

INTERACTIVE NEWSLETTER
Look out for this symbol




**Employability
Week
Special**



eatthatfrog.ac.uk

NOVEMBER '23

NEWSLETTER



NOVEMBER Overview



Employability Week Special

As part of our Post 16 Careers Programme we hold an employability week across all centres. With various activities taking place from Careers Fairs, work experience to even learning valuable interview skills.

This jam packed week is fuelled with tools needed to give all or our Post 16 learners to chance to find their perfect career.



Guest speakers visited learners at our Newton Abbot centre during employability week from **Veterans with Dogs** to talk about how they started up their own business around therapy dogs.

They talked about why they felt the need for this service and how they went about researching and establishing themselves as a charity in the UK.



HOSPITALITY TRAINING

Newton Abbot learner, Matty, successfully took part in work-based hospitality skills for employability week.

Taking drinks orders, making the drinks and delivering them to all staff around the centre along with a surprise biscuity treat. Returning later to clear and clean the plates and cups.



This experience gives Matty an insight into the skills needed to work in a café or restaurant. Activities like this give our learners an opportunity to work focus on communication skills, English writing, and self confidence in a setting they feel comfortable in.

Feedback from staff 'Matty was calm and took our drinks orders with accuracy and confidence. Thanks for the biscuits, a lovely added bonus to our meeting'.

BLOOMING AMBASSADORS

Learners impactful contributions to Fordpark cemetery and Farmyard Café

Work with the Fordpark Cemetery has continued this month with much needed work around the graveyard to help with the aesthetics of the area. We have now had seven learners take part



in this and they have all acted as wonderful ambassadors for Eat That Frog, with their efforts continuously praised by passing public. There is an immense sense of pride hearing others compliment the hard work and effort our learners put in.

Three of our learners are becoming permanent fixtures at the Farmyard Cafe, gaining more confidence with the animals and their care, as well as building a positive relationship with the staff on site. This is a valuable experience and one that has been welcoming and fun. The learners are coming up with their own potential plans to help assist the cafe with their farm animal rescue efforts - however small this may be, it will make a big impact on the animal care and environment.

PLYMOUTH Careers Fair

The Plymouth Centre had a successful employability week with a careers and opportunities fair. This was an opportunity for all learners and parents to visit to meet organisations such as Skills Group, Cooperative Bank, Roc College, DWP (Job Centre), Babcock and more.

The event invites local businesses across Torbay to come and really shout about themselves and make local residents and young people aware of opportunities available to them.

They organisations provided advice and information to our learners. It was a great success and our learners massively benefited. We had some excellent feedback from the learners, and it has ignited their motivation to think about their next steps.

One success story was a Plymouth learner who spoke to Babcock, and they are interested in supporting them to gain a supported internship or employment at Babcock after their time at Eat That Frog. Big thanks to Beki from Skills Group, Mick from DWP, Claire from Co Op Bank, Zoe from Roc College, The Send Youth Team, Hannah from Babcock and Caroline from The Careers Hub. We are looking forward to our next event.





PLYMOUTH Councillor

Visit

Councillor Sally Cresswell visited our Plymouth centre to look around. Taking part in an in-depth tour around the building and meeting our learners and staff. Councillor Cresswell enjoyed the centre and even visited our Halloween Party! A stand out moment was Sally meeting learner, Bill.

She asked if Bill enjoyed attending Eat That Frog and he said “Yes, I can honestly say this is the best place I have ever been. I have only been here a few weeks and I really like it. I am happy and I am enjoying it. It is unusual for me not to moan about anything as I am a right grump!”

As part of Employability week the learners did a session on the importance of appearance, hygiene and cleanliness for interviews and in the workplace. They covered oral Hygiene, shaving or bearded maintenance, appropriate dress and use of make-up.

They also looked at ways of keeping clothes clean and tidy. To reiterate the importance of hygiene we made up a toiletry bag for every learner in centre to take away with them. See photos for the contents.



PLYMOUTH Work Experience

On 24th November, Zach Smith took part in a wonderful work experience opportunity inside HMS Raleigh in Torpoint. Working with Raleigh Enterprises Shop CIC, Zach volunteered in the Royal Navy memorabilia shop where he helped restock, work the tills and greet the families of the new Navy recruits as they took part in their passing out ceremony.

For the families, this is an incredibly important day, and Zach was fantastic interacting with them and helping them celebrate their loved ones' achievements.

