

NEWSLETTER



WELCOME TO OUR THIRD NEWSLETTER!

Welcome to L&F Training's Newsletter, which has been created for the benefit of everyone within the L&F Training Community (learners, staff, employer partnerships etc). We hope you will find the contents of this Newsletter interesting and useful. We welcome comments, articles and ideas for future use. If you would like to contribute and/or provide feedback, please email info@landftraining.com.

Happy Reading!

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- Key Contacts and Policies
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Have ideas for our next Newsletter? Speak with a member of staff or email info@landftraining.com with your suggestions!

THE COST OF LIVING CRISIS

The Cost of Living Crisis is a term people use to describe the effects of the rising cost of food and energy. Since the current crisis began in 2021, many people in the UK have had to make changes to the way they live in order to save money.

Why?

The war between Russia and Ukraine has often been suggested as one of the reasons for the Cost of Living Crisis; because many European countries relied on Russia for oil and gas, which is used to power transport and infrastructure. Ukraine is also one of Europe's biggest exporters of agricultural products, including wheat and sunflower oil.

The war meant that supplies from Russia and Ukraine slowed or stopped completely, and so countries like the UK had to find other ways to get these products. This led to an increased demand for products that were no longer as widely available; which made these products more valuable and therefore more expensive to buy.

Experts have also pointed to the aftermath of the Covid-19 pandemic, a shortage of workers, and changes to how the UK trades with other countries following Brexit; as contributory factors to the Cost of Living Crisis.

Are you and your family struggling as a result of the Cost of Living Crisis? Please know that this is nothing to be ashamed of. We are living in tough times. If you are struggling, please see **Section 7 on Page 8** for more details on the Cost of Living Crisis and some resources and sources for help and assistance.

COURSE LIST UPDATE

Please find below, an updated list of courses that we are currently delivering as part of our Adult Education Budget (AEB) contract with the Greater London Authority (GLA).

Please note - different Eligibility criteria apply. Eligibility Checks are conducted once an application has been made to the course.

To apply for a course listed below, click [here](#).

For more information about each course, please visit our website: www.landftraining.co.uk

This list is not exhaustive. If you are interested in another course within the Creative, Digital or Health and Social Care Sectors, please reach out to us at fundedqualifications@landftraining.com

Functional Skills

Qualification	Awarding Body	Duration
Functional Skills in English (Entry 2 to Level 2)	City & Guilds	8 weeks
Functional Skills in Maths (Entry 2 to Level 2)	City & Guilds	8 weeks

Essential Digital Skills

Qualification	Awarding Body	Duration
Essential Digital Skills (Entry Level 3)	NCFE	8 weeks
Essential Digital Skills (Level 1)	NCFE	8 weeks

Level 2 Qualifications

Creative

Qualification	Awarding Body	Duration
Certificate in Digital Promotion for Business	NCFE	8-12 weeks

Digital

Qualification	Awarding Body	Duration
Certificate in the Principles of Cyber Security	NCFE	7 weeks
Certificate in Understanding Coding	NCFE	7 weeks



COURSE LIST UPDATE

Level 2 Qualifications (continued)

Health & Social Care		
Qualification	Awarding Body	Duration
Certificate in Awareness of Mental Health Problems	NCFE	6 weeks
Certificate in Preparing to Work in Adult Social Care	NCFE	12 weeks
Certificate in the Principles of Dementia Care	NCFE	7 weeks
Certificate in Understanding Autism	NCFE	6-8 weeks
Certificate in Understanding the Safe Handling of Medication in Health and Social Care	NCFE	6 weeks
Certificate in Working with Individuals with Learning Disabilities	NCFE	7 weeks
Diploma in Adult Care	NCFE	7-9 months

Level 3 Qualifications

Digital		
Qualification	Awarding Body	Duration
Certificate in Coding Practices	NCFE	15 weeks
Certificate in IT User Skills	NCFE	12 weeks

Health & Social Care		
Qualification	Awarding Body	Duration
Certificate in Understanding Autism	NCFE CACHE	18-20 weeks
Certificate in Understanding Mental Health	NCFE CACHE	15-20 weeks
Certificate in Understanding the Principles of Dementia Care	NCFE CACHE	20 weeks
Diploma in Adult Care	NCFE CACHE	9 months



LEARNER OF THE MONTH

We are delighted to announce that we will be recognising **two** of our learners this month!

