

# Sheffield Hallam University



May 2022

Apprenticeship Newsletter

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# Apprentice of the Year Regional Finalists

*Award nominations are prolific!*

- Edge Property Solutions - SME employer of the year!
- Arcus FM's Andrew MacBride is shortlisted for Higher/Degree Apprentice of the Year (see his case study from [April](#) "Breaking Barriers").
- Meanwhile, FDM one of our digital employers have been shortlisted in the West Yorkshire Apprenticeship Awards.
- Training Provider of the Year finalist – SHU!
- Call outs for Danny Henaman, Caitlin Jones and Natalie Cain in more detail below...
- Congratulations also to our Engineering contingent, Emily Hunt, James Shaw - look out for their stories...

Good luck everybody!

## In this edition

[South Yorkshire Finalists](#)

[Natalie Cain](#)

[Danny Henman](#)

[Caitlin Jones](#)

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[Men's Health Week](#)

[Steve Johnson: support networks](#)

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**Natalie Cain**

"The Physiotherapy Apprenticeship creates great opportunities to learn as you work and has given me the confidence to achieve what I first believed to be impossible. If at first you don't succeed try try again! Support from Manager Rachel Brandreth, my peers and course leader Aimee France has been amazing!"

*Natalie continues to succeed through sheer hard work and is a committed professional with amazing resilience.... a pleasure to work with and great support to her peers. An asset in her Health and Social Care role, she thoroughly deserves her nomination.*

Lisa Norman -Work Based Learning Coach



**South Yorkshire Digital Tech Finalist  
- Danny Henman**

"I am extremely proud... This truly shows that the skills I have gained from SHU have an impact in the wider world... a great way to get myself out there and meet apprentices at the same point in education... apprenticeships really are the future!"

*As Course Rep Danny has been invaluable; managing communications and information with the other apprentices, advocating their opinions to the academic staff and, on more than one occasion, keeping me from completely losing the plot. He is a pleasure to work with, a consummate professional and will be as asset to any future employer. He thoroughly deserves his nomination*  
Claire Chandler - Work Based Learning Coach



### **Caitlin Jones – Food Technology Outstanding impact / contribution**

*Caitlin is an inspirational young Apprentice who has developed a huge range of KSBs to enable her, in a very short space of time to become responsible for the development, quality and safety of a wide range of Co-operative chilled food products. She demonstrates a high level of maturity in her interactions with stakeholders at all levels in the Co-operative's supply base (manufacturers)*

Sue Pearcey - Work Based Learning Coach

## **Inspirational WBL Coaches!**

**[Make your nomination now!](#)**

**FINAL REMINDER:** We invite you to nominate an individual or group of individuals who provided you with outstanding support for your University experience outside of the classroom. This could be, for example, a student support adviser, a careers/ employability adviser, a work based learning coach, a member of library staff, a technician or any member of staff who has made a real difference to you in your time at Sheffield Hallam.

[Further information](#)

[Nominate](#)

*Survey closes midnight on 29th May!*



## Men's Health Week

**Men's Health Week - 15th - 20th June**

May is Living Streets' National Walking Month. This year, they're encouraging you to *#Try20* and walk for 20 minutes each day during May. We would love to know if you've already been doing this, if not – it's not too late to join in! *#Walkthismay*

- Information from the Student Union
- Hallam Active Gym
- Drop in clinic on campus
- Support Networks at Hallam for Apprentices

**Steve:** The support network around me kicked into gear when I took that first step





I'd never really considered my own mental health and how much I was affected by it. Like most people I just felt I had good days and bad days but that was life and it was all part of the rollercoaster. As we came out of a second lockdown and the challenges of the pandemic were still weighing heavy, I noticed certain things didn't feel right. The joys of having things to look forward to weren't there, the ups from talking to friends and loved ones didn't seem as high, doing the things I used to love doing seemed very flat and didn't fill me with emotional energy. I was busy with work, studying and trying to balance that with life was proving challenging. I couldn't see that changing any time soon. My world became narrower, I started to withdraw from certain situations and found myself stuck in my own thoughts a lot of the time, over thinking every thing that happened and not in a good way.

It was time for me to take some action. I reached out in several directions for help, at home I spoke to my doctor, at work I spoke to my line manager and at university I spoke to my Course Supervisor, Course Mentor and Work Based learning Coach. This was a first but very important step on the journey. It's a difficult step to make, admitting you have an issue, but I'm so glad I did, as the support network around me kicked into gear when I took that first step.

In terms of formal support, I gained some direct counselling support through my doctor, whilst having offers of support through our workplace Employee Assistance Programme as well as the Student Support network at SHU. This gave me some really useful techniques to help me appreciate the triggers to my thinking and how to help minimise their impact.

