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Newsletter

Moving on up !

Welcomes you .....

Happy holidays from SCT to all of you during this festive period! A time to spend with loved ones and reflect on 2023, whilst looking forward for what 2024 has to bring.

As we continue to grow and expand whilst maintaining our unrivalled quality, we have welcomed new members to join our ever growing team. Hilary is a highly experienced Children's Residential Manager who will be assisting in the delivery of our Children's Residential Childcare Apprenticeship Programme.



Welcome, Hilary Reece
Training Advisor



The Festive Season

As the festive season fast approaches we implore you to not get too caught up in the festive rush and feel pressured to overspend and overextend your self beyond your means. This is a time to spend with family and loved ones, enjoying that quality time together. Getting yourself into debt or stressing over buying material things that are unneccessary can lead to long term issues and have negative effects on you going forward.

Spend wisely, not frivolously and remember to never compare yourself to others and the things they may have, reflect on the positives in your life and be appreciative of all that you have to enjoy.

Wellbeing Awareness & Safeguarding

Safeguarding and general awareness continue to be important points of attention, now more than ever. Its crucial all individuals for themselves and for the organisations continue to follow the dedicated safeguarding policies and procedures that are set in place.

At Sutton Coldfield Training our two Safeguarding leads are Pauline Hill and Helen Devey - both can be contacted on **07951 025 114** or by using the confidential email: inconfidence@sct.co.uk





Displayed above is our new bespoke safeguarding card that is being distributed to learners and employers. more information will also be readily available on our website - www.sct.co.uk of by scanning the barcode below which is also displayed on our safeguarding card.

It is important to always be aware of safeguarding needs and situations that may arise, making sure that you report any issues immediately to the appropriate parties.

You are NEVER alone.

Although this festive period is usually focused on joy and positivity, there are countless people going through their own struggles and difficult situations. This can often leave people feeling isolated and feeling like there is nowhere to turn to. There are many organisations and channels that offer constant support for those struggling and also for those who may have concerns for somebody who they may know, going through difficulties.

National Domestic Abuse Hotline
t. 0808 2000 247
w. www.nationaldahelpline.org.uk

Gamcare
t. 0808 8020 133
w. www.gamcare.org.uk

Samaritans
t. 116 123
w. giveusashout.org

CALM
t. 0800 58 58 58
w. www.thecalmzone.not

National Debtline
t. 0808 808 4000
w. www.nationaldebtline.org

National Domestic Abuse Hotline
t. 0808 2000 247
w. www.nationaldahelpline.org.uk

No Panic
t. 0300 772 9844
w. nopanic.org.uk

Cruse
t. 0808 808 1677
w. www.cruse.org.uk

and finally.....

This newsletter will continue to be a helpful information source containing information regarding Sutton Coldfield Training and a range of helpful topics. We would also love our learners to be actively involved in the creation of this newsletter - therefore if **you** have any suggestions relating to items you would like to see included in the newsletter or even if you would like to contribute yourself - please get in touch and send your ideas to admin@sct.co.uk and we can include this in our next issue of "Moving on up!"

And last but not least, Sutton Coldfield Training would like to wish you a happy and prosperous holiday season and a wonderful start to 2024!