Emmanuel Nyanor

Emmanuel is currently undertaking his Level 2 Certificate in Understanding Safe Handling of Medication and his tutor (Anwara) has nominated him for progressing exceptionally well after his first submission.

In her nomination Anwara stated that Emmanuel 'has taken note of my feedback, which is evident in his answer in the workbook. This is commendable as it demonstrates that Emmanuel is eager to improve his performance and achieve his certificate. Emmanuel has also submitted all his assessments before his submission dates.'

Well Done Emmanuel!



Opeyemi Oyewole

Opeyemi has just completed his Level 2 Mental Health course and has been nominated by his tutor (Jackie) for all his hard work.

In her nomination, Jackie stated Opeyemi 'took on my feedback in a positive way and was keen to learn and develop.' He regularly checked in with Jackie 'to see how he was doing and if things were correct after his resubmissions.'

'He also loved the way I sent him further reading and learning links to pursue and develop further.'

Opeyemi was open to constructive feedback, and as a result, has successfully completed his course.

Well Done Opeyemi!



SUCCESS

SUCCESS STORIES

Tutor Feedback Contributes to Success in the Workplace

One of our tutors (Jackie) has received some excellent feedback from one of her learners who advised that her feedback and support was so good and informative, that he was able to apply and develop in his knowledge in his current work setting. 'For example, one area that he commented on was the fact that I resubmitted one of his questions as he used incorrect terminology in one of the descriptions,' and that Jackie's feedback enabled him to have a clear understanding of how to improve and successfully complete his course.

Thank you Jackie!



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CAREERS SPOTLIGHT

LEVEL 2 CERTIFICATE IN UNDERSTANDING THE SAFE HANDLING OF MEDICATION

What could your course lead to?

Further Training:

- Level 2 Certificate in Preparing to Work in Adult Social Care
- Level 3 Certificate in Preparing to Work in Adult Social Care
- Level 3 Certificate in the Principles of End of Life Care

Knowledge Gained upon Completion of this Course:

- Understanding in relation to medication and prescriptions
- Understanding in relation to the supply, storage and disposal of medication
- Understanding in relation to the requirements for the safe administration of medication
- Understanding in relation to record keeping and audit processes for medication

Work Opportunities:

By gaining the Level 2 Certificate in Understanding the Safe Handling of Medication in Health and Social Care, you can open the doors to a range of job roles. Some of these include:

- Social Worker Assistant - £27,907* per annum
- Care Worker - £23,550* per annum
- Medical Secretary - £23,025* per annum

* average salaries for a worker in the United Kingdom (2024). Figures collated from uk.talent.com/salary

The World Health Organisation (WHO) estimates that more than half of all medicines are inappropriately prescribed, dispensed, or sold. Additionally, around 50% of patients fail to take their medicines correctly.

DID YOU KNOW?



If you would like further information on any of these progression routes, please email learners@landftraining.com



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HOT TOPICS

29th April -
5th May

MATERNAL MENTAL HEALTH AWARENESS WEEK

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems before, during and after pregnancy.

The week is all about:

- raising public and professional awareness of perinatal mental health problems
- advocating for women and families impacted
- changing attitudes
- helping people access the information, care and support they need to recover

Maternal mental health problems

Most people are aware of postnatal depression, or PND, but depression can also occur during pregnancy. Other perinatal mental illnesses include anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and eating disorders.

These illnesses can range from mild to severe, and require specialist treatment as soon as possible. Some conditions may have existed before pregnancy and got worse during the perinatal period, or shown up for the first time.

The most serious perinatal mental health problem is considered to be postpartum psychosis, and should be treated as a medical emergency if suspected. Get to know the symptoms of postpartum psychosis.

MATERNAL MENTAL HEALTH STATISTICS



1 in 5

women experience a perinatal mental health problem



70%

will hide or underplay maternal mental health difficulties



Suicide

is the leading cause of maternal death in the first postnatal year

RESOURCES AND TIPS

Click on the below resources and tips for more information.

