

April Newsletter

Sustainability
SPECIAL EDITION

Welcome to the April Newsletter

As we step into spring, April brings with it a timely reminder of our shared responsibility to protect the planet we call home. Earth Day, celebrated globally on 22nd April, encourages us all to reflect on the impact we have on our environment—and more importantly, what we can do to drive positive change.

At Total Futures, sustainability isn't just a seasonal conversation—it's embedded in our ethos and the work we do every day. We're particularly proud of our continued investment in green skills training, including our flagship **Retrofit course**, which equips learners with the expertise to make homes more energy efficient and future-ready. These are the kind of skills that truly make a difference—not just for the economy, but for our communities and the climate.

If you are interested in hearing more about any of our courses including our Retrofit course please email info@totalfutures.co.uk.

From all at Total Futures

In this newsletter you can expect:

Company
Updates

Course Updates

Wider Learner
Aspects

Team Highlights

Initiatives and
Announcements

Staff Profile
Highlights





MEET THE TEAM - APRIL HIGHLIGHT



JACOB SHERRATT
BUSINESS ADMINISTRATOR
LONDON

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Brief Bio-

I started here at Total futures in August last year as the Business Administrator, primarily I do HR and Marketing.

Fun Fact-

I used to be a Hockey Player

Fav Quote-

"Success is not final, failure is not fatal: it is the courage to continue that counts" - Winston Churchill

LEARNER TESTIMONIAL:

“

What I enjoyed most about the course was the opportunity to engage in real-world projects and case studies. These hands-on experiences allowed me to apply theoretical knowledge to practical situations, deepening my understanding of the subject matter.

Additionally, collaborating with a diverse group of peers enriched my learning experience, as I gained new perspectives and built lasting professional relationships.

I enjoyed Denise and her learning style, advice & support throughout the course and after the course. I popped in & Denise made time for me.

Nassor Zahrain Issa,

“

For me, it was excellent.

I learned even more about Customer Service, got to know myself through SWOT analysis, and remembered situations I faced and went through in a positive way through STARR analysis.

I loved all the subjects in this Civil Service course (Marketing, Solving Problem, Data Protection). I would not of completed if not for Tutor Denise. She gave me the confidence & support, verbally, that I needed.

There were times where I felt tearful as I did not understand the subjects, Denise asked me if I would stay online after our sessions, and she just patiently listened, then supported me.

Ana Amancio,



COMPANY UPDATE

LONDON

April was a busy month for the London team, filled with meetings and updates from the Job Centre. We're proud to share that our consistent hard work and strong collaboration with the Jobcentre Plus (JCP) over the past year has led to us being selected as the training provider of choice for several JCPs across London. We're excited to continue this partnership throughout the year and are already planning a number of joint events.

Our meeting this month with Jim and Tonic was a positive step forward in our ongoing collaboration. We're thrilled to offer our hospitality learners the opportunity to gain work experience with Jim and Tonic once they complete their courses with us.

The team continues to work tirelessly in supporting both current and former learners into employment. This month, we've been able to provide a variety of opportunities, and we're pleased to report that several learners have secured interviews for roles across sectors including construction, hospitality, and care.



NORTH EAST

We are Excited to announce that we have recently gone into partnership as a subcontractor of South Tyneside Works! This will help us support more of the local residents of the Northeast , specifically the South Tyneside Area. Our First course started this week and we shall be doing a lot more work in partnership with South Tyneside Council.

We have also been working closely with our friends at Reviving the Heart of the West End and Newcastle Council to look at putting additional value into our Skills for Business programme. This will involve site visits to local employers and their input into some of our sessions so watch this space for that!

We delivered Level 1 Health and Safety Training to 34 learners at Newcastle College. All passed their Level 1 exam first time which is great news. Elaine has been working with individuals to get their CSCS tests booked and then their cards organised.

We further delivered this to students on Newcastle United Foundation's Construction Programme – they delivered this in partnership with ESH and Newcastle Council to give them the edge when it comes to applying for apprenticeships.

