



"Putting people first"



# ISIS Interactive

The newsletter of ISIS training  
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Lincoln Academy Ltd T/A ISIS Training: Registered Office Monks Road Lincoln LN2 5HQ: Company Registration No 05091538

## Every Learner Matters

- Be Healthy
- Stay Safe
- Make a positive contribution
- Achieve Economic well-being
- Enjoy and achieve through learning

### In this Edition

- Learner and Employer evaluations completed.
- Diversity Information
- Healthy Eating
- Word Search
- Volunteering
- The C Card
- Entertainment News

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## ISIS Learner and Employer Evaluation Completed

We have recently completed a major evaluation of all our Learners and Employers to find out exactly what they think of the products and services ISIS Training provide. The Evaluation was carried out by our Quality Manager, Pip Whiteman, who sent a range of electronic questionnaires and evaluation forms out to all our Learners and Employers. Once they were returned, she compiled all of the data into a spreadsheet and analysed the findings.

### Response Rate

We had an excellent response rate to the evaluations with the majority of Learners and Employers either filling on the on-line forms or returning the paper versions to us promptly. We are both pleased and grateful for the responses as the views of our customers are very important to us and allow us to make any changes or improvements as required.

### Key Areas

We were especially pleased with the responses relating to some of the key areas of our delivery. For example, 92% of our learners confirmed they were using an E-Portfolio and were comfortable with using it. The use of E-portfolios is one of the areas ISIS Training has concentrated on developing over the last 3 years and we believe we are one of the best in the country in this area. The results of the evaluations confirm that our learners are very happy with using E-portfolios.

### Employer Involvement

Another area we have been keen to develop, is the involvement of employers with their Learners qualifications, including using the ENVQ System to monitor their progress. The results show this to be the case, with 90% of employers taking an active part in drawing up the learning plan.

This is a 17.9% increase on last year's figures. Another positive response was that 95.5% of employers knew exactly what their learners had to do to achieve their qualification and 100% of employers confirmed that assessments, visits and reviews were all carried out as planned.

### Keeping our Promises

At ISIS Training we pride ourselves in delivering what we promise to deliver. The evaluations confirm we are as good as our word with 100% of employers confirming we delivered what we promised and 100% confirming that they would use ISIS Training again.

### Thank You!

We would like to thank all of the Learners and Employers who took part in the evaluations and we cannot stress enough how important your views are to us. Also thanks to our Quality Manager, Pip Whiteman for all her work in compiling the evaluations and analysing the results.

**Think safety  
Act safely  
Be safe**



## Health and Safety

**DO YOU HAVE ENOUGH FIRST AIDERS FOR YOUR BUSINESS?**

**DOES YOUR COMPANY COMPLY WITH HEALTH AND SAFETY LEGISLATION?**

Did you know if your business is classed as Lower Risk e.g. shops and offices then you need at least one emergency first aider but did you also know that you need to have this minimum cover for the whole of your business trading hours? Have you assessed your First Aid training needs to cover planned staff absence, holidays and sickness cover?

ISIS TRAINING are able to offer the new HSE approved **Emergency First Aid at Work course at our Boston and Lincoln Centres (dates to be confirmed)**. This course can be adapted to suit a particular audience and is ideal for lower risk businesses and **only costs £75.00 plus vat**.

The course is run over one day and includes both theory and practical sessions, in a relaxed atmosphere, designed to boost a candidate's confidence.

- Accredited CIEH course
- Approved Trainer
- Small class sizes of ten
- No prior qualifications needed
- No final exam
- Certification via Trainer assessment throughout the day

To book your place e-mail [sandra-portess@isis-training.co.uk](mailto:sandra-portess@isis-training.co.uk) or alternatively call Sandra on 01522 532225 to discuss your individual requirements further.

The following table suggests the number of first aid personnel that should be available, based on the number of employees and the category of risk.

Category of Risk	Numbers employed	Number of first aid personnel
Lower risk (Shops, offices, libraries etc)	Fewer than 50	At least one appointed person
	50 – 100	At least one first aider
	More than 100	One additional first aider for every 100 employed

### Further courses available at ISIS Training:

- Health and Safety in the Workplace
- Fire Safety Principles
- Manual Handling
- Risk Assessment
- Food Safety for Catering or Retail
- Conflict Resolution and Personal Safety

All our courses are CIEH (Chartered Institute of Environmental Health) approved and delivered by a fully qualified trainer. There is also the option to run courses on your own premises if there are sufficient numbers.

## Equality and Diversity



### Left or right?.....By Vanessa Everington

"Did you know that there are about 50 percent more left-handed males than females"?

**Are you really left handed?  
Try this test:**

Lock your hands and place them behind your head. If your left hand grasped your right, you are probably a true leftie.



Look at your families hand preferences. If both parents are righties, the chances are only about 10 to 12 percent that the child will be a lefty. If mum is a lefty, chance increase to about 25 percent. If both parents are left handed then the chances are close to 50 percent that the child will be left handed.

Are you really left handed? Researchers usually classify left-handers as meeting the following criteria:

- Do you use the left hand to write?
- Is the left hand preferred for the majority of tasks?
- Is the left the most skilful, proficient, or most able hand?