Zach worked hard and pushed himself way out of his comfort zone and should be so proud of what he accomplished. The managing director, Sarah was so pleased with his hard work that she asked him if he would like to return again sometime in the future and offered to provide a reference, should he ever require one.

When asked about the experience, Zach replied that he was so pleased that he took part in this as he proved to himself that he was capable of working in a retail environment and that he found it so refreshing being treated like an adult.

What a fantastic day!

Well done, Zach!



Bradley

Work Experiencewith a difference!

Over the last few weeks, Plymouth based Post-16 learner, Bradley, utilised self-taught IT skills to bring two exciting work experience ideas to life. One idea, which was suggested by Learning Support Assistant, Richard, was to install a radio studio in Swarthmore Centre's foyer.

Richard said "The idea behind the project was not just to provide Bradley with valuable computer maintenance work experience, it was to give learners and staff the opportunity to learn about radio broadcasting and to ultimately establish an in-house radio station."

Bradley's skills came to the fore when the main computer being installed failed.

Once a replacement computer had been identified, Bradley quickly set about transferring the essential components between the two systems. However, additional hardware and software changes were then required to get the new system fully operational. These changes, which Bradley completed in a proactive and professional manner, included installing a wireless adapter, re-activating the Windows operating system and re-configuring the onboard sound card.

"Subsequently, Bradley went on to resolve issues with the computer's video adapter and to configure that software that allows the system to broadcast across the centre's network," Richard went on to say, "And thanks to Bradley, the studio has already proved to be a resounding success."

Not being satisfied with working on one project, concurrently Bradley has been working with Digital Skills Instructor, Sid, to convert part of the Server Room into a fully functional computer maintenance workshop.

"This was by no means an easy task," Sid explained, "The server room was full to overflowing with old computer equipment which needed to be catalogued and moved elsewhere. But Bradley worked really hard and achieved a positive end result."



Halloween Celebrations

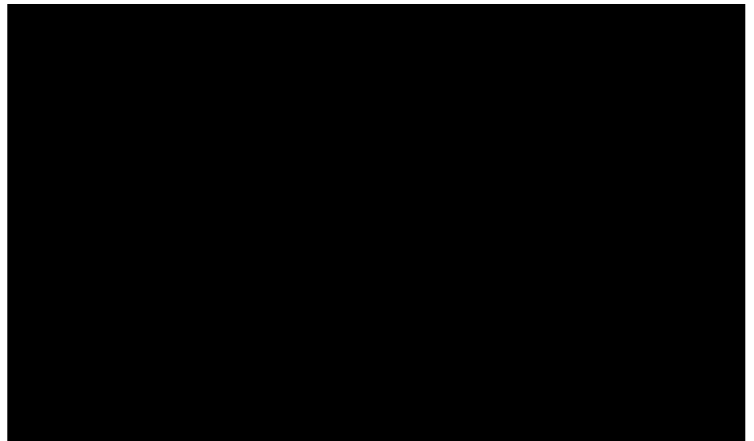


At the end of Spooky Season, learners took part in some haunted halloween events in centre.

In Plymouth, the dynamic duo learner, Nathan and his tutor Holly teamed up to organise an unforgettable Halloween party. This event not only showcased Nathan's creativity but also linked seamlessly with his Eat That Frog qualification, adding an extra layer of excitement to his vocational journey. There was a lot to plan, delicious treats, spooky decorations to put up, a playlist, fancy dress costumes, and invitations to send out.

Despite the challenges, Nathan rose to the occasion, working tirelessly to ensure every detail was just right and that the event lived up to its promise of being a truly fantastic experience.

We look forward to the next event which is a Christmas party and the disco for this has been booked for the 13th December.



Newton Abbot learners did a pumpkin carving activity, where they had the opportunity to carve their own pumpkin. During this activity, the learners were gaining skills with their social interaction with one another and following instructions. This is a huge achievement for some of these learners who have extreme social anxiety.





Becki organised a Fright Night at the Swarthmore, with Chelsea, Duncan, Michaela and James. The learners were treated to food and snacks as they watched a scary film, The Ring. The centre was dimly lit and there was a torch lit tour of the building with scary moments included, a game of hide and seek by torchlight, where the building was filled with the shrill screaming of Dasie.

