

## Practical Work Skills Level 1

# INITIATIVE

This Practical Work Skills level 1's magazine. Its fun filled with lots of exciting articles, jokes and stories.

WELCOME TO WEST NOTTS

Sexual Health  
entertainment  
& events

Mental Health

Animal Care

Coronavirus

Captain Tom  
Information



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### SPECIAL POINTS OF INTEREST

- Mental wellbeing
- Sexual health
- Entertainment
- E-safety
- Groups outside of college
- Black Lives Matter

**Dear readers**

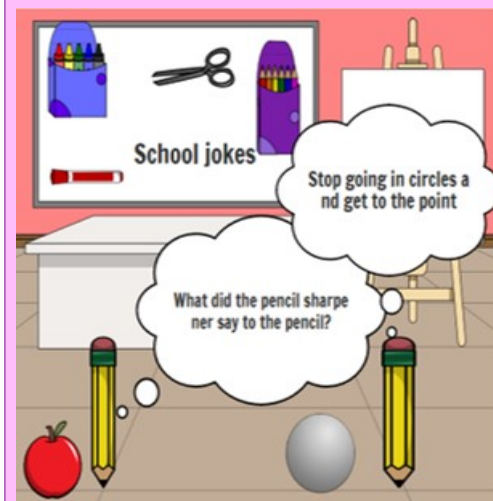
***Welcome to the first ever issue of Initiative .We hope to provide you with a magazine that will be a source of realistic information and advice, which you can actually use.***

***Hopefully, after reading this issue, you won't be able to wait until the next issue.***

***Anyway readers- enjoy! You won't find any other magazine that is so practical in its advice and articles***

***Until next time***

***Practical Work Skills Level 1***



# STUDENT SURVEY 2020

As a group we identified some areas of college life that we are not happy with. We carried out a small survey to see if other students felt the same. Everyone we asked to take part was polite and they all answered our questions. Thank you to you all!

Question number	Question	YES	NO	Comments
1	Do you think phones/ tablets are useful in class?	100%	0%	-They are good for Independent study and research. -They can be annoying and abused by some students.
2	Do you think there is a wide variety of courses?	50%	50%	-We would like to see: Criminology, photography, and animal therapy. -Foundation students want lessons about politics: "we can vote, but we don't understand it."
3	Are college facilities sufficient for today's students?	80%	20%	-Need more toilets and vending machines. -It's too noisy in some areas. -The canteen is too busy and expensive
4	Do students and tutors treat each other with respect?	80%	20%	-n/a
5	Are the tutors enthusiastic, can we make learning better?	80%	20%	-We need more practical sessions; some students are visual learners. -People from workplaces could come in to talk to us.
6	Are students involved in decision making about the college's future?	100%	0%	-Via Student representatives and learner voice meetings
7	Do you think the timetable hours work for you?	70%	30%	-Teenagers need to get up later, "research says so". -We want to come in less days for more hours. -Have longer gaps between sessions.
8	Any other comments?	n/a	n/a	-I'm only in for 1 session on one day – "it's stupid." -Why do Foundation Students have no free sessions?



# WELCOME TO WEST NOTT'S COLLEGE

## My COLLEGE EXPERIENCE

### My College experiences whilst being at West Nott's College?

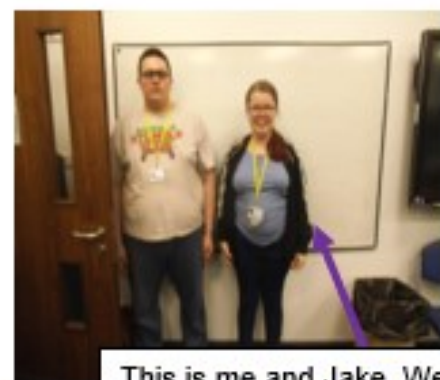
My first day at West Nott's College, as a student I had lots of different feelings - such as feeling lost, nervous, worried.

I am sure this is how most new students feel, but having been here for 3 years now I can tell you it's a brilliant place to be.

After my 1<sup>ST</sup> Week at college I had made new friends, I knew where most of my classes were.

I had met my tutors that I would be having through the year.

**Key places you might need to know?** Front doors and reception. Where the LRC is, courtyard, toilets and diner.



This is me and Jake. We are part of the West Nott's College learning voice representing Foundation Studies.

This is a map of the derby road west Notts College.