Just because you are left-handed does not mean you are left-footed. Did you know that only 45 percent of lefties claim the left foot as their dominant foot?

Although Julius Caesar was left-handed he was the person who instructed all of his Roman subjects to adopt the right-handed hand shake. Maybe this was because it left his weapon hand free, whether greeting either friend or foe? And finally.....

Even though hand preference first makes its appearance when a child is about six months old, it is still unpredictable over the next two years which hand will dominate. Often a child will use either hand interchangeably for eating, throwing, catching, and other everyday tasks. Hand preference will become firmly established between the ages of three to six.

The official name of the celebration in the Roman Rite liturgy of the Roman Catholic Church is "The Commemoration of All the Faithful Departed".



#### \*Purgatory

*Purgatory in Roman Catholic theology, is the place where those who have died in a state of grace, undergo limited torment to expiate their sins before being accepted into the kingdom of Heaven*

### All Souls Day – By Thomas Prasciunas

All Souls Day is a holiday honouring the dead. This is celebrated on 2<sup>nd</sup> November in Lithuania. Graves are lit with candles. It is often merged with the celebration on 1<sup>st</sup> November which is All Saints Day, and usually between the holidays, but there is no clear line, and people frequently visit the graves on 1<sup>st</sup> November which in Lithuania is not a working day.



All Souls' Day commemorates the faithful departed. In Western Christianity this day is observed principally in the Catholic Church, although some churches of the Anglican Communion and the Old Catholic Churches also celebrate it. The Eastern Orthodox churches observe several All Souls' Days during the year. The Roman Catholic celebration is associated with the doctrine that the souls of the faithful who at death have not been cleansed from the temporal punishment due to venial sins and from attachment to mortal sins cannot immediately attain the beatific vision in heaven, and that they may be helped to do so by prayer and by the sacrifice of the Mass (\*see Purgatory). In other words, when they died, they had not yet attained full sanctification and moral perfection, a requirement for entrance into Heaven. This sanctification is carried out posthumously in Purgatory.



### **Gender Factoids!**

*According to recent research, whilst women attain senior positions at a younger age they are far less likely to hold such positions than their male colleagues and are likely to be paid less.*

*In the IT Industry, female specialists are on average 5 years younger than their male counter parts, but are paid £6,000 less!!*

*Teaching is perceived by many 6<sup>th</sup> Formers to be primarily a female occupation, especially in Primary Schools and Kindergartens, leading to a real shortage of male teachers.*

*In the HR Industry almost three quarters ( 75%) of people employed in this field are female.*



## **Breaking the mould**

Even in today's 21<sup>st</sup> Century world there is a perception that there are certain jobs for Males and certain jobs for Females and it is fair to say that not many people cross these perceived boundaries. For instance how many Females work on building sites, heavy engineering or mechanical jobs and similarly how many Males work in Admin Offices, Reception areas or in the Health, Hair and Beauty Industries? Gemma Cook is a former ISIS Training IT Apprentice who broke the mould and became a very successful IT Technician in a front line customer facing role. Here is her story.

### **A female working in the IT Industry - (Blokes World!!)**

My name is Gemma Cook and I am a female IT Technician, who began working in a computer repair and installation shop, Sleaford Computer Centre, in Sleaford, Lincs. I was the only female member of staff and most of the customers I dealt with were male. The IT Industry, especially the technical side, is pretty much a male dominated industry. These are my thoughts and feelings of how I fit into a "blokes world"

I eventually left the Sleaford Computer Centre to take on a new role as an IT Technician in Sleaford Grammar School. This was a step up the career ladder for me and I had to compete with mainly male applicants, as I expected, in order to get this job. It gave me great satisfaction to get this job on my own merits, based on my technical skills and knowledge. This is the last customer I dealt with before I left to start my new job.

*"The customer stood in front of me with an ADSL lead in his hand held it up to me and said "Network cable", it took a near argument to convince him that I was right and he was wrong. This was my last day at the computer centre and he summed up so many of the male customers I had dealt with over the two years I worked there".*

You are female in, a 'mans world' and you know more than they do – **THEY HATE IT!!!**

I had studied GCSE and A level ICT at school and I had thoroughly enjoyed it, but had never really considered it to be a male industry; it just hadn't occurred to me. When I first started at the computer centre it was my first job in the industry, there were a lot of people who came in the shop who knew more than I did. All I could do was help as best as I could or get someone who could help. After only a few months I had picked up a lot of information and gained a lot of experience. It wasn't long before I was running the workshop on my own, it was a big responsibility to have; if the machines didn't get repaired quickly enough it was me who took the brunt of the customer's feelings on the matter, including verbal abuse and lots of swearing.

At this stage when customers asked questions in the shop I knew most of the answers, but when they questioned my answers I often doubted myself. I always found that it was the men who questioned me the most - they just didn't want to believe me. It was also around the same time that I sharply corrected a man for calling me the receptionist. For the past year I've had the confidence to trust in what I know and I found this to be one of the most important things in a 'mans world'. You can't afford to show any sign of hesitation. Even if you know what you're saying is correct, they will swear to you that black is white even though the reason they stepped through the front door was for advice (they just didn't expect to get it from a young female)!



