

APPRENTICE NEWSLETTER

JUNE 2025

Welcome to our monthly newsletter for apprentices
and apprentices' line managers.

Growing into June

What's blooming this June?

As summer officially begins, we're seeing some fantastic growth – not just in the gardens, but in your projects too! Whether you're deep in DMAIC or just kicking off a new improvement idea, take a moment to recognise how far you've come. Small steps, consistently taken, lead to big change. Keep going – your effort is visible and valued.

- 🌸 Learner Achievements
- 🔦 Learner Spotlight, Ross Kerr, Saputo
- 🚗 The Toyota Way
- 📊 Four SPC tools
- 🎉 Holidays and celebrations
- 🗺️ Open Farms 8th June
- ☀️ Summer Solstice
- 🏆 Association of apprentices & Prize



**APPRENTICESHIP
ACHIEVEMENTS –
EMBRACING
PROGRESS AND
CONSTRUCTING
PATHWAYS FOR
GROWTH**

Learner Achievements - June 2025

Improvement Technician Level 3

Ines Trigo Miravet - Ian Hayhurst - Distinction - Premier Foods

Food Technologist Level 3

Vera Monteiro - Richard Everitt - Merit - Vitacress

Process Leader Level 4

Massih Kabuli - Angela Southgate - Distinction - Chexp

Improvement Specialist Level 5

Matthew Allsopp - Dave Griffin - Merit - Johnson Matthey

From May 25, an error to rectify:-

Strip Cardoso is from Nuffield Health not Forza, and completed the Food Technologist with Richard Everitt.

Well done to all achievers in May 2025

The best of luck to those attending their EPA/awaiting results – we can't wait to celebrate your success and publish it next month!

As the sun reaches its peak and casts the longest light of the year, it's a good time to pause and reflect on the progress we've made, both personally and professionally.

This month's newsletter is packed with learner highlights, improvement tips, and summer inspiration to help you stay energised and focused as we move into the second half of the year.

We encourage you to share your success via social media. Wyn Griffiths, a CQM consultant, regularly highlights learner achievements on LinkedIn – see the examples below. Sharing your progress with your network can raise your professional profile, support the wider apprenticeship community, and inspire other learners on their journey.

Thank you to everyone for your dedication, and congratulations on your incredible achievements!



Wyn Griffiths ✓ • 1st
Consultant, Lean Six Sigma ...
1w • 📄

Congratulations Matthew Allsopp at Johnson Matthey on your Black Belt. Improvement Specialist Level 5 completed with Dave Griffin at CQM Training and Consultancy Ltd. Certified by Occupational Awards Limited.



Matthew Allsopp ✓ • 1st
Lean 6 sigma black belt with ...
2w • Edited • 📄

Celebrating achieving my Lean 6-Sigma Black Belt certification.

This really is one of the proudest moments of my life and I couldn't have achieved with it without the enormous support of so many friends, colleagues and coaches. Dave Griffin and Rev. Oliver Kinchin CQP MCQI first and foremost for your time, patience and above all top class coaching.



Wyn Griffiths ✓ • 1st
Consultant, Lean Six Sigma ...
2w • 📄

Congratulations Paul Cartwright at Forza and Kober Foods on your Food Technologist Level 3 qualification completed with Richard Everitt at CQM Training and Consultancy Ltd. Certified by Occupational Awards Limited.



Food Technologist Level 3



Wyn Griffiths ✓ • 1st
Consultant, Lean Six Sigma ...
3w • 📄

Congratulations Dawid Matyszczyk at Arla Foods on your Green Belt. Improvement Practitioner Level 4 completed with DAVID HILL at CQM Training and Consultancy Ltd. Certified by Occupational Awards Limited.



Improvement Practitioner

Learner Spotlight : Ross Kerr

Innovation and practical problem solving in action!

Each month, our Learner Spotlight shares an inspiring story—whether it's a game-changing project, a challenge overcome, or a qualification achieved.

☀ This month, we're celebrating someone who has shown true ingenuity:

Ross Kerr, part of the Commercial Green Belt course with David Hill at Saputo in Nuneaton.

Let your Coach know if you've delivered something you're proud of—we'd love to share your success too!

