

TTA NEWSLETTER

Month of Issue: April 2020

OUR VISION:

To work together to create a better future for local people through training and education and to deliver an outstanding learner experience. To ensure that we offer inclusive and supportive lifelong learning for all local people and placing people and communities at the centre of our values and practice.

TTA – A Brief Introduction:

Templegate Training Academy CIC (TTA) is a not-for-profit training organisation that delivers training to adult learners. Based in a community venue attached to a temple in Bilston, TTA delivers learning, mainly in functional skills, to minority ethnic learners. Most of them have either recently arrived in the UK or are of Eastern European heritage. Additionally, TTA delivers learning in Bristol, which is funded by the West of England mayoral authority. TTA is funded by the Educational and Skills Funding Agency (ESFA) to provide advanced learner loans and adult education budget programme.

TTA is accredited by UK awarding bodies including: TQ (UK), Open Awards and Learning Resource Network (LRN), and offering:

- Functional Skills (English and Maths) Entry 1 to Level 2
- Diploma in Business Administration – Level 2 & 3
- Diploma in Digital Enterprise – Level 3

AND ADVICE

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Everyone is being reminded to follow Public Health England advice to:

- *Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.*
- *Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.*
- *Avoid touching your eyes, nose and mouth with unwashed hands.*
- *Avoid close contact with people who are unwell.*
- *You can find the latest information and advice from Public Health England at www.gov.uk/coronavirus*

In order to prevent the spread of the virus people should be washing their hands more often than usual, especially when blowing nose, sneezing or coughing, getting home or into work and when eating or handling food.

If you feel unwell you are urged to stay at home and self-isolate for 14 days, if you think you may have the virus it is important that you **contact** the **111** service or **999 in an emergency!!!**





LEARNING FROM HOME

We hope that you are all safe and well. Please continue to follow the government advice in terms of restrictions that are in place. Websites to keep checking for advice: <https://www.gov.uk/coronavirus>
<https://www.nhs.uk/conditions/coronavirus-covid19/>

We are so proud of our learners for all the effort they are putting into home learning. Please keep us updated and message us if you have any questions or concerns.

MENTAL WELL BEING WHILE STAYING HOME

Taking care of your mind as well as your body is really important if you need to stay at home or you are shielding because of coronavirus (COVID-19). You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It's important to remember that it's OK to feel this way and that everyone reacts differently. Remember, for most of us, these feelings will pass. Staying at home may be difficult, but you're helping to protect yourself and others by doing it.



The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel if you're staying at home. Make sure you get further support if you feel you need it.

- Find out about your employment and benefits rights
- Plan practical things
- Stay connected with others
- Talk about your worries
- Look after your body
- Carry on doing things you enjoy

VULNERABLE LEARNERS/FAMILIES

We appreciate now is a difficult time for many of our families. If you are struggling or your family member, please do not hesitate to e mail us and we will be happy to provide support. We can also give contact numbers for agencies who can help with more specific concerns should you need, so please do get in touch. We are available via telephone and email.





There is a local food bank, that can help if you are finding it difficult at the moment to ensure you have the right food for your family, whether this is due to financial situations, due to self-isolation or sickness or for another reason. They would be happy to hear from you and you are able to self-refer if you wish to.

- Bilston People's Centre is offering a food delivery service to people in Bilston during the Coronavirus outbreak.
- Adventist Food Bank is delivering food parcels for an additional day each week.

KEEP SAFE ONLINE

Please also remember to keep safe online and to keep children safe as they access online resources. The very way best to keep children safe is to teach them HOW to keep themselves protected and to make them aware of the dangers and how to report anything they don't like the look of. Checkout parents resources and worksheets at NSPCC for online safety during these unprecedented times and also the weekly activities on <https://www.nspcc.org.uk/keeping-children-safe> and www.thinkuknow.co.uk

