

## November Hot Topics 2022 Edition 10

# Monthly Highlights

### Stress Awareness Day

Studies show that in 2021, 74% of us have felt so stressed that we have felt unable to cope (Mental Health Foundation). Stress is the feeling of being under too much mental or emotional pressure. When you are stressed, your body releases stress hormones such as adrenaline and cortisol.

Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response. Your stress hormone levels usually return to normal once the pressure or threat has passed.

**02** UK Stress Awareness Day

### Number Confidence Week

Number Confidence Week is back to help you manage money, handle homework and achieve your ambitions.

Number confidence week has plenty of resources available to support individuals with refreshing or improving their numeracy skills.

Please visit their website to find out how you can start gaining your number confidence -> <https://www.nationalnumeracy.org.uk/numberconfidenceweek>

**07<sup>th</sup> - 11<sup>th</sup>**

### Remembrance Day & Remembrance Sunday

Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

On and around this time poppies are worn as a show of support for the Armed Forces community.

**11<sup>th</sup> & 13<sup>th</sup>**





# 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**

	<b>01</b>	<b>02</b> Stress Awareness Day	<b>03</b>	<b>04</b>	<b>05</b> Guy Fawkes Night (Bonfire Night)	<b>06</b> Trans Parent Day
<b>07</b> Number Confidence Week	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b> Remembrance Day	<b>12</b>	<b>13</b> World Kindness Day Remembrance Sunday
<b>14</b> Anti-Bullying Week World Diabetes Day	<b>15</b>	<b>16</b> UK Disability History Month	<b>17</b>	<b>18</b> Children in Need	<b>19</b> International Men's Day	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

## Stress Awareness

What is stress and what to watch out for ...



### What is Stress?

Stress is the feeling of being under too much mental or emotional pressure. When you are stressed, your body releases stress hormones such as adrenaline and cortisol. Stress is your body's reaction to help you deal with pressure or threats.

A small amount of stress can be useful. It can motivate you to take action and get tasks completed. It can also make you feel alive and excited. But too much stress can cause negative effects such as a change in your mood, your body and relationship issues.

### Points to Keep in Mind

1 Most people feel will experience stress in their lives. Some stress can be helpful. Too much stress may make you ill.

2 There are many different causes of stress. Stress is not an illness itself. But it can make you unwell if it is very bad or if it lasts a long time.

3 Stress can effect everyone differently. You might not be able to avoid stress but there are things you can do to manage it.

For more information or to read about how to cope with excess stress, please click the link -> [rethink.org](https://rethink.org)





## Remembrance Day & Remembrance Sunday

*Lest We Forget*

### What is

### Remembrance Day?

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We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

### What is

### Poppy Appeal?

The 2022 Poppy Appeal campaign has now launched. Poppy Appeal collectors will be distributing poppies across the United Kingdom so please do look out for them and get your poppy from sellers in your local community.

In 2022 the Royal British Legion's Poppy Appeal will focus on how your poppy shows you care and helps the RBL continue its vital work supporting the Armed Forces community.



## 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](mailto: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.

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