

Learner Newsletter

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SAFEGUARDING

FOCUS ON: DOMESTIC VIOLENCE

Since the pandemic lockdown, there have been reports of higher incidences of domestic violence and abuse. Some domestic abuse charities report massive increase in calls, and domestic abuse can happen to anyone regardless of race, gender, status.

Types of Domestic Abuse:

Physical: e.g. threatening behaviour, threats of use of violence, violence against family members or pets.

Sexual: e.g. sexual harassment, forcing sexual acts against will (including rape).

Emotional: e.g. being belittled, stopped from seeing friends and family.

Financial: e.g. Controlling family income, making someone account for every penny spent. Not allowing you to spend your own money

Controlling behaviour is designed to make a person dependent by isolating them from sources of support, and regulating everyday behaviour. Telling you what to do and expecting obedience.

Coercive behaviour is a pattern of assaults, threats, humiliation and intimidation.

Corona Virus has meant people are spending more time at home, and/ or are self isolating, and support mechanisms are missing, particularly friends and family, and work colleagues. The UK Government has launched a Home Office Campaign: "You are Not Alone" to raise awareness.

The 24 hour National Domestic Abuse Helpline is 0800 2000 247. Run by the charity Refuge.

The National LGBT+ Domestic Abuse Helpline offers support and advice for the LGBT+ community: 0800 999 5428.

The Welsh Government has confirmed funding for survivors of domestic abuse and violence during the Corona Virus pandemic.

Welsh Women's Aid offer help and support services, including their Live Fear Free helpline: which is a 24 hrs a day/ 7 day/week helpline: 0808 8010 800. Text 0786 007 7333.

Remember: if you can't talk and need help immediately the Police in Wales will respond to a silent 999 call. Dial 999 followed by 55, to show you can't talk but need help.

If anyone has any safeguarding issues, then please contact one of our Safeguarding team by email, and then we will call you back:

Karen Smith: email: karen@cadcentreuk.com

Linda Thomas: email: linda.thomas@cadcentreuk.com

WELSH CULTURE

12-13th September: **Gŵyl Fwyd Amgueddfa-Cymru Food Festival** - St.Fagan's food festival virtual event.

19-20th September: **Fan Dance Summer Series**- The Fan Dance is a gruelling 24km non-navigational race over two sides of Pen y Fan, the highest mountain in the Brecon Beacons

2-4th October-**Neath Food and Drink Festival**-A celebration of local produce and Neath's historic market town.

2-4th October: **The Laugharne Weekend**-The Laugharne Weekend is a celebration of all things Dylan Thomas. It is a leftfield literary and musical talent from around the world.

4th October- **Cardiff Half Marathon**- Competitors race right through Cardiff city centre past some iconic locations, with beautiful scenery and historic buildings.

Coronavirus: Wales-made Ventilator trialled in Bangladesh.

A new Covid-19 ventilator - designed and built in Carmarthenshire - is being trialled on patients in Bangladesh. Initial results from clinical trials in Dhaka have been described as "very encouraging".

Consultant anaesthetist Dr Rhys Thomas and engineer Maurice Clarke from Ammanford built the Emergency Covid-19 C-PAP device prototype within a week. It received regulatory approval in April, but a lack of patients in Wales meant trials were held in Bangladesh.

Through a partnership with the Bangabandhu Sheikh Mujib Medical University Hospital, Bangladeshi patients have been treated with the non-invasive C-PAP.

Thirty-five devices developed in Wales are being used in Bangladesh. Prof AKM Aktaruzzaman from the hospital said the initial results were "very promising" and it could prove to be a "landmark trial."

We support the right of all to be protected from harm and recognise that safety and welfare are paramount. If any learner has any concerns whatsoever regarding Safeguarding, then please contact either:

- **Karen Smith, Director, Designated Safeguarding Person**

01633 252502 - karen@cadcentreuk.com

- **Linda Thomas, General Manager**

01792 644178 - linda.thomas@cadcentreuk.com

- **Emma Leighton, Manager South Wales**

01792 475522 - emma.leighton@cadcentreuk.com

- **Colin Davis, Manager North Wales**

01248 671850 - colin.davis@cadcentreuk.wales

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PAPER

WELSH WORD OF THE MONTH



NORTH WALES: 01248 679956

SOUTH WALES: 0808 2000 129



CORONAVIRUS UPDATE

The Corona Virus is still affecting everyone, and we should all be mindful that although cases have reduced, there is still the risk in the virus spreading, particularly as people are beginning to return to work in larger numbers.

