



“Putting people first”

# ISIS Interactive

The newsletter of ISIS Training  
Volume 1, Issue 6  
Date: September 2010

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

- New QCF Launched
- Carbon Monoxide awareness
- Disability Information
- Mobile phone safety
- Outdoor pursuits
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## New QCF Qualifications Launched

The Qualifications and Credit Framework (QCF) is the new framework for creating and accrediting qualifications in England, Wales and Northern Ireland and is the main route of qualifications that will be used by ISIS Training from 1<sup>ST</sup> Aug 2010.

### Wider Range

It will give a wider range of learners the opportunity to get the qualifications they need, in a way that suits them. QCF qualifications have been designed with the help of employers so learners can be assured that they're gaining skills that employers are looking for.

### Smaller Steps

The QCF recognises smaller steps of learning and allows Learners to build up their qualifications bit by bit using a series of Unit Credits Values (UCV's). The new framework will also help learners to

achieve the skills and qualifications that industry needs and enables Work-Based training to be nationally recognised

### Flexibility

Vocational qualifications on the QCF are designed to be much more flexible than other work-related qualifications. They are made up of units, so you can study at a pace that suits you. Over time, you can combine units in different ways to make up a complete qualification. This means that no learning completed is ever 'lost' or counts for nothing. It also means learning does not have to be repeated.

### Fully Prepared

ISIS Training have fully prepared for the transition to the QCF framework by updating the

progress charts and skills planners we use with all our learners, to reflect the changes involved with QCF. We are also currently updating all our learning resources and support materials to reflect the new QCF Qualifications.

### Staff Training

All of the ISIS Training Learning Advisors and Support Staff have undergone intensive training on all requirements of the new QCF, so you can be assured that the changeover to QCF will be smooth and efficient and will not cause any disruption to Learners or Employers or the progress of any current qualifications. If you need any further information on QCF on how it may affect you, speak to your Learning Advisor or contact us directly. (details on page 11)



You may be being affected by carbon monoxide poisoning if you develop the following unexplained symptoms:

- tiredness
- drowsiness
- headaches
- dizziness
- chest pains
- nausea

The Disability Discrimination Act 1995 defines a disability as 'a physical or mental impairment which has a substantial and long-term adverse effect on [a person's] ability to carry out normal day-to-day activities'.



## Health and Safety

### Carbon Monoxide Awareness

#### What is it?

Carbon monoxide is a poisonous gas. It can be given off by appliances that burn fossil fuels such as gas, coal, wood or oil, if they're not working properly, if the flue is blocked in any way, or if the room is not properly ventilated.

#### Why is it so dangerous?

Carbon monoxide is odourless, colourless and tasteless, which makes it difficult to detect. However its effects are deadly. On average, 50 people a year are killed by carbon monoxide poisoning due to faulty heating appliances.

Carbon monoxide may be present if there are any of the following danger signs:

- Gas flames that normally burn blue, burn orange or yellow instead.
- Sooty stains appear on or just above appliances, regardless of the fuel being burnt.
- Coal or wood fires burn slowly or go out.
- The fire is difficult to light.
- The room is not properly ventilated.
- The chimney or flue is blocked - watch out for smoke in the room.

For further information on the dangers of carbon monoxide, follow the link:

<http://www.fireservice.co.uk/safety/carbonmonoxide.php>



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### Disability...Did you Know....

Health and safety is some times used as a false excuse for not employing people with a disability, however research shows that disabled employees are as productive as their colleagues says the Health and Safety Executive.

#### They go on further to say:

- Disabled employees have less time off sick, stay longer in their jobs and have fewer work accidents
- 20% of the workplace, that is 6.9 million people, have some form of disability or impairment
- Only 17% of people with a disability are born with that disability, the majority acquire that disability during their working life

There are some good case studies that show the practicality of making reasonable adjustments to a workplace and two excellent leaflets follow the link at the bottom.