James hosted a ghostly story telling where a game of Jenga was played with the rolling of dice. Everyone thoroughly enjoyed themselves and future movie nights are now being planned.



Fright Night

BOOST YOUR

CONFIDENCE WITH

Our Princes Trust TEAM participants recently took part in Work Experience Week! Each learner, found their perfect work placement and got to experience what life could have in store for them after the completion of their 12 week course.

Travis worked in the Cafe at Torquay museum, gaining some valuable experience and getting a glowing reference from managers Phillip and Barbara.

Grace found placement at 'Oh my dog' centre in Totnes, in the picture she is enjoying some dog attention, and loving her time there.



Travis



Grace

Lily done childcare spending her time at Roselands nursery, In which she gained a lot of confidence, communication skills and also independently travelling each day.

Izzy had a great placement at the finaglen hotel in Exeter. Seen in the picture making the hot chocolates in the restaurant, as well has trying other parts of the hotel over her two weeks there.

Alex spent two weeks working with the builders at Sanctuary houses, learning a bit about different tradesmen and getting fit with all the lifting and exercise. He showed great time keeping and attendance.

Bethany (Zane) has continued with the placement at British heart foundation in-between being on PT team as she enjoyed it so much, the staff have really taken to her and she has gained lots of confidence.



Izzy

Eat That Frog Prince's Trust participants can now take part in a residential in Gran Canaria



TEAM Work Experience



Alex



Bethany/Zane



Lily

Letter from a parent

“Izzy has done really well on the Prince’s Trust programme and the way in which the programme is delivered is fantastic. The work experience abroad is a wonderful opportunity and Izzy’s very much looking forward to her first residential experience abroad, and getting involved in the activities. Which will no doubt encourage her to feel more at ease in working as a group.”

What to expect...

Week 1: Induction

Week 2: Residential

Weeks 3 & 4: Planning a Community Project

Weeks 5 & 6: Working on the Community Project

Weeks 7 & 8: Individual Work Placements

Week 9: Next Steps

Week 10 & 11: The Final Team Challenge

Week 12: The Final Presentation

**STARTING
5th
February**

**Interested in joining?
CLICK HERE!**

POST 16 News

ETF's Remembrance Day display have black and white photos of our learners' hands and then they made different types of poppies using different materials such as tissue paper, scrap fabric and felt to attach to them. Learners enjoyed having their photos taken and making the poppies. They also had extra fun finding which hand belongs to who after the display was completed!

It looks amazing, thank you Burcu, the pastoral team and the learners involved.



Newton Abbot learner, Hannah. Our resident guinea pig expert, excitedly let us know that she entered her pet guinea pigs, Felix, Star, Caramel and Willow, into a competition recently. Hannah managed to arrange the documentation and begin training to make sure they were ready for the main event.

She was happy to report how proud she was of them and when it came to the judging, Felix came 3rd and Star got 1st in all three rounds.





Plymouth learners James, Bill and Oscar went with their tutors to Totnes on the train to meet the Turing learners from Team Torbay.

The three got on wonderfully and introduced themselves to their future housemates over a lovely meal at The Waterside Bistro.

LGBTQIA+

We have recently had our first LGBTQIA+ Group meeting. Interest is growing around the centre and with Chelsea and Ollie taking a lead on promoting LGBTQIA+ interests and groups, we look forward to creating a more safe and inviting space that young people can be open and feel comfortable.



SCAN ME!



LGBTQIA+ SOCIAL GROUP

A safe space for support, advice & guidance

EVERY TUESDAY - 3.30 - 4.40PM

Eat that Frog, Plymouth



Newton Abbot and Torbay Post 16 learners got to enjoy a trip to the local cinema, a chance to get to know other learners and tutors and practise their communication skills and travel confidence.

