

Learner Newsletter

IN THIS MONTH'S ISSUE:

- ESDGC
- MULTIFAITH
- SAFEGUARDING
- CORONAVIRUS UPDATE
- NOTABLE DATES
- WELSH CULTURE
- COMMUNITY/CHARITY EVENTS

ESDGC

PLASTIC PACKAGING: HOW ARE SUPERMARKETS DOING?

Bunches of bananas wrapped in plastic. A pre-peeled orange in a plastic box. Shrink-wrapped cucumbers.

Over-packaged food has been bothering shoppers for years and supermarkets have responded by looking for alternatives to all that plastic.

But now MPs are saying that the UK needs to move away from all single-use packaging - not just plastic.

Using aluminium, glass, paper or compostable plastics as an alternative also has an environmental impact, potentially pushing up energy use and carbon emissions, says a report by the Environment, Food and Rural Affairs Committee.

Can you really have a plastic-free kitchen?

It says reuse and refill schemes could be part of the solution and wants the government to consider whether official intervention could encourage more shops to offer refillable options.

Waitrose is ahead of the pack when it comes to reuse and refill schemes.

Since June, customers at its Botley Road store in Oxford have been filling their own containers with pasta from large jars, beer on tap and pick 'n' mix frozen fruit, doing away with packaging altogether.

The biggest of the "big four", **Tesco**, says it's on target to eliminate the hardest to recycle materials from its own brand products by the end of the year, but it will take longer to get its suppliers to do the same.

In the meantime, it's turning its attention to excessive packaging, pointing to the half-filled crisp packets and the airy cereal boxes on the shelves.

From next year, it will assess the size and suitability of packaging of every product it stocks - and will weed out any that don't make the grade.

The UK's fourth-biggest grocer, **Morrisons**, which came second in Greenpeace's survey, has led the way in letting customers make use of reusable containers.

Since 2018, customers have been able to fill their own containers with items from the meat and fish counters - it says it has removed 1.8 million meat and fish trays from its stores.

It also trialled a reuse and refill scheme for produce such as pasta, seeds and frozen fruit. Morrisons' focus has also been on providing unpackaged produce. It says it has the highest proportion of loose fruit and vegetable sales of any supermarket and it is introducing a special area for these products in 60 of its stores this year.

WELSH CULTURE

14th November – Brecon Beacons Ultra Marathon - A mere 46ish mile mixed trail, mountain, canal and road run around the magnificent [Brecon Beacons](#). There is also a 26 mile trail marathon.

19th November-24th December- Luminare Wales- A spectacular, illuminated trail, full of wonder and intrigue, to delight and enthrall your senses at the historic gardens of Margam Country Park and Castle. Tickets must be pre-booked, online in advance.

26th-29th November-Hay Festival Digital Winter Weekend- brings writers and readers together for a free digital wonderland of thoughtful conversation, candle-lit storytelling, comedy, music, and family fun.

30th November-1st December – Royal Welsh Virtual Winter Fair- For 2020, the Royal Welsh Winter Fair will take place online over two days. The online shopping experience will launch from 6 November and will be open until the 23 December.

TBC Early November-Early January-Cardiff Winter Wonderland- The highlight of Christmas in the city – Cardiff's Winter Wonderland returns to City Hall lawn with more attractions for the family to enjoy including the ice rink.

SAFEGUARDING

ANTI-BULLYING WEEK.

November 16th -20th, has been designated Anti Bullying Week.

The theme this year is : United Against Bullying. Bullying can have a massive impact on everyone, and can take place at school, colleges and in the workplace, with people of all ages being victims of bullying.

ACAS defines workplace bullying as: "offensive, intimidating, malicious or insulting behaviour, an abuse or misuse of power through means intended to undermine and humiliate". It may be done through unfair allocation of work, over monitoring and malicious rumours.

Bullying not only affects the emotional health and wellbeing of the person being targeted, it leads to higher levels of sickness absence. It can also lead to people leaving their job. Senior managers should put in place systems and procedures to combat bullying, and communicate those procedures.

An open company culture where people are encouraged to report bullying in the workplace will ensure that bullying is dealt with swiftly and fairly.

More information at: www.antibullyingalliance.org.uk, and www.acas.org.uk

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

Guto Ffowk

"Gitow-Ffowk"

Guy Fawkes



WELSH WORD OF THE MONTH

NORTH WALES: 01248 679956

SOUTH WALES: 0808 2000 129



CORONAVIRUS UPDATE

The whole of Wales is now in a Firebreak Lockdown until 9th November.

The rules are:

Work from home if you can.

All non-essential shops, together with hairdressers, gyms, community centres are closed.

A reasonable excuse to travel includes travelling to and from work, attending school/ college, giving care to someone else.

No one is allowed to visit indoors with a person who is not in their household.

Masks are now mandatory in all indoor areas, although they are not mandatory in workplaces (except retail & hospitality).

Fines could be given for non-compliance.

The message remains: HANDS FACE SPACE.

Remember to wash hands frequently, wear a mask/face covering as required, and keep to social distancing of 2 Metres apart from other people.

Symptoms are:

High temperature

New and continuous cough

Loss or change to sense of smell or taste, different to normal.

If you discover you have symptoms: remember to Self isolate, and apply for a Coronavirus test.

TRACK N TRACE APP.

The Government is urging everyone to install the NHS Track and Trace App on their phone to help control the spread of the Corona Virus.

At 28th September 10,000,000 people had downloaded the App on their phones.

NOTABLE DATES

5th November-Guy Fawkes Night-

It is known in Britain as **Bonfire Night** and marks the anniversary of the discovery and capture of a group of people who organised a plot by Catholic conspirators to blow up the Houses of Parliament in London in 1605.



8th November-Remembrance Sunday

11th November-Armistice Day

13th November-World Kindness Day

14th November-World Diabetes Day

17th November-World Peace Day

27th November-Black Friday

CADcentre UPDATES

We would like to congratulate one of our own assessors, Sarah Williams, for running 60 miles to raise money for Breast Cancer.



Sarah's fundraiser for Cancer Research UK

Fundraiser for Cancer Research UK by Sarah Williams • Public

Together we will still beat cancer



£205 of £150 raised

Sarah ran in her spare time around areas of Swansea over a period of 4 weeks and raised **£205**.

What a fantastic achievement, well done Sarah!

She hasn't finished yet, because this month Sarah will also be carrying out 2,000 burpees to raise money for Bone and Blood Cancer.

COMMUNITY /CHARITY EVENTS

Children In Need. 13th November 2020.

November sees the annual BBC Children In Need event, celebrating its 40th year.

The charity raises money for projects aimed at supporting children and young people in the UK.



In 2019, the amount raised was £48million, with £2.5million being raised in Wales. Children in Need products can be obtained in supermarkets, online, or you can donate on the night. Get involved and support your local community. More information at www.bbcchildreninneed.co.uk

November

November is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. The Movember Foundation runs the Movember charity event, housed at movember.com.



MULTI FAITH

1st November-All Saints Day-Christian- This day provides a chance to offer thanks for the work and witness of all saints, recognising that not all are known or specially celebrated

2nd November-All Souls Day-Christian- The departed are remembered on this day and prayers are offered on their behalf.

8th November-Remembrance Sunday- The Sunday nearest to Armistice Day, devoted to remembering the dead of the two World Wars and subsequent wars.

14th-18th November- Diwali- For Hindus this is a New Year festival lasting from one to five days, during which fireworks are set off and lights are hung out. It is a festival of light, coinciding with the darkest night of the lunar month.

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