

TOTAL TOPICS

TOPIC OF THE MONTH

Learning, Life & Wellbeing

New Prime Minister to help with cost of living:

The new Prime Minister, Andy Burnham, has pledged to take immediate action to cut taxes on household electricity bills to provide breathing space for millions of households during the winter. This includes removing VAT from domestic electricity bills, which is expected to reduce the yearly Ofgem price cap by around £45. The cost of this action is being funded from the cancellation of the Digital ID programme. Burnham's government aims to support those struggling with the cost of living by ensuring that all suppliers pass the VAT reduction on to their customers.



What else is on the Prime Minister's list to help with cost of living?

The Prime Minister's list for 2026 includes a variety of measures to assist with the cost of living, particularly for families and vulnerable households. Here are some of the key initiatives:

- **Energy Price Cap:** A 7% reduction in the energy price cap to protect households from rising energy costs.
- **Universal Credit:** Adjustments to Universal Credit to help with housing costs, including rent and mortgage interest.
- **Crisis and Resilience Fund:** Assistance for low-income households to help with rent or housing costs.
- **Heating Oil Support:** A £53 million package for heating oil customers to mitigate the impact of the US-Iran war.
- **Warm Home Discount:** A £150 discount on energy bills for eligible households, particularly during the colder months.

These measures aim to provide immediate relief and support to those facing rising living costs, ensuring that families can manage their expenses more effectively

Help guide with cost of living:

The UK is amid a cost of living crisis. Prices are rising at rates we haven't seen since the 1970s – energy, broadband, water, council tax, food, fuel and more. This is a guide to saving cash to get yourself through this situation, and to explain why, here's MoneySavingExpert.com founder

[Martin Lewis](#)

Help in your area:

If you're looking for help with the cost of living, your local council offers a range of support schemes for people on low incomes or in vulnerable households.

[GOV.UK](#)

FIND OUT MORE >

If you are experiencing difficulties with the cost of living, several organisations can provide free information, guidance and practical support. Help is available across areas such as:

Benefits and income – [Universal Credit](#) and [Personal Independence Payment \(PIP\)](#).

Housing and rent – [Citizens Advice Housing](#) and [Housing Benefit](#)

Energy and utility bills – [Ofgem](#), and the [British Gas Energy Trust](#)

Food support – [Trussell Trust food banks](#) and the [Independent Food Aid Network](#)

Debt and money advice – [National Debtline](#), [MoneyHelper](#) and [Citizens Advice](#)

Health and wellbeing – [NHS help with health costs](#), [the NHS Low Income Scheme](#) and [Samaritans](#)

These services can help you understand what financial support you may be entitled to, manage bills and debt, access food assistance and receive support with your mental wellbeing. You do not have to manage these challenges alone. You can also speak confidentially with your Skills Coach or contact the Total Training Provision Safeguarding Team for further support. If you need someone to talk to, Samaritans are available free of charge on 116 123.

All services are free, confidential, and designed around varied needs. Of course you can also seek dedicated support from your Skills Coach, or through the Total Training Provision Safeguarding service



[Find out more about safeguarding at TTP here and how you can report a concern.](#)



Heat Stress, Hydration & Working in Hot Environments

When the temperature climbs, workers (especially outdoors or in non-air-conditioned settings) face serious risks: heat exhaustion, heat stroke, dehydration, reduced cognitive performance, and fatigue. For organisations, these conditions can mean increased incidents, slower production, and higher injury risk.



Hazards & Risk Factors

- High ambient temperatures, direct sun exposure, high humidity.
- Physical exertion + heavy PPE or tight schedules.
- Poor acclimatisation (for example, new hires or those coming back from time off).
- Inadequate water/fluids, lack of shaded breaks or rest areas.
- Working indoors without proper ventilation or cooling.