[Mental Health and Wellbeing Tips During and After Pregnancy](#)

[Find Support Near You](#)

[What to do if You or Someone You Know is Unwell](#)

[Accredited Mother and Baby Units](#)



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HOT TOPICS

13th May -
19th May

MENTAL HEALTH AWARENESS WEEK

Mental Health Foundation's theme for Mental Health Awareness week this year is "Movement: Moving more for our mental health."

'Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!' For more details and ideas please see there website: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



RESOURCES

Click on the below resources for more information.

[Armed Forces and Mental Health](#)

[Black, Asian and minority ethnic \(BAME\) communities](#)

[Talking to Children about Scary World Events](#)

[Black, Asian and minority ethnic \(BAME\) communities](#)

[Women and Mental Health](#)

[Men and Mental Health](#)

[Parenting and Mental Health](#)

[A Guide for Young People](#)



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MENTAL HEALTH AND WELLBEING

THE COST OF LIVING CRISIS

What is the Cost of Living?

Throughout history, the cost of most goods and services tends to increase over time. For example, the Bank of England found that in 1990 the average price of a pint of milk was 25p; by 2020 a pint of milk would cost a buyer around 42p.

This price difference is known as inflation, which measures how quickly the price of something rises over a year.

While the price difference between a 1990 pint of milk and a 2020 pint of milk is a big change, that change happened over 20 years and, in that period, average wages for workers increased as well.

But in 2021 the average price of a pint of milk rose very quickly - faster than the rate at which the average worker's wages increased. The Office for National Statistics found that in September 2021 a pint of milk was 43p - but a year and a half later, in March 2023 the average price of a pint of milk was 70p. This is just one example of the many everyday items that rose in price.

From bread to electricity, apples to petrol - living in the UK has very quickly become much more expensive.

So, from 2021, we have considered ourselves (the UK) to be in a Cost of Living Crisis.



SUPPORT AND ASSISTANCE

Government Resources available - access the resources the Government has put in place to assist those struggling as a result of the Cost of Living Crisis. This includes the benefits and financial support which may be available: <https://www.gov.uk/cost-of-living>

National Food Bank Finder website: <https://foodbankfinder.org.uk/search-for-foodbanks/>

Steps to take if your food bank requires you to have a voucher:

<https://www.citizensadvice.org.uk/debt-and-money/food-bank/using-a-food-bank/>

Citizens Advice: <https://www.citizensadvice.org.uk/debt-and-money/cost-of-living/get-help-with-the-cost-of-living/>

Government run Help for Households campaign: <https://helpforhouseholds.campaign.gov.uk/>



FOOD BANKS IN LONDON

Camden Foodbank
14 Pratt Mews
NW1 0AD
Tuesday and Friday
11:30am-3pm

Ordnance Road Pantry
Ordnance Road Methodist Church
100 Ordnance Road
Enfield
EN3 6BW
Saturdays 1pm-3pm
No referral required

Chatsworth Foodbank and Support Service
Clapton Park Methodist Church,
99 Chatsworth Road,
E5 0LH
Free food parcels. No need for a voucher, just walk in.
Wednesdays 11am-2pm

Rainham Foodbank
First Floor
The Mick Fury House
Lowen Road
Rainham
Essex
RM13 8HT
Referral Needed
Mondays, Wednesdays and Fridays 11am-3pm

Harrow Foodbank
139 Imperial Drive
Rayners Lane
HA2 7HW
Saturday 10am-12pm

Muslim Hands Open Kitchen
514 Great West Road
Hounslow
TW5 0TE
Monday to Sunday 1pm-2pm

Foodcycle
Christ Church Community Hall
39 Union Grove
SW8 2QJ
Friday 12:30pm

Liberty Foodbank
Liberty Christian Ministries
1A Norbury Crescent
SW16 4JS
Wednesday 10:30am-12:30pm

Salvation Army
Mary Ann Gardens
Deptford
SE8 3DP
Monday 12pm-2pm

Bethnal Green Foodbank
Raine's Foundation School
Approach Road
E2 9LY
Mondays 8am-12:30pm
Wednesdays 2pm-7pm

DUG Food Club
Darul Ummah Goresbrook
36 Maplestead Road
RM9 4XR
Saturdays 2pm-4pm

Mottingham Foodbank
St. Edward's Church Hall
35 St. Keverne Road
SE9 4AA
Monday 10am-12 noon
Wednesday 6-7pm
Friday 9.30am - 1pm
Saturday 10am - 12 noon
No referral required

In the next couple of weeks, we will be circulating a document with a list of food banks in each borough in London.