## Do Something Amazing Give Blood



Every Learner Matters  
"Make a Positive Contribution"

By Vanessa Everington

Blood stocks as at  
26 Oct 2010

Group	Stock Level
O pos	17,082
O neg	2,290
A pos	16,548
A neg	3,086
B pos	3,477
B neg	736
AB pos	1,282
AB neg	198
Total	44,699

96% of us rely on the other 4% to give blood. Please don't leave it to someone else.

Have you ever wondered who the people who give blood donations are? They are just like you and me! Most people can give blood. If you are generally in good health, age 17 to 65 (if it's your first time) and weigh at least 7st 12lb you can donate. You can give blood every 16 weeks, that's approximately every four months.

I have been to many donation sessions where the only thing that the people attending have in common is the willingness to help a stranger in need. If you are a beginner you will be made to feel welcome and looked after – the medical staff does everything to put you at ease.

Blood stocks are always low at Christmas and New Year, when they are usually needed a lot, so why not start thinking about it now. It is really worthwhile and it would be great if we could get a few additional donors.

You can download a copy of the magazine The Donor, which gives news and information for blood donors, by clicking the link below.

[http://www.blood.co.uk/pdf/publications/donor\\_sum2010.pdf](http://www.blood.co.uk/pdf/publications/donor_sum2010.pdf)

0300 123 23 23 is the contact number or you can go to [www.blood.co.uk](http://www.blood.co.uk) for more information.

Go on - do something amazing! Give blood!

### Vinspired! Vinvolved.....By Sandra Portess

Vinvolved Lincolnshire are part of a national organisation aimed at encouraging 16- 25 year olds to get involved in volunteering opportunities in their local area that meet their passion, interests and lifestyle. Many young people want to contribute but find that the opportunities available locally do not hit the mark for them, so the **vinspired** team work with local organisations to create more exciting opportunities. From organising youth festivals and celebrations, to developing logos and websites to developing and sourcing funding so that young people can run their own community projects **vinvolvedlincolnshire** are there to offer expert advice and support.

Email [dianne@volunteercentrelincoln.org.uk](mailto:dianne@volunteercentrelincoln.org.uk) for further details.

On the main **vinspired** national website you can browse the market place and see what is on offer online, imagine that, volunteer and contribute in your way in your time. Why not try Festival Volunteering and gain free entry to Creamfields or V Festival or check out the Career Volunteering or the Micro Volunteering it is just a click away.

Visit <http://vinspired.com/>

vinvolvedlincolnshire

"A couple of my friends are DJs and they run a DJ-ing workshop. They don't get paid, and they don't care. They are doing something they care about, and they get a buzz. We've created a regular platform for young skaters and artists to get involved in something they have a passion for and show their talents.".....Liam

vinspired



### Don't want to visit a clinic?

To order a self testing pack call or text  
07879 630 619 / 07500  
089 726  
or email  
[chlamydia.screening@lpct.nhs.uk](mailto:chlamydia.screening@lpct.nhs.uk)

**Remember ...** you should never feel pressured into having sex. It should be a decision that both you and your partner make together. It is illegal to have sex if you are under 16. Health professionals can provide confidential sexual health information, advice and contraception to you whatever your age if have decided to have sex.

**Fact:** Gonorrhoea is a bacterial infection that is sometimes known as the 'clap'. It is estimated that about 10% of infected men and up to 50% of infected women have no symptoms.

## Be Healthy



Every Learner Matters  
"Be Healthy"

### The C-Card

The C Card scheme is available to all young people aged between 13 and 24. The service offers advice and support about relationships and sex and provides free condoms and lubricants plus loads of useful information including the correct use of condoms.

The C Card scheme is completely confidential. If you choose to tell your friends or your parents or carers, that's great, but the member of staff won't. The only reason they might have to tell someone is, if you or someone you are telling them about is at risk of harm or if a crime has been committed. In this case they may need to talk to children's services or the police. They will always tell you what they plan to do.

The C Card scheme is available in all sorts of places across Lincolnshire; you can tell if somewhere is taking part because they will have a C Card sticker on the door or window. All ISIS Training centres can register you for a card, and you don't always have to make a special appointment. Just call in and enquire where you see the sticker.

You don't need to be having a sexual relationship to use this service, sometimes it's helpful to talk to somebody before you start having sex, or if you have questions or worries and just need to talk to someone. If the trained professional can't answer your question, they will be able to put you in touch with someone who can. Some ISIS Training staff are also trained to carry out pregnancy tests so if you are worried that you may be pregnant you can talk to a member of the Foundation Learning team.

If you would like free condoms you need to register for a C Card, at a registration point. Once you have registered and have your card you can get condoms and lube from anywhere you see the sign including Connexions, pharmacies and libraries.

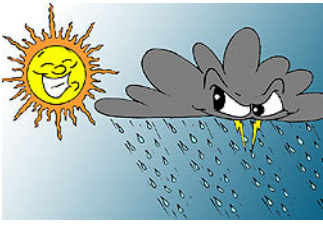
### Do You Have It?