VISION  
West Nottinghamshire  
College



# ENTERTAINMENT AND EVENTS

## FOUNDATION STUDIES

### Lunch Club

*Location:* room 7a

*Time:* 12.30—1.00 Monday to Friday

*Organizer:* Linda Watkins

LUNCH  
CLUB



### Games Club

*Location:* Relish dining area

*Time:* 2.45—4.00 Monday to Friday

### Pool and Ping Pong

*Location:* Atrium

*Time:* 9.30—3.00 Monday to Friday

*Organizer:* Student Union



### Class trips

*Location:* e.g. bowling, zoo's, theme parks, cinema, farm parks and many others



# SEXUAL HEALTH

## DIFFERENT METHODS OF CONTRACEPTION AND OTHER ADVICE

DIFFERENT TYPES	Effectiveness	Advantages	Disadvantages
<b>Condoms (MALES)</b>	98% Effective 2 women out of 100 will get pregnant year.	Free to get from sexual health clinics, young people service and (colleges C card) Prevents sexual transmitted Infections (STI ) No serious side-effects	May slip off or split if not used correctly or is the wrong size or shape.  Men need to remove it as soon as he has ejaculated and before the penis goes soft, being careful not to spill any semen.
<b>The combined pill (FEMALES)</b>	99% Effective 1 women out of a 100 will get pregnant a year.	Reduces the risk of cancer in the ovary, uterus and colon.  Stable for a non-smokers up to the age of 50.	Low risk of serious side-effects such as blood clots, breast and cervical cancer.  Can have a temporary side-effect such as headaches, nausea, mood changes and breast tenderness.
<b>Contraception patch (FEMALES)</b>	99% Effective Less than 1 in 100 women will get pregnant a year.	One good thing is you don't have to think about it everyday.  This patch isn't effective if you vomit or have diarrhoea.	Low risk of serious side-effects such as blood clots, breast and cervical cancer.  Can be a temporary side-effects such as headaches, nausea, mood changes and breast tenderness.  Possible skin irritation.
<b>Contraception injection (FEMALES)</b>	99% Effective Less than 4 in a thousand in 2 years.	Last for 13 weeks (Depo-Provera and sayana press) or eight weeks (noristerat).  You don't need to think about contraception as long as the injection lasts.	Periods may stop, be irregular or last longer  Some women may gain weight.

### **Unplanned pregnancies:**

If you do get pregnant, there are 2 things you can do if you don't want the baby:

- 1. Adoption- giving your child to someone that can look after her/him. You could give the baby someone that can't have children
- 3. Abortion– ending the pregnancy when you're not ready for having a child in your life.

### **STDs :**

Sexually transmitted diseases are generally spread by sexual intercourse. HIV, chlamydia, genital herpes, genital warts, gonorrhoea, some forms of hepatitis, syphilis, and trichomoniasis are examples of STDs.

### **HIV and AIDS**

Most people diagnosed with HIV in the UK get the virus through unprotected vaginal or anal sex. The risk is higher if the person giving oral sex has mouth ulcers, sores or bleeding gums.

### **Emergency contraception**

If you think your method of contraception has failed or you haven't used contraception, you could use:

- 1) An emergency contraception pill, this pill can be taken up to three days (72 hours) after sex. This pill is available with a prescription or from the pharmacy.
- 2) An IUD - can be fitted up to five days after sex, or up to five days after the earliest time you could have released an egg (ovulation).
- 3) You can ask your doctor, nurse or pharmacist about emergency contraceptive pills

### **Condoms:**

If you need a condom or someone to talk to about your sexual health please go to room 100 (near reception and near A levels) you can get a C-card. From that room you can get:

- ⇒ Condoms (they will show you how to put a condom on the penis)
- ⇒ Pregnancy test
- ⇒ Contraception booklets
- ⇒ Talk about sexual health





# E-SAFETY

## TIPS AND ADVICE

- 1) Don't post any personal information online e.g. address, email or phone number
- 2) Think carefully before posting pictures or video's of yourself (once you've put a picture of yourself online most people can see it and may be able to download it)
- 3) Keep your privacy setting as high as possible
- 4) Never given out your passwords
- 5) Don't be friends with people you don't know
- 6) Don't meet up with people you have met online
- 7) Remember not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, don't be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer and tell someone you trust immediately.



## Top 10 tips for mobile phone safety

- 1) Remember if you are being bullied tell someone at home or college
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep any worrying messages and show them to a trusted adult
- 5) Don't answer calls from numbers you don't recognize.
- 6) Block numbers from people who are sending you nasty messages.
- 7) If you are bullied repeatedly can change your number.
- 8) Don't give your mobile number to someone you don't know.
- 9) Don't send pictures to someone you don't know.
- 10) If the problem is serious you can report it to the police, cyber mentors, or ChildLine.



### E-safety websites:

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- <http://www.safetynetkids.org.uk/personal-safety/staying-safe-online/>
- <https://www.childnet.com>

# Mental Health Top Tips

## And how to find help!

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### Top tips

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If you or anybody has mental health difficulties you can talk to lots of people. You can keep your self anonymous!

