

CADcentre Statement on Corona Virus. WELLBEING.

Information for learners and employers on Wellbeing during the Covid-19 lockdown.

JUNE 2020

Update

Our Trainers/ Assessors are continuing to keep in regular contact with all learners and employers, offering support, feedback and progressing learners through their training programmes via remote digital learning through the online e-portfolio system, Smart Assessor.

We are ensuring that learners are staying safe, and most learners are continuing to work from home wherever possible.

Symptoms of Corona Virus.

The main symptoms are:

High temperature

Persistent cough

Loss of taste and loss of smell.

If learners believe they have any of these symptoms, they should self isolate for 7 days, and anyone who they have been in contact with must self-isolate for 14 days.

WELLBEING ISSUES.

Working from home, and social distancing puts a strain on everyone, being away from our support mechanisms at work, friends and family.

Some ideas to alleviate the pressures of working from home include the following:

1. Keep busy, keep up with your CPD and do some professional development, there are many online resources.
 - a. Reed.co.uk do a range of courses some of which are free, some are costed
 - b. Google digital garage: free online courses for career / business development.
2. Stay in touch with family and friends by phone, email, skype or zoom.
3. Stay active and ensure that you take regular exercise every day. There are several exercise tutorials online e.g. Joe Wicks.
4. Eat well with plenty of fruit and vegetables.
5. Spring clean your home and have a sort out of unwanted possessions to donate to charity.
6. Take up a new hobby for example see "YouTube" and learn to knit, sew, craft etc.
7. Practice mindfulness and clear your head of negative thoughts.
8. Make a reading list: Amazon kindle has 100 free e-books you can download to your kindle/laptop.
9. Free e-books resources: see Oxford Owl- an e-book library with over 100 free books to help children read (ages 3-11)
10. Project Gutenberg: www.gutenberg.org which has a library of 60,000 free eBooks.
11. Don't forget quizzes and games which are growing in popularity and conducted via Zoom or on-line sharing sites.

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The guidance from the Welsh Government remains:

1. Stay at home wherever possible.
2. Only go out for food or medical supplies, to exercise.
3. Stay local, and don't go further than approximately 5 miles from your home if you are going out.
4. Work from home if you can.
5. If you must go out, practice "social distancing" and stay 2 metres from everyone else.
6. Continue to practice good hygiene: wash hands regularly.
7. If you come into contact with anyone with the Corona Virus you must self isolate for 14 days.
8. No gatherings of more than 2 households are allowed, and that is only in outside venues.

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Police have been given extra powers to fine people not following the restrictions.

Please follow all Welsh Government advice as it is updated.

Please keep in contact with your trainer / assessor, or the local centre manager if you have any queries.

Karen Smith
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