ISIS Training also offers Chlamydia testing for under 25's as part of the NHS National Chlamydia Screening Programme. The test is FREE, simple and painless. You don't even have to be examined and no one needs to know about it, not even your GP. You can receive your results by text, email, phone or post - you decide.

Men provide a urine (wee) sample while women take a swab from the entrance of the vagina, which is easier than inserting a tampon. The test will only tell you if you have Chlamydia; it won't tell you about other infections.

If you think you have another infection call the sexual health booking line for a sexual health appointment anywhere in Lincolnshire. Call **01522 539 145** between 08:30 – 16:30, Monday to Friday to book an appointment.





*"SAD (Seasonal Affective Disorder) is officially recognised as a medical condition thought to affect 2 million people in the UK and over 12 million across Northern Europe"*

**Did You know.....**

In rare cases SAD has a reverse seasonal pattern with depression occurring only during the summer months

The Key Symptoms of SAD Are:

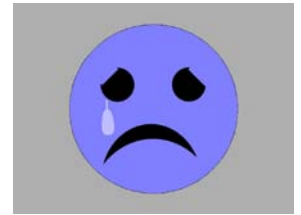
- **Depression**
- **Sleep Problems**
- **Lethargy**
- **Over Eating**
- **Loss of Concentration**
- **Social Problems**
- **Anxiety**
- **Loss of Libido**
- **Mood Changes**

*"Foods such as fish, avocados, beans, bananas, porridge oats, wheat germ and wholemeal pasta will all increase serotonin and make your brain happy".*

## Seasonal Affective Disorder (SAD)

By Sandra Portess

**"I Always Feel Fed Up In Winter!!!  
Or have I just lost my rhythm"??**



So Mr Keats says it is the season of mists and mellow fruitfulness is it? Well to me autumn just heralds the prospect of dark, cold wet days, where I don't really want to get out of bed and don't really want to go outside and the prospect of daytime TV does not seem as mind numbing boring as I first thought. Can the climate really affect me so? Well research shows that the Winter Blues or SAD (Seasonal Affective Disorder) is officially recognised as a medical condition thought to affect 2 million people in the UK and over 12 million across Northern Europe. (Don't you just love it when we have a label for something? When we can say I have a condition it is so and so).

Well information is power and if you do think you have this or know someone who has this then why not take positive action? Our body uses light cues to help it perform certain functions, such as times rhythms for sleeping, waking, energy levels, digestive processes and these daily internal cycles are called the Circadian Rhythm. The lack of natural light during winter causes the body to produce more melatonin, the hormone that tells us its sleepy time and less serotonin. Here is the science part, serotonin can be considered as both a hormone and a neurotransmitter that helps the communication between our nerve cells to do a number of things. For a start it tells our body to stop producing melatonin and helps with our waking processes, it helps with our digestion and our concentration levels.

So the lack of natural light causes a reduction in serotonin levels and this has been shown to cause food cravings, lethargy, and even depression. But information is power and if you are aware of this then decide not to fall into the cycle of craving sugary sweets that in turn can stimulate a cycle of more sugar cravings as sweets are known to produce low levels of serotonin that are quickly used up by the body leaving a need for more! So keep smooth communication between your nerve cells and keep your body at ease - or feeling good by helping to maintain your serotonin levels. How do you do this? Firstly, eat a good diet, boring I know but you get out what you put in. So foods such as fish, avocados, beans, bananas, porridge oats, wheat germ and wholemeal pasta will all increase serotonin and make your brain happy. Watch your intake of stimulants such as tea, coffee, sugary sweets and caffeinated drinks that can all put a strain on your adrenal glands (everything in moderation). Secondly, increase your exercise especially if you can combine it with going outdoors. The old adage of going for a brisk walk to blow the cobwebs away is not far wrong!! Exercise produces feel good endorphins, so can you park further away and walk a bit of the way to work? Two hundred years ago 75% of the population worked outdoors now less than 10% work in natural daylight. So eat well, put a scarf on and go for a walk outside, that is what I am going to do, Lord Byron said that the English winter ends in July and starts again at the beginning of August so with that prospect it is well worth taking positive action!

**The Seasonal Affective Disorder Organisation offers help to those suffering from SAD or winter blues. Further information can be found on the website at:**

<http://www.sada.org.uk/>



## Healthy Eating

This month's contributions for healthy eating come from **Kirsty Hewitt** and **Nikkita Wightman** from our Foundation Learning Tier.

### FLT Healthy Eating Lecture - By Kirsty Hewitt

On an ordinary day at ISIS Training the Key workers announced that a lady would be coming into speak to us about healthy eating. The lady from the NHS advised us on how we can improve our health by exercising and eating the right foods etc.

The lady came in at lunch time so we were all ready for some food! First of all she spoke to us about what we each do to keep healthy. We answered the questions about our individual lifestyles. Then afterwards she disappeared into the kitchen and returned with a variety of fruits, some we knew and others none of us had seen before.

