

# CTP Connect

## DISTANCE LEARNING – TOGETHER



Welcome to week two of our remote learning newsletter.

It has been great to talk to so many of you on the WebEx sessions this week and to hear how you are progressing with your learning in these challenging times. Mandy, Sana, Mikki and Graham have been working hard this week to make contact with everyone and introduce themselves as your tutor whilst we are delivering remote learning. I know they are now booking 1:1 sessions alongside the WebEx workshops, so if you want further support, please feel free to call or email them.

Sahida and Anisa are also mastering the online delivery for our L3 Make-up learners who have also all participated in the WebEx sessions. We have been discussing how nice it is to be able to talk with other people and stay in touch whilst in self-isolation, so if you haven't yet joined a session, check out the workshops on offer this week.

## LOCKDOWN LUNCHES

Mikki has been busy this week baking a loaf of bread (see recipe below).



If any of you have been cooking from scratch and want to share your meals for us to try, email [gillian@ctportal.org](mailto:gillian@ctportal.org) and her favourite recipe will be included in the next newsletter.

For further inspiration, Channel 4 have a Jamie Oliver show called '**Keep Cooking and Carry On**' to help with recipe ideas, tips and hacks tailored to these unique times. You can watch all episodes on [Channel4.com](http://Channel4.com) or on Channel 4 daily at 17:30 (5:30pm).

As we move into next week we are approaching the Easter break, I hope many of you will take the opportunity to have a walk and look after your physical health as well as your mental health, but remember to stay safe and maintain that 2m distance from others.

In the meantime, enjoy your learning, and if you have any ideas for how we can improve your learning experience at this time, or something you want to see in the next newsletter, please drop me an email ([gillian@ctportal.org](mailto:gillian@ctportal.org)).

**Gillian Courtney**  
CTP Quality Manager

## MIKKI'S BREAD RECIPE

Mix 500g of strong white flour, 2 tsp of salt and a 7g sachet of fast-action yeast in a large bowl.

Make a well in the centre and add 3 tbsp of olive oil and 300ml of water, then mix well. If the dough seems a little stiff, add another 1-2 tbsp of water and mix well.

Tip onto a lightly floured work surface and knead for around 10 minutes.

Once the dough is smooth, place in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour or until doubled in size.

Knock back the loaf to remove the air and gently mould into a ball.

Place on a lined baking tray for a further hour to double in size again.

Dust the loaf with a little flour, cut a 6cm cross in the top of the loaf and then bake in a hot oven (200°C) for 25-30 mins until golden brown.

# MEET THE TEAM

## **Mandy Simmons-Achapero - English Tutor**

**email:** mandy@ctportal.org

**Phone:** 07592 788030

**Favourite Read:** Any book by Philippa Gregory (Historical Fiction)

**Favourite Film:** The Sound of Music



## **Sana Nasir - Maths Tutor**

**email:** sana@ctportal.org

**Phone:** 07756 296689

**Favourite Read:** The Cuckoo's Calling (Murder Mystery)

**Favourite Film:** Mowgli on Netflix



## **Mikki Simmons-Achapero - Team Administrator**

**email:** mikki@ctportal.org

**Phone:** 07592 788030

**Favourite Read:** The Secret Garden

**Favourite Film:** Aladdin (2009)



## **Graham Bywater - SSU Tutor**

**email:** grahamb@ctportal.org

**Phone:** 07592 788030

**Favourite Read:** Midnight Plus One by Gavin Lyall (Crime Mystery)



## **Sahida Sardar - ALL Make-up Tutor (Bradford)**

**email:** sahida34@yahoo.com

**Phone:** 07878 978017

**Favourite Film:** White Chick - a lighthearted comedy to take the stress away



## **Anisa Ali - ALL Make-up Tutor (Birmingham)**

**email:** zbridalhomework@outlook.com

**Phone:** 07941 788548

**Favourite Series:** Self Made on Netflix



Call or email  
to book your  
sessions!

### **English Workshops week of 05/03/2020 :**

1. Monday - 11am and 4pm - Drop in surgery for any questions
2. Wednesday - 11am and 4pm - Drop in surgery for any questions

### **Maths Workshops week of 05/03/2020:**

1. Tuesday - 11:30am - Volume and working with circles
2. Thursday - 11:30am - Averages and Range

### **Employability Workshops week of 05/03/2020:**

1. CV Skills
2. Job searching Skills
3. Preparing for the CSCS Test

### **Missing out on your Easter break ?**

Check out these links to 30 different virtual tours of zoos, museums and theme parks to make the most of. You don't even need to leave the comfort of your home or queue to get in!

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Don't forget, if you need to speak to our Safeguarding Officer you can call Omar Dar on 01582 565938, or speak to Mikki Simmons-Achapero.

# RIDDLE ME THIS

- 1) What has a head, a tail, is brown and has no legs?
- 2) What has six faces, but does not wear make-up, has twenty-one eyes, but cannot see?
- 3) What has many keys, but can't open a single door?
- 4) What 8 letter word can have a letter taken away and still make a word? Take another letter away and it still makes a word and keep going until there is 1 letter left?

Have you got bored little ones at home on lockdown? How about printing this off, colouring it in and putting it in your front window to support the NHS and the brilliant job they are doing? A larger version is also attached.



## Need some help or advice:

**Universal Credit** - [gov.uk/universalcredit](http://gov.uk/universalcredit)

**National Debt Line** - 0808 808 4000  
[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**NHS Moodzone** -  
[www.nhs.uk/Moodzone](http://www.nhs.uk/Moodzone)

**Samaritans** - Call 24/7 on 116 123  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

**Shelter** - 0808 800 4444 [www.shelter.org.uk](http://www.shelter.org.uk)

**The Trussel Trust Food Banks** -  
[www.trusselltrust.org](http://www.trusselltrust.org)

As the lockdown continues, it is important for us to stay active as this can boost our mental health. Here are our top suggestions this week:

## WELLBEING ZONE

### NHS home workouts:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

### Joe Wicks 30 minute PE session runs at 9am every week day:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>