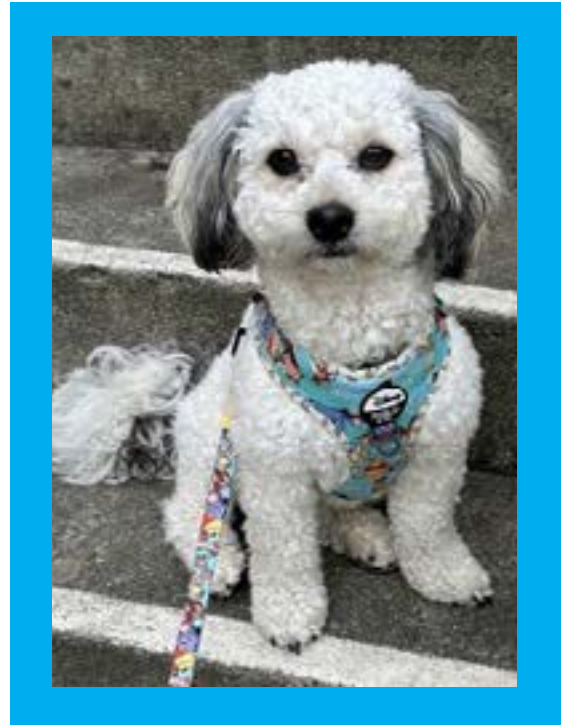
POST 16

ENGLISH

Daisie Bowman has produced a fabulous story during her English sessions and wanted to share it with everyone.

Excellent story Daisie - well done.

"We've been working on paragraphs and writing in English. I chose to write from the perspective of my dog Digby because he is a big part of my life."



All About Digby

Hello, my name is Digby. I was born on the 18th of December 2021 in Leicester. I am 22 months old. I like food and some of my favourites are as follows. As soon as my owner Daisie goes to the fridge and rustles the packet of cheese, I sit at her feet with cute puppy eyes and I whine in the hope she'll give me some of the yummy cheese. I do all my tricks and in the end she gives me some cheese for being such a good boy. The sandwich I like most is a toasted chicken or beef sandwich. I get so excited when my mum has a toasted sandwich as I know if I sit and wait patiently, I get a little bit at the end. The other food I like are: chicken, beef, Good Boy Chicken Bites, scrambled egg, carrots, broccoli, sausages and a McFlurry. These are all my favourite treats that my owners give me.

I am a friendly dog. I really like people, dogs not so much. I really don't like it when other dogs are on a lead as it makes me nervous. I may sound loud and scary when I bark but really I am gentle and affectionate. Barking is my way of communicating. I love being with my family as they all make me feel loved and safe. I love being around my owners but they always say that I'm not very good at personal space but they always says it's a good job I'm cute. Everybody loves me because I am a well behaved dog.

When I am feeling cheeky, I like to cause mischief. I like to run off with things I am not allowed for example, running off with stones, shoes and garden ornaments. I love going to see all my doggy friends on the weekend, especially Rosie and Willow. Upstairs, I have a basket of toys. Downstairs I have three baskets of toys. I have so much choice, which toy do I play with first? All of a sudden one morning, it starting pouring with rain. Daisie (my human sister) went outside and stood as the rain got heavier. She tried to get me to come outside and join her but, I just sat in the doorway and watched as she got soaking wet. She didn't know this but inside I was laughing.

I know my owner thinks I'm annoying but it's a good job I'm cute. She says that her favourite thing to do with me is taking me to the dog field to see all my friends, secretly I know she takes me just so she can have cuddles with Willow. A while ago I had to have a cone on as I'd hurt my paw, my owners thought it was funny as apparently, I have no spatial and kept bumping into them. Like I said earlier, it's a good job I'm cute, as they say I can get away with anything.

PARENT Feedback

My son is doing really well at Eat That Frog - he has shown interest in his learning and he is adaptable to new projects, ideas and accepting changes. He has completed his Functional Skills in Maths and English and is now doing Higher Level Maths which he enjoys and he has also recently started a Level 2 Digital Media Skills qualification.

My son is much happier and settled. He gets on well with his tutors even though we had a few settling-in issues which have been resolved and I appreciate Eat That Frog listening to me about my son's individual learning needs.

My son seems enthusiastic about the recently formed gaming club and wants to be able to bring in his own games to assist with making the club more fun - this will also give him the social opportunities he needs.

My son's tutors have been inclusive and have provided him with a person-centred approach and education - he likes many of the tutors and speaks about them with a lot of respect.

Personally, I want to thank you all so much as my son has grown up and changed into a different person to what he was when he first started at Eat That Frog.

I am so, so pleased that I sent him to Eat That Frog, so thanks heaps!



STAFF News

Newton Abbot Tutor James delivered our first peer training session at the centre. The idea behind these sessions is that staff deliver a session on something they have a good understanding of, or are particularly good at with their peers in order to share best practice.