**Remember that disabilities are not always visible.  
Everyone has a duty to be health and safety conscious and be aware of the health and safety risks in their workplace.**

For further information follow the link below

<http://www.hse.gov.uk/diversity/didyouknow/disability.htm>



*"Mobile phones are an easy target for street robbers. If you take a note of your phone's serial number and give this to your service provider, they can block the phone and make it unusable if it gets lost or stolen".*



*"It is now illegal to use a mobile phone whilst driving a vehicle without a Hands-free kit. The penalty is a £60 fine and 3 penalty points on your license"*

**Think safety  
Act safely  
Be safe**

## Staying Safe



**Every Learner Matters  
"Stay Safe"**

### Things You Never Knew Your Mobile Phone Could Do!! By Sandra Portess

There are quite a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out what you can do with it:

#### Emergency!!

The Emergency Number worldwide for a mobile is 112.

If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, this number 112 can be dialled even if the keypad is locked.

#### Hidden Battery Power.

Imagine your mobile battery is very, very low. To activate a reserve voltage, press the keys \*3370# and your mobile will restart with this reserve and will show a 50% increase in battery voltage. Especially useful for an emergency call!!! This voltage reserve will get replaced when you next recharge your mobile.

#### How to disable a STOLEN mobile phone?

To check your mobile phone's serial number, key in the following digits on your phone: \* # 0 6 #

A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use it or sell it either.

**If everybody did this, there would be no point in people stealing mobile phones.**

#### Remember!

It is now illegal to use a mobile phone whilst driving a vehicle without a Hands-free kit. The penalty is a £60 fine and 3 penalty points on your license. The only exception to this rule is if it is a real and genuine emergency and it is either unsafe or not possible to stop (for example driving down a motorway might fit into this category). Hands-free kits are available from any phone shop or electrical retailer at a reasonable cost and certainly less than the £60 fine you will have to pay if you get caught using a mobile illegally whilst driving.



Cubar Edge, Derbyshire



Upper Derwent



Ladybower from Whinstone Lee

*"With the pressure of life and the financial climate pressing down on us sapping our strength and suffocating us we find it evermore difficult to unwind from the stresses of the day. It is easy to just get on that treadmill and do the same things day in, day out. So why not take the time out to think about ways to unwind and relax".*

## Be Healthy



Every Learner Matters  
"Be Healthy"

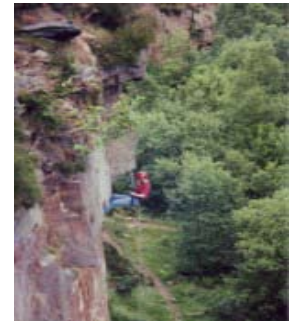
### Time to Chill – by Frances Bradley

How important is it for you to unwind and relax?

Most of us have busy lives, juggling work and family responsibilities. With the pressure of life and the financial climate pressing down on us sapping our strength and suffocating us we find it evermore difficult to unwind from the stresses of the day. It is easy to just get on that treadmill and do the same things day in, day out. So why not take the time out to think about ways to unwind and relax.

Ever thought about jumping in the car or on a train and taking a trip to the countryside? We are very fortunate to live so close to a diverse range of landscapes, which I, myself have recently discovered since taking up Abseiling (yes it is spelt correctly).

For those of you who do not know, this has absolutely nothing to do with water-sports, more about throwing yourself over a cliff! Securely attached to safety ropes, I might add. Due to the nature of the activity, you do need to find a cliff or 'outcrop' of rocks suitable to do this. Hence my recent visits to Derbyshire and the Dales.



Wow, what a place, the scenery is fantastic! You really do get the chance to get back to nature, and really think about what you are missing stuck in an office or at home doing the same stuff day in, day out. So if you are looking for a change, why not get a map or do a Google 'search' and look up some really great places to visit. Of course you don't HAVE to throw yourself off outcrops or cliff's like me, but there are some great walks and countryside to visit and it practically costs nothing to go for a walk. But don't forget to take your camera as you never know what you might see along the way.

You can try the following websites for great places to go:

- [www.go4awalk.com](http://www.go4awalk.com)
- [www.walkinginderbyshire.co.uk](http://www.walkinginderbyshire.co.uk)
- [www.walkingworld.com](http://www.walkingworld.com)

These are just a sample of what is available online.

The kids will enjoy the freedom, the dog will get a long walk, you will get plenty of fresh air and probably meet like-minded people along the way and discover some great places to unwind and relax.

