



Hola

Welcome to the 2nd issue of the ReleasED Newsletter, we have had a busy few months in Release Potential since the first issue was launched.

UK Diversity Gladiators Celebrated!

What an amazing night for organisations right across the country especially Release Potential!

The National Centre for Diversity held its prestigious Annual Grand Awards event Thursday 16th March at the Queens Hotel in Leeds and a group from Release Potential attended.

It was a glittering and emotional night of celebration, of the sheer hard work of people that work in the country's best companies in relation to Fairness, Respect, Equality, Diversity, Inclusion, and Engagement (FREDIE).

There were individual and organisational awards to mark the contributions of some of the most inspiring, passionate and brilliant individuals who work tirelessly every day, to ensure that there is equality of opportunity for all within their organisations – and Release Potential received awards for the UK's Steering Group of the Year as well as the UK's Most Improved Organisation of the Year and was shortlisted for the UK's Most Innovative EDI Initiative of the Year for our Returneeships.

During the evening the National Centre for Diversity announced its UK Top 100 Index 2017, highlighting 100 of the UK's best organisations. The Top 100 Index is dictated by the results of the diagnostic surveys completed by those who have embarked on an accreditation journey with the National Centre for Diversity. Release Potential came in at number 52 which is an improvement on our 2016 listing.

Solat Chaudhry, Chief Executive of the National Centre for Diversity said *"Tonight's Grand Awards has been phenomenal. I'd like to offer a huge congratulations to not only the award winners, but those who were also shortlisted and nominated for one of our awards."*

Beyond this year's Awards evening, we at the National Centre for Diversity know that there are fantastic people right across the country; working hard to make their organisations, wider communities and the UK in general a better and more equitable place for us all. We commend you all for your hard work, we know this is a journey that never stops, and we're here to support you all in that journey."



Five Steps to Mental Well-Being

How we can boost our mental well-being:

Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Keep active – take a walk, go cycling or find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and a new confidence.

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental well-being and help you build new social networks.

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.



Investors in Diversity

Equality and Diversity Word Search

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

Mental
Health
Wellbeing
Disability
Marriage
Diversity
Race

Equality and Diversity Quiz

If you were in a room with 100 people how many of them would you expect to have dyslexia?

3
34
80

What percentage of disabled people are wheelchair users?

5%
15%
50%

In the UK, around 1 in 5 people of working age have a disability.

True
False

Which one of the following is NOT one of the protected characteristics?

Age
Disability
Hair Colour
Marriage

34, 5%, True, Hair Colour

Learner of the Month



Colin McCue's story captured the hearts of the voters in April with Colin receiving a 63% majority of the vote. Colin faced many barriers on starting the Returneeship course including lack of confidence and self esteem. Throughout the course, Colin showed determination to succeed and applied 100% effort.

Kelly commented that "Colin was an inspiration not only to me and other tutors but also to his fellow class members".

Colin now feels that he has overcome the barriers he once faced and is now able to speak about his dyslexia, which he had not been able to do before. Colin commented that "the Returneeship helped to give me my life back".

Colin has now secured permanent employment following a successful work experience placement where he is working with animals which is one of his many passions.

Returneeship

The Returneeship programme is moving along well within Release Potential, we are currently working in Kirklees on our 9th Returneeship course and we have a further six courses planned in to the new year! The Returneeship course is aimed at unemployed people aged 40 and over, where they can work as part of a team to gain qualifications in customer

service, personal development and IT.

The learners also take part in an amazing team building activity over the first two days of the course where they produce a live version of The One Show! This can be an extremely daunting task to many but over the nine courses the learners have taken the task head on and created nine fantastic shows.

All learners are involved in the production in some way whether that be presenting, camera and sound crew, researching, interviewing, light entertainment, floor manager or manning the clapper board, all roles contribute to the making of the show.

Overall we have had some fantastic feedback from the learners who have attended the Returneeship so far and we hope to carry on making a difference to people's lives.

If anyone would like to watch any of the One Shows which have been made please just ask as we would love you all to see the final products.

Quotes from Liz and Clive who completed the Stockton Returneeship:

"You're called Release Potential and I have definitely been able to release my potential"

"I went there with anticipation and curiosity but came away a better person with new friends and new skills for the future"

Dates to Remember

Carers Week 12th –18th June

World Blood Donor Day — 14th June

Independence day — 4th July

World Alzheimer's Day — 20th September

Dyslexia Awareness Week
2nd-8th October

National Adoption Week
16th-22nd October

Issue 3 of ReleaseED will be processed in October 2017



@r_potential