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SAFEGUARDING AND PREVENT

How likely is a terrorist attack in the UK?

Threat levels (likelihood of a terrorist attack in the UK)

There are five levels of threat:

- Low - an attack is highly unlikely
- Moderate - an attack is possible but not likely
- Substantial - an attack is likely
- Severe - an attack is highly likely
- Critical - an attack is highly likely in the near future

The level is set by the Joint Terrorism Analysis Centre and the Security Service (MI5)

At the moment the Threat Level is set at: **Substantial**

Threats are becoming more diverse, dynamic and complex and the domestic terrorism threat is becoming less predictable and therefore harder to tackle. Many of the terrorist activity taking place most recently in the UK has been carried out by Self-Initiated Terrorists (SITs); these are individuals who are radicalised (normally via Online radicalisation methods) and then decide to plan and carry out a terrorist activity e.g. The Manchester Arena bombing etc.

What are the most likely sources of a terrorist attack, currently?

i. Nationally

- Nationally the most persistent and evolving threat is that relating to Extremist Islamic Terrorism (e.g. Al-Qaeida or Isis).
- Right- Wing extremist terrorism

ii. Locally (in London and South East area)

- Online radicalisation - Extremists are now using Gaming Platforms for this purpose
- Incels (Involuntary Celibates) groups online - usually made up of men - becoming more orientated to the promotion of violence and 'retribution' against women.

Definition of Extremism updated on 14th March 2024

On 14th March a new definition of Extremism was published; to cover the most up to date threats more effectively (please see below):

·Extremism is the promotion or advancement of an ideology based on violence, hatred or intolerance, that aims to:

- Negate or destroy the fundamental rights and freedoms of others; or
- Undermine, overturn, or replace the UK's system of liberal parliamentary democracy and democratic rights; or
- Intentionally create a permissive environments for others to achieve the results in (1) or (2)

For example; whilst we believe in Freedom of Speech; this does not mean we have to give someone with known extremist views; the opportunity and freedom of access, to preach their extremist views, to potentially vulnerable adults or young people.



ACTIVITIES - CHALLENGE YOURSELF

RMKCSOC SOGPCOV I VWJNXKGCVVWTCEF
BCWORLD MATERNAL MENTAL HEALTH QWL
I IPEYBIA Y IOUI Y IATLCHJUIEDZMWED
YDTLTQMND I LZWHCOYTDSMSJT IKMZAB
LSN IOZ NZEM I YUUKZVWJTCWTD OYZXOR
RNCAZSAYMQROMYAIHJJWWUXNHFU VSH
KONCTKGBEUGIFNOYRVERRLEOIALYAQ
QAVUDIIMNWTANCPVTENXIKNALHTCTO
DZYKMNOITRIZJZOTRQOTYAUFCKLUTI
YDI IQCCNIGV SXHBYKENHIYOOUA ILOI
NNNKMADEAFYLRFRWRKMGMTUHTWFYDMO
AMUKCNHYALEVUIOUFKBNTEFBUNTGLM
HMHJGQCQCCAWVCWHTOWZNQEXAQNITUW
AFFTLENBTEJATMZOMYSTEFWRNFCHIY
IVZIU RNAIAYALBF EOTXRCST SOTRAZK
ZAE CZOROOTGMUKAHVHWSPCWIQNXDTT
RYBCYNXONNFNWRIMQHWRIWYINGRABU
NSFBGPEJINCYHCWNUCDMAUNEK HANYA
MNOIQERNVAWMIFPIGTNAUOMIAMVAET
XPTFIBROMYALGIAANDMELNUACSJGOZ
TQLBDACDLCDVYNEWYQAFQNYHQDY YTX
CCMSEEYBCCMOFYIJMAEYIRTN NVYEAO
WORLDNOTOBACCODAYATDAZWM TYUFTA
ZHYCAUQMTNYYAYOEHAZABIVJFLBALT
OAYRILEAZGYKMOLNVTILOIUUA VCVWZ