However, if you do want the adrenaline rush, then feel free to email me at [frances-bradley@isis-training.co.uk](mailto:frances-bradley@isis-training.co.uk) for further information about Abseiling opportunities.

"Give it a go yourself – you don't even need a big garden. You can grow spuds in tubs, herbs on windowsills and berries in baskets, the list are endless".

#### The Top ten easy to grow veg

Carrots  
Radish  
Leeks  
Lettuce  
Potatoes  
Lettuce  
Tomatoes  
Courgettes  
Beetroot  
Onions  
Peas



#### Make a dressing

Make a tartare dressing of finely minced shallot, capers and parsley mixed with olive oil, to dress cooked runner beans. Great with poached salmon.



## The Good Life – by Kayleigh Panton

Growing your own fruit and vegetables has become increasingly popular over the last few years and more people have started to save money, keep fit and be greener by becoming self-sufficient and swapping the chrysanthemums for the carrots.



I am by no means green-fingered but decided to give it go this year. I sowed a variety of seeds and meticulously watered and tended them over the past few months and to my delight they all did very well (except for the rosemary which didn't grow at all!). I was so impressed by my efforts that I entered the village garden fete. I pulled the carrots but sadly they were too small; however my courgettes came on leaps and bounds but were too big for the competition! Whilst harvesting my crops I came across two courgettes that had become conjoined and as my luck would have it there was a category for misshapen vegetables for me to enter. I was pipped at the post by a three-pronged carrot but was very happy to get a second prize (even though we were the only two contenders!)

I really enjoyed my introduction to the world of gardening and getting involved in village life and the community spirit and hope to have better luck next year. Give it a go yourself – you don't even need a big garden. You can grow spuds in tubs, herbs on windowsills and berries in baskets, the list is endless.

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Try this healthy vegetarian recipe with the veg you have grown!

#### Ingredients

400g New Potatoes  
3 – 4 Eggs (according to taste)  
300g Runner Beans (sliced & Stringed)  
85G Radishes (Trimmed and Sliced)  
1 Lettuce (Little gem or Webb)  
2Tbs Olive Oil

#### For the Dressing

3Tbs White Wine Vinegar  
1Tbs English Mustard  
142MI Tub Single cream  
A Pinch of Cayenne  
Pepper

1. For the dressing: whisk all ingredients together with a pinch of salt. (Make it several hours ahead and it will thicken naturally.) 2 Cook the potatoes in a large pan of boiling salted water for about 15 mins until tender when prodded with a fork. With about 8 mins left, drop the eggs in and cook together with the potatoes. Drain and set aside to cool, then slice the potatoes and peel the eggs.
2. Cook the runner beans in boiling salted water for 4-5 mins until just cooked, then drain and refresh in iced water. Drain again and set aside.
3. Break the lettuce into leaves, wash and spin if necessary. Line a large salad bowl with the leaves, then in a separate bowl toss all the vegetables together with the oil. Pile the vegetables on top then quarter the eggs and place around the outside. Serve the dressing on the side for spooning over.

# Siren FM Report

By Tom Doyle (Lincoln FLT)

A couple of months ago, two guys called Sam and Matt came to ISIS Training to help us put together a radio show project.

They gave us the task to interview the people of Lincolnshire about life in Lincolnshire. We split into two groups and decided which topics to ask questions about.

After a couple of hours of interviewing the people of Lincolnshire, both groups had enough segments for their show. After that, both groups had a choice of which bits of their interviews to take out and which parts to leave in.

A month later, the ISIS group went to Lincoln University to put together their very own radio show. Before we started, the crew at Siren FM showed us around the studio and also giving us a lesson on what it's like making a radio show.

After that came the main event of the day. Once again we split into two groups and decided which segments one group was going to use for their part of the show and the other group decided which segments they were going to use in theirs.

Me and Adam Chappell volunteered to be the DJ's in our group which was awesome. We did a lot of planning before starting the recording. After a few practice recordings it was time for the real deal and at that time I was really nervous but at the end of the day it paid off big time.