We were all a bit apprehensive about trying the unusual fruits, but each of us tried them all in the end. Surprisingly most of the fruits were nice and not as bad as we thought. There were about fifteen different fruits laid out on the table for us to try. After we had all finished tasting the fruits, the lady from the health services asked us what we thought of each fruit. We replied with honest answers and she was pleased we had tried them all. Once the fruit had been cleaned up, we each had a questionnaire passed to us and asked to fill it in.

Toward the end of the lady's visit she left some leaflets with the ISIS staff and thanked us all for listening and we thanked her for coming. I felt the visit from the health trainer showed us that it isn't difficult to be healthy and stay that way. Also that just because something looks unappetising, don't be afraid to try it.

### Healthy Eating Spaghetti Bolognese - By Nikkita Wightman

#### Ingredients:

- 1 Pack of Mince Meat
- 2 Peppers
- 1 Tin Sweet Corn
- ½ Pack of Mushrooms
- 3 Bay leaves
- Mixed Herbs
- 1 Tin Chopped Tomatoes
- 3 Cloves of Garlic
- ½ Teaspoon of Butter
- 1 Onion
- Pasta (as much as you want)

First Get 3 Pans Ready, 1 for the pasta, 1 for the mince meat and 1 for the sauce. Cook the mince meat on a low mark, I would recommend gas mark 2. Simmer the pasta on gas mark 2 as well.

To make the sauce: Chop the mushrooms, peppers and onion. Put a little bit of butter in the pan to stop everything from sticking. Then put the chopped onions, mushrooms, peppers, sweet corn, garlic clove and approximately a tablespoon of tomato puree in and leave it to cook for about 5 minutes.

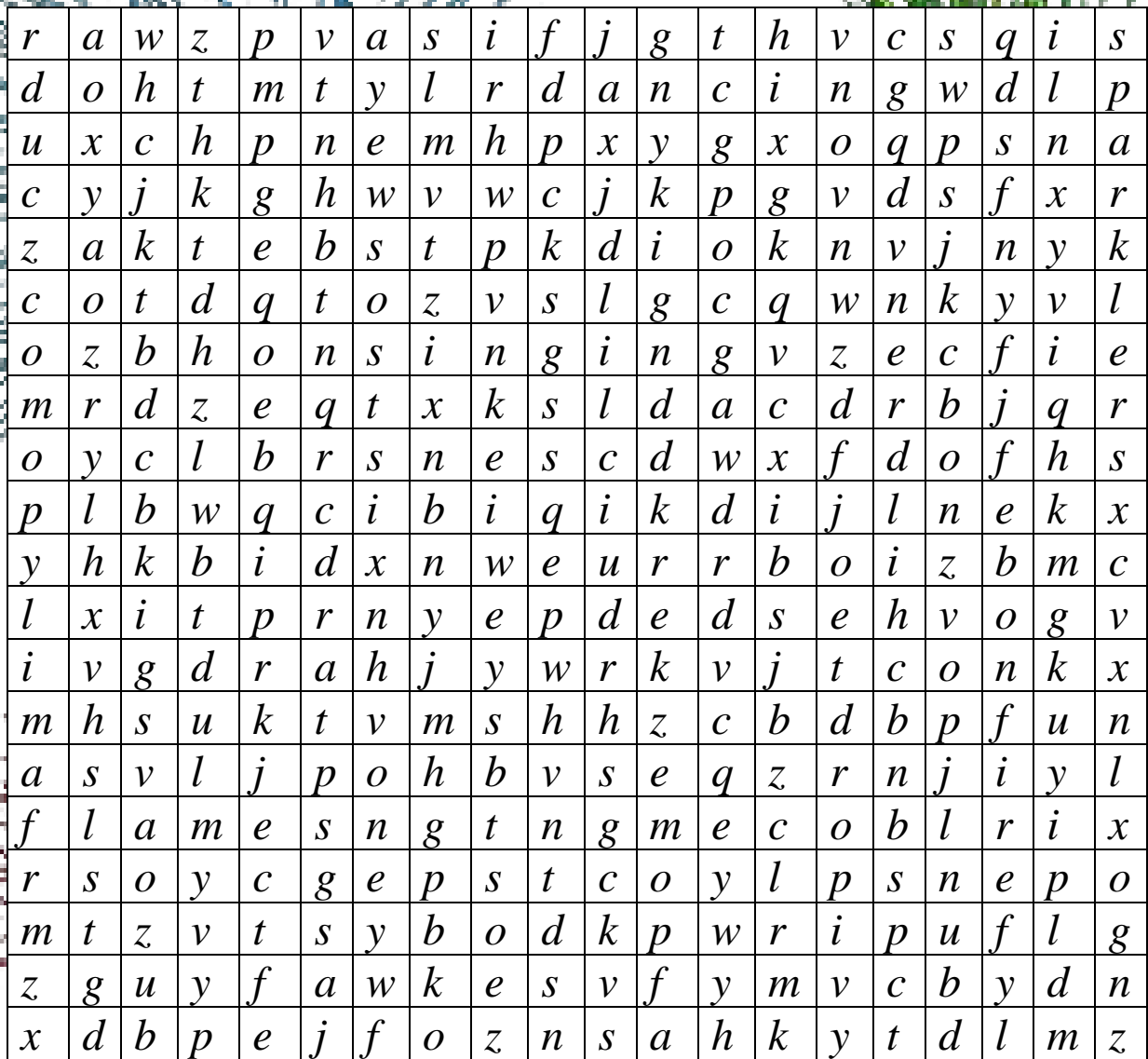
After half cooking the mushrooms and everything put a tin of chopped tomatoes in the pan with another garlic clove. Make sure you chop the garlic. Cook for about half hour. When the half hour is up put in the mixed herbs and 3 bay leaves in the pan with the rest.

