



Activity One	NHS Volunteer Responders							
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	NHS VOLUNTEER RESPONDERS NHS Volunteer Responders has been set up to support the NHS and the care sector during the COVID-19 outbreak. To do this we need an 'army' of volunteers who can support the 1.5m people in England who are at most risk from the virus to stay well. Our doctors, nurses, those working in local authorities and other professionals, will be able to refer people in to NHS Volunteer Responders and be confident that they have been matched with a reliable, named volunteer. You can help by signing up for one or more of the tasks listed below. Once you have registered and checks are complete you will be provided a log-in to the GoodSAM Responder app. Switch the app to 'on duty', and you'll see live and local volunteer tasks to pick from nearby. This programme enables volunteers to provide care or to help a vulnerable person, which is permitted under the new rules announced by the Government on 23rd March 2020. Volunteers may be asked to show the active task they are responding to if asked. Volunteers must be 18 or over, and fit and well with no symptoms. Those in higher-risk groups (including those over 70, those who are pregnant or with underlying medical conditions) will be able to offer support by telephone. Your safety is our priority. The majority of tasks can be undertaken while social distancing and volunteers will receive guidance through our 'getting started pack'. If you do become ill you can pause your volunteering. Patient transport drivers will require an enhanced DBS check and will receive guidance to do this role safely, also included within the 'getting started pack'. Here are the ways you can support: Community Response volunteer: This role involves collecting shopping, medication or other essential supplies for someone who is self-isolating, and delivering these supplies to their home. Patient Transport volunteer: This role supports the NHS by providing transport to patients who are medically fit for discharge, and ensuring that they are settled safely back in to their home. NHS Transport volunteer: This role involves transporting equipment, supplies and/or medication between NHS services and sites, it may also involve assisting pharmacies with medication delivery. Check-in and Chat volunteer: This role provides short-term telephone support to individuals who are at risk of loneliness as a consequence of self-isolation. To register go to: https://www.goodsamapp.org/NHS							
Key Themes	Differentiation/Stretching and Challenging Questions							
	B (Beginners)		I (Intermediate)		A (Advanced)			
M S P BV EDI ILT	Q. Why is it important volunteers are registered and in some cases DBS checked? A. Safeguarding vulnerable patients		Q. If the government's original target was for 250,000 volunteers, what % increase is the 700,000 actual figure? A. 280%		Q. Why is it important to provide telephone support to self isolating individuals? A. Health consequences include: depression and suicide; cardiovascular disease and stroke; increased stress levels; decreased memory and learning.			

Activity Two	The Importance of Maintaining a Daily Routine							
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	Maintaining a daily routine can help us to feel more in control of everything, and help us to make room for all that's important. It can help us to cope with change, to form healthy habits, and to reduce our stress levels. Routine Can Anchor Us-The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to. Reducing Stress- Trying to remember things can be really stressful and can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming. When we have a routine, a lot of the things we do day-to-day slot in, and we don't have to think about them anymore. Cultivating Daily Habits- Organising our time gives have the opportunity to build in blocks of time for things that are important to us. When they're part of our routine, it can make it easier to keep up with them because we have the time to do them and they become our 'new normal'. Sleep Routine-Sleep is really important because going to bed and waking up at a similar time most days allows our body gets used to our sleep-wake cycle and sets our sleep-wake clock accordingly. This means that by having a regular sleep routine, especially if we build in some time to wind down before we go to bed each day, we should begin to find that we find it easier to get to sleep and sleep better once we are asleep. Healthy Diet-Food can really affect our mood, so it's important that we try to keep things as balanced as possible. A routine can help with this, because it allows us to block out some time for cooking, eating, and cleaning up afterwards. Exercise- Not all of us are a fan of exercising, but exercise can boost our mood. If, and when, we feel able to start exercising, one of the big barriers to doing it can be time. It can be difficult to fit exercise into our day, particularly when life gets busy. By having a daily routine, even if exercise only features in it a couple of times a week, we can create time to take part in our exercise of choice. Heres our current suggestion for a routine, if you are staying home with children. 9.00am PE With Joe Wickes www.thebodycoach.com 10.00am Maths with Carol Vorderman www.themathsfactor.com 11.00am English with David Walliams www.worldofdavidwalliams 12.00pm Lunch (cooking with Jamie Oliver) www.jamieoliver.com 1.00pm Music with Myleene Klass Myleene Klass 1.30pm Dance with Darcey Bussell www.schoolsgetdancing.co.uk 2.00pm History with Dan Snow (free for 30 days) The History Hit 4.00pm Home Economics with Theo Michaels www.instagram.com/ theocooks Non Daily Events Could include: Science with Professor Brian Cox, Robin Ince and Guests here If you have access to Twitter there is a whole list of aquariums and zoos with live feeds: Penguins here! Children's author / illustrator Oliver Jeffers is reading one of his books every day at 6pm and chatting about them on his Instagram Live page and on his website. Creative computer programming. Virtual museum tours - https://naturalhistory.si.edu/visit/virtual-tour - https://www.louvre.fr/en/visites-en-ligne - https://artsandculture.google.com/partner?hl=en - https://britishmuseum.withgoogle.com Outdoor inspired activities for isolation. Free e-books Arts and crafts (Red Ted)							