At college you have:

- ⇒ Support Coaches
- ⇒ Wellbeing centre
- ⇒ Support staff
- ⇒ Safe guarding staff
- ⇒ You have your friends and family to talk to
- ⇒ You can also go to the doctors

### Handy Contacts

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Phone 0300123 3393 open Monday to Friday 9am to 6pm

[www.mind.org.uk](http://www.mind.org.uk)

Phone 03005000927 Monday to Friday 9.30 to 4 pm

[www.rethink.org](http://www.rethink.org)

Family lives-08001111  
Get connected-08088084994  
Young minds-08088025544

IF you go to your local library you can pick up THE TRUTH ABOUT SELF-HARM book

Kooth-counselling-free online service -[kooth.com](http://kooth.com) open till 10pm  
[Childline-08001111-childline.org.uk](http://Childline-08001111-childline.org.uk)





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# Cookery

**Cookery has helped us with a variety of things over the course of a year. We have learnt a lot of skills we can use later in life. It has helped us work independently and in a team.**

## **Skills learnt:**

- ⇒ **How to prepare and cook a meal**
- ⇒ **How to clean a hob properly**
- ⇒ **How to weigh ingredients**
- ⇒ **How to follow a recipe**
- ⇒ **Health and safety**
- ⇒ **Food hygiene**
- ⇒ **Organisation**
- ⇒ **Cleaning skills**
- ⇒ **Using your initiative**
- ⇒ **Using correct chopping boards**



This has help  
us improve our  
confidence

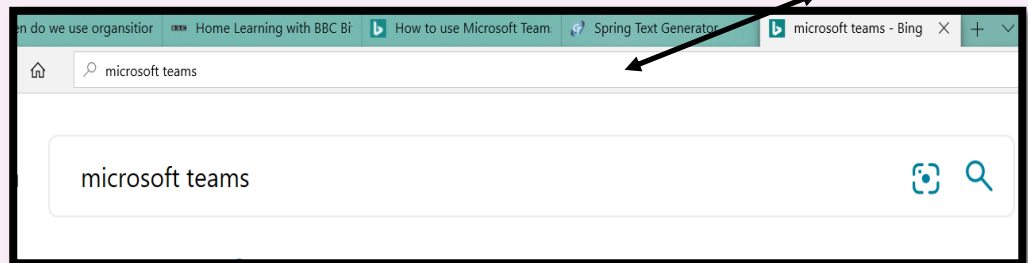
It  
has also  
helped us work as a  
team

This also taught  
us how to follow a  
recipe and  
instructions

# How to use Microsoft Teams

## Step by Step Guide

Step 1-Go into the search bar and type in Microsoft Teams



Step 2-Click on the link that says “Microsoft Teams-chat, call, meet and collaborate”

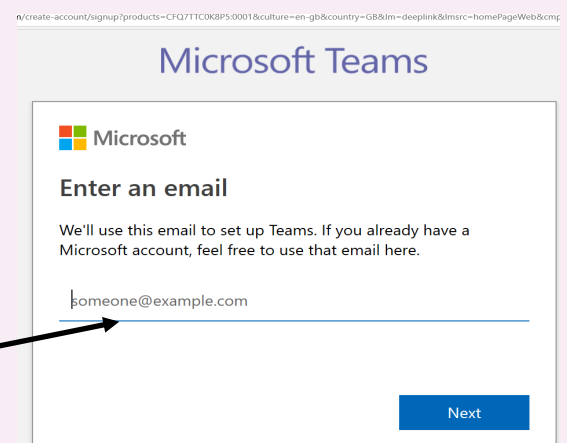
Microsoft® Teams - Chat, Call, Meet & Collaborate

Step 3-In step 2 click on the link and it should take you to this:

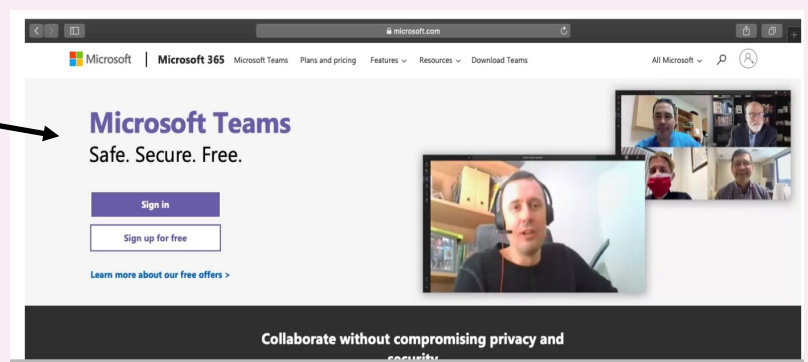
Then you have to type in your student email address eg

Over12345678@students.wnc.ac.uk,

your password, then press next.



Step 4-To download the Microsoft Teams desktop app, return to the Microsoft Teams web page and click on “Download Teams” at the top of your screen. Or you can go to app store and download teams on your mobile device.

