

Grow Training's

Virtual Academy

Monthly
Email Newsletter



Living with Covid 19 Plan!

WRITTEN BY DEBORAH FORTUNE

The "Living with Covid 19 Plan" really has not had a great start or has it. The new Five Level Plan approach is the new system for managing covid 19 over the next 6 months. Trying to manage the risk and repair the damage on our economy and society as a whole. The 5 levels correspond to the severity of COVID-19 in a county, imposes risk-based criteria on tightening and loosening restrictions. We all started on level 2 low risk and level Five signifies an emergency situation similar to that faced in March. But within days counties started jumping up to level 3 so now with in weeks we should see how well the plan works. But there's a worrying possibility lurking underneath the present crisis of tightening and loosening restrictions the this may continue for the foreseeable. These new challenges we face in our day to day and work life, its important to know, our own wellbeing should take priority. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit too. If you are in good health you can practice good health!

Wellbeing tips: remember **You are not alone!**, Leaving work at work, set Healthy boundaries, Keep connected, Make time for yourself , Keep a daily routine, Stay Active & eat healthy, Limit how much news you read, watch or listen to, Speak to your employer about any concerns you have if you see something making you feel unsafe, speak to your supervisor.

GROW Training can support you during this process, find out more about our zoom meeting on wellbeing on other topics check out our on-line training, <https://growtraining.ie/health-social-care-onlinetraining/> and our face to face training is with smaller groups, implemented and fully adhering to HSE covid19 guidelines to keep us all safe. As always, we are committed to providing you with excellent service and if you need any help, support or refresher courses contact us.

Events and Campaigns 2020

GROW SMARTER GROW FASTER

(10/9-10/10) FeelGood With Pieta – Pieta House
(12th) Wexford Cycle – Peter McVerry Trust
(12th) Dublin Pride – BeLonG To
(12th) Walk While You Can 5k in the Phoenix Park – Irish Motor Neurone Disease Association
(13th) Polka Heart Cycle – Croí Heart & Stroke Charity
(13th) Dublin Mountains Challenge – Barretstown Camp
(20th) Head2Head Walk4CF 2020 – Cystic Fibrosis Ireland

(21st) World Alzheimer's Day – The Alzheimer Society of Ireland
(21st-27th) Life With No Limits – Enable Ireland
(24th) Ireland's Biggest Coffee Morning For Hospice Together with Bewley's – Together For Hospice
(27-29th) World Heart Day - Coffee for Croí/Flag Day – Croí Heart & Stroke Charity

Virtual Academy

FEATURED COURSE - BASIC FIRE SAFETY AWARENESS

GROW SMARTER GROW FASTER

NEW MONTHLY PROMOTION COURSE PRICE €25.00

CODE # OCTWS

RoSPA, IFE & CPD Approved

Course Description- Current legislation, The Regulatory Reform (Fire Safety) Order 2005, applies to all workplaces regardless of the number of employees and requires employers to provide adequate training in fire awareness for all members of their staff. This course will provide candidates with a general understanding of basic fire awareness including what should be done in the event of a fire, how to prevent a fire occurring and a basic introduction of the protocol of extinguishing a fire.

Target Audience

Our online fire safety training courses are aimed at all employees to assist them in identifying and reducing the risk that fire presents in the workplace.

Advantages

It is a cost effective way for employers to fulfill their legal obligation to provide their employees with the necessary understanding of fire awareness. Online training is flexible, efficient meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

Further Progression

There are a lot of courses in our health and safety suite that would make great follow ups to this course that will all provide valuable additions to your knowledge. We also have a specific Basic fire awareness for care homes. Specific topics that compliment this directly are **Fire Extinguisher, Fire Marshal, Leadership Skills and Manual handling.**

CONTACT INFO:

Phone: 0834014242

Email: info@growtraining.ie

Web: <http://growtraining.ie>

**"GROW YOUR SKILLS,
GROW YOUR
POTENTIAL, GROW
YOU!"**

WHAT OUR CUSTOMERS HAVE TO SAY!

" Hazel has an admirable professional posture with strong ethic and ability to manage a variety of different approaches. I get very good feedback from the attendees about her training." thanks again team M



Monthly Support Courses:

*BeLonG To
Equality, Diversity and Discrimination
CPD Approved
Pieta House
Mental Health Awareness
CPD Approved
Together For Hospice
End of Life Care
CPD Approved*