



Working as a Skills Trainer from home during lockdown has not been without its challenges. One of the biggest being the fact that I am working at a kitchen table in close proximity to a fridge, what could possibly go wrong? Well, walking to the fridge stretches your legs but also your stomach!

But on a more serious note, what I have learnt is how a lack of structure in daily life can have an impact on mental well-being.

Initially, it was difficult to shape any sort of new routine but it's funny how we are all creatures of habit and new routines soon become the 'new normal'. As a Trainer, I appreciate how learning keeps the mind active, but learning doesn't just mean completing a course. On a personal level, it can be learning to be flexible by adapting to different ways of working, and finding innovative ways to solve problems.

Customers have also adapted in these strange times and are now completing courses online and through Skype, something they may have not thought about or felt confident enough to do before. Customers have completed courses such as Food Safety, First Aid, Safeguarding Adults and Personal Trainer. Not only have they gained qualifications, but they have also improved their digital skills.

Providing this service has been beneficial, as it has allowed people to remain safe at home while at the same time has enabled them to upskill. This preparation will help them when they are able to look for work once lockdown eases. In addition, learning something new is great for self-esteem and counteracts restlessness and boredom. As one customer commented, "I am grateful for the support and opportunities to learn, I have enjoyed the experience and it has made me want to continue learning"