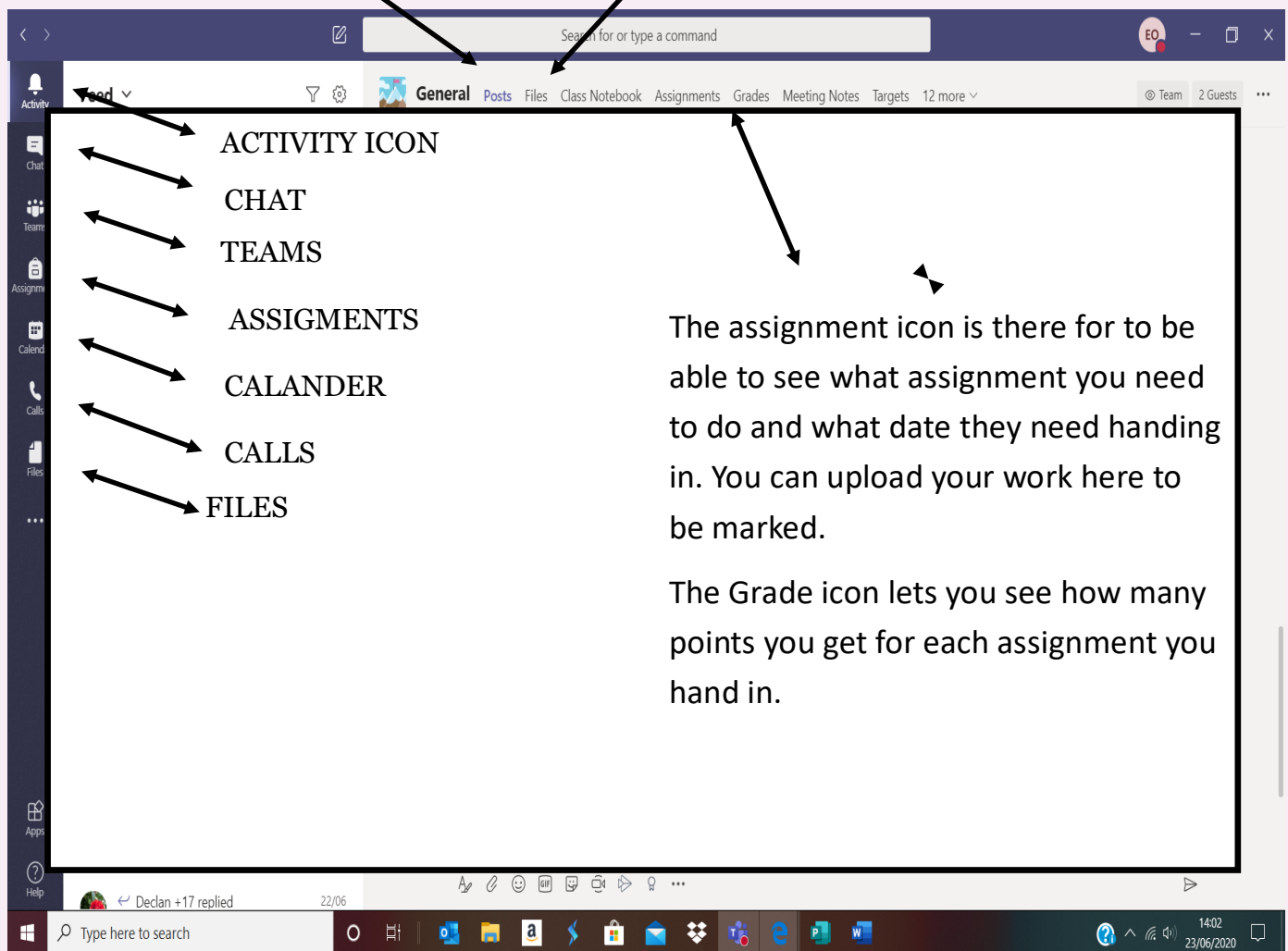


# What is Microsoft Teams

Microsoft Teams is the ultimate messaging app used by college. It's a great work space used for communication, meetings, file and app sharing, and

This post icon helps you to be able to see the post that your tutors or friends have posted on the chat. Tutors also use this to post work they have set for you to do.

This Files icon helps you to file your work when complete. You tutor will make you a file.



This is a fun and easy way to do your college work from home. Enjoy your time using Teams!

