SCt

Newsletter

Moving on up !

Welcomes you .....

We welcome you to another edition of **#MovingOnUp**, our newsletter bringing you the latest information surrounding Sutton Coldfield Training, as well as wider social events and causes that are informative and impact the community in a positive way.

New team members.

We have recently welcomed two new training advisors to our team, Lynne Garland and Jill Staude. Both trainers bring over 30 years of experience in their fields and bring a high level of experience to their roles in delivering training as part of our apprenticeship contract. Jill will be delivering training in Children and Young Peoples Services and in Health and Social Care and Lynne in the Early Years Sector.



Welcome, Lynne Garland
Training Advisor



Welcome, Jill Staude
Training Advisor

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Key Points To Remember!

#SaferInternetDay #SID2024 - Celebrated On February 6th 2024:

Ensuring that yourself and those around you remain safe whilst using the internet is everyone's responsibility. Safer internet day is about making sure that Children and young people, parents and caregivers and many more continue to be mindful and do their duty to ensure that everyone uses the internet in a safe way. Be sure to check out the official accounts for **Safer Internet Day** on Facebook, Twitter and Linkedin for up to date information and resources on how you can get involved.

Safer Internet Day 2024 | Tuesday 6 February

Coordinated by the UK Safer Internet Centre



Tips to Deal with Stress & Anxiety.



Stress and anxiety can have a huge effect on how somebody deals with their day to day life, this can impact their workplace and personal relationships as well as their wellbeing. Some techniques an individual can use to help with this are

- Self care: Rest and relaxation when your body needs it.
- Breathing exercises and mediation: Taking the time to focus on your breathing and remaining calm and relaxed in stressful moments.
- Reaching out to a professional such as a GP - speaking to a person like this can greatly reduce stress and anxiety.



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Student Testimonial

"Ann is a fantastic lady and has been an absolute pleasure to work with and helping me to complete my course. Ann has supported me when most assessors would have taken me off the course, I fell behind and thought that I couldn't achieve the completion of this course with everything I was dealing with in my personal life and if it wasn't for Ann's patience and understanding and giving me the opportunity to take time out over the festive period I would have surely failed. Once Ann had given me the chance to open up and tell her what was going on we came up with a new plan of action which was to do it all over recorded discussion and I was amazed by how quickly and easy it was. I can only give thanks and gratitude to Ann for her support in making sure I was comfortable and happy before each and every meeting. I wouldn't have been able to have completed this course with out her and I hope to be able to work with her again."

Statement from Paula Milton regarding one of our trainers, Ann Collins

Upcoming!

Going forward we will be highlighting notable events and news surrounding SCT as well as social news that effects the wider community. We welcome suggestions from our customers at SCT to cover certain topics and issues as our aim is to provide informative and engaging information, consistently. Thank you for your support so far!

@suttoncoldfieldtraining

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Sutton Coldfield Training

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