

Learner Newsletter

IN THIS MONTH'S ISSUE:

- ESDGC
- MULTIFAITH
- SAFEGUARDING
- CORONAVIRUS UPDATE
- NOTABLE DATES
- WELSH CULTURE
- CHARITIES

ESDGC

10 Ways to be more sustainable in 2021

Cutting down on your carbon emissions and energy usage is much easier than you think. From minimising household waste to installing eco-friendly heating solutions, there are plenty of ways to help reduce your impact on the environment.

Swap your light bulbs to LEDs - Instead of buying old stock, why not try using energy-saving LED lightbulbs? They are the most energy-efficient bulbs and use 90% less energy than traditional incandescent bulbs.

Draught-proof your home - You can stop cold air coming in and warm air escaping by using items such as draught excluders, which many high-street and online stores sell.

Invest in smart technology - Smart heating controls tend to have digital screens that show you where your energy goes, and most have apps allowing you to control your heating and hot water while you're out and about.

Switch to a green energy supplier - There are lots of energy suppliers that offer 'green energy', meaning the power is generated from the sun, wind, water or biofuels. Unlike burning fossil fuels, green energy is renewable.

Install a heat pump - An efficient heat pump can save the average UK household up to £378 on heating bills each year compared with a gas boiler, and up to £476 compared with an oil boiler.

Reducing water usage - There are many ways to reduce your household usage such as installing a timer that turns off your electric water heater at night or when it's not in use. Simple changes such as turning off the tap when brushing your teeth, or taking shorter showers.

Brushing up your knowledge on local recycling rules - Brush up on your local council's recycling rules to learn exactly what you can and can't recycle in your area - you might even be surprised by what you can recycle!

Reduce food waste - Buying only what you know you'll eat and storing it correctly will help reduce the amount of food you throw away.

Start a vegetable garden - Growing your own food can be rewarding while also reducing your carbon footprint.

Invest in an electric car - We all know that electric vehicles are much better for the environment than petrol or diesel, as they emit less greenhouse gases and air pollutants. Plus, advances in technology have resulted in electric vehicles being able to cover longer distances before needing to be charged, meaning range anxiety is a thing of the past.

WELSH CULTURE

30th November 2020-11 April 2021- Becoming Richard Burton exhibition, Cardiff and online- explore his diaries, papers and personal objects which will guide you through the remarkable story of how Richard Jenkins, the boy from Pontrhydyfen and Taibach, Port Talbot, became Richard Burton, the international star of stage and screen.

13th January- Hen Galan- If you're in the Gwaun Valley in Pembrokeshire, the New Year starts on the 13th. The people of this valley have carried on with the ancient Julian calendar (instead of the Gregorian calendar). Children welcome in the New Year by visiting their neighbours singing for gifts.

25th January- Dydd Santes Dwynwen- This is St. Dwynwen's Day, when we honour our Welsh patron saint of lovers. It's our very own version of St. Valentine's Day - although we celebrate that, too.

30th and 31st January- Fan Dance Winter 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.

CORONAVIRUS UPDATE

Latest figures show more than 14,000 people had their first dose of the Covid-19 jab in Wales in the past week.

Mr Drakeford also announced a £360m support package to fund businesses affected by the announcement with larger businesses eligible for pay-outs of £150,000.

"The facts are stark. Unless we respond now to the growing number of people infected with the virus the advice we have from our scientific and medical experts is that by January 12 the total number of people with coronavirus in hospital in Wales could rise to 2,200."

The figure in Wales means that approximately only 1.56% have been vaccinated up to 3 January - fewer than other UK nations - and the gap appears to be growing compared to last week.

In England, more than 1.1m people were given the first dose by 3 January. This is around 1.97% of the population. NHS England has said 60% of doses have gone to people aged over 80.

If vaccinations were being given at the same rate in Wales as in England, a further 13,000 people would have been given a dose.

In Scotland, 2.1% of people have now been given a first dose.

Last week's figures showed around 1.6% in Northern Ireland had already been vaccinated, with updated figures expected later.



Eira
"Ay-rah"
Snow



WELSH WORD OF THE MONTH

NORTH WALES: 01248 670039

SOUTH WALES: 0808 2000 129



SAFEGUARDING

RACISM in WALES

Racism exists every day, and unfortunately it also exists here in Wales. There is so much more we can do to hold ourselves and one another accountable, to uphold the highest standards of inclusion, appreciation and celebration of diversity across Wales. We stand in solidarity. We come together in unity and purpose; and we say NO to racism in all its forms.

Zero Racism Wales calls on all organisations and individuals committed to promoting racial harmony and equity to sign up to our zero-tolerance policy to racism in Wales and implement the commitments outlined by the policy within the workplace and their day to day lives.

www.zeroracismwales.co.uk

www.bame.wales



BAME Lein Gymorth **BAME** Cymru
BAME Helpline Wales

BAME Helpline Wales is open now!!

Monday to Friday 10.30am to 2.30pm
Call: **0300 225720**
(Local Rate Number)
Text: **07537 432416**

Our helpline advisors can:

- Signpost to relevant organisations and services in your area
- Provide specialist employment advice
- Signpost and refer to specialist organisations
- Provide information in a range of community languages
- Provide information in relation to:
 - Health
 - Work
 - Personal safety
 - Your rights
 - Education
 - Housing
 - Welfare entitlements

www.bame.wales

Ethnic Minority & Youth Support Team Wales | 100% Community Led & volunteer centred | Women's Voice Wales | HENNA | Wales TUC Cymru

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.wales

- **Emma Leighton, Manager South Wales**

01792 475522 - emma.leighton@cadcentreuk.wales

- **Colin Davis, Manager North Wales**

01248 671850 - colin.davis@cadcentreuk.wales

NOTABLE DATES

1st-31st January-Dry January month-A campaign to give up alcohol for 31 days.

1st-31st January-National Slavery & Human Trafficking Prevention month.

6th January-21st Feb— Big Schools Bird-watch

11th January-Paget's Awareness Day

11-17th January-Houseplant week

18th January-Winnie the Pooh Day

18th-24th January-Sugar Awareness week

18th-24th January-Big Energy Saving week

25th Jan-St. Dwywen's Day-Welsh Patron Saint of lovers.

Charities

Alcohol Change UK - Go Dry for Charity

Dry January will *make a difference to you* as you save money, feel great and look fabulous - but it can *make a difference to others* too, as you can raise money for or donate to charity.

In the UK, one person every hour dies as a result of alcohol. The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink-driving, violence or neglect.

Alcohol Change UK work to end the harm caused by alcohol.

They are not anti-alcohol; they are for alcohol change.

With your help this Dry January, we can change and save lives.

Every day in the UK twenty people die as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink - driving, violence or neglect.

Alcohol Change UK want to build a future in which people drink as a conscious choice, not a default; where the issues which lead to alcohol problems – like poverty, mental health issues, homelessness – are addressed; where those of us who drink too much, and our loved ones, have access to high-quality support whenever we need it, without shame or stigma.

There are so many ways to fundraise for Alcohol Change UK to help create a world free from the harm caused by alcohol.

For more information go to —

www.alcoholchange.org.uk

MULTI FAITH

1st Jan - New Year's Day - Bank Holiday

4th Jan - 2nd January (substitute day) - Scotland

6th Jan - Epiphany – Christian

7th Jan - Orthodox Christmas Day

14th Jan – Orthodox New Year

25th Jan – Burns' Night – local observance - Scotland

28th Jan - Tu B'Shevat (Arbor Day) – Jewish Holiday

NORTH WALES: 01248 670039

SOUTH WALES: 0808 2000 129