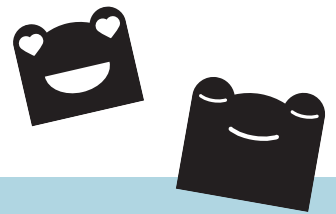
James' session was all about ETF's learning journal on our system. This created an opportunity for healthy debate amongst staff and was received really well. This will also support staff training logs for all attendees. We plan to have another session next week, being delivered by Georgia on the SOW which is a useful tool to teach learners aboutand will continue these sessions throughout the year.



Tips for Teaching

12 members of staff in the Plymouth team got to together for our first Tips for Teaching meeting! For our first breakfast meeting, we discussed ways to engage learners and build relationships. Emily and Jack presented their tips, followed by others sharing their successes in this area and then a final group discussion on how to engage our more challenging learners. It was a great, successful first meeting! We are hoping to meet twice a term to swap ideas to build on our own practice. Thanks to everyone who attended!

Team Ops Training



Chris Bowden and Lucy McGorian joined Team Operations this academic year to support learner's and staff working in Post 16. Lucy and Chris are currently undertaking ELSA training - Emotional Literacy Support Assistant. ELSAs receive training in supporting Young People to understand and manage their emotions, including using relational approaches and other strategies and interventions.

ELSAs are trained in emotional and therapeutic support strategies. ELSA support is an excellent way to implement a graduated response to young people with SEMH needs in the College environment; supporting children's social and emotional needs has positive effects on learning as well as emotional wellbeing. Once qualified Lucy and Chris will meet regularly with other ELSA's and The Educational Psychology service. We can't wait to see the impact they will have as ELSA's.



INTERNATIONAL Opportunities

TURING

SCHEME

The UK's global programme
to study and work abroad

In the latest update from ETF Spain and our Turing scheme, November has seen dedicated efforts in preparing for the upcoming January visits. The focus has been on our Prince's Trust group and POST 16 learners. Cristina and Rosi coordinated logistics, created a Turing Programme Booklet, and held weekly meetings with teachers for effective communication.



Excitingly, our partners are set to visit Gran Canaria at the end of this month! They'll explore our activities, providing them with a firsthand look at our initiatives and a chance for us to connect, share ideas, and answer any questions they might have.



Our Spanish team crafted an amazing itinerary, covering everything from beach outings to immersing in local culture.

And, of course, indulging in delicious Mediterranean flavors – a true treat for our partners.

Stay tuned on our INSTAGRAM account for behind-the-scenes action, snapshots of our adventures, and glimpses of the tasty treats. Unforgettable moments and delicious Mediterranean delights await! If you're considering joining the Turing trips, this is your year!



Scan to
find out
more



Calling all South West Schools Join our Schools Programme



Schools across the South West have been invited to Partner with Eat That Frog to enable their staff and students to take part in a once in a lifetime opportunity to experience Spanish schooling, cuisine and culture. A fully funded one or two week experience...Interested? Get in touch today!

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FREE CV guidance
Application help
Interview preparation
Job searching skills
Online applications

No appointment needed

18+ **Eat That Frog, Torquay**

IMPORTANT Information

Eat That Frog

CHRISTMAS CRAFTS
ADVENT CALENDARS
FELT STOCKINGS

FREE COURSE
10am - 2pm
Eat That Frog
TORQUAY

Craft Dates:



- 15th & 17th November
- 22nd & 24th November
- 29th Nov & 1st Dec
- 6th & 8th December
- 13th & 15th December



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DROP IN SESSIONS 10am - 12pm
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Support to reduce any anxieties or barriers to access
Help to access online services and book a vaccine

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*Eat That Frog cannot offer medical advice or administer the vaccination.

Dates for your diary

Diabetes - Cook & Eat - 13th December

Christmas Holidays - 18th Dec - 3rd January

Screen Free Week - 15th - 19th January

February Half Term - 12th - 16th February

Princes Trust TEAM Start Date - 5th February

Eat That Frog

CHRISTMAS BAKING
COOKIES
BROWNIES
TRAYBAKES

FREE COURSE
10am - 2pm
Eat That Frog
PAIGNTON

Baking Dates:



- 14th & 16th November
- 21st and 23rd November
- 28th & 30th November
- 5th & 7th December
- 12th & 14th December



info@eatthatfrog.ac.uk



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eatthatfrog.ac.uk

01803 551551

info@eatthatfrog.ac.uk

Plymouth, Torquay, Newton Abbot and Paignton