I also made some changes in my life to help make things more manageable, I was able to push back completion of my MBA thanks to the great support from the University, whilst this was not ideal it was essential to give me some space. I now had room to focus on a few other things, I stopped drinking alcohol and committed to more exercise in the form of a daily walk for at least half an hour. This really helped with my physical well being, such that I am still off the booze today. On the walks I used podcasts or audio books with a variety of self help topics being the agenda, not for everyone I know but worked for me. I also took ownership of a lovely puppy who gives me a reason to walk each day as well as lots of company and other activities to give me focus.

Writing this almost a year on from recognising my issues, I realise how far I have come. I've learnt some new skills to improve my mental health, I'm fitter and healthier physically and mentally and I've been able to complete the final piece of work for my MBA. It's difficult to reach out for help sometimes, but it's definitely worth it when you do!

Steve Johnson, Senior Leader Apprentice



As we come to the end of the academic year, the Student's Union would love to hear what it's been like for you as an Apprentice!

What were the best bits? What do you want to see more of? Could anything be improved?

[Share your experience of university life](#) - You'll be entered into a prize draw to win up to **£300 in cash** or one of two **£50 prizes** to spend at **White Rose** or the **Nursery Tavern**!

## Pride Month at SHU

As part of Pride month, join SHU for a week of activity exploring the theme of diversity, justice, and inclusion from the perspective of different course areas, including how this applies to the Event and Entertainment Industry. See our [programme](#) of seminars and workshops

## Development



## FABSTalks Special

Huw Pill - Chief Economist

In collaboration with University  
of Sheffield MD Club

Tuesday 7<sup>th</sup> July 5-630pm

Business, Technology & Engineering  
**FABSTalks**  
Sheffield Hallam University  
Knowledge Applied

2022 FABSTALKS Leadership Series  
Special Talk

7th July 2022  
5pm - 6.30pm  
In Person and  
Online Event

Bank of England Chief Economist - Huw Pill  
UK Economic Update

In conjunction with the Sheffield MD Club, Sheffield Business School are pleased to announce Hugh Pill, Chief Economist at the Bank of England will present the latest UK Economic Update. The event will attract students, colleagues and friends from Sheffield Hallam University and the University of Sheffield. It will also be of interest to local Sheffield businesses as well as corporate friends and partners.

As the Bank of England moves into Leeds it will be fascinating to listen to the latest update through a Northern lens.

MD / Sheffield Universities'  
Managing Directors' Club

To more information and to book:  
<https://fabstalk-boe-update.eventbrite.co.uk>

[Register for the Managing Director's Club Bank of England Talk](#)

## Advancing Digital is here to help you upskill (Free!)

SHU is offering free digital training to all employees in South Yorkshire. Funded by the European Social Fund, Advancing Digital provides cost-free training in a variety of digital skills used in the workplace to **enhance your performance**. There are spaces on a variety of sessions from now until the end of July:

*Web analytics - Cyber security - Applied Business Intelligence -  
Databases - Service Management - Cloud computing...*

Email: [advancingdigital@shu.ac.uk](mailto:advancingdigital@shu.ac.uk) to find out more.

the**skills**centre  
SKILLS FOR LEARNING AND LIFE

Use [this site](#) to explore and book sessions, opportunities and 1-1 appointments to build and develop your critical; skills for academic and apprenticeship success.

People

### **Apprentices**

We are on-boarding a number of Apprentices to new courses and will update with a warm welcome to PCDA and Sonographers in the next edition!

### **Staff**

Welcome to new Built Environment Coach Amy Fishbourne who joins the fantastic team of WBL Coaches - always at your service to help you develop your knowledge, skills and behaviours

## **Apprenticeship Safeguarding Officer**



Thank you for reviewing the monthly Apprenticeship Newsletter - it's a packed letter this month. The Apprenticeship Impact and Information Resource provides access loads of info, advice and Guidance including updated MAYTAS Hub manuals for Apprentices and mentors in the section called "Succeeding in your Apprenticeship".

Sam Moorwood,  
Head of Work Based Learning and **Apprenticeship Safeguarding Officer**

## Apprenticeship Newsletter Feedback

Help us improve the way we engage with you. We would welcome your feedback on our apprenticeship monthly newsletters. Please take 5-10 minutes to complete the feedback form. Please click on the link below:

[FEEDBACK LINK](#)

Thank you!

Sally Everitt, WBL Coach and Newsletter Co-Editor

# Apprenticeship Impact and Information Resource



[AIIR](#) is a set of web resources developed to work alongside your apprenticeship programme, it includes: [Onboarding](#) [Succeeding in your off-the-job training](#) [Well-being and support](#) [Equality, diversity and inclusion](#) [British values and Prevent](#) [Careers information, advice and guidance](#)

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