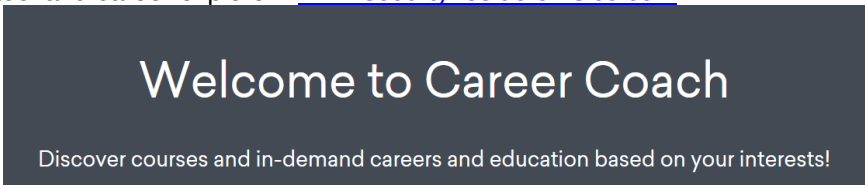
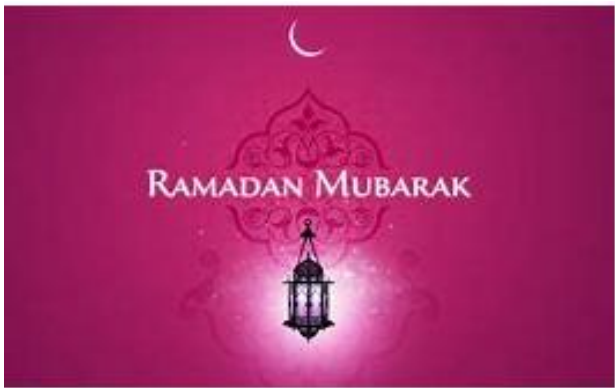


Activity Two	Skills South Tyneside - Social Media							
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values
Overview	Facebook.com/SkillsSouthTyneside We're all working in new ways in response to current circumstances and Skills South Tyneside have opened our own Facebook Page to reach learners directly. We will be focusing on courses available, many for free and online, that our training provider network offer as well as focusing on key sectors and recruitment taking place that the courses link to. You can find the facebook page at http://www.facebook.com/SkillsSouthTyneside or search Skills South Tyneside on Facebook.							
	Weekly Focus Regular posts include a Course of the Week and various job alerts as well as linking in with various local and national initiatives.							
	Some of the employers that have been highlighted so far include the NHS, Staffline, Tyne and Wear Fire Rescue Service and Four Season Health Care. Your dream job could be a click away.							
	Courses to help you into these roles and sectors have also been posted including Certificate in Maths. Certificate in Mental Health Awareness and Functional Skills English amongst many others. Both accredited and non-accredited courses are available that you can complete from your own home.							
	Virtual North East Jobs Fair Tuesday 5th May from 1pm The National Careers Service is holding a virtual North East Jobs Fair on Tuesday 5 th May from 1pm. Local vacancies will be shared via the hashtag #JobsHour and the Skills South Tyneside Facebook page will be joining in with vacancies from DWP that are linked to key covid:19 response sectors.							
Key Themes	Skills South Tyneside Website The Skills South Tyneside website is updated with all our courses. You can study from home and keep your mind occupied during lockdown with many of our free accredited courses. Why not make the most of your downtime by working towards your career goals? You can view the courses at: https://www.southtyneside.gov.uk/article/38092/Find-a-course-							
	If you are unsure of which direction you'd like to go in use Career Coach – our interactive career assessment tool and career explorer: www.southtyneside.emsicc.com							
								
	Useful Links: www.nationalcareers.service.gov.uk www.notgoingtouni.co.uk www.gov.uk/apply-apprenticeship							
	Differentiation/Stretching and Challenging Questions							
M E ILT S	B (Beginners)		I (Intermediate)		A (Advanced)			
	Activity: Looking at the Skills South Tyneside page - what courses interest you?		Discussion: What different sectors could be linked to the covid:19 response and why? What job roles would work in those sectors?		Project: Use the Skills South Tyneside Course Search and identify which courses would help you in a Health and Social Care job role.			