By Ellie Overton



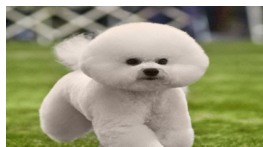


# ANIMAL CARE A-Z OF DOGS

**American Bull dog**



**Bichon Frise**



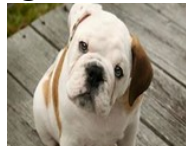
**Cockapoo**



**Dalmatian**



**English Bull dog**



**French Bull dog**



**Golden Retriever**



**Husky**



**Icelandic Sheepdog**



**Jack Russel**



**King Charles Spaniel**



**Labrador**



**Maltese**



**Newfoundland**



**Old English Sheepdog**



**Pug**



**Queensland heeler**



**Rottweiler**



**Siberian Husky**



**Toy Poodle**



**Ultimate Mastiff**



**Victorian Bulldog**



**West Highland Terrier Xoloitzcuintli (Mexican**



**Yorkshire Terrier**



**Zuchon**

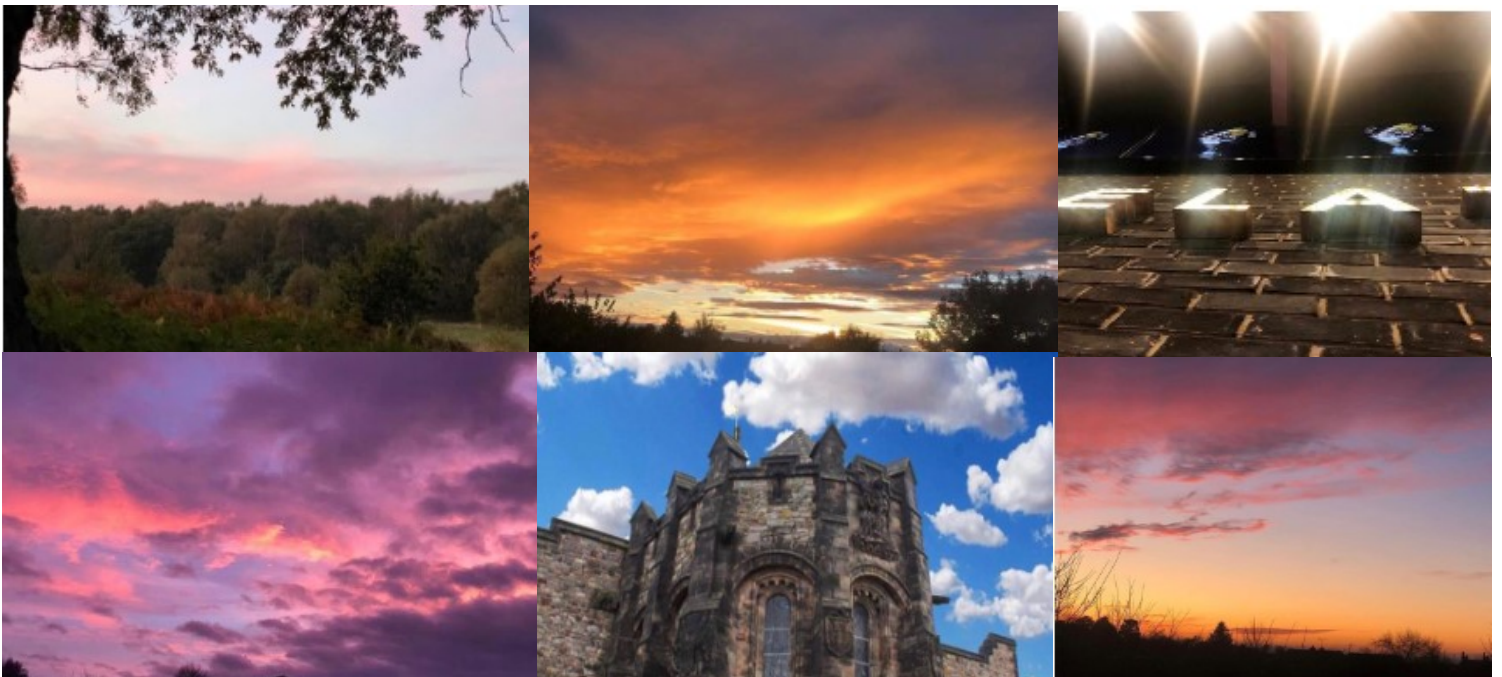




I took these photos on my iPhone X and edited them in Adobe Sweet. I went to multiple locations and took some amazing photos.

### **Tips for getting the best photos:**

- You should try different angles and lenses like wide angles (to fit more frames in the photo)
- Use telephoto for far away photos
- Work on your lighting and shadows if possible
- You can use every day objects if you don't have special equipment
- You can reflect any image on to a service like a phone. This makes the image more unique and eye-catching.
- You could use household items. For example you could do use M&Ms and coffee beans, to show the contrast of colour.







The Rainbow Youth club offers activities like mini crazy golf, bowling and laser quest. We also go out to the chip shop or McDonald's to get something to eat. We go out for day trips to theme parks such as Drayton Manor, where we walk around in groups, go on rides and have a lot of fun.

We always have a laugh with each other because we have a good time. We always like seeing each other and we enjoy all the things we do together.



### Volunteering Opportunities

Assist our team of committee members and trustees with planning, bid writing and fundraising.

Play buddy – we currently work in partnership with Nottingham Trent University recruiting student volunteers to support our play sessions but welcome volunteers from the wider community – please contact us for further information.



### Influencing Services

Become a parent representative and help us to have a say in shaping services. Post Aiming High we are currently represented on Nottingham City Council's Learning Disabled Board, Parents Reference Group and the Children and Young Peoples Providers Network.



### Fundraising

If you would like to support us by fundraising please contact us.

Do you shop online? If so you could help support us by registering with Easyfundraising and naming us as your beneficiary. This way each time you shop online we will benefit with no extra cost to yourself.

### Contact details

**Address:** 1 Zulu Road, New Basford, Nottingham, NG7 7DS

**Phone:** 01157 860211

**Mobile:** 07837 278981

**Email:** [admin@rainbowpcf.org.uk](mailto:admin@rainbowpcf.org.uk)



# SPECTRUM WASP

## **What is Spectrum Wasp?**

Spectrum Wasp is a charity that helps children/young people with autism and their families.

