

QUARTERLY NEWSLETTER

JUNE - ISSUE #2

Welcome back to the LSVN Newsletter



NIKKI'S LAB ROCCO

Thank you for reading our newsletter, we hope you love the summer design. Further editions will be released quarterly.

Feedback and comments welcomed! You can contact us on 01305 264140 or email us at school@lsvn.co.uk

Upcoming Events

CLINICAL SUPERVISOR
TRAINING - ONLINE Q&A ON
6TH AUGUST

STANDARDISATION AT LSVN
ON 26TH JUNE

NEW COHORT INDUCTION
DAY ON 19TH JULY

MORE DETAILS OVERLEAF...



PHOTO BY HAYLEY KINGTON

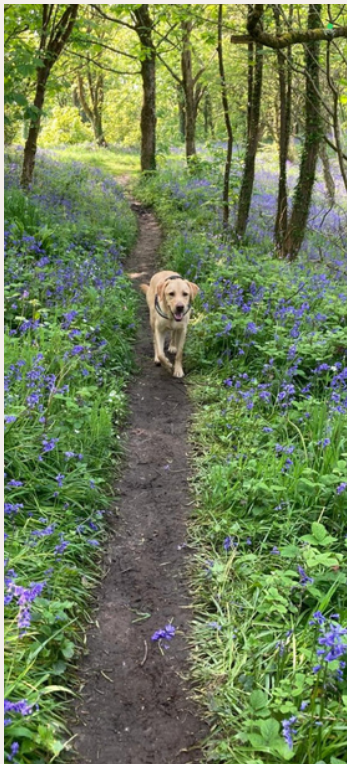


Key Dates and Events

COHORT DATES

In September, a new cohort of Veterinary Nursing apprentices will be starting with LSVN, here are some key dates:

- Induction day: 19th July 2024
- First day of teaching: 4th September 2024



KRIS' LAB RINGO

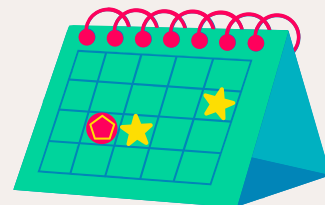
EVENTBRITE

There's always something going on at LSVN, be sure to check our Eventbrite page regularly!

This can be found here:
<https://www.eventbrite.com/o/lynwood-school-of-veterinary-nursing-50120644673>

Here are some upcoming events...

- Face to Face Standardisation for Clinical Supervisors & Practice Principals on 26th June 2024
- Mock OSCE Day on 2nd July 2024
- Clinical Supervisor Training - Remote Q and A session on 6th August 2024
- Mock OSCE Day on 25th October 2024



Book now!



Veterinary Nursing Awareness Month

VETERINARY NURSING AWARENESS MONTH WAS IN MAY. THE THEME THIS YEAR WAS "PROGRESSION". WE REFLECTED ON CURRENT AND PAST LEARNERS WHO HAVE COMPLETED APPRENTICESHIPS WITH US. INCLUDING THOSE WHO BECAME ANIMAL NURSING ASSISTANTS FIRST VIA OUR LEVEL 2 APPRENTICESHIP, THEN VETERINARY NURSES BY ENROLLING ON THE LEVEL 3.

MANY OF OUR TEAM ARE RVNS THEMSELVES AND HAVE HAD VARIED CAREERS SINCE QUALIFYING. GET IN TOUCH OR SEE OUR WEBSITE TO LEARN THEIR STORIES.



What can you do to help?

AS WITH VETERINARY AWARENESS MONTH, THERE ARE CHARITY AND AWARENESS DAYS ALL THROUGH THE YEAR. HERE ARE SOME OF THE UPCOMING DAYS TO BE AWARE OF, AND INFORMATION ON HOW YOU CAN TAKE PART.

EVENT

WHEN?



SPANNA's World Tea Party 2024 (raise funds for sick and injured working animals this summer)

July 2024 - All month



Clean Beaches Week 2024

July 1st - July 7th



National Marine Week 2024

July 27th - August 11th



International Cat Day 2024

August 8th



National Take Your Cat to the Vet Day 2024

August 22nd



National Dog Day 2024

August 26th

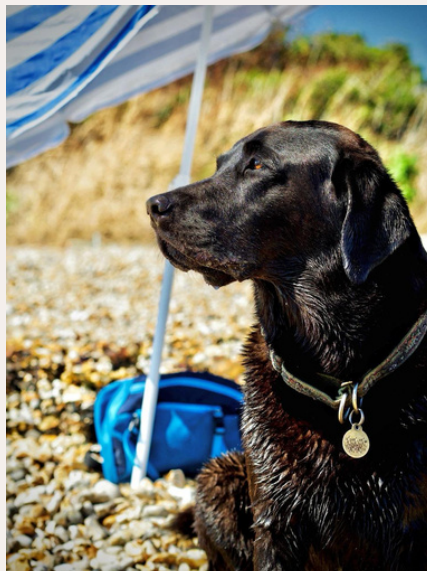
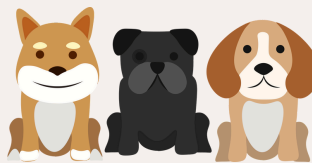