Activity Three	Careers							
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	In response to current circumstances, we are all rethinking our work lives.							
	Update CV Update your CV and do so from the top. Carefully update your CV and crystallise all important details at the very beginning. What achievements did you attain in the previous year? It is also critical to highlight your soft skills such as collaborative and team work because often, employers will give equal or more weight to soft skills like your ability to work well with a team or think critically.							
	Competencies Don't get into the habit of applying for random jobs. A key career tip in building certain skill sets is being deliberate about the roles, trainings and professional courses you apply for. Constantly update your skills to match the changes and remain relevant.							
	Network better Ensure that all your social media platforms (specifically LinkedIn) clearly showcase your skills. This is not just about looking for a job, it also speaks into the kind of networks you would like to attract. After that, reach out to the people within your networks who might have connections to the organisations that you are targeting and ask for introductions.							
	Building activities It takes lifelong learning to build a career. Devote some time while you are at home to something that directly influences your career positively. This could be taking an online course in your area. An important tip is also to remember to look at your career broadly — not just in terms of a particular employer or current role you are taking up.							
	Local courses provided by South Tyneside Skills can be found on: https://www.southtyneside.gov.uk/article/38086/Skills-South-Tyneside 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							
Welcome to Career Coach Discover courses and in-demand careers and education based on your interests!								
Useful links: www.nationalcareers.service.gov.uk www.notgoingtouni.co.uk www.gov.uk/apply-apprenticeship								
Key Themes	Differentiation/Stretching and Challenging Questions							
	B (Beginners)			I (Intermediate)		A (Advanced)		
M E ILT	Q. What is a SMART goal? A. A goal that is specific, measurable, achievable, realistic and timebound?			Q. Why is it important to set SMART goals when career planning? A. increases organisation; improves motivation; breaks up large tasks into manageable pieces. etc.		Project: How many different career plan models can you find online? Which one would you prefer to use and why?		