**Siren FM 107.3FM – "Lincolnshire's first community radio station"**

## 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**  
Dan O'Hara

**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

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

**E2E Boston**  
Kayleigh Panton (Team Leader)  
Grace Clark  
Marrianne White

**E2E Gainsborough**  
Vicky Mitchell (Team Leader)  
Hannah Parker  
Flick Scott

**Marketing Team Lincoln**  
Richard Appleton

**Marketing Team Boston**  
Pam Bambridge  
Andrea Young

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

# ISIS Staff News

## Arrivals, Departures and Movements



This month we have two arrivals and three departures. We welcome **Felicity (Flick) Scott** to the Foundation Learning Team as a Key Worker in Gainsborough. We wish Flick all the best in her new job role and hope she has a long and happy stay with ISIS.

Its farewell to **Dan O'Hara** our Senior IT Technician, who is moving to Lincoln College to take up a similar role. Dan has done a brilliant job during his time at ISIS and one of his greatest achievements was to realise and develop the full potential of our YETI Management Information System. His work on this has had a major impact in the efficiencies of our data management and reporting. He has also got all of our IT equipment and resources in excellent working order, including rebuilding and configuring the entire ISIS Training network This is a fantastic career opportunity for Dan, we wish him all the best and he will be badly missed. We intend to continue to pick his brains on IT matters for as long as possible! Farewell also to **Nick Wiles** one of our Lincoln Office Business Development Brokers, who is leaving to go into the Hotel Management Business. Nick was only with us for a relatively short length of time and we wish him well in his new career. It is also farewell to **Natalie Perkowski** who after completing her Business & Administration Apprenticeship has moved on to a full time position at Walter's Estate Agents. All ties with Natalie are not severed however and we will remain in contact as she is now taking a Customer Service Apprentice qualification with us. Natalie did an excellent job for ISIS and we were all sorry to see her go. In her place we have taken on **Helen Penistan** as an Admin Apprentice for our Lincoln Office and it is a fantastic opportunity for Helen to get her career in Business and Administration off to a flying start.

## ISIS Training receive Matrix Award



ISIS Training has received the prestigious Matrix Standard Award which is the unique quality framework for the effective delivery of information, advice and/or guidance on learning and work. There are 8 elements to the framework and over a period of time, we had to demonstrate our ability to meet the standards within the award criteria.

The assessment was carried out by a qualified Matrix Inspector over a period of 4 days and this included carrying out interviews with members of staff, learners and employers. There were also rigorous checks on all our quality procedures and documentation. Thank you to everyone who made a contribution to this process especially our learners, who were subjected to some nerve racking interviews. We now hold this award for 3 years, before having to be re-assessed.

**Many congratulations to Liz Uden** who has achieved her Cambridge ESOL Level 5 Certificate in Teaching English to Speakers of Other Languages (CELTA). Feedback from her Senior Lecturer at Nottingham Trent University, Pat Iger included:

"From the beginning of the course, Liz has utilised her sound experience in teaching ESOL to create outstanding materials, which were always highly motivating, immaculately presented and reflected Liz's awareness of learner needs and different learning styles. Similarly in the classroom, Liz has naturally been able to form a relaxed and enabling rapport with learners and on most occasions her lessons have moved at a motivating yet appropriate pace." **Liz, we're very proud of you!**

## TV Weather – Entertainment in its own right!



What ever happen to TV weather forecasts? Once upon a time the weather was on for 5 minutes either before or at the end of the news and featured a Weatherman wearing a checked jacket, sensible shoes and horn rimmed glasses. He spoke in perfect Queen's English and gave detailed forecasts of the weather for London and the Home Counties, before briefly running through the rest of the country's weather, sometimes even missing out Scotland completely if he was running out of time with just a brief, "and it will probably rain in Scotland, because it always does". He would never give the weather for Northern Ireland in case it caused a political row if he got it wrong or nobody believed him (For example: Republican spokesman: "I can categorically state it will be sunny in Belfast tomorrow" Loyalist spokesman "No it won't it will rain and it will continue raining until you admit you are wrong on all counts and we shall never, ever, ever believe otherwise") Any way back to the weather....On the rare occasions the weather was read by a Female, she would wear a pinafore dress down to her ankles and a high necked blouse, plus the obligatory sensible shoes. They could get the weather hopelessly wrong and not be in any danger of the sack, because there were hardly enough of them to go around anyway. For example a certain weatherman failed to forecast a hurricane, that caused untold damage to the South of England, the next night he just gave a little chuckle and said "Oh well, can't get it right every time" and everything was fine again. The only time they were seen not delivering the weather was on rare guest appearances at Christmas on The Morecambe and Wise Show, Celebrity Squares or Blankety Blank. Nowadays weather men are massive stars and even go on to host their own TV shows, which have nothing to do with the weather. (The 80'S pop group "The Weather Girls" were not really Weather girls at all, so don't count)