## **What Support do they offer?**

They offer support groups for all ages including parent carers.

## **What groups do they offer?**

They offer a teens group (age 11-18) which is every Friday night during term time  
They offer support workers for young people and children. Days out and residential for families  
A parent coffee morning /support group

## **Where are they located?**

They are located in Ransom Wood in Rainworth, Nottinghamshire, NG21 OHJ

## **What is teens group?**

Teens group is a group that helps young people with autism aged between 11 and 18. This group happens every Friday night during term time. Every 4<sup>th</sup> Friday of the month there is an "out and about session". This is where they go out into the surrounding areas and do a activity such as: gymnastics, pizza, pool, laser tag, bowling or skateboarding.



By Kelly Nyland

# Covid 19

Just so I NEVER forget April 3, 2020 8.12pm

Petrol price at Morrison's was £1.02

School cancelled

GCSEs cancelled

A-Levels cancelled



Self-distancing measures on the rise.

Tape on the floors at shops to help distance shoppers (2m) from each other.

Limited number of people inside shops, therefore, lineups outside the doors.

Non-essential shops and businesses mandated closed.



Pubs, theatres, restaurants are closed.

Entire sports seasons cancelled.

Concerts, tours, festivals, entertainment events - cancelled.

Weddings, family celebrations, holiday gatherings - cancelled.

Churches are closed. Graveyards are shut.

Don't socialise with anyone outside of your home.

Children's outdoor play parks are closed.



We are to distance from each other.

Shortage of masks, gowns, gloves for our front-line workers.

Shortage of ventilators for the critically ill.



Panic buying sets in and we have no toilet paper, no disinfecting supplies, no paper towel no laundry soap, no hand sanitiser.

Bread, pasta, flour, chicken and chopped tomatoes are sold out everywhere

Shelves are bare.



Manufacturers, distilleries and other businesses switch their lines to help make visors, masks, hand sanitiser and PPE.

All non-essential travel banned.

Fines are established for breaking the rules. Police patrolling the streets.

Arenas open up for the overflow of Covid-19 patients.



Press conferences daily from the government.

The government throws money at businesses to try to keep the economy from imploding. Grants and loans. The government to pay 80% of employees wages where businesses cannot continue to do so.

Daily updates on new cases and deaths.



The dead are denied wakes or funerals and barely anyone is allowed at the graveside.

Barely anyone on the roads.

People wearing masks and gloves outside.

Essential key workers are terrified to go to work.

Medical field workers are afraid to go home to their families.

This is the Novel Coronavirus (Covid-19) Pandemic, declared March 11th, 2020.



We have so much!

Be thankful. Be grateful.



# CAPTAIN TOM

## 1. Who is he?

**Captain Tom is a former British Army officer**

## 2. What did he set out to do?

**Captain Tom had a goal to raise £1,000 for the NHS by walking up and down his garden 100 times.**

## 3. What did he actually achieve?

**Captain Tom raised over 32 million for NHS charities.**

## 4. What else has he done?

**Captain Tom sang a song with Michael Ball called you'll Never Walk Alone. It reached number 1 in the charts. He has won a Guinness World Record for being the oldest person to get a number 1 hit. Captain Tom was given an honorary title of Colonel on his 100th birthday and the Queen is going to award him a knighthood.**

## 5. Why is he so famous?

**He has raised a lot of money and showed that being old doesn't stop you doing stuff.**



**By Beth Taylor**

# Environmental Impact of Covid 19

Since the start of the “Covid lockdown” the level of air pollution has drastically dropped in countries such as India. India had very high levels of air pollution but reports have shown a shocking improvement. They can now see the Himalayas for the first time in decades.

Other reports have found jellyfish swimming in the abandoned waterway’s of Venice. The water has been undisturbed by boats and it is nice and clear.

So the isolation isn’t all negative there are good things happening in the world, giving nature a chance to recover and a positive climate change.



## VENICE

The Grand Canal in Venice photographed before and after the lockdown.



## INDIA

India Gate in New Delhi photographed before and after the lockdown.



## MILAN

Milan and the Italian Alps photographed before and after the lockdown.

# THE WORLD OF ARTHUR RANSOME

**Arthur Herbertson**

The Swallows and Amazons adventure books are good fun. Arthur Ransome has based his books on real places in the countryside. I have visited some of the Swallows and Amazons sites and places in the Lake District. There has been a couple of film adaptations such as: The Big Six and Coot Club. There is also a play based upon "We Didn't Mean to go to Sea". I am an active member of the Arthur Ransome society.

*"Swallows and  
Amazon's Forever"*

I enjoyed these books and it was the 2016 film of Swallows and Amazons that led me into this world. Swallows and Amazons are based on the Alton children. He was their uncle and taught them to fish and sail. The story was originally designed to be a short story for them but, it became so much more and it will last for 1000 years.



"Secret Water is one of my favourite books. This is where they meet new friends at the Wilton Backwater."

Arthur Ransom died on the 3 June 1967 . He was buried between his favourite places in the Lake District, Coniston and Windermere, at Rustland church. Member of the society visit there every year and lay pine cones and other items from nature by his grave.