Turn up the mince meat and the pasta to gas mark 4. When the mince meat is cooked put the meat in with the sauce and let it simmer for about 7 minutes. After you've let it simmered give it a good mix. Make sure you take the bay leaves out.

Now drain the pasta and prepare it onto your plate. Now you can put the sauce on top. Now it's ready to eat, you might want to put a sprinkle of salt on top. Hope you enjoyed my secret recipe of spaghetti bolognese.



## Fireworks Night Word Search



- |                   |            |
|-------------------|------------|
| - Rockets         | - Bonfire  |
| - Guy Fawkes      | - Fun      |
| - Fire            | - singing  |
| - Sparklers       | - family   |
| - Catherine Wheel | - flames   |
| - Dancing         | - children |

## The ISIS Team

**WBL Operations Manager**  
Mary Turnor

**WBL Managers**  
Alison Tofton (Lincoln)  
Vanessa Everington (Boston)  
Nicky Bush (AAT)

**Quality Manager**  
Pip Whiteman

**E-learning Manger**  
Mick Gilroy

**E2E Manager**  
Colin Ashmore

**Admin Team Leader**  
Jean Robinson

**IT Technician**  
Robert Edison

**WBL Team Boston**  
Tina Hassanali  
Collette Steadman  
Frances Bradley

**WBL Team Lincoln**  
Sandra Portess  
Helen Roberts  
Sandra Gothorp  
Meera Chauhan  
Jacquie West

**Learner Support**  
Liz Uden

**Admin Team Lincoln**  
Helen Ward  
Sarah Brown

**Admin Team Boston**  
Gill Moon  
Kirsty Beresford

**FLT Lincoln**  
Suzanne Chambers (Team Leader)  
Sarah Foster  
Sophie Pateman  
David Wright (E2E Broker)

**FLT Boston**  
Kayleigh Panton (Team Leader)  
Grace Clark  
Marrienne White

**FLT Gainsborough**  
Vicky Mitchell (Team Leader)  
Hannah Parker  
Flick Scott

**Marketing Team Lincoln**  
Richard Appleton  
Paul Farmer

**Marketing Team Boston**  
Pam Bambridge  
Andrea Young

**Apprentices**  
Damien Greef (IT)  
Helen Penistan (Admin)

## ISIS Staff News

### Arrivals, Departures and Movements

This month we have two arrivals and no departures. We welcome Paul Farmer, our new Business Development Broker in Lincoln and Robert Edison our new IT Technician. We wish them both all the best in their new job roles and hope they have a long and happy stay with ISIS.



### Staff Training

As our use of IT and Technology increases, it is important for the ISIS Staff to continually upgrade their skills. Therefore all ISIS staff are currently taking a series of IT Training courses In IT Basics, Word Processing, Spreadsheets, Presentations, E-mail and Internet. The aim is for all staff to achieve a level 2 IT Qualification and the preferred route is Functional Skills ICT Level 2, although they can choose another qualification if they wish to do so. This will ensure we remain at the forefront of E-learning and continue to be the Premier Training Provider in this field.

### Meera Keeps on Running!!

Meera Chauhan, an ISIS Training Learning Adviser, regularly runs for her own pleasure, fitness and to raise money for charity. Here is an update on her progress.



I have been running for five years now, but only increased my distance from 5k to 10k in the past six months. Running helps to alleviate stress and also keeps me in shape and healthy. It is proven that running decreases osteoporosis significantly and is the quickest way to lose weight compared to other sports. Running is also cheap and works around my work and home life.

### The Clumber Park10K Race

I ran the 10k Clumber Park race on the 26<sup>th</sup> September with a few members from the Lincoln Lakeside running club. There were 1000 people who ran in the race, both male and female from the ages of 17 onwards. The race was a road race around the park, so it was a scenic route with lots of supporters providing encouragement and water half way round. The 5k entrance is that of the famous lime tree avenue. It was a challenging experience as I was only asked to enter the event with two months notice by my coach and I said I would. It didn't matter to me too much as I run 10k's at least twice a week with the club. On the day I was nervous and it took me 2k of running to calm down. At the end I got a medal, tasty maple syrup bar and a pen. I handed my chip in and got my time of 56 minutes. I am proud of my time as I had shin splints, which I knew about before the race, but ran okay on it. The fastest woman was 46 minutes, whilst the fastest Man finished in 36 Minutes and 25 Seconds. My next run is the 10k in Edwinstowe on the 5<sup>th</sup> December 2010. I hope I improve on my time as my shins are healed now.

