

## Release Potential - Charitable Causes!

This February our Release Potential team member Steph took part in the Dechox campaign— raising money for the British Heart Foundation. Dechox is a BHF fundraising initiative designed to encourage chocoholics to cut down on their cocoa intake throughout February. Anything with cocoa in it is off limits – from the sprinkles on your cappuccino, to that 3pm chocolate bar. This campaign aims to raise money for research into heart disease and since 'Dechox' was first launched in 2015, it has raised more than £2m to date! “It was a difficult challenge as I love my chocolate however, I managed to complete it and actually felt much better for it” - *Steph Hale*

Another member of the Release Potential team, Susan, took part in the Mad March Mare which is to raise money in aid of research into Motor Neurone Disease for the charity “My Name’s Doddie Foundation”. Doddie Weir OBE is one of rugby’s most recognisable personalities. He earned 61 caps for Scotland during a successful playing career but unfortunately in June 2017 Doddie revealed he was living with Motor Neurone Disease. Susan’s heart went out to him and his family as he broke the news on live TV. This is when she thought she needed to do something to raise money for this great cause. Susan got a team together and participated in this challenge. They had to complete a 10k course which included 14 obstacles ranging from; wading through a lake, crawling through dark tunnels, walking through mud baths to climbing huge walls. Well done Susan!



## Shrove Tuesday - Lent

Pancake Day is also known as Shrove Tuesday. It will fall during February or March immediately preceding Ash Wednesday (the first day of Lent). The day is celebrated in some countries by eating pancakes. In other countries, especially those where it is called 'Mardi Gras', which in French means 'Fat Tuesday', this is a carnival day and also the last day of "fat eating" or "gorging" before the fasting period of Lent (giving up eating richer, fatty foods for the upcoming forty days).

### Dates to look out for!

<b>4/03</b> - March National Apprentice Week
<b>21/03</b> - World Down Syndrome Day
<b>31/03</b> - International Transgender Day of Visibility
<b>1/04</b> - April Autism Awareness Week
<b>5/04</b> - Festival of Pure Brightness
<b>21/04</b> - Easter Sunday
<b>2/05</b> - Yom Hashoah
<b>5/05</b> - Ramadan
<b>13/05</b> - Mental Health Awareness Week



## Mental Health Awareness

During our Release Potential development day we had an exceptional talk from our newly appointment Deputy Safeguarding Manager, Clare Bell. Clare explained her role as Mental Health First Aider and shared information with the staff on how to recognise and support any learner or staff member showing signs of stress with regards to their mental health. She described what to look out for when dealing with a potential suicide case, when to intervene, how to give the correct advice and when to contact the appropriate services. Clare brought the subject to life and engaged the staff with what could have been a very difficult subject. She gave concise information and signposted us to various support agencies and to highlight the work our own staff do in this area. This is all part of making staff aware of the issues facing people who find themselves vulnerable and in need. Clare should be congratulated on her approach to the professional delivery on the day and all staff seemed to gain an insight into the mental health issues that can affect us at work or in our personal lives.

## Climbing the ladder!

The National Centre for Diversity (NCFD) has announced their UK Top 100 companies that make a difference in the workplace and that set the bar high for fairness. We are proud to announce Release Potential Ltd came 13th overall out of 100, moving up 20 places from 2018. The annual index covers the UK's private, public and third sectors.



## Hot Topics - Transgender

What are your thoughts on...

Transgender athletes participating in competitive sport?

Transgender patients to be placed on the wards to reflect their gender identity?

**“If we cannot now end our differences, at least we can help make the world safe for diversity.” — John F Kennedy**