Activity Three	World Health Day						
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	 What is World Health Day? The 7th April each year marks the celebration of World Health Day. From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organisation. Over the past 50 years this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities which extend beyond the day itself and serves as an opportunity to focus worldwide attention on the importance of global health. The Theme for World Health Day 2020 Nurses and other health workers are at the forefront of the COVID -19 response – providing high quality, respectful treatment and care, leading community dialogue to address fears and questions and, in some instances, collecting data for clinical studies. In light of this, the 7th April 2020 is the day to celebrate the work of nurses and midwives and remind world leaders of the critical role they play in keeping the world healthy. Quite simply, without nurses, there would be no response. In this International Year of the Nurse and the Midwife, World Health Day will highlight the current status of nursing around the world. The World Health Organisation (WHO) and its partners will make a series of recommendations to strengthen the nursing and midwifery workforce. This will be vital if we are to achieve national and global targets related to universal health coverage, maternal and child health, infectious and non-communicable diseases including mental health, emergency preparedness and response, patient safety and the delivery of integrated, people- centred care, amongst others. Some Key Facts 1 Of the 43.5 million health workers Globally, it is estimated that 20.7 million are nurses and midwives 2 Globally, 70% of the health and social workforce are women. 3 In the UK Approx 1.9 million people are employed in the healthcare workforce – this includes both public and private sector health workers such as doctors, nurses and paramedics 4 The largest employer in the UK healthcare sector is the NHS, which employs more than 1.5 million people – placing it in the top five largest workforces in the world. There are more than 350 different hospitals available in the NHS To find out more visit https://www.who.int/ https://www.who.int/news-room/campaigns/world-health-day						
Key Themes	Differentiation/Stretching and Challenging Questions						
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M E ILT EDI	Q What is your understanding of the Healthcare sector? A The healthcare sector consists of businesses that provide medical services, manufacture medical equipment or drugs, provide medical insurance, or otherwise facilitate the provision of healthcare to patients.		Q What skills might make you a good nurse A Compassion, attention to detail, cultural awareness, professionalism, critical thinking, good communication, effective time management		Q Globally - What percentage of healthcare workers are nurses and midwives – you will need to use one of your key facts to calculate this. A 20.7 million nurses and midwives out of 43.5 million healthcare workers As a percentage $20,700,000 / 43,500,000 \times 100 = 0.475862 \times 100 = 47.5\%$		

Activity Five	Getting the Most out of Online Learning							
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	Online distance learning requires time management skills, self-discipline and motivation. In this resource we will share key study tips for online learners, in order to help you stay focused and motivated when taking courses online. Confirm the Course's Technical Requirements In most cases, any computer with internet access will suffice. However, some courses involve specific learning platforms. You should check with your tutor to establish how the learning will take place. Ensure Reliable Internet Access If your internet access isn't reliable, you might get interrupted throughout your course. Worse, you'll waste your time and resources. Create a Dedicated Study Space Some people have their own home offices. Such a room provides an ideal place to study online, but it's not the only option. Consider the dining room, kitchen, or bedroom as long as you won't get distracted by family members. You should think about where you will be comfortable and not cause injury or strain to your neck or body. Identify Your Learning Objectives and Goals You need to understand your tutor's objectives and goals. They should be made clear at the start of your course, and at varying stages throughout. Build your Personal Learning Plan This will be provided to you by your tutor and should be completed to help to establish your planned learning and what you want to get out of it. It will form the basis of your learning reviews with your tutor and provide you with feedback on your performance. Leave Room for Error Something might come up in the middle of a course, such as a sick child or an unexpected deadline at work. Try to leave yourself a little wiggle room in your schedule to accommodate those unexpected setbacks. For instance, if you think you can complete part one of a course within three days, give yourself five. You might meet your three-day goal, in which case you can pat yourself on the back, but if it takes you five days, you won't have to rearrange your study schedule for the future. Create a Study Calendar A study calendar helps you to establish a routine and keeps you on track and focused. You should work with your tutor to build your study calendar into your personal learning plan. Set Time Limits One way to increase your productivity and efficiency is to force yourself to study for a specific period of time. If you're often restless, consider setting a timer for 15 minutes. When the bell goes off, get up, walk around, and return to your desk for another 15 minutes. If you do this four times, you'll have studied for one hour total. Online studying can lead to eye fatigue, so those breaks in study sessions will give them a rest. Plus, you can work out any stiffness in your muscles and clear your head before you return to the material. Ask for Help It's hard to ask for help. However, if you remain stuck during your online course, you must speak up if you want to get the full value of the education. We all struggle with study materials sometimes, and depending on your preferred learning style, you might have better luck with some modules than with others. If you need clarification, communicate with your instructor or other students. Many teachers set up preferred communication channels, whether it's email, instant messaging, or direct messaging on social media. Try to use that channel to get answers to your questions.							