



Total Futures Ltd

DECEMBER NEWSLETTER



Welcome to the December Newsletter

As we move into December and approach the close of the autumn term, it is a timely moment to reflect on the progress and achievements made throughout the year. Across the organisation, the dedication, innovation, and professionalism of our teams have continued to drive positive outcomes — from seamless enrolments to creative and impactful approaches to teaching and learning. The collective effort and collaboration seen throughout the year have played a key role in strengthening our delivery and reach.

December brings a strong sense of pride as we reflect on the continued growth of our teams, including the four new starters who joined us this term. Their addition further strengthens our capacity and expertise, supporting our ongoing mission to deliver high-quality outcomes for learners and partners alike.

Within this edition, you'll find updates and highlights from across the organisation, celebrating our people, our learners, and the meaningful work taking place every day.

Thank you to everyone who continues to support and engage with Total Futures. Together, we have built a strong foundation this year, and as we look ahead to the new year and beyond, there is much to look forward to.

Total Futures

DECEMBER ISSUE



In this newsletter you can expect:

Company Updates

Course Updates

Wider Learner Aspects

Team Highlights

Initiatives and Announcements

Staff Profile Highlights





UPCOMING JANUARY COURSES



NORTH EAST

13th January - BA & CS

13th January - Construction (1 week training)

19th January - Construction (1 week training)

26th January - Construction (1 week training)

28th January - BA & CS

LONDON

7th January - Civil Service

7th January - Civil Service

26th January - Civil Service

26th January - Construction



COMPANY UPDATE

LONDON UPDATE

Construction & Civil Service Updates:

We have seen strong engagement across our programmes this month. Eighteen learners started the Construction course last week, with 14 already successfully passing their Health & Safety exam. A further two learners are due to sit their exam shortly and are expected to complete it successfully.

In addition, eight new learners have recently started the Construction course and are scheduled to take their Health & Safety exam on 19 December. We are hopeful that all will achieve a positive outcome.

Looking ahead to the new year, we currently have around 40 learners expected to begin the Civil Service programme on 7 January 2026, reflecting continued interest and growth across our provision.



GIVING BACK AT CHRISTMAS:

Giving back at Christmas: Total Futures supported the South Yorkshire Christmas Toy Appeal through the donation of children's toys, reinforcing our commitment to community and compassion. We are proud to play a small part in helping to bring smiles, comfort, and festive joy to children and families across South Yorkshire during the Christmas period.





COMPANY UPDATE

NORTH EAST

SOUTH TYNESIDE CONTRACT

We were delighted to deliver our first CSCS Course at Perth Green Community Centre, welcoming learners through our contract with South Tyneside Works. It's fantastic to be bringing construction training directly into the heart of Jarrow and supporting local people to develop valuable skills.

A big **thank you** to Beth and the team at Perth Green for making us feel so welcome.

Perth Green will now be a regular delivery venue for us. Our next course there will be the Skills for Business / Civil Service Pathway Programme, starting on Tuesday 13 January.



KARBON HOMES

We also delivered our first CSCS Course in partnership with Karbon Homes at their offices in Hexham.

We're delighted to be working alongside their Employability Team to help enhance learners' employment opportunities and support them on their journey into work.



COMPANY UPDATE

NORTH EAST

Skills for Working in a Business Environment

In December, we delivered our Skills for Working in a Business Environment course at Action Station. The course coincided with Christmas Jumper Day, and both learners and tutor embraced the festive spirit by getting involved — a great way to end the year!





WIDER LEARNING ASPECT



Community, Kindness and Wellbeing:

Throughout December, our wider learning focus has been centred around **community, kindness, and emotional wellbeing**.

Learners have been encouraged to develop an **understanding of helping others**, working together, and recognising how acts of kindness can positively impact those around them, both within school and in the wider community. Through discussions, shared activities, and real-life examples, learners have explored the **importance of empathy, respect, and supporting** one another.

Alongside this, we have supported learners to identify and manage emotions linked to excitement, change, and routine disruption that often come with the festive period. Additional emphasis has been placed on emotional regulation, recognising feelings, and using appropriate strategies to manage times of heightened emotion.

Staff have provided consistent **reassurance**, clear communication, and opportunities for reflection to help learners feel secure during this busy time.

This wider learning focus has helped promote **positive** relationships, emotional awareness, and self-regulation, while reinforcing a strong sense of belonging. By embedding these values throughout the month, we aim to ensure our learners continue to feel safe, valued, and included, supporting their wellbeing and positive engagement both in school and beyond.



DECEMBER SEND TOPIC

Supporting SEN Learners Through the Festive Season:

December is often filled with excitement, celebrations, and anticipation. However, for many pupils with Special Educational Needs, the festive period can also present challenges. Changes to daily routines, increased noise levels, unfamiliar activities, and heightened emotions can feel overwhelming and may impact wellbeing, behaviour, and engagement.

