

# Adult Care Newsletter

May 2022



## Welcome to the Adult Care Newsletter

### LEADERSHIP TEAM THOUGHTS

Spring is here, and we have a number of notable dates, including an additional bank holiday for the Queen's Platinum Jubilee just around the corner at the beginning of June.

We have continued to see a high level of engagement from our learners and employers and will continue to strive to work in partnership with you to provide the highest quality of training and support.



### MAY FOCUS

#### Spiking

'Spiking' is when someone puts alcohol or drugs into another person's drink or their body (such as injections) without their knowledge and/or consent.

A person who sets out to 'Spike' another person, may do this for a number of reasons, including: Rape, Assault by penetration, Sexual Assault, Sexual Abuse, Physical Assault or Robbery.

The person who has been spiked is extremely vulnerable, it could also be that they become extremely ill. This will have a lasting effective on their life and wellbeing.

#### Notice the Signs:

- Feeling or being sick
- Feeling 'Strange' or drunker than expected
- Feeling confused, disorientated or sleepy
- Loss of balance, coordination, or blurred vision
- Having hallucinations or acting out of character

#### How to help

- If you think the symptoms are serious, call 999
- Ensure someone trusted stays with them
- Try not to let them consume alcohol, or drugs

## Sexual Consent

Sexual consent, is communicating agreement to have sex. It can be withdrawn at any time, and previously giving consent does not guarantee future consent, even for the same action.

The definition of consent is giving permission or agreement in no uncertain terms. It's more than just saying "yes." Consenting and asking for consent are all about setting your personal boundaries and respecting those of your partner – and checking in if things aren't clear. Both people must agree to sex – every single time – for it to be consensual. Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.

Consent is easy as **FRIES**:

**Freely given.** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.

**Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

**Informed.** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

**Enthusiastic.** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.

**Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex)

**Be Vigilant** - Report any concerns to your DSL or use our  
**Safeguarding reporting Hotline - 0330 0183 531**  
**email: [safeguardingreporting@gpstrategies.com](mailto:safeguardingreporting@gpstrategies.com)**



Loneliness is the negative feeling we have when the relationships and connections we have with others are not what we want. Most of us will feel lonely at some point in our lives, but there are certain factors that put some at a higher risk of loneliness than others.

**Some coping strategies include:**

- Try to do some enjoyable things that will keep you busy, take up a hobby, such as going to the gym or gardening. Help yourself feel positive and fulfilled
- Stimulate your mind - take a course, listen to a podcast. This may help you to engage with other likeminded people.
- Spend time with your pet- if you are lucky enough to have a pet, this can be a great way to manage loneliness, providing structure and routine. Interaction with pets is statiscally proven to reduce stress levels.
- You can find out more here:  
**<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>**

# WHAT DID WE LEARN THIS MONTH? - GROUP TAUGHT SESSIONS

## 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 through the learning hub or your skills coach and sign up! **THEY ARE FREE** and part of your programme and will give you credit progress to-wards your qualification.

## Adult HSC Specialist Live Learning Events

| Sessions                                       | Date                                    |
|--|---|
| Legislation Policies and Procedures L2/3       | 3rd May, 19th July                      |
| Roles & Responsibilities of a Care Worker L2/3 | 4th May, 25th May, 8th June, 13th       |
| Medication Level 2/3                           | 3rd May, 7th June, 22nd June            |
| Values and Behaviours L2/3 and L4/5            | 11th May, 24th May, 7th June, 22nd June |
| Different Leadership Types Level 4/5           | 4th May, 25th May, 13th June, 13th July |
| Preparing for EPA - ASC Worker L2              | 17th May, 18th May, 1st June, 21st June |
| Preparing for EPA - ASC Lead L3                | 10th May, 24th May, 15th June           |
| Preparing for EPA - Lead Practitioner L4       | 18th May, 1st June, 21st June           |
| Preparing for EPA - Leader in Adult Care L5    | 31st May, 11th July                     |

## Functional Skills

| Sessions                                    | Date  |
|---|---|
| <b>Maths</b>                                |   |
| Numbers                                     | 23rd May, 20th June                               |
| Calculation Confidence                      | 24th May, 21st June                               |
| Fractions, Decimals & Percentages           | 20th May, 26th May, 23rd June                     |
| Perimeters, Areas & Volume                  | 30th May, 27th June                               |
| Ratio & Proportion                          | 3rd May, 31st May, 28th June                      |
| Formulas                                    | 5th May, 30th June                                |
| Averages                                    | 9th May, 6th June                                 |
| Conversions                                 | 18th May, 1st June, 21st June                     |
| Probabilities                               | 14th April, 6th May, 17th June                    |
| Graphics & Statistics                       | 16th May, 13th June                               |
| Introduction to Fractions                   | 22nd April, 6th May, 14th June                    |
| Preparing for your non calculator test      | 17th May, 14th June                               |
| Preparing for your calculator test          | 19th May, 16th June                               |
| Introduction to Decimals & Percentages      | 20th May, 27th May, 24th June                     |
| Introduction to Perimeters, Areas & Volumes | 17th June   |
| <b>English</b>                              |   |
| Reading - Text Types & Features             | 9th, 23rd May, 6, 20th June                       |
| Styles of Texts                             | 10th May, 23rd May, 21st June                     |
| Comparing Texts                             | 26th, 27th May, 23rd June                         |
| Preparing for your Reading Test             | 16th May, 30th May, 13th June, 27th June          |
| Punctuation, spelling and grammar           | 3rd May, 17th May, 31st May, 14th June, 28th June |
| Preparing for your Writing Test             | 5th May, 19th May, 16th June, 30th June           |

## MENTAL HEALTH AWARENESS

Our Mental Health First Aiders are here to discuss any concerns you have or if you are struggling mentally. They have shared the following resource.

The NHS Better Health - every mind matters provides links to a range really helpful advice and support in a variety of mental health issues, including Coronavirus and

mental wellbeing, mental wellbeing tips, mental health issues (including stress, anxiety and depression), life challenges and supporting others.

Click on the link or copy in to your browser and access the useful webpages and videos for information, hints and tips to manage mental health and wellbeing - Every Mind Matters - NHS ([www.nhs.uk](http://www.nhs.uk))



For advice and guidance regarding this please contact your Skills Coach who will signpost you to the relevant organisations who are out there to support us all. You can also use the mental health concerns e-mail: [Mental\\_Health\\_Concerns@gpstrategies.com](mailto:Mental_Health_Concerns@gpstrategies.com)

## CONGRATULATIONS TO OUR ACHIEVERS!

A huge well done to all of our apprentices who successfully achieved their qualification last month - your dedication continues to inspire our staff to deliver the highest quality apprenticeship programmes.

**SMASHED  
IT, WELL  
DONE**

## LEARNER AND EMPLOYER 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>

YOUR CAN FIND SOME UPCOMING CELEBRATIONS AND EVENTS HERE:

<https://www.wincalendar.com/Calendar-UK>