COELIACUK DEAF DEMENTIAACTION FIBROMYALGIAANDME

LEARNINGATWORK NATIONALWALKINGDAY SKINCANCER

WORLD MATERNAL MENTAL HEALTH WORLDNOTOBACCODAY ZOMBIE



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KEY CONTACTS AND POLICIES



IMPORTANT POLICIES

L&F Equality Diversity and Inclusion Policy

L&F Safeguarding and Child Protection Policy

L&F Learner Charter and Discipline Policy

L&F Appeals, Concerns and Complaints Policy and Procedure

L&F Staff Conduct and Discipline Policy

L&F Malpractice Maladministration Plagiarism and Artificial Intelligence Use Policy

L&F Health & Safety Policy

L&F Prevent Risk Assessment for Further Education

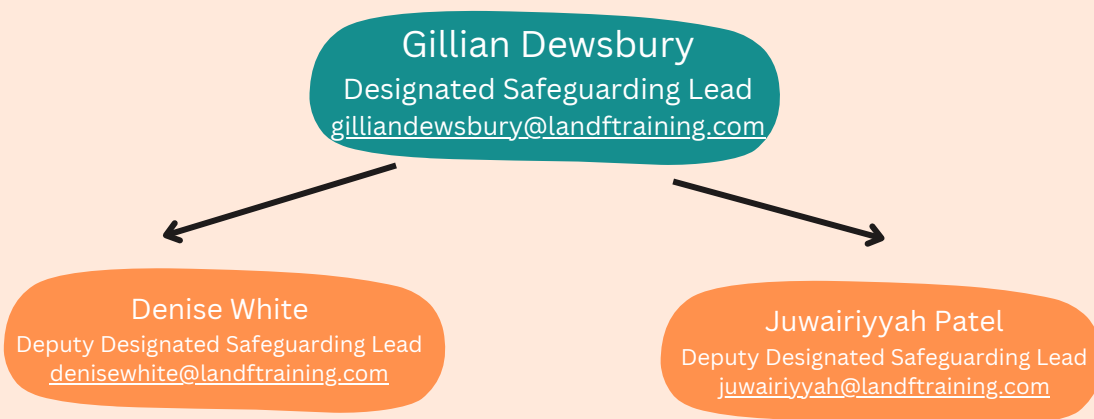


SAFEGUARDING

Safeguarding is the appropriate action taken to protect young people or adults, who are suffering, or at risk of suffering harm or abuse, including: Radicalisation; Physical; Neglect; Emotional and Sexual harm and abuse (including sexual abuse and harassment).

L&F Training believes in identifying and working with those who are vulnerable and therefore more at risk of harm and abuse. We therefore encourage everyone to raise a concern, whenever they recognise that a fellow learner, colleague, or they themselves, are potentially vulnerable (e.g. due to a bereavement or family or financial difficulties); so that we can arrange to provide support as appropriate and thereby help you/the individual avoid becoming a victim of abuse or harm.

L&F Training Safeguarding contacts:



To raise a concern:

- If you are a Learner or an employer please contact/speak with your TLM who will raise a concern to the Designated Safeguarding Lead (DSL) on your behalf. Alternatively you can contact the DSL (Gillian Dewsbury) direct by emailing staysafe@landftraining.com or phoning [07736 023359](tel:07736023359).
- For staff, please complete and submit the report form. If you wish to discuss before doing so, please phone Gillian, or if she is unavailable, Denise or Juwairiyah.

What happens next?

- The Designated Safeguarding Lead or a Deputy DSL will review the concern report raised and all the details provided and will then contact you to discuss (if it is appropriate to do so) and offer advice and support and take forward any actions needed, as required.

