

# Learner Newsletter

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### SAFEGUARDING

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

CoronaVirus 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 0808 2000 247. Run by the charity Refuge. The National LGBT+ Domestic Abuse Helpline offers support and advice for the LGBT+ community: 0800 999 5428.

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..**

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

### WELSH CULTURE

**6<sup>th</sup> Feb -20<sup>th</sup> March.** The Six Nations Championship. The matches are still going ahead, even though spectators are not allowed in the stadiums. Wales v Ireland on the 7<sup>th</sup> February, at Cardiff Principality Stadium. Kick-off 3.00pm. Support your team from home.

**13<sup>th</sup> Feb-6<sup>th</sup> June.** Artes Mundi art competition, Cardiff. One of Wales' biggest contemporary visual arts shows. The prize of £40,000 will be announced on the 11<sup>th</sup> February.

**19<sup>th</sup> -28<sup>th</sup> February.** Chapter Arts Centre, Cardiff. Africa /film Festival. A film festival bringing Africa to Wales. With 10 film titles, and accompanying workshops, this is an experience you can watch at home.

Each film is available to purchase. See more information at [boxoffice@chapter-arts-com](mailto:boxoffice@chapter-arts-com).

### CORONAVIRUS UPDATE

On 29<sup>th</sup> January the Welsh First minister reviewed the lockdown, and decided that restrictions must remain in place until at least the next review on 19<sup>th</sup> February.

That means, people should work from home where they can, only go out for exercise or essential supplies and not meet other people outside their support bubble.

All non-essential shops, hospitality venues, pubs and restaurants, schools and colleges, leisure facilities, and community centres remain closed.

To date over 460,000 people have now received at least one dose of the Vaccine.

Vaccinations are planned in groups, with Care homes, the most vulnerable, and the over 80's being in the priority groups.

The Welsh Health Minister has stated that everyone should have been offered a vaccine by Autumn.

The following rules still apply:

**Masks/ face coverings must be worn on public transport, and in shops.**

**Social distancing of 2 metres remains.**

**Wash hands / use hand sanitiser regularly.**

**If anyone comes into contact with someone with the Virus, they must self isolate for 14 days.**



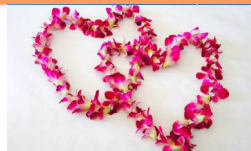
**Cariad**  
"Car-yad"  
**Love**



### WELSH WORD OF THE MONTH

**NORTH WALES: 01248 670039**

**SOUTH WALES: 0808 2000 129**



## APPRENTICESHIP WEEK 8TH-14TH FEBRUARY

Wales has a highly successful Apprenticeship Programme, built in partnership with Welsh businesses.

We focus on providing great quality, the right skills pathways and the right level of support to help achieve economic durability. All employers in Wales, regardless of size and sector can access and engage in the Apprenticeship Programme which offers high quality training to anyone over the age of 16 to drive a knowledge, skills based economy: allowing employers and their employees to achieve their full potential. By offering apprenticeships businesses are not only able to strengthen their business with a pipeline of talent but are equipping future workforces with the right skills to ensure Wales remains competitive on a global scale. The Welsh Government has developed its apprenticeship system to meet the needs and priorities of Wales, with a focus on quality and value for money.

If you are interested in recruiting an apprentice or want a leaflet to give to your employer, then please contact your assessor who will be happy to discuss this with you and send you the information.

For further information on recruiting an Apprenticeship visit - <https://gov.wales/apprenticeships-genius-decision>

### WHAT IS AN APPRENTICESHIP?

Apprenticeships are a cost-effective way to create a more flexible, highly-skilled workforce, helping to support current and future skills needs. Whether you choose to recruit, re-train or redeploy your workforce providing them with job knowledge and relevant skills is essential to help strengthen your business.

There are 23 apprenticeship sectors available.

### NOTABLE DATES

**1st-7th February-Children's Mental Health week**

**5th February- Welsh Language Music Day-**

**12<sup>th</sup>February-Chinese New Year. The year of the Ox. The Chinese New Year, also known as the Spring Festival is China's most important festival.**

**14<sup>th</sup> February- St Valentine's Day.**

**16<sup>th</sup> February-Shrove Tuesday. (also known as Pancake Day) This is a Christian day on the eve of Ash Wednesday which marks the beginning of Lent, which historically is a time for fasting and quiet reflection.**

**27<sup>th</sup> Feb-11<sup>th</sup> March. Fair Trade Fortnight. This encourages everyone to think about where their food comes from and how to help people in developing countries ..**

## Equality & Diversity.

**February is LGBT History Month.**

**This year the theme is : Body, Mind, Spirit.**

**This highlights the history of gay rights and takes place in February every year in the UK, and aims to promote equality & diversity.**

**It promotes a more inclusive society where differences in sexuality and gender are accepted.**

**See further information on website: [lgbthistorymonth.org.uk](http://lgbthistorymonth.org.uk)**

**There is also information on the Stonewall website: [www.stonewall.org.uk](http://www.stonewall.org.uk)**



### Other News

**Covid-19 Vaccine Scams.**

**Police are warning that criminals are sending out fake texts/ emails offering the Covid-19 vaccine.**

**These texts/ emails offer a link to a fake NHS website and ask for personal and financial details.**

**Criminals are also cold-calling people asking for payment in return for booking a Covid vaccine.**

**These are examples of scams taking place. The NHS do not charge for the Vaccine, or ask for anyone's bank details.**

**Shielding has been extended until 31/03/21.**

### **MULTI FAITH**

**1st Feb-** Candlemas —Pagan.

**2nd Feb-** Presentation of the Lord Christ in the Temple/Candlemas — Christian

**3rd Feb-** Setsubun/Bean scattering —Japanese

**8th Feb or 15th-** Parinirvana —Buddhist

**12th Feb-** New Year Festival —Chinese

**12th-13th Feb-** LOSAR —Buddhist

**14th Feb-** Valentine's Day —Christian/National

**16th Feb-** Shrove Tuesday — Christian

**17th Feb-1st April -** Ash Wednesday —Lent

**NORTH WALES:01248 670039**

**SOUTH WALES:0808 2000 129**

