
Development, Assessment and Pedagogy

14 November, 15.00 - 16.30
Working in Partnership with Others

22 November, 09.30 - 11.00
Equality, Diversity and Inclusion

24 November

09.30 - 11.00
Health, Wellbeing and Resilience

09.30 - 11.30
Working in Partnership with Others

28 November

10.00 - 12.00
Safeguarding

09.30 - 11.30
Health and Safety

29 November, 09.30 - 11.30
The Reflective Practitioner

Teaching Assistant

3 November, 09.30 - 11.30
Reflections practitioner

6 November, 09.30 - 11.30
Keeping Children Safe in Education

7 November, 15.00 - 17.00
Pupils Learning and Development

14 November, 09.30 - 11.30
Working in Partnership with Others

24 November, 10.30 - 11.30
ICT, Technology and School Systems

27 November, 14.30 - 16.30
Health and Safety

Management

22 November, 10.00 - 12.00
Stakeholders



HAPPY DIWALI

Sunday 12 November

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world.

Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil and light over darkness.

Diwali's date is determined by the India calendar and changes every year, ranging from October to November. It is observed on the 15th day of the 8th month (the month of Kartik) in India's calendar.

The day is an Amavasya or 'new moon day'. Amavasya Tithi (the period when the moon opposes the sun's light by up to 12°) is from 02:44pm on November 12th to 02:56pm on November 13th in 2023.

The Goddess Lakshmi (the god of wealth) is mainly worshiped during Diwali Puja for happiness, prosperity, and fame.

For Diwali 2023, the Lakshmi Puja Muhurat (best time to worship Lakshmi) is the 1 hour 56 minutes from 05:40pm to 07:36pm on November 12th.

The celebrations of Diwali 2023 last for 5 days

Day 1: November 10th, 2023 Trayodashi - Dhanteras

Day 2: November 11th, 2023 Chaturdashi - Choti Diwali

Day 3: November 12th, 2023 Amavasya - Diwali

Day 4: November 13th, 2023 Pratipada - Padwa

Day 5: November 14th, 2023 Dwitiya - Bhai Duj



Remember, Remember the 5th of November

BONFIRE NIGHT



On 5 November, people remember the plot to blow up the Houses of Parliament by celebrating 'Bonfire Night'.

All over Britain there are firework displays and bonfires with models of Guy Fawkes, which are burned on the fire.

Staffordshire Fire and Rescue have the following advice for staying safe over this period. They don't recommend having a bonfire in your garden. They can easily get out of hand and spread quickly to hedges, overhanging trees and garages, even to the house.

IF YOU DO DECIDE TO HAVE ONE PLEASE FOLLOW THE ADVICE HERE

- If you are having a bonfire discuss it with your neighbours beforehand.
- Don't build a bonfire too far in advance of the day as it can encourage anti-social behaviour.
- Build the bonfire away from sheds, fences and trees.
- Check there are no cables (for example telephone wires) above the bonfire.
- Ensure there is a suitable barrier around the bonfire to keep spectators at least five metres away.
- Always check that no children or animals are hiding in the bonfire before lighting.
- Don't burn aerosols, batteries, tyres, canisters or anything containing foam or paint - many produce toxic fumes and some containers may explode, causing injury.
- Don't use petrol, paraffin, diesel, white spirit or methylated spirit to light the bonfire.
- Keep some buckets of water nearby in case of an emergency and to damp down after the event.

SPARKLER SAFETY TIPS

- These are often viewed as harmless, but they do burn at fierce temperatures and can easily cause injuries.
- Light sparklers one at a time.
- Supervise children with sparklers and never give them to children under five.
- Make sure everyone handling sparklers wears gloves.
- Hold sparklers at arm's length while being lit.
- Don't wave sparklers about close to other people.
- Never hold a baby in your arms while you are holding a sparkler.
- When you have finished with the sparkler put it in a bucket of cold water.

Watch the video for more safety advice!

<https://youtu.be/QyXTey97U9Q>

More dates for your November diary...

Changing of the Guards - Windsor

Changing the Guard is one of the highlights of a visit to Windsor and the days on which they march are scheduled by the British Army and can change every month.

A band usually accompanies the guards, although this is subject to weather conditions.

The Guard March takes place all year round on specific days of the week - it is also weather-dependent. You can check the schedule here

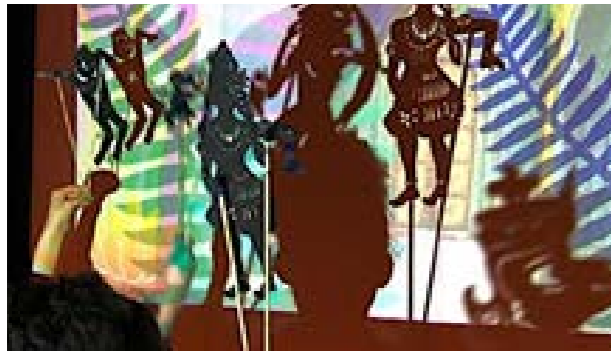
<https://www.windsor.gov.uk/things-to-do/changing-the-guard-p264351>



Diwali

Shadows, lights and lantern parade: Thursday 2nd November 19.00. Visit the Core Theatre, Solihull for an enchanting celebration of Diwali

Find out more here: <https://www.eventbrite.co.uk/e/diwali-2023-shadows-lights-and-lantern-parade>



Remembrance Service - 12 November at 10:30am

The RAF Museum, Midlands will be holding a Service of Remembrance on Sunday 12 November,

paying respect to those service men and women who made the ultimate sacrifice during their tours of duty

<https://www.rafmuseum.org.uk/midlands/whats-going-on/events/remembrance-service/>



Bonfire Night

You can find out what local or national bonfires and displays are being held near you

Here: <https://www.timeout.com/uk/things-to-do/best-bonfire-night-fireworks-uk>



Combat Loneliness Campaign for young people

Building Connections is an online service for young people up to the age of 19, empowering them to find a way through loneliness. Young people work with a trained befriender, who guides them and champions them each step of the way. Building Connections gives young people tools that can help them build their confidence and better equip them to manage loneliness. You can find further information on building connections here

<https://learning.nspcc.org.uk/services/building-connections>