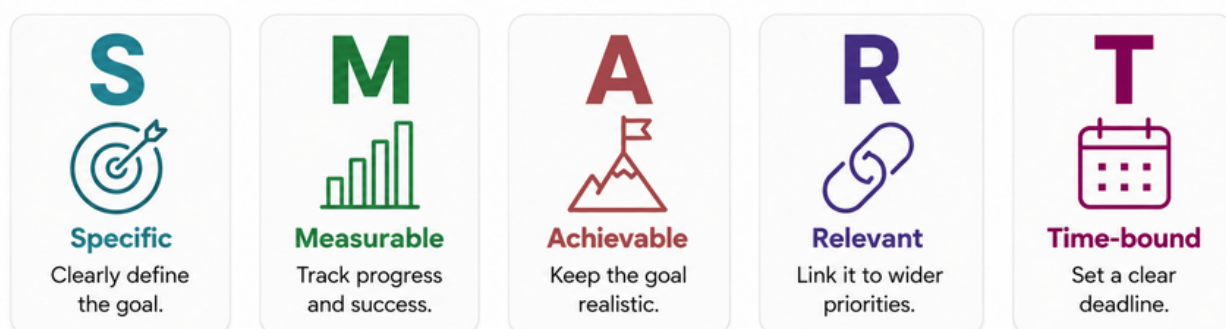
What To Do

Develop a heat-illness prevention plan by identifying high-risk tasks and scheduling regular rest and rehydration breaks. Provide cool drinking water and shaded rest areas, and train workers to recognise early symptoms such as headaches, nausea, heavy sweating and dizziness. Where possible, adjust working hours and reduce physical activity during peak temperatures.

[HSE: Information](#)

Successful supervisors set clear objectives and identify practical steps to achieve them. The SMART framework supports effective goal-setting by ensuring objectives are Specific, Measurable, Achievable, Relevant and Time-bound. This approach helps teams establish priorities, monitor progress and remain accountable, leading to improved focus and overall performance.

How To Write SMART Goals (With Examples)



Digital Skill Courses For Your Work Force

Developing your teams digital skills can improve productivity, communication and confidence when using workplace technology

Training & Resources

National Careers Service – support to assess and improve essential digital skills.

FutureLearn – free and paid courses in digital literacy, Microsoft Office, data and communication.

Microsoft Learn – training for Microsoft 365, Teams, Excel, Word and PowerPoint.

National Cyber Security Centre – advice about passwords, phishing, data protection and cyber awareness.

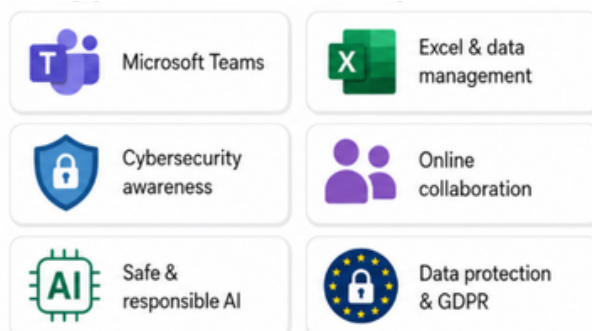
Good Things Foundation – accessible resources to help adults build digital confidence.

Lloyds Bank Digital Skills Training Free online training covering everyday digital skills, staying safe online, and workplace technology.

The Skills Toolkit (Gov.uk) Free courses to improve digital and numeracy skills.

Digital Unite Free guides and learning resources covering basic digital skills.

Suggested Staff Training



Grow • Adapt • Lead

WorldSkills UK Mindset Masterclass

Learners at Total Training Provision are invited to complete the WorldSkills UK Mindset Masterclass alongside their apprenticeship. The Programme develops valuable skills including resilience, problem solving, including communication and self-management, helping you adapt, perform confidently and prepare for future opportunities



Skills You'll Develop

**Resilience**

Respond positively to challenges and setbacks.

**Problem-solving**

Approach workplace challenges with confidence.

**Communication**

Share ideas clearly and work effectively with others.

**Self-management**

Take ownership of your development and performance.

What You'll Gain

Throughout the Masterclass, you'll explore the behaviours and characteristics associated with high performance in world-class organisations. You'll gain practical tools and valuable insights to support your apprenticeship, strengthen your professional mindset and prepare for future career progression

*Progress,
not perfection*

Ready to Get Started?

Complete the Performance Capabilities Self-Assessment to identify your starting point across the ten psychological characteristics of developing performance capabilities.

Complete Your Self-Assessment

South Asian Heritage Month 18 July – 17 August

August 2026

M T W T F S S

					1 World Lung Cancer Day	2
3	4 International Clouded Leopard Day	5	6 Hiroshima Day	7	8	9 International Day of the World Indigenous Peoples
10 World Lion Day	11	12 International Youth Day	13 Left-Handers Day	14	15 India Independence Day	16
17 Indonesian Independence Day	18	19 World Humanitarian Day	20	21 International Day of Remembrance	22 International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief	23 International Day for the Remembrance of the Slave Trade and its Abolition
24	25	26	27	28	29 International Day Against Nuclear Tests	30
31 International Day for People of African Descent						