I and others have devoted my life to Swallows and Amazons. These include, Marc Grimston and Sofia Neville who played in the 1974 film, Gabriel Woolf famous for his audiobooks, Roger Wardale who wrote many books about Arthur Ransome and Peter Willis who is in charge of the Nancy Blackett trust.





Thursday 4th June 2020

Ellie Standage

# BLACK LIVES MATTER

On May 25 2020, George Floyd died from police brutality. The officer that killed him had his knee on his neck for 8 minutes and 46 seconds.



George Floyd was under arrest for allegedly having a fake \$20 bill on him, which was later found to be a real \$20.

The autopsy proved that he died from “asphyxiation from sustained pressure” when his neck and back were compressed by Minneapolis police officers.



George Floyd death was the start of the “Black Life's Matter” protest. All these protests started as peaceful protests until armed police showed up in riot gear, used tear gas and shot rubber bullets at peoples faces.

These riots happened because innocent black people were losing their lives for no reason and the community had enough of it and took matters into their own hands.

A lot of celebrities have donated and joined the protesting against the police. George Floyd’s death caused global protest against the use of police brutality, his last words were: “I can’t breath.”



# STORY BOARD

FUN AND GAMES!

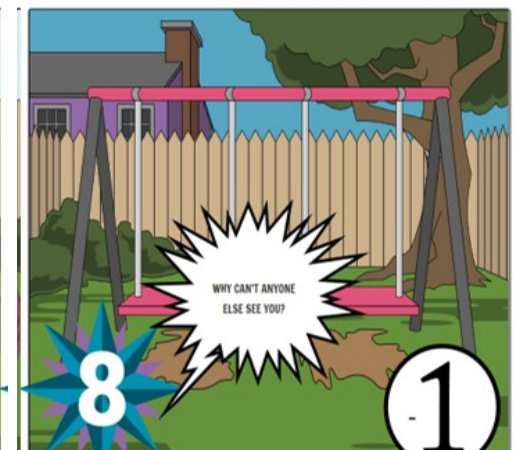
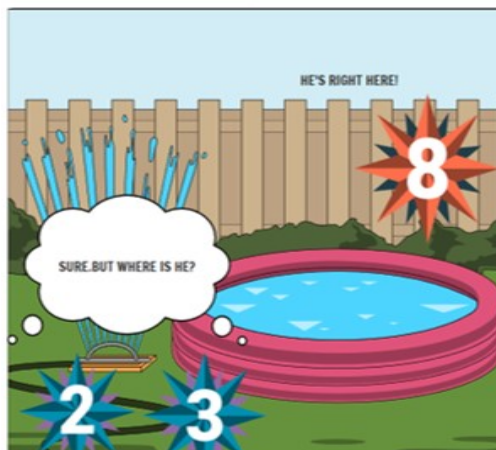
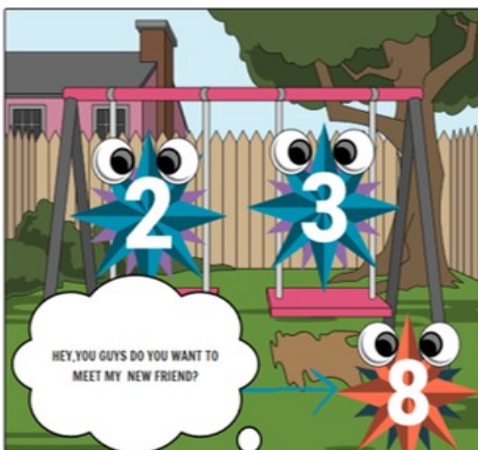
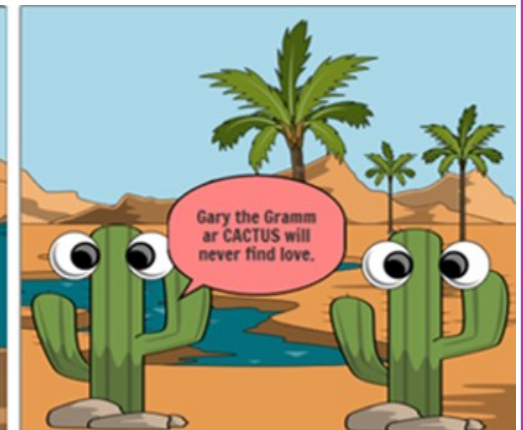
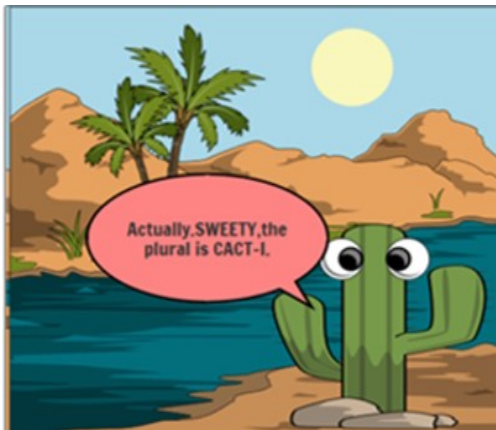
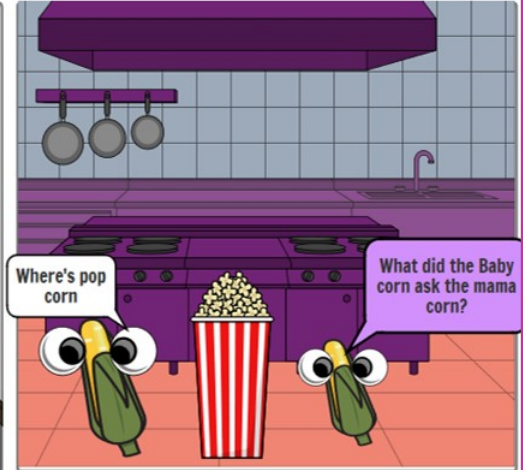
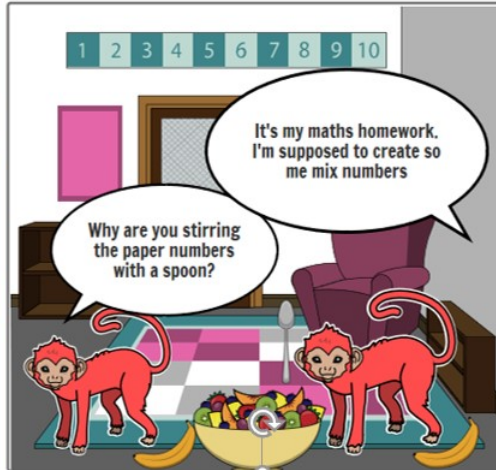


