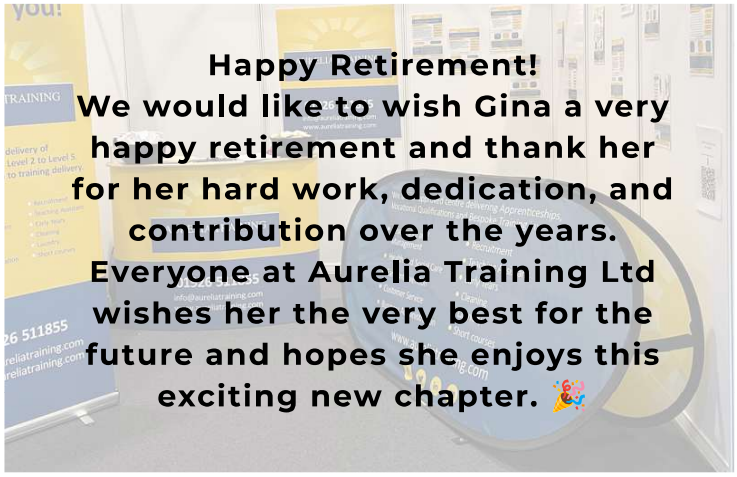
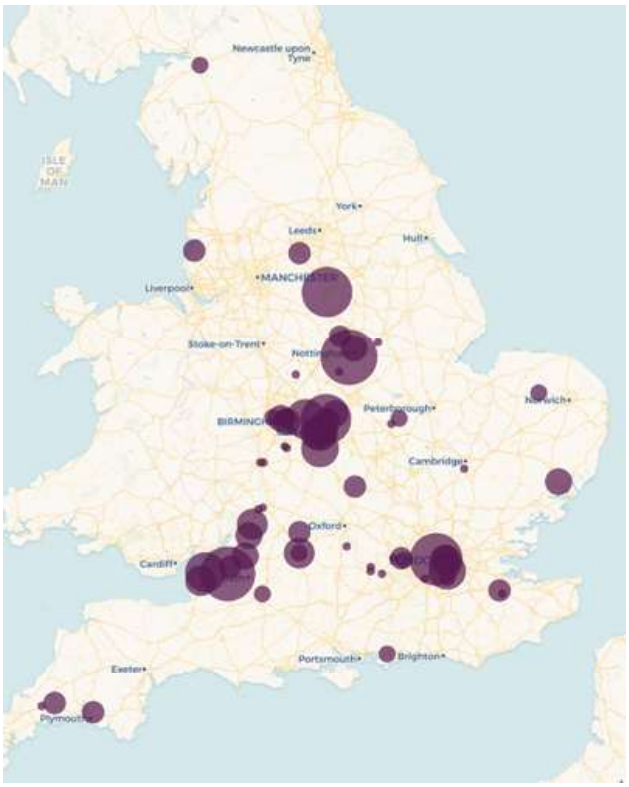
Newsletter

September 2026✦





Where have we been!

Based in Coventry but our tutors travel across England here's where we've been.
Bristol - London - Plymouth Bodmin - Huddersfield
Sheffield - Maidenhead - Swindon - Leicester
Maidenstone - Nottingham - Weston Super Mare
Corby - Ipswich - Dereham - Bolton

🚀 Career Quiz
Which of these is most likely to help you progress in your career?
A. Avoiding feedback
B. Learning new skills and gaining experience
C. Waiting for opportunities to come to you
D. Only doing the minimum required

💬 Career Reflection:
What is one skill you'd like to develop this year to support your future career goals?
🌟 Every new skill you gain during your apprenticeship is an investment in your future.

✅ ANSWER:
B. LEARNING NEW SKILLS AND GAINING EXPERIENCE

💬 Poll of the Month
What helps you stay motivated when learning?
□ Setting goals
□ Support from my tutor
□ Positive feedback
□ Career progression opportunities
□ Learning something new
Discuss your answer with your tutor at your next review.

📢 Your Feedback Matters
Our learner survey will be available later this month.
😊 Please take a few minutes to complete it when it's shared with you. Your feedback helps us make your learning experience even better. Thank you!

TOTUM Apprenticeship Card

TOTUM has replaced the NUS Card	Sign up here https://totum.com/apprentices	Free Card with discounts and offers	Pay £14.99 for TOTUM+ to unlock more discounts, savings, cashback.	Will need to upload a signed copy of your apprenticeship agreement.

For a copy of your agreement or any additional info please email aurelia@aureliatraining.com

Wellbeing Corner

Safeguarding Lead
David Jones - 07774567289
Mental Health Champion
Debs Wilson -
dw@aureliatraining.com

Black History Month

This is celebrated every October in the UK and provides an opportunity to recognise, celebrate, and learn about the achievements, contributions, and history of Black people and communities. It is a time to reflect on the impact Black individuals have had on British society, culture, education, science, politics, and many other fields. This year's theme is "Honouring Our Communities." [blackhisto...nth.org.uk], [awarenessdays.com]

Perimenopause and menopause

- 67% of UK employees report menopause symptoms negatively impacting their work
- One in six has considered leaving their jobs due to lack of support.
- Perimenopause and menopause lead to hormonal changes affecting mental well-being, which can lead to:
- Cognitive challenges
- Emotional changes
- Behavioural changes
- Compunded stress

Despite challenges it is a chance for growth and clarity.

- Access Support and Resources
- The Menopause Charity - offers information
- Women Health Concern - wellbeing hub and fact sheets
- Rock My Menopause - campaigns and events
- Hub of Hope - connects you with local mental health services.

Equality, Diversity & Inclusion (EDI) Spotlight

This month, we recognise the contribution of Gloria Steinem (1934-2026), a journalist and activist who campaigned for women's rights and equality. Her work helped bring attention to issues such as equal pay, equal opportunities, and discrimination.

We celebrate and respect the diverse backgrounds, experiences, and Everyone should feel valued, included, and able to reach their full potential.

💬 **Discussion Question:**
What does an inclusive learning or workplace environment look like to you?

EDI Reminder:
Be mindful of inclusive language and challenge discrimination where appropriate. Small actions can help create a welcoming environment for everyone.

Need Support?
If you experience or witness bullying, harassment, or discrimination, please speak to your manager, tutor or our safeguarding lead.

Pension Awareness

Paying into a pension is a great way to save for your future and help support yourself when you stop working.

Why is a pension important?

Your employer usually pays in too, helping your savings grow.

The Government adds money through tax relief.

Your pension pot can grow over time through investment.

The State Pension may not be enough on its own to cover all your living costs in retirement, so it's worth understanding your pension options early.

Useful Resources

- GOV.UK: <https://www.gov.uk/personal-pensions-your-rights/get-help>
- Citizens Advice: <https://www.citizensadvice.org.uk/debt-and-money/pensions/starting-a-pension/choosing-a-personal-pe...
- MoneySavingExpert: <https://www.moneysavingexpert.com/pensions/how-pensions-work/>

Please note: This information is for general guidance only and is not financial advice.