

December 2024 Newsletter

Welcome to our monthly newsletter for apprentices and managers, this month's focus will be - **Festival of Winter Walks**

A BIG thank you!



The men of CQM joined in Movember and worked to raise funds for this fabulous charity. We had a Just Giving page and through the generous donations, we have so far raised £155 for the charity, which is amazing. Thank you to everyone who donated to this amazing cause to support men's health and wellbeing.

Festival of Winter Walks 2024



The Festival Of Winter Walks was founded by a United Kingdom walking charity called the **Ramblers Association**.

They started celebrating the Festival Of Winter Walks over thirty years ago, and the event promotes walking as an enjoyable way to stay fit. But more than that, it reminds everyone to take the time to appreciate the beauty of the natural world, even when the outdoor temperatures turn colder.

Don't let the colder weather stop you! Embrace the season, wrap up warm and step outside for an unforgettable winter walk.



Refresh and refocus

A fascinating study found that, upon returning from a short walk in a field or a park, students performed up to 20% better on a task compared to those who had completed it in a busy urban environment. This is because going for a walk in a natural environment replenishes your brain, whereas urban ones require your brain to stay alert, further draining your mental resources.

Making your learning stick

Psychological benefits of walking when studying and learning

Freidrich Nietzsche once said that *“all truly great thoughts are conceived by walking”*. But what is the research behind the benefits of taking a short walk?

Researchers at Bristol University have found that people perform significantly better if they exercise during their lunch break. As well as improving their mood and ability to deal with stressful situations, the scores for their perceived concentration levels were 21% higher on days that they exercised.

Looking for a walking route?

The Ramblers Association website has a really handy search, where you can enter the area you are interested in walking around. It returns different types of walks, how long they are and detailed instructions on the route.

You can join the Ramblers society for free and get access to short routes (under 3 miles) and their full details. If you become a member of the Ramblers society for £3.58 a month, you can access the full library of 50,000 walks! For free access you can use sign up on their [website](#).

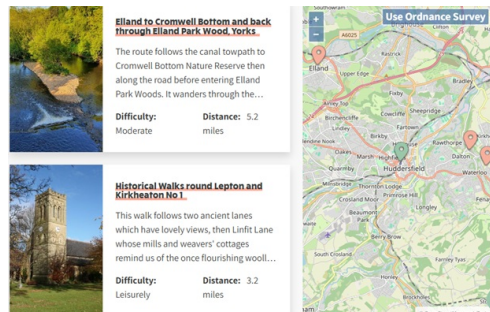
A Christmas Trail

If you are looking for something a bit more sedate and with a Christmas vibe, the Times have put together a list of the different Christmas Light trails around the UK, which you could visit or take your family and friends to, such as the Festival of Light at Longleat or the Light Before Christmas at Liverpool Cathedral.

You can find 19 of the best UK Christmas light trails for 2024 on The Times latest travel destination [article](#).

A recent study tested the impact that exercise had on learning. Researchers split participants into three groups; those that exercise straight after revision, four hours after and those who did no exercise. They found that the ability to retain and recall information was significantly improved in the group that exercised up to 4 hours after their lesson.

Further investigation using MRI scans found that the area of the brain largely responsible for memory, the hippocampus, was very stimulated, especially compared to those who had not exercised. The finding seems consistent with other research, which found positive benefits of exercise and memory for both children and adults.



Religious Festival of the Month

Christmas

Happy Christmas to all our learners and managers who celebrate this festival!

Christmas is a Christian festival that celebrates the birth of Jesus Christ, who Christians believe was the son of God. For most people, it takes place every year on 25 December – the day that the Roman Catholic Church chose to mark Jesus' birthday.

In countries with large populations of Orthodox Christians, such as Russia, the Ukraine and

Romania, Christmas Day falls on 7 January. Some Greek Orthodox Christians celebrate Christmas on 7 January, too.

The name 'Christmas' comes from the old English phrase Cristes maesse, which means 'Christ's mass'.

From winter walks, decorating the tree and kissing under mistletoe, Christmas is filled with long-held traditions from pagan and the rise of Christianity. But why do we send Christmas cards? And who first made a Christmas pudding?

Christmas has a long history in the UK, but we have the Victorians to thank for many of our most loved festive traditions, including sending cards and decorating Christmas trees. In fact, before the 19th Century, Christmas was barely celebrated in Britain.

Today, it is common to see a twinkling Christmas tree and natural decorations such as holly, ivy and mistletoe in British homes.

There's a [great programme](#) from BBC Countryfile, explaining the history and origins of some of the Christmas traditions undertaken each December. You can also see other religious events and festivals on this handy [guide](#).

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