Newcastle
City Council 



South Tyneside Council



WIDER LEARNING ASPECT

April SEND Topic: Understanding Sensory Processing in Learners with SEND

What is Sensory Processing?

Everyone has a unique sensory profile, but for some individuals—particularly those with autism, ADHD, or developmental delays—sensory processing can be atypical. These differences are often referred to as **Sensory Processing Difficulties (SPD)** or **Sensory Integration Difficulties**. There are generally two types of sensory responses:

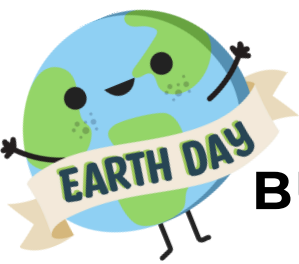
- **Hypersensitivity (over-responsiveness):** Individuals may be overwhelmed by stimuli such as loud noises, bright lights, strong smells, or certain textures.
- **Hyposensitivity (under-responsiveness):** Individuals may seek out intense sensory input, such as spinning, crashing into objects, or touching everything around them.

Pros of Understanding and Supporting Sensory Processing:

- **Improved Engagement:** Tailoring environments to sensory needs helps learners feel more comfortable and better able to focus.
- **Enhanced Emotional Regulation:** Meeting sensory needs can reduce anxiety, meltdowns, and frustration.
- **Better Relationships:** Understanding a learner's sensory profile can strengthen communication and trust between staff and learners.
- **Inclusive Practice:** Sensory-aware classrooms benefit all students by promoting a calm and flexible learning space.

Challenges and Considerations:

- **Misunderstanding Behaviour:** Sensory responses are often mistaken for “bad behaviour” rather than a response to discomfort or overload.
- **One-Size-Fits-All Doesn't Work:** Sensory needs are highly individual. What calms one learner may upset another.
- **Resource Constraints:** Not all settings have access to sensory rooms or equipment, making reasonable adjustments more challenging.
- **Training Gaps:** Educators and employers may lack the training to recognise and respond to sensory needs effectively.
- **Supporting Learners with Sensory Needs**
 - Carry out sensory profiles or audits with the help of occupational therapists.
 - Provide sensory tools (e.g., fiddle toys, weighted blankets, ear defenders).
 - Offer choices in learning environments—quiet zones, standing desks, or natural lighting.
 - Involve parents, carers, and the learners themselves in planning support.



EARTH DAY 2025:

BUILDING A GREENER FUTURE WITH TOTAL FUTURES

Each year, **Earth Day** reminds us of the importance of protecting our planet — not just for today, but for generations to come.

At Total Futures, we believe that education and skills development are key to creating a more sustainable future. That's why we're proud to be delivering training that makes a real impact — both environmentally and socially.

One of the ways we're supporting the green agenda is through our **Retrofit course**. With homes and buildings accounting for a significant portion of the UK's carbon emissions, the need for energy-efficient upgrades has never been more urgent. Retrofit is about making existing buildings more sustainable — improving insulation, upgrading heating systems, and reducing energy waste.

But this isn't just about bricks and mortar. It's about skills for the future. Our Retrofit training equips learners with the knowledge and hands-on experience to join a fast-growing sector, playing their part in the UK's journey to net zero. These are green skills that lead to real jobs — creating a workforce ready to respond to the challenges of climate change and fuel poverty.

This Earth Day, we're proud to be part of a wider movement that sees skills, sustainability, and social impact come together.

Whether you're a learner, an employer, or a partner — thank you for joining us on the journey.

Let's keep building a better, greener future. 🌱



A FEW WELLBEING TIPS

Sustainable Living for a Healthier You and a Healthier Planet

Each year on 22nd April, Earth Day reminds us of our shared responsibility to protect the planet. But while we often talk about sustainable living in terms of environmental impact, we don't always connect it with our own wellbeing. The truth is, making sustainable choices doesn't just help the Earth — it's about enhancing our own wellbeing too. From reducing stress and improving health to feeling more connected with others, sustainable living offers powerful personal benefits.

