

APPRENTICE

NEWSLETTER

FEBRUARY 2025

Welcome to our monthly newsletter for apprentices and apprentice line managers. Our focus this month, February 2025, will be - **Respect, Collaboration, and Efficiency!**

Core Value of the Month:

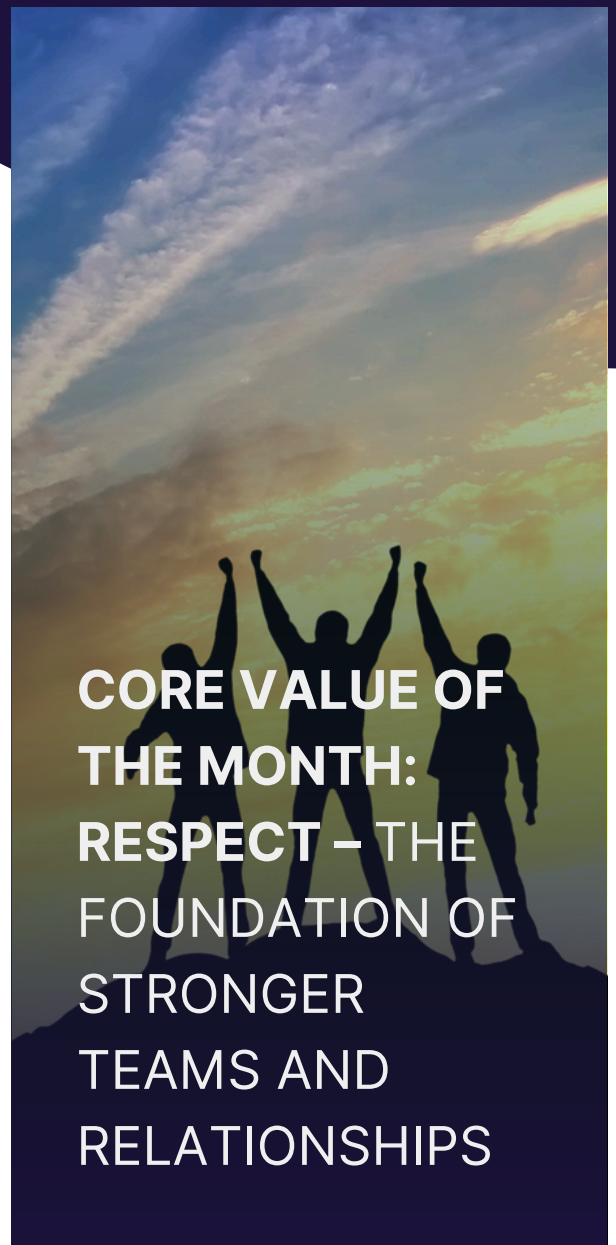
Respect – The Foundation of Stronger Teams and Relationships

February is often associated with love and relationships, but at its core, respect is what truly strengthens bonds—whether in the workplace, at home, or within our communities. Love may grab the headlines, but respect is the foundation of collaboration, teamwork, and mutual understanding.

Respect in the Workplace

In professional teams, respect creates open communication, trust, and cooperation—key ingredients for high-performing teams. When colleagues listen to and value different perspectives, it leads to better problem-solving and stronger decision-making.

For example, in a Lean project, respect ensures that all voices are heard during brainstorming sessions, making collaboration more effective. When differing viewpoints are acknowledged and considered, teams build better solutions while maintaining harmony and focus.



Respect in Personal Relationships

Just as in the workplace, respect in personal relationships strengthens connections. Active listening, valuing different perspectives, and acknowledging emotions help create meaningful interactions. Whether it's with a partner, friend, or family member, respect can be as simple as giving someone your full attention or recognising their contributions.

With Valentine's Day approaching, respect is a key ingredient for a successful celebration. From planning a dinner together to simply acknowledging each other's needs, mutual respect can make any moment more meaningful.

Collaboration and Respect Go Hand in Hand

Respect is the glue that holds collaboration together. Whether at work or at home, successful collaboration happens when individuals respect each other's skills and viewpoints. Imagine planning a special dinner: one person might handle the cooking while the other takes care of the décor or music. When both contributions are valued, the process becomes enjoyable rather than stressful.

A Simple Practice: Try active listening this month—whether in a meeting or a personal conversation. It's a small change that can lead to stronger relationships and better teamwork.



Valentine's Day: A Meal to Remember

Food is often at the heart of a great celebration. Whether you're planning a romantic meal or a cosy night in, why not take inspiration from supermarket dine-in deals?