When I was young, the weather signalled either the start or the end of half an hour of boring news, depending on which channel was on, which my Dad had un-negotiable rights to watch at 6PM, 9PM and 10PM even though they were all the same. There would be a scramble to change channels when it finished, which Mum always won, because she wanted to watch Crossroads. This would lead to me going out to play football and my sisters going to play with their dolls, or whatever sisters did. Years later on a visit back home I told my Mum Crossroads was about to come on, to which she replied "Oh that's boring, I never liked that programme" and then I realised it had all been a ploy to get us out of the room so they could have an hours peace and quiet!! We only ever had one TV in the house, which was strange because my Dad was a TV Engineer, except for special events like the FA Cup Final, The World Cup and Christmas. He would go to his van and bring in the biggest colour TV I had ever seen and set it up in the front room. This would lead to half the street coming in to watch as well, which was fine because they brought sweets for us kids and beer for my Dad. Mum got nothing but had to be in the kitchen making tea and sandwiches all afternoon, which my sisters dutifully passed around. That was equal ops Geordie style in the 1970's. When I asked why we couldn't always have a TV like that, the answer would be "We can't afford it" and I would reply "but you've got a van full of them"! Years later I realised that these were TV's that had been repaired or were waiting to be installed in posh people's houses!!

Then breakfast TV came along and in particular those two highly qualified meteorologists, Denise Van Outen and Ulrika Johnson (who was unbelievable, briefly the nations official sweetheart until a certain Lady Diana Spencer came along and remained unchallenged, even posthumously, until recently when Cheryl Cole made the transformation from hard as nails Geordie to fragile, delicate flower). Denise and Ulrika wore very revealing clothes and made lots of innuendos, so weather forecast viewing figures shot up dramatically, as every male in the country switched on and the face of TV Weather changed for ever.

Next to jump on the bandwagon were local news programmes, like Calendar. They make a great deal out of the weather as they cannot really fill half an hour with local news so pad it out with announcements that the weather will be on soon, give tantalising glimpses of the weatherman and even letting him sit on the sofa sometimes, until it is actually time to deliver the forecast, whereupon he gets a bigger opening ceremony and fanfare than the Olympic Games. (And now.....at last... the moment you've all been waiting for.....THE LOCAL WEATHER!!!!) There has to be funny banter between the presenter's and the weatherman on local news and they have to pretend they don't like each other, taking the Mickey out of his tie is a favourite pastime. Sometimes he gets sent out on special none weather related assignments such as recently on Yorkshire TV's Calendar. John Mitchell was sent out to a number of High Streets in North Lincolnshire towns to ask people what they knew about the forthcoming TV digital switch over. A typical reply was "Don't know about that duck, I've just come out to buy some fags". However he persevered and is now allowed to judge competitions and turn on Christmas lights. When the local news weathermen are on holiday (they must all be on holiday at the same time) they don't have a stand-in it is just done nationally, by a girl called Jenny Blythe I think, who does all the local forecasts. I often wonder how she manages this as she is on in 6 different regions, giving 6 different forecasts at the same time. Surely you can't pre-record the weather can you?

SKY TV tried to have a 24 hour weather channel in the UK, like a lot of other countries have, but it was pulled after a couple of weeks because UK weather is boring and predictable and nobody watched it. Now I could have told them that myself as I have known this since I was 13 and saved them a lot of time, trouble and money, if only they had asked.....my Dad would never have agreed though and would have been riveted to the weather channel, expecting the news to follow at any minute!!