The Wellbeing Benefits of Sustainable Living

1. Mindful Consumption = Mental Clarity

Living sustainably often means slowing down and being more intentional — whether that's buying less, choosing quality over quantity, or spending time in nature rather than shopping centres. These conscious decisions can reduce mental clutter and help us focus on what really matters. In a world of constant noise and urgency, slowing down is an act of self-care.

2. Healthy Habits, Naturally

Sustainable practices like walking or cycling instead of driving, eating more plant-based meals, or gardening at home are naturally healthier choices. They get us moving, improve our diets, and connect us with the outdoors. Over time, these small habits can contribute to lower stress levels, better sleep, and improved physical health.

3. Stronger Connections with Community

Sustainability often fosters a sense of community — think local food co-ops, repair cafés, clothes swaps, or volunteering for eco-clean-up days. These social connections are vital to our wellbeing. Feeling part of something bigger than ourselves gives us purpose, and doing good feels good too.

4. Eco-Anxiety? Take Action.

With the constant stream of worrying environmental news, it's easy to feel helpless or overwhelmed. But taking small, practical steps — like reducing waste, switching to greener energy, or supporting sustainable businesses — can restore a sense of agency. When we take action, we shift from anxiety to empowerment.

Tips for Getting Started

Start small: Choose one area — like food, fashion, or transport — and make a manageable change.

Reconnect with nature: Even a short daily walk in a park can boost your mood and increase your appreciation for the natural world.

Buy less, choose well: Before buying something new, ask yourself if you truly need it or if there's a more sustainable alternative.

Make it social: Invite friends or family to join you in a sustainability challenge or a litter-picking day.





WIDER LEARNING ASPECT

Safeguarding April Update: Trans Rights

Safeguarding Update: Implications of Recent Changes to Trans Rights in the UK

The recent ruling by the UK Supreme Court (April 2025) on the interpretation of the Equality Act 2010 brings important considerations for safeguarding within education and training settings, including Independent Training Providers (ITPs) like ours.

The court clarified that the term “sex” in the Equality Act refers to biological sex, even for individuals who hold a Gender Recognition Certificate (GRC). This has implications for how organisations manage single-sex spaces and services, and how we ensure compliance while maintaining inclusive practices.

What This Means for ITPs and Our Learners

As a provider working with vulnerable adults—many of whom may already face complex needs and barriers—it is crucial that we respond to these changes with care and compassion. Safeguarding remains our priority, and the legal protections for trans people under the characteristic of “gender reassignment” still apply.

Safeguarding Update: Implications of Recent Changes to Trans Rights in the UK

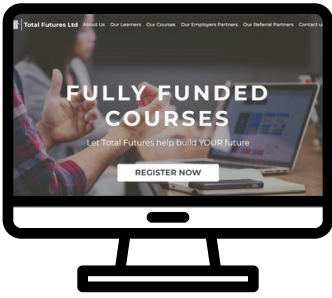
Promoting Inclusion: While the legal definition of sex is now confirmed as biological, trans learners are still protected from discrimination and harassment. It is our duty to foster a safe and respectful learning environment for everyone.

Listening to Learners: Changes to the law can cause concern or uncertainty. Learners must feel able to raise concerns and should be signposted to appropriate internal and external support where necessary.

Partnership and Guidance: We will continue to work with local safeguarding partners, equality advisors, and national guidance from the Equality and Human Rights Commission to ensure our approach remains inclusive, lawful, and learner-centred.

If you have questions or concerns about how this may affect your role, please speak with our Designated Safeguarding Lead, Carol Pearson.

WEBSITE UPDATES



NEW JOB BOARD PAGE ON OUR WEBSITE!!!

Job Adverts for Our Learners

We're building a dedicated space to connect you – our learners – with real job opportunities from local employers who are looking for fresh talent just like you.

Whether you're ready to dive into full-time work or looking to gain experience, this page is regularly updated with roles across different sectors.

Keep checking back to see what's new, and if something catches your eye, don't hesitate to apply or chat with your Total Futures advisor for support.

Your next opportunity could be just a click away.

<https://totalfutures.co.uk/job-vacancies/>

Password: Jobs2025

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Thank you for reading!

