

September Hot Topics 2022 Edition 8

Monthly Highlights

Charity of the Year Information

In 2021 –2022 our Charity of the Year was Papyrus – Prevention of Young Suicide. Now it is the time of the year to announce who our new charity of the year will be and this time we want you to be involved ...

Stay tuned for further information and how you can get involved with the Total Training Provision Charity of the Year 2022-2023 ...

05 International
Day of
Charity

What is World Suicide Prevention Day?

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

WSPD continues to grow year on year, with recent years seeing the day observed in more than 60 countries. The Internet and Social Media coverage has ensured millions of people around the world are linked to WSPD on September 10th and in 2020 the IASP produced Step Closer film was viewed over 30 million times.

Watch the Video here.

<https://www.papyrus-uk.org>

<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>

10 World Suicide
Prevention Day

23 International Day of Sign Languages

Sign language is a fully fledged natural language. The Convention on the Rights of Persons with Disabilities recognises and promotes the use of sign languages. It makes clear that sign languages are equal in status to spoken languages and obligates states parties to facilitate the learning of sign language and promote the linguistic identity of the deaf community.

We want you to help us promote the use of sign language but also to spread awareness. Send us any educational videos, perhaps you know some and want to send across an educational video.

Any information or content around Sign Languages please send to:

client.services@total-tp.com





Total Topics & Prevent Monthly Bulletin



Did you know?

The Equality Act 2010 includes 9 protected characteristics (as listed below). These characteristics are protected by law, so it is illegal to discriminate against anyone.

- 01**
 - 02**
 - 03**
 - 04**
 - 05**
 - 06**
 - 07**
 - 08**
 - 09**
 - 10**
- Age
 - Disability (Inc Mental Health)
 - Gender Reassignment
 - Marriage & Civil Partnership
 - Pregnancy & Maternity
 - Race
 - Religion or Belief
 - Sex
 - Sexual Orientation
 - Impacts all groups

M T W T F S S

			01	02	03	04
05 International Day of Charity	06	07	08	09	10 World Suicide Prevention Day	11
12	13	14	15 World Afro Day	16 Bisexual Awareness Week	17	18 Equal Pay Day
19	20	21 World Alzheimer Day	22	23 International Day of Sign Languages	24	25 Rosh Hashanah (Begins Sundown)
26 European Day of Languages	27 Rosh Hashanah (Ends Night-fall)	28	29	30		

Personal Growth & Development

Building Confidence & Resilience

What is Resilience?

Resilience is the ability to bounce back from challenges and adversity we face. It's not about being happy all through those difficult times.

So why is it so important? We are often told, 'you are stronger than you think.' If you have confidence, you may believe you are strong but if that's not enough to succeed, that could really shake you. Through having resilience, you will feel strong enough to keep trying, keep persevering despite setbacks.

How does this link to confidence?

Confidence can be described as believing in one's abilities and beliefs. When you build strong self-belief and confidence, you start defining your values and beliefs and living those in everything you do. That deep self-belief becomes resilience. That resilience will not stop fear, disappointment or hurt when things don't work out.

So what can you do to boost your confidence and resilience?

1 Positive Self-talk

Talk to yourself with kindness and encouragement

It's about making positive steps and improvements.
Nobody is perfect!

Progress not Perfection

3 Connect with others

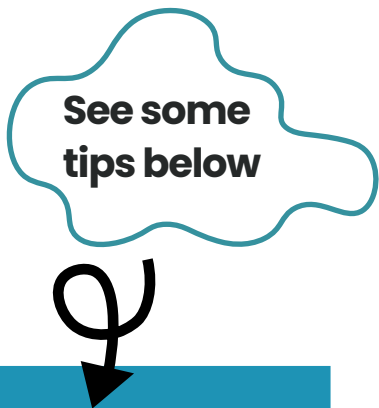
Find your support network, surround yourself with people who build you up and encourage your progress and will help to pick you up when you fall

For further information, see the link below.
The link between self-confidence and resilience

Keeping Mentally

Healthy

Protect your mental health by preventing “burnout”



GET CLOSE TO NATURE
Nature can have a really calming effect on us.

LEARN TO UNDERSTAND & MANAGE YOUR FEELINGS
Many of us will know when we're upset but not be sure what we're feeling

TALK TO SOMEONE YOU TRUST FOR SUPPORT
Nature can have a really calming effect on us.

GET MORE FROM YOUR SLEEP
Adults need between 7 and 9 hours' sleep a night, including enough dreaming sleep and enough deeper sleep.

Doing your best looks different everyday ...



What are the British Values?

Total Training Provision actively promote the fundamental British Values. Together we can help to lessen the hold of extremism on the people of Britain.



DEMOCRACY

At TTP you are encouraged to provide your feedback and opinion to help shape our provision.



RULE OF LAW

TTP's Learner Charter sets out our expectations and details our commitments to you.



INDIVIDUAL LIBERTY

TTP encourages you to take charge of your own learning and forge your chosen career path.



RESPECT & TOLERANCE

TTP are accepting and show respect & tolerance to everyone, no matter what their background or faith.



Ellie Laight – Designated Safeguarding Officer

As the DSO, Ellie will be your first point of contact within Total Training Provision should you need impartial advice or if you have an issue or concern you would like to discuss or report.

Email: safeguarding@total-tp.com | Telephone: 07803850668

Jenny Taylor – Deputy Safeguarding Officer

As the DSO, Jenny will be your second point of contact within Total Training Provision should you need impartial advice or if you have an issue or concern you would like to discuss or report.

Email: safeguarding@total-tp.com | Telephone: 07790128270