Visit <https://www.storyboardthat.com/> to make your own story board, you don't need to create an account!

By Beth Taylor



# FUNNY JOKES



By Ellie Overton



# CORONAVIRUS —By Ellie Overton

**C**urrently in quarantine due to COVID 19

**O**n every news station students are asked to open books and study at home.

**R**uining lives across the nation

**O**perations cancelled

**N**HS staff can't rest their heads due to helping the sick get well soon

**A**nd now our nation is now in isolation

**V**ery important not to spread your germs

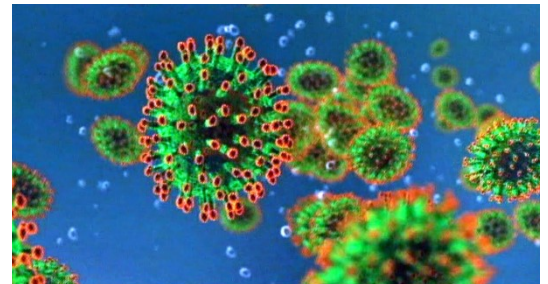
**I**solation is KEY. This may be long term

**R**ight now, we are home-schooling

**U**sing this time to stop the virus

**S**TAY HOME, BE SAFE, BE KIND

**THANK YOU  
NHS STAFF  
RETAIL STAFF  
REFUSE STAFF  
KEY WORKERS  
DELIVERY  
DRIVERS  
+ ALL  
OTHERS**  
YOU ALL MATTER



# Our Progression and thoughts!

**We wish you luck on your journey**

*“Practical Work Skills is a very interesting course and I would go back and do it all again! I loved going to the care home.”*

*“Don’t give up on yourself. If you get something wrong try again and again until you get it right. Keep going and enjoy it.”*

*“I enjoyed getting to know everyone, making new friends, working on my confidence and getting to know the staff in Foundation Studies”*

*“Never be afraid to ask questions, how else do you learn?”*

Student	Destination
Ellie Overton	L1 Hairdressing
Ellie Standage	L1 Created Arts
Jodie Young	L1 Motor Vehicle
Britney Godfrey	L1 Animal Care
Kelly Nyland	L2 Catering
Bethany Taylor	L1 Supported Internship
Daniel Goodwin	L1 Supported Internship
Kacie Jaymes Maxted	L1 Childcare
Jake East	L1 IT BTEC
Jace Birkin	L1 Animal Care
Arthur Herbertson	L1 IT
Alisha Ferris	L1 Pathways to Progression

*“I want to thank Tracy and Bridget for being a big support, helping me get prepared for my exams and always having faith and believing in me”.*

*“If you work hard and finish your coursework you’ll get a treat at the end of the year”*

*“There was a lot of things that I enjoyed whilst being on this course this year. One of the things that I enjoyed this year, is when we cooked in the kitchen. This was fun because we got to bake in college. I enjoyed college this year, but it was cut short because of the Coronavirus.”*

*“Some good things about this course are: (I) I got to meet new friends, (II) Tracy, Maxine, and Debbie are great tutors, (III) I (Finally after 3 years) became Student a Rep.”*

*“Respect the tutor and other students. Treat others as you want to be treated”*

PWS Level 1 2019/2020 class

have worked together to create

Initiative magazine

Qiana

JAKE

BELLY

Alisha

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