Here are a couple of great options:

- **Aldi's Valentine's Day Recipes:** [Click here](#)
- **Waitrose Special Valentine's:** [Click here](#)

What's your most memorable Valentine's Day experience? Was it a romantic meal, watching the Six Nations, or maybe even a rainy Tuesday night in Stoke?

[Share your story with us](#) - we might feature it in next month's newsletter!

Religious Festival of the Month: Kumbh Mela

Kumbh Mela

As we explore different values and perspectives this month, we highlight Kumbh Mela, one of the largest and most significant religious gatherings in the world. Celebrated by Hindus, this festival takes place every four years, rotating between four sacred cities in India: Allahabad, Haridwar, Ujjain, and Nashik.

Kumbh Mela commemorates the mythological battle for the nectar of immortality (amrit), with millions of pilgrims gathering to bathe in holy rivers, believing it purifies them and offers spiritual renewal. Beyond its religious significance, the event fosters unity, cultural exchange, and devotion.

Respecting and understanding different traditions enriches our perspective, helping us appreciate the diverse ways people find meaning and connection.

[Read More >](#)



*Pilgrims bathing on the banks of the River Ganges on Tuesday.
Photograph: David Levene/The Guardian*

Lean Thinking in Everyday Life: The Dishwasher Challenge

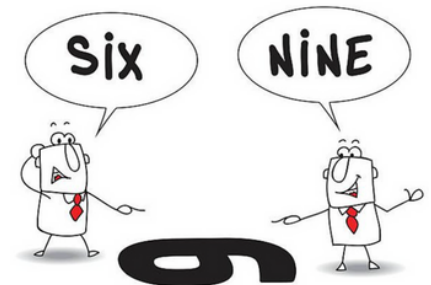


We've all had that debate—what's the right way to load the dishwasher?

With Valentine's Day around the corner, why not turn this everyday disagreement into a Lean-inspired challenge that keeps the peace?

Who is correct?

This image perfectly illustrates the concept that people can have different perspectives on the same situation, similar to the "correct" way to load a dishwasher. The cartoon shows two characters arguing over whether the number displayed is "Six" or "Nine." From each of their positions, one person sees a six, while the other sees a nine. The key takeaway here is that their viewpoints are shaped by their perspective.



A Lean Perspective on Dishwasher Loading

Lean principles focus on efficiency, reducing waste and improving workflow. Just like a well-organised workplace, a well-loaded dishwasher maximises space, minimises movement, and ensures everything gets cleaned properly. But here's the catch: what's "right" depends on perspective.

Can you load the dishwasher in the most efficient (or romantic) way possible? Share your top tips, hacks, or even humorous dishwasher-loading disagreements with us! **The most creative or efficient entry could win a sweet surprise - chocolates and, perhaps, a more peaceful kitchen.**

Share your dishwashing story for a chance to win a sweet surprise!

Tool of the Month: 5S for Workplace Organisation

Efficiency isn't just for projects - it's a game-changer for daily tasks. This month's Lean tool is 5S, a simple yet powerful approach to organisation.



What is 5S?

- **Sort** – Remove unnecessary items.
- **Set in Order** – Organise what remains so everything has a place.
- **Shine** – Keep your space clean and functional.
- **Standardise** – Establish routines for maintaining organisation.
- **Sustain** – Make 5S a long-term habit, not a one-off effort.

Why Use 5S?

1. Saves time searching for items.
2. Reduces workplace frustration and clutter.
3. Improves efficiency at work and home.

Try This: Apply 5S in your kitchen this month! Organise your utensils, clear clutter, and see how it improves meal prep—including that all-important dishwasher-loading process.

Just for Fun: Valentine's Day Wordsearch

Find the hidden words related to love, teamwork, and Lean thinking!

Words to find: LOVE, HEART, ROMANCE, HUG, KISS, EFFICIENCY, KAIZEN, TEAMWORK, FLOW, RESPECT, PASSION, VALENTINE, KINDNESS, COLLABORATION.



Final Thoughts

This month, let's focus on respect, collaboration, and efficiency, whether in our teams, relationships, or even in loading the dishwasher! We'd love to hear from you—whether it's your Lean experiences, a Valentine's Day story, or your best kitchen organisation tip. Get in touch and be part of next month's newsletter.



Safeguarding

To raise any confidential safeguarding concerns, please use safeguarding@cqmltd.co.uk or call 0114 281 3747 and ask to speak to a safeguarding officer.

Contact Us



www.cqmltd.co.uk



enquiries@cqmltd.co.uk



0114 281 3747

Don't forget to follow our social channels for the latest news and updates:

