

CTP Connect

DISTANCE LEARNING – TOGETHER

NEWS FROM OUR DIRECTOR



Welcome to our first remote learning newsletter.

It has been a busy week at CTP head office. We have been planning for a few weeks now in case the moment came when we had to temporarily close our centres, but when the reality comes and the doors close for the last time, there was still that feeling of loss. Like many of you, we love coming into the centres not just for the learning opportunities, but also for the friendships we have made and the opportunity to catch up over a cup of tea. The prospect of a lockdown had us worried about how we would stay in touch with our learners and colleagues alike.

LOCKDOWN LUNCHES



Struggling for inspiration with your meals at the moment?

Well the Bootstrap Cook has you covered. Head over to Jack's website for meals on a budget and ways to make the most of the long forgotten ingredients you find at the back of your cupboard: cookingonbootstrap.com

or on Twitter check out [#jackmonroeslockdownlarder](https://twitter.com/jackmonroeslockdownlarder)

Not to worry, we have a great team who are now well under way with our plans for making sure you can continue your learning and stay in touch, but now from the comfort of your home (whether that's still in bed, a makeshift office at the dining table, or on the sofa in front of the TV!).

Whilst learning may not be continuing quite as we had originally planned when you enrolled, we are confident that you will still be able to access high quality learning materials and expert tutor support to keep us all engaged in the coming weeks. I know our tutors have tried to make contact with everyone this week to let you know the plans we have put in place, from online learning to group WebEx sessions and 1:1 phone calls, but you can always contact your tutors by email, phone or social media.

So I ask you to bare with us whilst we get systems up and running, and most of all, I hope you stay safe and well until we can see you again back in the centres again soon.

Sulcan Mahmood

Executive Director
CTP

WEBEX

WebEx is an online meeting space where we can catch up as a group, share documents, deliver training, talk through your learning and even hold group speaking and listening exams!

Your tutors will send you an invite to a session, all you need to do is click on the link to connect by phone or computer. Look out for the workshops we have already planned for next week.

MEET THE TEAM

Mandy Simmons-Achapero - English Tutor

email: mandy@ctportal.org

Phone: 07592 788030

Mandy is our English specialist, she has been teaching for 10 years. Mandy is a beauty pageant mum and Ambassador for Galaxy Ireland and used to work as an entertainer on a cruise ship!



English Workshops week of 30/03/2020 :

1. Monday - 3pm - Speaking and Listening
2. Tuesday - 3pm - Punctuation and Grammar (L1/L2)
3. Tuesday - 4pm - Punctuation and Grammar (Entry Levels)
4. Wednesday - 3pm - Compare and Contrast (L1/L2)

Sana Nasir - Maths Tutor

email: sana@ctportal.org

Phone: 07592 788030

Sana is our maths specialist, she has been teaching with CTP for 3 years. She loves chocolate and estimates it makes up approximately 40% of her daily food intake!



Maths Workshops week of 30/03/2020:

1. Tuesday - 11:30am - Percentages (L1/L2)
2. Wednesday - 11:30am - Shape and Space (L1/L2)

Mikki Simmons-Achapero - Team Administrator

email: mikki@ctportal.org

Phone: 07592 788030

Mikki joined us recently to keep our staff in order! She has lots of experience of training staff, organising and managing a team, she is also Miss Galaxy Polynesia!



Graham Bywater - SSU Tutor (Watford)

email: grahamb@ctportal.org

Phone: 07592 788030

Graham is our employability and construction skills expert. He loves IT and is always tinkering, coding a neat little programme, or finding an IT solution.



Employability Skills:

The following workshops can be run if there is enough interest, please contact Graham to book:

1. CV Skills
2. Interview techniques
3. Application Forms

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.

**Call or email
to book your
sessions!**

RANDOM FACTS OF THE DAY

Caterpillars have about four thousand muscles.
 The longest jellyfish on record measured 160 feet (48.77m), more than half the length of a football field.
 Almost a third of the world's languages are spoken only in Africa.

Tips of the week

Carol Vorderman is offering free maths lessons for kids - visit: www.themathsfactor.com

Stay safe online - visit: www.getsafeonline.org

Need help:

National Debt Line - 0808 808 4000
www.nationaldebtline.co.uk

NHS Moodzone -
www.nhs.uk/Moodzone

Samaritans - Call 24/7 on 116 123
www.samaritans.org.uk

Shelter - 0808 800 4444
www.shelter.org.uk

The Trussel Trust Food Banks -
www.trusselltrust.org

Universal Credit - gov.uk/universalcredit

ACTIVITY
 AEROBIC
 AGILITY
 BALANCE
 BODY COMPOSITION
 CARDIO
 COORDINATION
 DAILY
 DEHYDRATION
 ENDORPHINS
 ENDURANCE
 ENERGY
 EXERCISE
 FLEXIBILITY
 FREQUENCY
 HEALTH
 HEAT EXHAUSTION



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JUST FOR FUN

Physical Fitness Word Search



HEAT STROKE
 INTENSITY
 MAX HEART RATE
 MUSCLE
 PROGRESSION
 RESPIRATION
 SPEED
 SPORTS
 STRENGTH
 TARGET HEART RATE
 THRESHOLD
 TIME
 TRAINING

WELLBEING

With the uncertainty of the current situation, and the government asking us to only go outside for food, health reasons or work (if you cannot work from home), this can be a very stressful time. With this in mind, it may be the perfect opportunity to learn some meditation skills. Here is a link to a free meditation course you may want to try (even if it is just a chance to get some time away from the kids (or your other half) for half an hour!):

<https://www.udemy.com/course/meditation-for-well-being/?referralCode=E8519036773DB4D4EB4E>