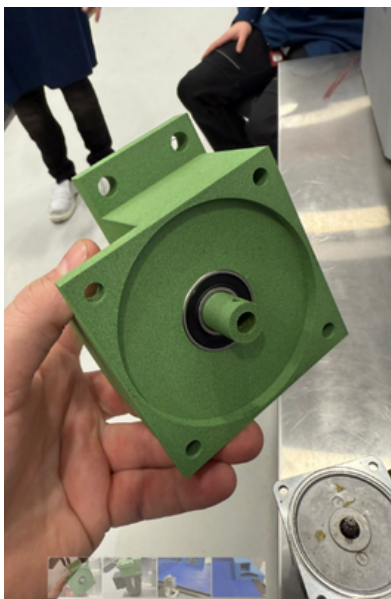
Forgot to show you this one when you asked. This is the 3D printed gear box. Lead time was 1 week from OEM. Designed and printed the gear box over night then just turned the speed on the inverter down.

The blue item is a back stop I aimed a proximity sensor at which used the back stop as a piece counter for our OEE system which made it impossible to accidentally miscount.

Kind regards,

Ross Kerr
Team Lead – Maintenance (Secondment)

Saputo
Dairy UK

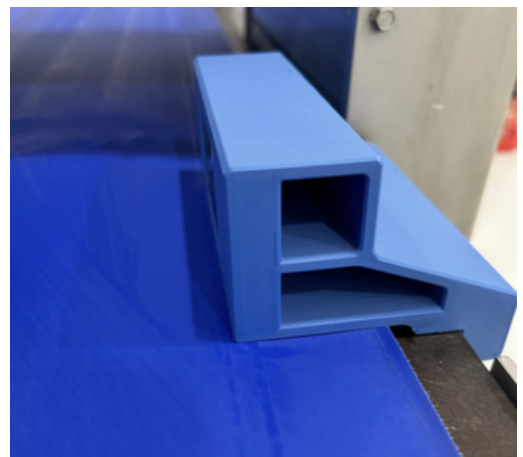
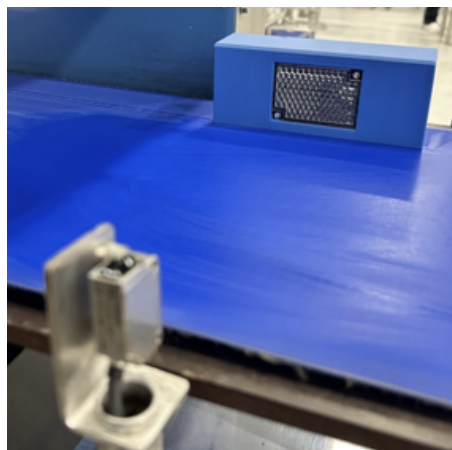


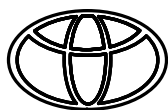
Ross commented.

"We encountered some issues on site with our counting system, which led to operators missing the parts counter PEC and resulted in inaccurate figures. To address this, I designed a backstop that integrates a PEC sensor, ensuring operators can't misload parts. This also functions as an aligner, helping maintain uniformity during the check-weighing process. Although the products are already wrapped and sealed at this stage, the backstop was made from food-safe PETG. This solution has contributed to reducing overproduction waste.

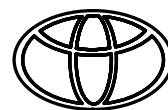
In another 3D printing project, we significantly cut down OEM lead times of 7-10 days by printing a gearbox, drive shaft, and integrated bearings ourselves. We then operated the system using our VSD to control speed. We managed to design and print overnight getting the line back operational in around 16 hours.

The course has also equipped me with valuable skills that I recently applied to analyse and reduce downtime on a specific piece of equipment. By addressing recurring issues with the elevator's light guards, we cut interventions from around 80 times per week (about 38 hours) to just 4 times weekly. This change has delivered an estimated annual saving of approximately £70,000 in labour and lost efficiency."





THE TOYOTA WAY



Toyota Kata: Cultivating Continuous Improvement Habits

Toyota Kata is more than just a lean tool—it's a structured approach to developing a continuous improvement mindset. It comprises two main routines:

1. Improvement Kata: A four-step routine that helps individuals and teams move toward a target condition through iterative learning and experimentation.
2. Coaching Kata: A structured routine that enables leaders to develop their teams' improvement capabilities through regular, focused coaching cycles.

By practicing these routines, organisations or individuals can develop a culture where scientific thinking becomes second nature, enabling teams to navigate challenges and achieve their goals.