The Government's advice is to continue to:

- Maintain social distancing
- Wash hands / use hand gel more regularly
- Undertake more frequent cleaning
- Wear a mask if required to do so, for example on public transport.
- Comply with the track and trace systems.
- Self-isolate after being in contact with anyone with the Virus.

The Welsh Government has published their "Renew" strategic framework as part of the COVID-19 Resilience Plan for post-16 learning, which includes Apprenticeships.

This can be seen on the WG website.

The CADcentre has been operating remotely for the past few months, with our trainers delivering digital learning via the e-portfolio system, and offering support to learners and employers.

To ensure the safety of all learners, staff and other stakeholders, we have done the following:

- Undertaken a thorough Covid -19 Risk Assessment of our premises.
- Provided extra cleaning supplies, and PPE for staff, learners and visitors to the centres, including hand gel, masks and gloves.
- Put a procedure in place to ensure we review an Employers' Covid-19 Risk Assessment of premises to assess if it safe for our staff to undertake visits.
- Ensured hygiene, social distancing, and PPE arrangements are in place for staff and learners and other visitors to our premises.
- Ensured that we have maintained contact with learners and employers since March.

WASH YOUR HANDS REGULARLY

NOTEABLE DATES

8th Sept-International Literacy Day	17th Sept-2nd Oct- British Food Fortnight
10th Sept-World Suicide Prevention Day	21st Sept-World Alzheimer's Day
13th Sept- Roald Dahl Day	21st Sept-International Day of Peace
16th Sept- International Preservation of the Ozone Layer	26th Sept-European Day of Languages
	29th Sept- World Heart Day

WEAR A MASK IN PUBLIC PLACES INDOORS

Focus on E-Safety.

We all rely on the internet and social media for more of our work and private lives. However, using the internet is not without risks: Stay safe by:

Set your Privacy settings, and don't put your personal details such as address, phone numbers on line.

Guard your information, and watch out for synchronisation between devices like Android.

Never meet anyone face to face who you have only met on-line. Or meet in a public place and take a friend with you.

Think before sending explicit sexual pictures via webcams; you have no control over who sees it.

If you are trolled or bullied on the internet. Don't reply to bullies, block them, and if threats have been made to you, then phone the Police on non-emergency number 101, or if there are imminent threats, on the Police emergency line 999.

Beware of so called phishing email and phone scams:

Banks will NEVER email you to ask for your PIN, or security passwords.

Banks will NEVER phone and ask you to transfer your money to a different account.

If someone from your bank contacts you about suspicious activity on your account, if you can't verify their ID, put the phone down, disconnect the call. Then on a separate phone line (if possible), phone the number on the back of your bank card.

HMRC will NEVER contact you by email saying you've had a tax rebate.

Beware of false investment offers which may suggest celebrity endorsement. If something looks too good to be true, it probably is. Always take independent financial advice.

Be aware of someone who may be grooming you online for sexual or financial exploitation. This can happen to people of any age. Watch out on Dating Websites.

Beware of opening emails with attachments if you don't know their source as you may run the risk of Virus's being downloaded to your device.

It is your responsibility NOT to download illegal content such as films.

It is illegal to download content promoting extremism or content promoting acts of terrorism.

MULTI FAITH

Sept/Oct- Harvest Festival Christian- Displays of various foods are made in Churches and Sunday Schools and services are held to give thanks for the goodness of God's gift in nature.

1st Sept- Installation of the Guru Granth Sahib

11th Sept- Ethiopian New Years Day-Rastafarian have a four year cycle where, in which each year is named after one of the evangelists.

22nd Sept- Autumn Equinox

28th Sept-Yom Kippur-Jewish- The last of the 10 days of repentance, this 'Sabbath of Sabbaths' is the holiest day of the Jewish year.

29th Sept- Micahelmas National- One of the four quarter days in the UK legal calendar.

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