Activity One	Mental Health Awareness Week- Monday 18 to Sunday 24 May 2020											
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety	BV- British Values				
Overview	Hosted by the Mental Health Foundation, Mental Health Awareness Week 2020 will take place from Monday 18 to Sunday 24 May 2020. Mental Health Awareness Week has been run by the Foundation since 2001 and the theme for 2020 is Kindness. As part of its attempts to further open dialogue about mental health, the foundation wants to celebrate the thousands of acts of kindness that are so important to our mental health. They also want to start a discussion on the kind of society we want to shape as we emerge from the Coronavirus pandemic.											
	What can you do for Mental Health Awareness Week? You can help spread the word on social media by using a range of free graphics available at https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week and share your stories of kindness you've experienced! In recognition of the fantastic community spirit and kindness taking place in our communities South Tyneside Council has launched the #ProudtoSupport campaign which aims to celebrate the work of amazing people and further bring our communities together by recognising their work. If you would like to nominate anyone in your community who are performing amazing acts of kindness for others at this time; key workers (including NHS workers) care workers, workers in contact centres and supermarkets, refuse collectors, delivery drivers and many, many more who are keeping us safe at this time please share their stories on social media using #ProudtoSupport and #LoveSouthTyneside											
	Do you need help? If your mental or emotional lstate quickly gets worse, or you're worried about someone you know help is available. You're not alone; talk to someone your trust like a friend, colleague or tutor. Sharing a problem is often the first step to recovery. There are also services and organisations that can offer help and support if you feel as though you're struggling: • The Samaritans offer emotional support 24 hours a day in full confidence. Call 116123 - it's free. • For support in a crisis text Shout to 85258. • You can call Rethink 0300 5000 927 advice and information line Monday to Friday 10am-2pm for advice on different types of therapy, benefits, debts, money issues, police, courts and prison as well as your rights under the Mental Health Act.											
Key Themes	Differentiation/Stretching and Challenging Questions											
	B (Beginners)		I (Intermediate)			A (Advanced)						
M E ILT EDI BV S	Can you think of any other hashtags that would support raising awareness of Mental Health Awareness Week?		One in four adults will experience a mental illness at some point each year in the UK. What % is this of adults?			2,500 males who've experienced mental health problems were surveyed, with only one quarter having told a friend or family member what they had been going through. Approximately how many is this? (625)						

Activity Two	Ramadan- Thursday April 23rd to Saturday 23rd May						
Key Themes	M- Maths	E- English	ILT- Information Learning Technology	EDI- Equality, Diversity Inclusion	S- Safeguarding	P- Prevent	HS- Health and Safety
Overview	 What is Ramadan? During the month of Ramadan, Muslims won't eat or drink between dawn and sunset. This is called fasting. Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and come closer to Allah, or God. Fasting is one of the Five Pillars of Islam, which form the basis of how Muslims live their lives. The other pillars are faith, prayer, charity and making the pilgrimage to the holy city of Mecca. Ramadan is also a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. People will make a special effort to connect with their communities and reach out to people who need help. It is common to have a meal (known as the suhoor) just before dawn and another (known as the iftar) directly after sunset. At the end of the fast - when the sun has gone down - families and friends will get together for iftar to break their fast. Many Muslims also go to the mosque to pray. Ramadan 2020 - Ramadan at Home The Muslim Council of Britain (the MCB) has published guidance for #ramadanathome - Ramadan 2020 Under Lockdown which you can find at https://mcb.org.uk/general/ramadan2020_guidance/ Ramadan is normally a time for Muslims to gather with friends but with mosques closed the MCBs guidance on how Muslims across the UK can still make the most of Ramadan from home socially and spiritually. Why does it fall now? Ramadan falls during this month because this is when the holy book that's followed by Muslims, called the Qur'an, was first revealed to the Prophet Muhammad. Ramadan is the ninth month of the Islamic calendar, but the date changes each year. This is because Islam uses the lunar calendar (based on the cycles of the moon), so it isn't a fixed date in the Western/solar calendar. Does everybody fast? Not everybody fasts during Ramadan. Children, pregnant women, the elderly and those who are ill or who are travelling don't have to fast. What happens at the end of Ramadan? There is a special three-day festival to mark the end of Ramadan. This is called Eid al-Fitr - the Festival of the Breaking of the Fast. It begins when the first sight of the new moon is seen in the sky. Muslims will not only celebrate the end of fasting, but will also thank Allah for the help and strength that he gave them throughout the previous month. Often children are given presents and new clothes.						
Key Themes	Differentiation/Stretching and Challenging Questions						
	B (Beginners)		I (Intermediate)		A (Advanced)		
M E ILT EDI BV S	Why do you think the MCB would publish information regarding staying safe during Ramadan in Lockdown?		Which religion celebrates Ramadan? (Islam) Who is Allah?(The Arabic word for God is Allah.)		What percentage of the South Tyneside community do you think identifies as Muslim? (1.9%) What is the difference between Muslim and Islam? (Islam is the religion, a Muslim is a person who has Islamic beliefs)		