For a visual representation of the Improvement Kata steps, refer to the diagram below:

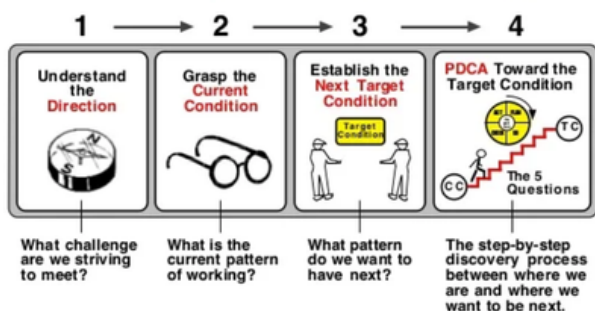
To delve deeper into the concept, you might find this introductory video helpful:

How could you apply this in your workplace?

THE PATTERN THAT TOYOTA PRACTICES: - THE IMPROVEMENT KATA -

The Improvement Kata is a four-part routine. It's a systematic and scientific way for people to successfully navigate through unknown territory together.

It's the backbone practice in a Lean organization.



Did you know?

Taming variation: Four SPC tools to steady your process

Organisations that want to work more efficiently, keep quality steady, and make things better often use Statistical Process Control (SPC) tools. These tools help reduce costs, make work smoother, and stay in line with industry rules. SPC software helps teams spot problems early, avoid risks, and support a culture of ongoing improvement.

There are several popular SPC tools, including Minitab, SigmaXL, JASP, and DATAtab. All of them aim to monitor, control, and improve processes—but each one has different strengths.

Minitab is the most well-known, especially in Six Sigma. It includes lots of features, such as control charts and design of experiments. It also has built-in help to guide new users. Minitab is expensive, but experts using it well could save a company a lot of money.

SigmaXL is a cheaper option that works inside Microsoft Excel. It can make control charts, run capability analysis, and do things like MSA and reliability tests. It's a good choice for smaller teams that already use Excel. It doesn't do as much as Minitab, but it has helpful templates and is easy to learn.

JASP is free and open source. It has a modern look and is good for exploring data and using advanced statistics like Bayesian methods. It works on Windows, Mac, and Chromebook. JASP includes tools like control charts and capability analysis but also supports other statistical tests. It's useful in schools, research, and learning because it is open and easy to understand.

DATAtab runs in a web browser, so there's no need to install anything. It includes simple charts and videos that help users understand what to do. It's great for beginners who want to make basic charts or run simple studies. Some features are free, but more advanced options require a subscription. More experienced users might find it limited, but new users will find it very easy to use.

All four tools aim to help teams run stable processes and keep quality high. The best one for you depends on your budget, your team's experience, and what kind of data you need to look at. In the end, SPC isn't just about charts—it's a practical way to make sure your work stays on track.

Richard Edwards – Development Coach, CQM Training and Consultancy



June 2025, holidays and celebrations

National Fudge Day

Next National Fudge Day **Monday, 16 June 2025**

National Fudge Day is celebrated on **June 16th**, and it is the perfect time to indulge in the gooey goodness and dive into the decadent deliciousness of fudge.

This day is made to celebrate the delightful flavor, rich history and the absolute joy that fudge brings into the lives of people across the world.



[Easy fudge recipe](#)

[Fake Roll](#)

Fun Fudge Facts

- ◆ The first recorded sale of fudge occurred in 1886 at a Baltimore grocery store for 40 cents a pound.
- ◆ Food historians suggest that fudge was officially born on February 14, 1886.
- ◆ The Mackinac Island Fudge Festival in Michigan celebrates fudge-making traditions with events like fudge tastings, demonstrations, and competitions.
- ◆ The Guinness World Record for the largest slab of fudge is 2.61 metric tons (5,760 lb), made by Northwest Fudge Factory in Levack, Ontario, Canada.
- ◆ Around 1800, "fudge" started meaning "a trick or deception." The name comes from the expression "Oh, fudge!" used when a caramel maker's batch goes wrong due to sugar crystallization.
- ◆ A small island in Michigan proudly claims to be the "fudge capital of the world."
- ◆ First Lady Mamie Eisenhower was a big fan of fudge.

