



Embedding Key Themes - October

Activity One	World Mental 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	World Mental Health Day World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organisation with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual awareness program to bring attention to mental illness and its major effects on peoples' life worldwide  The Mental Health Foundation promote tea and talk sessions https://www.mentalhealth.org.uk/get-involved/tea-and-talk. Although this may not be suitable in terms of confidentiality for our client groups, a tea and talk on a one to one or at the beginning of a teaching session can relax the learners and also give them the open forum to talk about their weekends or what is going on in their life. Social seclusion and loneliness is on the rise. Over 9 million people in the UK – almost a fifth of the population – say they are always or often lonely, but almost two thirds feel uncomfortable admitting to it. Over half (51%) of all people aged 75 and over live alone. Altruism can be good for your wellbeing. It is defined as caring about other people and acting in someone else's interest. For example, we may be acting altruistically and helping others by offering our seat to a pregnant woman or elderly person on a bus or volunteering in our community. • It promotes positive physiological changes in the brain associated with happiness • It brings a sense of belonging and reduces isolation • It helps to keep things in perspective • It reduces stress and improves our health • It helps reduce negative feelings • It can help us live longer https://www.mind.org.uk/ https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/							
Key Themes	Differentiation/Stretching and Challenging Questions							
	B (Beginners)	I (Intermediate)	A (Advanced)					
S M E ILT EDI HS	Why do you think that over half (51%) of all people aged 75 and over live alone? What do you think can be done to support these people?	What do we mean by 'altruism'? Can you give examples of altruistic behaviour?	If there are 9 million people in the UK, and 1/5 say they always or often feel lonely, how would you work out how many people this is? (9 divided by 5)= 1.8 million Did you know that the Mental Health Foundation put on another version of the event called 'Curry and Chaat' as they felt that not many males were attending the above event. Why do you think this is? Do you think the 'Curry and Chaat' event will have a better male uptake? Why?					

Activity Two	Life-saving defibrillators to be put in trains and stations across the north of England							
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								
	Railway stations and trains across the North of England and Scotland will have life-saving defibrillators installed, to help customers who suffer a heart attack or cardiac arrest. All 19 TransPennine Express (TPE) managed stations will be equipped with at least one of the devices under the new roll out. Busier stations including Manchester Airport and Huddersfield will receive two defibrillators. Alongside this, all 44 of their brand-new Nova fleets of trains will also have defibrillators installed on board.							
	The devices will be prominently located in stations with access using a key code available from the local ambulance services. To ensure that any member of staff or a customer can make use of them until emergency services arrive, each defibrillator provides audio guidance to talk users through the process.							
	A defibrillator is a device which delivers a high-energy electric shock to help restore a stable heart rhythm. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent making the devices truly life-saving for train passengers.							
	Funding for the TPE defibrillators was provided by a collaboration between Network Rail, TfGM, as part of the Greater Manchester Rail Stations Alliance Partnership and Grand Central. With TfGM contributing towards Manchester Airport and Stalybridge and Grand Central contributing towards Thirsk and Northallerton.							
Charlie French, Accessibility and Integration Manager at TransPennine Express commented: 'We are very happy to be able to provide a defibrillator at the majority of our stations as well as on-board our upcoming Nova trains. We want all our customers to feel safe when they travel, with the comfort of knowing that should they need it, a defibrillator is on hand to provide life-saving treatment until the emergency services arrive'								
4 steps to take if someone is having a cardiac arrest Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival. If you come across someone in cardiac arrest: 1. Call 999 2. Start CPR 3. Ask someone to bring a defibrillator if there's one nearby 4. Turn on the defibrillator and follow its instructions.								
For more information, read this guide to defibrillators from the Resuscitation Council.								
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HS S M E ILT EDI BV	If every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent, by how many per cent would this be reduced by after 90 seconds?			How do you think a defibrillator works? What is the difference between the '111' phone number and the '999' emergency phone numbers?		What does CPR stand for? - cardiopulmonary resuscitation . Where would you be likely to find defibrillators in other areas of the community? Why do you think so?		

Activity Three	Halloween							
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	Halloween or Hallowe'en, also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in several countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the year dedicated to remembering the dead, including saints, martyrs, and all the faithful departed. Trick-or-treating is a customary celebration for children on Halloween. Children go in costume from house to house, asking for treats such as chocolates, sweets or sometimes money, with the question, "Trick or treat?" The word "trick" implies a "threat" to perform mischief on the homeowners or their property if no treat is given. Top Tips for Halloween Safety 1. Statistics show that on Halloween, children between the ages of 5 and 14 are four times more likely to be killed by a car than any other day of year. This is even increased due to alcohol related crimes. Carry glow sticks or flashlights, use reflective tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers. 2. Join kids under age 12 for trick-or-treating. 3. Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from further away. 4. Remind kids to cross the street at corners or crosswalks. 5. When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children's vision.				HALLOWEEN in numbers. We don't go in for Halloween as much as Americans, but it is still a big business celebration here in the UK and a huge opportunity for retailers. Halloween has become the second-biggest party night after New Years Eve. £300m was said to be spent in the UK on Halloween in 2015, with shoppers having an average spend of £33. 41% of people begin shopping for Halloween in the first two weeks of October. 49% of consumers use online search to research and find inspiration for their costume, decorations and party food. Last October there were around 11 million Halloween related searches. With searches on mobile growing by 1,000% In the last 4 years people using Pinterest for Halloween inspiration has grown by 133% You Tube Searches for Halloween related videos on YouTube, such as make up tutorials, increased by 103% yoy. Sources: www.profoundly.co/16-fairlyingly-informative-halloween-consumer-spend-statistics-uk/ http://www.business2community.com/marketing/10-wicked-cool-halloween-marketing-statistics-01347024#c2u6u4H7AD512Ez97 https://www.banquetgroup.co.uk/banquet-graphics/this-halloween-5-et-more-eyeballs-on-your-brand-442846108.html clicky.			
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HS BV P ILT EDI M	Why do you think that there is an increased risk of car accidents involving children on Halloween?		Why is it important to supervise children searching for Halloween costumes and makeup tutorials online?		If £300 million was spent in 2015, presuming this figure has increased by 10% per year, how much would we predict would be spend in 2020? 2015- £300 million, 2016-£330 million, 2017- £363 million, 2018 -£399.3 million 2019- £439.23 million, 2020-£484.153 million			