## Holidays at Home (*Having a lovely Staycation ...wish you were here*)

With the Pound being worth roughly the same as The Euro, various airline and other strikes and all the hassle involved with flying these days, due to increased security measures, more and more people are deciding to holiday in the UK instead of going abroad. There is even a new word for it "A Staycation" But what are the advantages of staying at home? Is a week or 2 in the UK better than the normal holiday abroad in the sun? Let's look at the facts.

As far as destinations go we are spoilt for choice. Lots of people still opt for the traditional seaside holiday and there are numerous resorts to choose, from the typical resorts like Blackpool and Skegness with their sand, sea, occasional sun, fish & chips, pubs and fairgrounds to some of the more genteel resorts on the South coast and Cornwall, there is a seaside holiday for all tastes. If you like the countryside then the UK has acres of it from the wilds of Scotland, the hills of Wales, the Pennines, Lake District and all the various National Parks. And if you like cities, then London is the obvious choice with all its tourist attractions, history and culture and similarly Edinburgh and Dublin although Dublin tends to be more of a party town these days, there is still a lot of history and culture if you move out of the Temple Bar area.

However one of the big disadvantages of holidaying in the UK is our archaic opening hours, where almost everything still closes at 5 O'clock, leaving the tourist very little to do apart from going to the pub. This doesn't apply universally and places like Blackpool do stay open late into the evening as do a lot of the other seaside towns and London. However go to any provincial historic town that attracts tourists, such as our own Lincoln and similar towns such as York, Ludlow, Chester, Cambridge and Canterbury for example and you've had it. All the attractions such as Castles, Cathedrals, City Walls and Museums close between 4 and 5 and there is nothing left to do. Why is it in Europe similar towns (I don't mean by size and I know they are much bigger) such as Prague, Barcelona, Rome etc manage to entertain tourists almost 24 hours a day, but in England (or Scotland, Ireland and Wales) with a few exceptions we can't? I was in one of these English towns recently on a glorious sunny Saturday afternoon, arriving there at about 3:30. The prevailing atmosphere was one of "shutting down" and when we went to the Castle, last admission was 4:30 for half an hour, before permanent closure at 5pm. If you went into a shop after 4:30 you felt you were intruding as they were waiting to shut up and go home. By 5:15 we realised there was nothing else to do but go back to the B&B for a couple of hours before the obligatory visit to the pub. The "Historical squares" like Lincoln's Castle Square for example, in these towns are not much different to those in our European neighbours, so why are there no pavement cafes and outside bars serving food and drinks etc instead of half a dozen Goth kids playing on their skateboards and not another person in sight.

Holidaying in the UK normally means travelling by car, which is great as there are no luggage restrictions or excess baggage charges!! You can pack as much as you want and anything you want, so no need to miss out on home comforts, although packing a 50 inch plasma telly is probably overdoing the home comfort thing. Where to stay is another decision to make. Self-catering is a good option and there is normally accommodation for all tastes and budgets available. Camping and Caravanning are extremely popular as are holiday park style chalets. You normally get good facilities and evening entertainment thrown in at Caravan or Holiday parks and they are great for kids with pools, games rooms etc. You get two tiers of entertainment in the evening, an early kid's disco with a magician or some other entertainment and then adult entertainment featuring a group, singer, hypnotist or comedian. At some point there is always a lady in spangly hot pants and low-cut top dancing with a giant snake as well. This fits in the middle, about 7 O'clock as the kids are fascinated by the snake and the Dads fascinated by the slightly erotic dancing and the spangly shorts and low-cut top, whilst the Mums tell you that she's getting on a bit and shouldn't be wearing those shorts! Now most of these entertainers know they can make a good living from the holiday camp circuit, so have no higher ambitions or delusions of grandeur, such as appearing on X Factor/Britain's got Talent or becoming the nation's official sweetheart, so are normally very good.