2 Mon Leave The Office Early Day

15 Sun Beer Day Britain

19 Thu World Sauntering Day

20 Fri International Surfing Day

21 Sat World Juggling Day

27 Fri International Pineapple Day

30 Mon International Asteroid Day

International Women in Engineering Day

Next International Women in Engineering Day **Monday, 23 June 2025**

The day is created by the Women's Engineering Society and supported by UNESCO with the intention to recognize women who work in the engineering sector and encourage more women to take up engineering.

Father's Day

Next Father's Day **Sunday, 15 June 2025**

Father's Day will be celebrated on **June 15 in 2025**. Every year on the **third Sunday of June** Father's Day is celebrated across the country. It is a day to celebrate fathers and the crucial role they play in people's lives, from childhood through to adulthood.

Father's Day is not a public holiday, but it falls on a Sunday, so businesses may be closed.



Take Your Dog to Work Day

Next Take Your Dog to Work Day **Friday, 20 June 2025**

Take Your Dog to Work Day takes place on the Friday after Father's Day, created in 1999 by Pet Sitters International to promote dog adoption and showcase the benefits of pets in the workplace. In the UK, it's known as Bring Your Dog to Work Day, launched in 2014 by HOWND, supporting animal charities nationwide. The event encourages employers to welcome dogs for a day, helping to reduce stress, boost morale, and build stronger workplace relationships. It's a fun way to raise awareness, share joy, and inspire others to adopt. Even one dog in the office can brighten everyone's day.



Please note many farms will ask for you to book a place prior to attending — if this is the case for farm you would like to visit, please follow the booking instructions. If you are no longer able to attend, please contact the farmer and release your tickets so that other people can take your place.

Reflective Prompt



Religious Event of the Month: Summer Solstice

Summer Solstice: Light, Life and Learning from the Longest Day

The summer solstice, usually falling around 21st June, marks the longest day and shortest night of the year in the northern hemisphere. It's a turning point in the calendar and has been celebrated for thousands of years across many cultures.

At its heart, the solstice is about the sun. It's the moment when the Earth's tilt means the sun reaches its highest point in the sky. From this day onwards, the daylight hours gradually shorten again – a reminder that change is always part of life.

Historically, the summer solstice has been deeply connected to religious and spiritual traditions. In ancient Britain, it was a key event for the Druids, who gathered at sites like Stonehenge to welcome the rising sun. Similar celebrations took place across Norse, Slavic, and Indigenous American cultures – all honouring the sun as a source of light, warmth, crops, and life.

Many of these festivals involved rituals, feasting, and community gatherings, often around fire or in natural settings. Even today, people gather at ancient monuments to watch the sunrise, reflecting on nature, energy, and renewal.

In the modern world, the solstice reminds us to pause and notice the light – both around us and within us. It's a time to think about what's grown so far this year, and what you want to nurture next. For those working on personal or professional development, the solstice is a natural moment to check in on your goals and celebrate how far you've come.

So whether you mark it with a sunrise walk, a moment of gratitude, or just a cup of tea in the sun, the solstice is a chance to realign, recharge and reconnect – with yourself, with nature, and with others.



Join the Apprentice Community – 6th June @ 09:00

Our next Apprentice Community session will be held on **Friday 6th June at 09:00**

[Link to join the meeting](#)



This monthly session is a space to share wins, swap ideas, and support each other. It's a great way to stay connected and pick up new insights. **If you'd like a calendar invite, just email David Hill (david.hill@cqmltd.co.uk) and we'll make sure you're on the list, or join via the link above.**

In June we will look at the benefits of 'The Association of Apprentices', and the 'Apprenticeship Extra Card', including the benefits and cost savings available to Apprentices. In the meantime you can check out this useful informational video.



Apprentice Playlist – Help Us Build It!

Last month, May saw “Send us a Song!”

Music can lift your mood, improve focus, and help you unwind. We're putting together an apprentice playlist for next month's newsletter, and we'd love your suggestions! Whether it's a chilled-out track to help you concentrate or an upbeat anthem that gets you moving, **send in a song to David at david.hill@cqmltd.co.uk and a few words about why it helps you.**

We'll feature the best picks and shout-outs next month

Any entries will be entered into a prize draw to win a copy (signed or unsigned by your favourite Development Coach!) of The Six Sigma Way by Peter Pande.



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