



Ciao

Release Potential would like to wish everyone a Happy New Year and welcome everyone to the first issue of our ReleasED newsletter.

The newsletter will be issued every 4 months and will be mainly based around Equality and Diversity.

What are British Values?

Fundamental British values are:

Democracy
The rule of law
Individual liberty
Mutual respect and tolerance of those with different faiths and beliefs.

As a result of promoting fundamental British values we ensure learners:

- Have an understanding of how citizens can influence decision making through the democratic process.
- Have an appreciation that living under the rule of law protects individuals, citizens and is essential for their well-being and safety.
- Understand that there is a separation of power between the executive and the judiciary, and that while some public bodies such as the police and the army can be held to account through Parliament, others such as the courts maintain independence.
- Have an understanding that the freedom to choose and hold other faiths and beliefs is protected in law.
- Accept that other people having different

faiths or beliefs to your own (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour.

- Have an understanding of the importance of identifying and combatting discrimination.

How can we promote Fundamental British Values:

- Include in suitable parts of the curriculum, material on the strengths, advantages and disadvantages of democracy, and how democracy and the law works in Britain, in contrast to other forms of government in other countries.
- Use opportunities such as general or local elections to promote fundamental British values and provide learners with the opportunity to learn how to defend points of view.
- Use teaching resources from a wide variety of sources to help learners understand a range of faiths.

Charity Events

Release Potential took part in Christmas Jumper Day on Wednesday 14th and Friday 16th December to raise money for Save the Children.

Thank you to everyone who took part.



Learner of the Month

Release Potential are proud to announce the reinstatement of the 'Learner of the Month' scheme which recognises and rewards the achievements and success of learners working towards an apprenticeship, traineeship or who are studying on an employability programme.

Last year saw some of our most hard working learners gain recognition for their valued

contributions to the workplace and for going above and beyond what is expected of them during their programme of study. Competition was tough, and after a public vote one winner was announced each month.

This year aims to be as equally as successful and we look forward to hearing the stories of your achievements and hard work over the coming months.



Investors in Diversity

Equality and Diversity Word Search

Y	F	A	I	R	N	E	S	S	O
O	Q	W	Y	R	T	Y	L	H	Y
G	I	N	D	L	R	S	S	H	T
E	Q	U	F	A	L	E	J	J	I
N	B	A	G	E	D	U	Y	E	C
D	S	O	Q	B	P	Z	B	G	I
E	F	P	W	K	I	R	D	G	N
R	J	H	Q	D	T	U	A	Y	H
E	Q	U	A	L	I	T	Y	C	T
P	Z	O	U	K	X	H	B	S	E

AGE
ETHNICITY
GENDER
EQUALITY
FAIRNESS
RACE

Equality and Diversity Quiz

Is it a legal requirement to have an equality and diversity policy and procedures?

Yes

No

True or False: Bullying, Harassment or Victimization are also regarded as Equality and Diversity issues.

True

False

Uncertain

How many protected characteristics are covered by the equality act?

7

8

9

No. True, 9

Mental Health Awareness

There is an emphasis nationally on encouraging people to open up about mental health. Just like physical health we all have mental health and, just like our physical health this can dip at times.

The attitudes of others can often stop people with mental health problems getting the help and support they need. People with mental health problems can be made to feel isolated, ashamed and worthless.

The NHS state that one-in-four adults and one-in-ten children experience mental illness during their lifetime, and many more of us know and care for people who do.

Improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds.

These include:

- Improved physical health and life expectancy
- Better educational achievement
- Increased skills
- Reduced health risk behaviours such as smoking and alcohol misuse
- Reduced risk of mental health problems and suicide
- Improved employment rates and productivity
- Reduced anti-social behaviour and criminality
- Higher levels of social interaction and participation.

There is a wealth of supportive information available on the internet.

One local site is

<https://www.tynesidemind.org.uk/help-support/tyneside-northumberland-mind-and-you.aspx>

One of the things available on this site is a mood tracker that gives you daily insights into your ups and downs and helps you spot patterns in your mood and behaviour. Here's the link for that.

<https://www.tynesidemind.org.uk/help-support/tyneside-mind-mood-tracker.aspx>

Also local is www.mentalhealthmatters.com

Amongst other things it offers a confidential emotional support and guidance service. This is a 24 hours service on weekends and bank holidays, and weekdays it's available 5pm - 9am. Contact details are available on the website.

A good site nationally is <http://www.time-to-change.org.uk/>

Release Potential is supportive of the move to encourage an open attitude to Mental Health and has organised a Mental Health Awareness presentation from Tyneside Mind at the staff development day in February.

Dates to Remember

World Religion Day 14th January

Chinese New Year (Year of the Rooster) 28th January

Safer Internet Awareness Day 4th February

National Apprenticeship Week 13th—17th March

Autism Awareness Week 27th March—2nd April

World Day of Health & Safety at Work 28th April



@r_potential