

November 2024 Newsletter

Welcome to our monthly newsletter for apprentices and managers, this month's focus will be - **November 24**

Competition Results!

In our September apprentice newsletter, we presented a free competition with questions on core topics such as British Values and equal opportunities. We are delighted to announce the randomly chosen winners through our "spin the wheel" having answered all 3 questions correctly.... 🏆🏆🏆

- **Elliott Gardiner - AB Agri** (Richard Edwards)
- **Lauren Ashe - The Access Bank UK** (Richard Edwards)
- **Marta Ferka - Staci** (Dave Griffin)

Congratulations, we hope you gain great value from your book and thank you for everyone taking part in what was a very popular competition.

November 2024



A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. They focus on three main areas, mental health and suicide awareness, Prostate cancer and Testicular cancer.

Two mates (Travis Garone and Luke Slattery) meet up for a quiet beer in Melbourne, Australia, and the idea that sparked Movember is born.

Raising funds for Men's health

Grow a moustache - if there's one thing Movember is known for, it's growing a moustache and is their symbol for better men's health. It also grabs attention and starts important conversations. So give it a go – it shows the world you stand for healthier men and a healthier world.

The men of CQM are joining in and raising funds for Movember, if you can spare any change and support our team, you can donate to our Just Giving page here: [CQM Movember Just Giving Page](#)



We would like to challenge you! Interested in getting involved?

You can find lots of ideas on fundraising events and ways to donate on Movember's dedicated [web page](#).

We would love to see how you are getting involved in Movember. Send us your photos and stories of your involvement and how you are raising money. The best picture of the Mustache, team photo or money raising for this cause will win a prize of a £30 Amazon voucher.

A focus on Prostate Cancer

Howard Wilcox, our Development Coach and Movember champion, tells his personal story on the importance of early diagnosis and the positive outcome it can bring.



What made you get yourself checked?

My Dad died of Prostate cancer. Unfortunately, his diagnosis was late, by which time it had taken a hold.

What was your diagnosis?

I have been diagnosed with prostate cancer, but it is low risk and contained, which I found early as I got myself checked and my prospects are really positive.

What is your prognosis now?

I will now have active surveillance, through regular PSA blood tests and meetings with clinical specialists. If anything is further is found, we will discuss which one of the several options is best for me.

What is your message for the men out there who are uncertain about getting themselves checked?

Don't bottle up your concerns - just get a PSA check - the NHS offers an impressive service.

Religious Festival of the Month

Diwali – Festival of lights



Millions of Indians are celebrating Diwali, the festival of lights and one of the most important events in the Hindu calendar.

Traditionally, Diwali is associated with a diverse range of deities and traditions, and what Diwali symbolises for those who practise it can vary according to what region of India they live in or come from.

One Diwali tradition links the festival to the return of Lord Rama, along with Sita and Lakshman, from his fourteen-year-long exile and vanquishing the demon-king Ravana's army of evil. In the traditional Diwali story, their way home was lit by lamps.

Many Hindus also link Diwali with Lakshmi, the goddess of wealth. The idea behind the lit lamps here is to guide Lakshmi into people's homes. Doors and windows are also left open so she has a way to get inside and bestow wealth upon the inhabitants.

Paper lanterns and traditional oil lamps, known as Diyas, are lit around people's homes, temples, and even the streets. People also take part in ceremonies, prayer, firework displays and lively gatherings where sweets and food are served.

Diwali takes place on a slightly different October or November date each year. The idea is that Diwali is observed after the conclusion of the summer harvest, and that the third night falls on the day of the first new moon after the harvest ends. This is known as the amāsvasya, and it is the darkest night of the Hindu lunisolar calendar. In 2024, Diwali start Thursday, 31 October 2024 to Friday, 1st November 2024.

You can also see other religious events and festivals with this [useful calendar](#).

Follow Us On



You are receiving this email as you are either a current apprentice on programme or a line manager and/or mentor of a line manager of an apprentice on programme. Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)