### ISIS Annual Awards Dinner

Our annual awards dinner will be held on 29<sup>th</sup> Oct at the Admiral Rodney Hotel, Horncastle. A full report and photographs will be in the next edition of ISIS Interactive.

## What's in a name?

I was in the offices of Boston Borough Council recently when I heard a woman scream AMBA! (I think she meant Amber) and SUMA! (Summer) "Get over here"! Her two little girls, dressed head to toe in designer gear, duly appeared and I realised it wasn't a fire alarm in some eastern European language. This led to me thinking how names have changed over time and how the traditional names used for years, have been rapidly replaced by an assortment of different names, especially over the last 10 years.

When I was at my traditional Catholic School in Newcastle, there were only two kids with different or unusual names. One was a coloured boy called Gregory; the only non-white in the school, who we all thought was incredibly cool (even though cool hadn't been invented yet) and a girl called Ailsa, whose parents were Scottish. All the rest had good old fashioned names, normally related to the Bible such as David, John, Paul, James etc for the boys and Mary, Anne, Susan, Catherine etc for the girls. Nobody dared pick a different name for fear of being controversial, even if it was in the Bible such as Nebuchadnezzar, mainly because this would be shortened to Neb and Neb is a Geordie word for nose!! Magdalene (as in Mary Magdalene) for girls was also out of the question as she was always suspected of having a slightly dark side and hardly ever mentioned in RE lessons.

Lots of people name their Kids after Pop stars these days such as Britney, (or is it Bri-ney?) Madonna, Pixie, Cheryl, or Ladygaga for girls and Justin, Robbie, Dizzie, Tinchy or 50cent for boys. There were lots of Pop stars in the 60's 70's and 80's but you never really saw girls called Lulu, Petula, Cilla or Dusty. Similarly there were no boys called Englebert, Ringo, Donavon or Rolf (Yes Rolf Harris was once a pop star)!! Months of the year are quite common, but these are limited to April, May, June and perhaps the occasional July, for some reason. Rarely do you see January or November used. Perhaps there is a rule that says only months with two or less syllables can be used as names. Similarly with days of the week, I have heard the occasional Tuesday or Sunday, but never Thursday or Saturday. Other notable additions to this are "Wednesday" from the "Addams family" and "Man Friday" from "Robinson Crusoe". Trees, Plants and Fruits are also quite common such as Rosemary, Peaches, Poppy, Willow and Gwyneth Paltrow's "Apple". There are also Fern, Daisy, Primrose and Lilac. It is harder to find boys names in this category. Periwinkle springs to mind but I cannot think of any other, probably because nature is classed as being exclusively feminine.

In any old film, especially British comedies, all the women over the age of about 50 are called Maude, Ada, Edna, Irene or Elsie and the Men were all Bert, Jack, Alf, Sid, Ernie or Harold, all classed as being really old fashioned names. It is hard to imagine a young girl in any era being called Maude. Perhaps they had to change their name to an old-fashioned one when they reached their 50 birthday. *"I was christened Britney but I'm known as Maude these days"*

Lots of people name their Kids after the place they were conceived or born such as Brooklyn, Paris, or Rio. These are fine but I would be wary of Ibiza, Malia, Magaluf or Middlesbrough. David Cameron and his wife Samantha had the same dilemma when their recent new born arrived rather unexpectedly in Cornwall. Determined to pick a traditional Cornish name as her middle name, they were inundated with suggestions from the sublime to the ridiculous and finally chose Endellion, (Florence Rose Endellion Cameron) when they could easily have followed this theme and settled for Truro and prevented all the fuss. Penzance, Perranporth and Newquay were probably unsuitable.

Then there are the plain ridiculous names that people choose that are going to give their kids a life time of misery and embarrassment and encourage them to change it by deed poll at the first opportunity. The chairman of Crystal Palace FC called his daughter Crystal Alice! Other examples of these are River, Moonlight, Sunshine, Windsong, (or Birdsong), Hendrix, Mountain, and Sugarplum. Names in this category usually include so called unisex names such as Tracey, Shirley, Aubrey, Brooke, Drew, Harley, Jessie, Jordan and Madison. All OK in certain circumstances, but heavily dependant on whether you are male or female. The actor John Wayne's real name was Marion Morrison whilst the famous British Wrestler, Big Daddy, was really called Shirley Crabtree. Unsurprisingly they never had any problems with people making jokes about their real names; neither did the boy named Sue in the famous Johnny Cash song.

Lots of people alter their names to make them more trendy and cool. Most girls named Nicola change this to *nikki* (always written in small letters and italics), Rebecca becomes "Bekky", "Rebekah" or "Beks" and Antoinette becomes Toni immediately after their 12<sup>th</sup> birthday. However their parents insist on using the full version, especially in front of their friends. For boys it always has to end in "Z" so for Malcolm, Jeremy, Barry, Darren or Gary read Maz, Jez, Baz, Daz and Gaz. I had a friend called Benedict Bartholomew who became Ben as soon as humanly possible and I honestly went to school with a boy call Aloysius, who very quickly became Al. The coolest shortened name? Well that has to be a certain singer called Steven Patrick Morrissey who has always been known to all and sundry as simply "Morrissey" (never "Moz" unless you're the entertainment presenter trying too hard to be trendy on some obscure TV Channel, or GMTV) how many other people could carry off being known simply by their last name?