To support our SEN learners during this busy time, maintaining structure and predictability remains essential.

Where possible, we aim to keep routines consistent and use visual timetables, social stories, and clear communication to prepare pupils for any changes.

Providing advance notice of events such as performances, parties, or special assemblies can help reduce anxiety and build confidence.

Sensory sensitivities can be particularly heightened during December. Festive decorations, music, crowded spaces, and unstructured social times may feel uncomfortable for some pupils. Offering quiet areas, sensory breaks, noise-reducing options, or alternative ways to participate allows children to feel safe, respected, and included in a way that suits their individual needs.

Emotional wellbeing is also a key focus at this time of year. Feelings of excitement, worry, tiredness, or frustration are common, and pupils may need additional support with self-regulation. Simple strategies such as calm check-ins, emotion boards, relaxation activities, and consistent adult reassurance can make a positive difference both in school and at home.

As the year comes to a close, we would also like to take time to recognise and celebrate the progress made by our SEN learners. Whether it is developing independence, building communication skills, managing emotions, or simply engaging in new experiences, every achievement matters. We are incredibly proud of the resilience, effort, and determination shown by our pupils throughout the year.

Thank you to families and staff for your ongoing support and partnership. By working together, we continue to create a nurturing, inclusive environment where every child is valued and supported to succeed.



• DECEMBER WELLBEING TIPS

BOOST YOUR MOOD AS THE NIGHTS DRAW IN:

December can be a joyful time, but it can also bring added **pressures** for many individuals and families. Changes to routine, increased expectations, financial concerns, and busy schedules can all **impact wellbeing**.

Taking small, **supportive steps** can help manage these challenges.

Acknowledge added pressures: Money worries, time constraints, and social expectations can increase stress. It is important to recognise these feelings and remember that support is available.

Focus on what matters most: Wellbeing is not measured by spending or celebrations. Quality time, routines, and small moments of connection are just as meaningful.

Maintain routines where possible: Keeping regular sleep and meal times can help provide stability during a busy period.

Encourage open conversations: Talking about worries, including financial concerns, can help reduce anxiety and prevent feelings from becoming overwhelming.

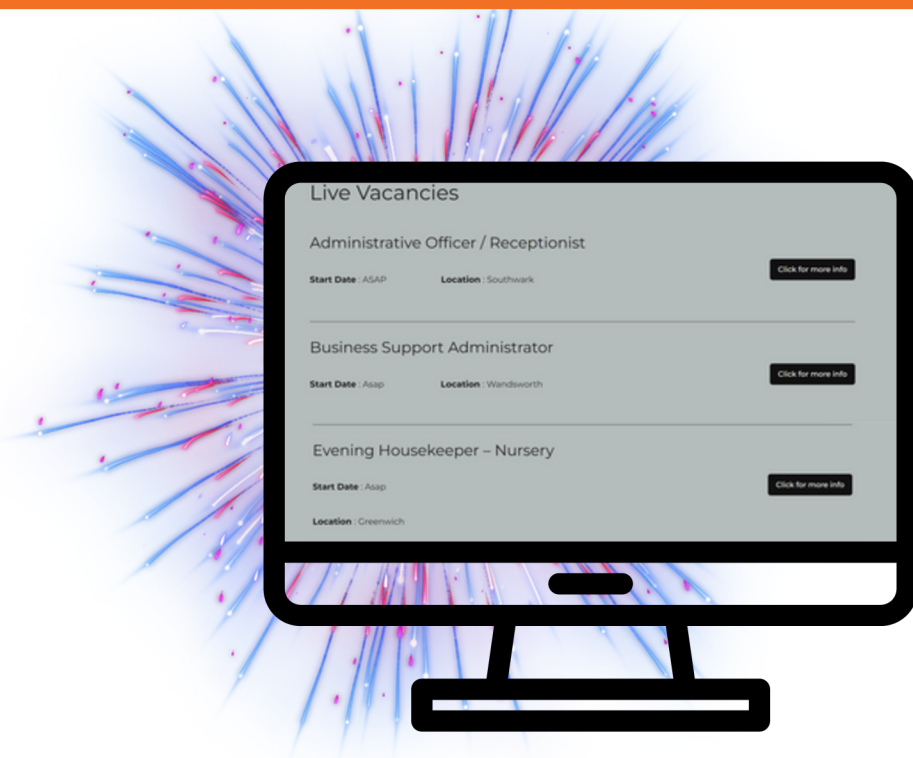
Build in time to rest: Balancing activities with downtime supports both physical and emotional wellbeing.

Seek support when needed: Reaching out to school staff, community organisations, or trusted support networks can make a positive difference.

Looking after wellbeing during December helps ensure a calmer, more positive start to the new year.



JOB VACANCIES



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Password: Jobs2025



Thank you for reading!