If it is a choice between a B&B and a Hotel, then personally I think Hotels win hands down. Mainly because the cost these days is not that different, but obviously you get a lot more facilities in a hotel and don't have to have breakfast with 10 other people in a dining room designed for a single family. Also B&B's tend to exaggerate their proximity to the tourists attractions. "A short walk from the historic centre of ...." Normally means a 30 minute route march. The good thing about UK Holiday accommodation is you get what you pay for and it is normally exactly as advertised and shown in the brochure. This is unlike a lot of overseas accommodation which is quite often a huge disappointment, despite the warnings in small print in the brochures "Accommodation in (name of country) is generally of a lower standard than similar accommodation in the UK". This basically means you've paid £500 for a week in a cockroach infested hell-hole, with no hot water and a view of the local oil refinery.

Of course the weather can be a problem in the UK, It has been quite good this year so far, so everyone who stayed at home has really enjoyed it, unless of course you went to Wales, Scotland or Ireland where it rains a lot anyway, or Manchester (Why would you go on holiday to Manchester)? You don't have to change your money so no exchange rates to worry about and everyone speaks English, which is a distinct advantage as you don't have to shout loudly in a foreign accent to get served. You generally get good value for money in the UK with food, drink, admission charges etc normally very reasonable (London may be the exception to this) and as a lot of the food and drink establishments are competing against each other for business, eating out can be really cheap, as long as you don't expect a 4 star restaurant every night. And of course there is no real tipping culture in the UK. It is appreciated but not expected and it is one thing Brits get really embarrassed about when abroad, as we don't really understand it or know what is acceptable to leave. So you can be safe in the knowledge that if you don't leave a tip, or don't leave enough, then it is unlikely you will be chased down the street by an irate waiter waving a cleaver, or find something nasty in your food the next time you go in the restaurant. Finally the UK economy needs all the help it can get, so by staying at home and spending your holiday cash on Chips, Lager, Wine, Fairground rides and admissions to Theme Parks and Castles, just like you would abroad, you are helping our beleaguered economy and you'll also save a fortune not having to buy Sun tan lotion!!



On the TV **GMTV** is in its dying throes before its re-branding exercise with **Christine Brinkley** and **Adrian Chiles** where they plan to stop showing 3 hours of pointless trivia and make it a real news programme again. **Lorraine Kelly** gets her own show imaginatively titled "**Lorraine**" where she will continue playing her "Mum knows best" role....Best line in a soap comes from **Emmerdale**, where **Zak** and **Sam Dingle** were reminiscing about the life of the recently departed **Shadrac**. Zak was telling Sam how they worked the fairgrounds together, but because of his excessive drinking they had to move Shadrac off the fast rides such as the Waltzer. "So we moved him to the coconut shy in the end" said Zak "It was always his downfall" (meaning the booze) What, Coconuts"? Says Sam, deadly serious!!..... The music industry is reeling from the shock revelation that **Plastic Bertrand** didn't sing on his 1978 hit "Ca Plane Pour Moi" which literally means "It is gliding for me" as gliders fly, that means they go "high", so therefore the song was obviously about drugs!! As this was his only hit does that make him a None Hit Wonder?.....The nation held its breath as our official sweetheart, recovered from a mosquito bite. The **X Factor** auditions ploughed on bravely and **Girls Aloud** continued not to make any music, CD's, or play live, so no harm was done. Doctor's were amazed at how quickly she recovered in a private hospital with the best care money could buy and she resurfaced looking sufficiently having been ill, frail and frightened to generate more headlines of "Brave Cheryl" and little old ladies said "Poor girl" a lot, which she most definitely is not.....meanwhile **Ashley Cole** takes the title of "**Britain's most hated man**" for his treatment of the aforementioned nation's sweetheart and his comments about **England** and their fans after the disastrous World Cup performance.....Is there anyone more irritating on TV than **Rosemary Shrager** (Celebrity Chef, Ladette to Lady) and **Ruth Goodman** (Victorian Pharmacy and anything else vaguely Victorian or pre-second world war) at present? If so answers by email and we'll publish a list of the top ten irritating TV personalities in the next **ISIS Interactive**. .....In Films, **Jennifer Aniston** revives her role as "**Rachel from Friends**" for the umpteenth time, looking surprised, puzzled and confused as always in "**The Switch**" whilst **Cameron Diaz** cements her role as America's official sweetheart in **Knight and Day**, the names say it all so you can predict the scripts!.. , I'm just recovering from watching 3 **X Factor** finalists "performing" at Market Rasen Racecourse (I went for the racing honest!!) **Jamie "AFRO" Archer**, **Lloyd Daniels** and **Danyl "The singing music teacher" Johnson**. They sang a selection of other people's songs, with backing tapes, also known as **Karaoke** and although it is not really my thing, I have to admit Jamie and Danyl could sing, but the middle one, Lloyd, was truly appalling. He couldn't hold a single note never mind sing a full song, perhaps he was having a bad day, or they forgot to plug in the vocal enhancement device, but as the audience of mainly 12 - 16 year old girls were intent on screaming at 1000 decibels for the entire show, it didn't really matter. I had to play a Clash CD on the way home to recover from the shock!!.... **Robbie Williams** and **Take That** resume their partnership with Robbie returning to the fold for a new single and tour, with all the headlines wrongly proclaiming "**Take That Reform**" as they've been back together minus Robbie for ages now. Expect sell out crowds and lots of screaming 30 something's!!.....The final ever episode of **Big Brother** passed almost unnoticed and the winner **Josie Gibson** will now spend the next couple of years walking to the front of night club queues and trying to get into VIP events by saying "Do you know who I am"?.....Speaking of nightclubs, every nightclub now has a queue jump policy, where if you pay a £1 for a "**Queue jump ticket**" you can go to the front of the queue. But if everyone bought one, the queue would be just as long, so would you have to pay another pound to buy a ticket to jump the queue jump queue?