The TV schedules are dominated by **X Factor**, **Strictly**, some excellent **comedies** and the usual array of **soaps**. So we'll start with a look at Soap land. I have lost the plot with **Eastenders**, haven't a clue what's going on so cannot comment! **Corrie** is so dark they are going to rename it Elm Street and invite Freddie Kruger to make a guest appearance, so that leaves **Emmerdale**, the soap I am drawn to like a moth to a flame because of the increasingly bizarre, bewildering and unbelievable story lines they keep coming up with. There are so many people leaving their old lives and jobs for no apparent reason to move to Emmerdale that the Kings are going to have to re-open the housing development, (you know the one that mysteriously disappeared?) to make room for them. Surely they can't all live at Paddy's forever can they? We have Leila's sister, Jackson's mum and that random Geordie girl Andy picked up by the side of the road all deciding Emmerdale is the place to be. The Woolpack has now got about 100 members of staff at the last count. Random Geordie girl was on her way to Byker Grove apparently, but ended up in the wrong soap and decided to stay.....Some cracking comedies with Sky's **An Idiot Abroad** looking at the wonders of the world from a different perspective. **Karl Pilkington** makes a great job of disliking them intensely and seeing them in the worst possible light. However **Ricky Gervais** is really annoying back in the studio. laughing hysterically at every word Karl says even when it is not close to being funny.....**Michael McIntyre's Comedy Road show** has showcased some really good stand up comedians on Saturday Nights, whilst I am not too sure about **Paul O' Grady's** new Friday night show. Obviously it depends who his guests are, but I think it struggles to justify a peak time slot and can't help thinking it is still day time TV quality.....**X Factor** seems to be following a pattern of ditching the few contestants who can actually sing, in favour of those with "personality". The personalities were all shocked when they eventually had to sing live (isn't that the whole point?) and had suitable drama's and tantrums. Speaking of which, why did a judge on X Factor cry recently after one of her girl's performances? Was it because A) She was moved to tears by the brilliant performance? B) She was still feeling the effects of a recent illness? C) She knew with 100% certainty that the pictures would be all over the next days Sunday Papers?.....Apparently the Nations Sweetheart's crown is slipping and she is beginning to lose her popularity because of her strange decisions on X Factor. There are no immediate favourites to take her title, especially home grown, so we might have to look abroad. A certain sister of a famous Aussie is believed to be racing up the popularity stakes. She has done her cause no harm by writing a book and having a baby, just like 100's of Billions of other Women have had during the course of history it has to be said, but hers is obviously a special celebrity baby!!.....Meanwhile Our Cheryl is dying her hair red to make her tougher. Now how exactly does that work?.....Similarly with **Strictly Come Dancing**, if you can actually dance, forget it, as the public always vote for the useless ones out of sympathy.

The onset of Halloween leads to the usual release of Horror and Slasher films like **SAW 3D**, **SCREAM 4** and a new version of "**The Rocky Horror Picture Show**", not exactly a horror film really. I don't watch horror films anymore after being suitably traumatised by "**The Exorcist**" when I was 16. Not really a film for a Catholic boy who had been brought up in fear of the devil by church and school for most of his life. Example.... *Where's your home work boy? "Err.....the dog ate it" Well you will be sent to eternal damnation and burn in hell at the hands of the devil, so you will, what will you be? "Sent to eternal damnation and burn in hell at the hands of the devil Father"* (that's what you called Catholic priests who were teachers, Nun's would be either "Sister", or "Mother", very confusing). Very well...now say 3 Hail Mary's and all will be forgiven, but don't forget it tomorrow. (Normally followed by a whack across the backside or head, depending what mood he was in). Phew....that was close, saved from eternal damnation by the skin of my teeth!! Better say an extra one just in case!!

In Music, **N Dubz's Tulisa** claims she is a Witch and can cast spells!! Pity she can't conjure up any decent music. **Robbie Williams** and **Gary Barlow's** love fest continues as they do the rounds of chat shows promoting the new single "Sweet Surrender" and a huge stadium tour with Robbie back in the fold next year. The campaign to prevent the **X Factor** winner getting the Xmas No1 slot begins in earnest again, after last years amazing success by **Rage Against the Machine**. This time the single of choice is **4'33"** by classical composer **John Cage** which is actually 4 minutes and 33 seconds of total silence! There are also various campaigns to get unsigned bands **The Cundeez** and **Cor Amor** to No1 for Xmas all in aid of various charities. At the time of writing I haven't been able to actually hear anything by those two bands, probably because they are unsigned! Meanwhile Old Wrinkly **Keith Richards** of **The Rolling Stones** has written a book telling all about his relationship with **Mick Jagger** amongst other things and confirmed they have no plans to retire. Definitely a must for my Xmas stocking! Finally there will be no **Glastonbury Festival** in 2012, the reason initially reported was that there wouldn't be enough portaloos to go around because of the Olympic games (Insert Paula Radcliffe joke) but the real reason was that Michael Eavis doesn't want the festival to clash with the London Olympic Games.

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