## Books

If you have ever bought a CD, record, cassette tape or even visited a record shop before the explosion in downloading music, then I can highly recommend a book called "**Last Shop Standing - Whatever happened to record shops**" by **Graham Jones**. It chronicles his experiences as a Sales rep, selling music to mainly independent record shops and also the rapid demise of these record shops. The death of CD's and records was brought home to me when I recently visited HMV on Lincoln High Street, to find all of the music and CD sales had been moved to the back of the shop and the front was dominated by DVD's and computer games. There is even a T-Shirt section now and a book section, where ironically I bought Last Shop Standing. The book is based mainly on Grahams work in these shops and his time on the road as a travelling CD/Record salesman and describes the eccentric record shop owners and even more eccentric customers he has met. For example in the early days of CD's one customer insisted that the Beatles CD's on sale in one shop were illegal bootlegs because "Most of the Beatles were dead before CD's were invented so couldn't have possible recorded them"!! Also how a Judge came into a shop seized the entire stock of "Frankie Says" (an 80's phenomena) T shirts, dumped them in the middle of the road, flagged down a police car and demanded the owner be arrested on obscenity charges! The next day the obviously crazy Judge was back in court passing sentences as usual. The book also explains how some of these independent record shop owners have tracked records down with the absolute minimum of information, or just a couple of words from the lyrics to go on. Who needs music recognition software!! Then there was the Woman who demanded compensation because the video she bought for her Mothers Birthday contained the wrong film. This had ruined said Mothers birthday and caused untold distress apparently. When the shop owner played the video he found the "wrong film" the woman was referring to was the normal trailers at the start of every tape, advertising forthcoming releases. Obviously the customer thought the tape would start straight away at the main feature!! The book brought back lots of memories of queuing up for the latest double album gate-folded sleeve (complete with lyric sheet and poster), vinyl of course, by whichever Rock or Punk band I was into at the time. A highly recommended read.

## ISIS Training

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As one of Lincolnshire's leading and most respected training providers ISIS Training can provide fully funded or very low cost training for new and existing employers. Most of our qualifications are work based to ensure minimum disruption to your business and are all tailored to your specific needs and work practices. At ISIS we utilise a wide range of technology in all our qualifications including Electronic portfolios and assessment methods using digital cameras, voice recorders and laptop computers. These are enhanced with well proven traditional assessor visits and evidence gathering. We currently offer qualifications in:

- **Business Administration**
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  - **Hospitality and Catering**
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- (Fees are applicable for Accounting and Legal secretary qualifications for AAT/ILEX membership and for further course materials)*
- A full range of courses from housekeeping and front office through to professional cookery and food and drink service.

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