PHOTO BY HAYLEY KINGTON



Charity Work by Students



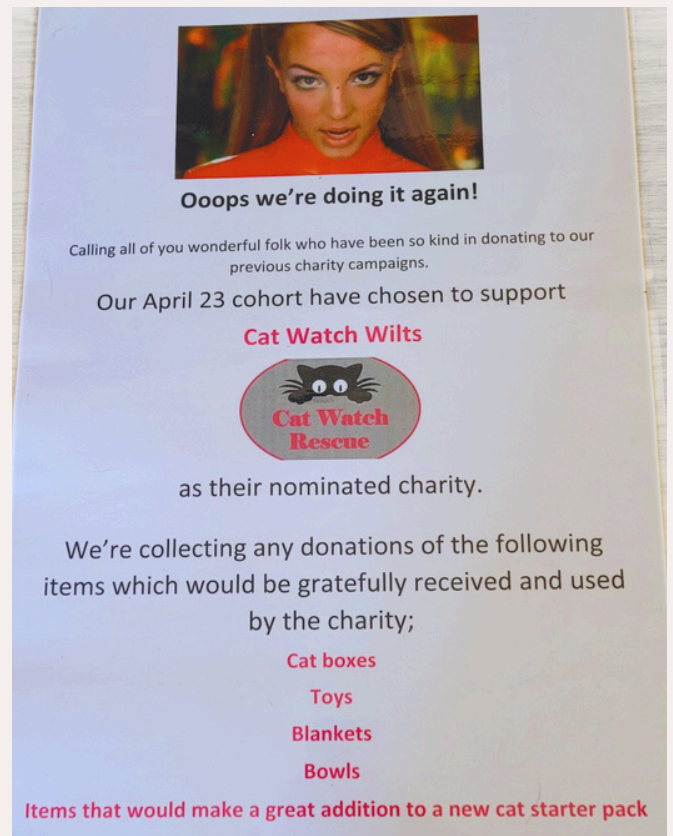
PICTURED TO THE LEFT:
OUR DECEMBER 2023
COHORT OF LEVEL 2
APPRENTICES RAN A
BAKESALE ON BEHALF OF
FURBUDDIES ANIMAL
REHOMING CENTRE.



THEY RAISED A TOTAL OF
£87.10 FOR FURBUDDIES.
THANK YOU ALL FOR YOUR
HARD WORK.

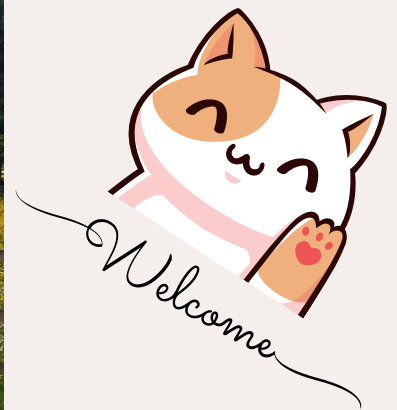
AS PER THEIR POSTER ON THE RIGHT,
THE APRIL 23 COHORT OF LEVEL 3
APPRENTICES ARE SUPPORTING CAT
WATCH RESCUE (WILTS) BY
COLLECTING DONATIONS OF
EQUIPMENT FOR NEW CAT STARTER
PACKS.

SEE THE CAT CARRIERS THEY HAVE
ALREADY COLLECTED IN THE PICTURE
BELOW! WELL DONE TO ALL INVOLVED.



Hello & Goodbye

Welcome to the new April 2024 cohort!



March 22 Cohort - Congrats on completing your Theory, good luck going forwards!





PRIDE MONTH



June is pride month!

Here are some ways you can celebrate locally:

rainbowdorset.co.uk

tauntonpride.co.uk



POOLE PRIDE 8-9TH JUNE

BOURNE FREE GAY PRIDE (BOURNEMOUTH) 5-6TH JULY

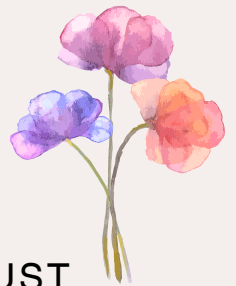
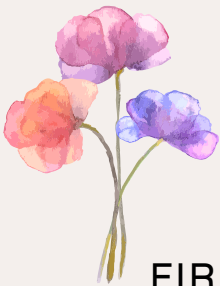
SHERBORNE PRIDE 7TH JULY

ISLE OF WIGHT PRIDE 19-21ST JULY

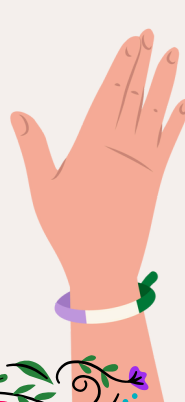
NEW FOREST PRIDE 27TH JULY

FIRST EVER PRIDE IN WELLS, SOMERSET! 3RD AUGUST

SOUTHAMPTON PRIDE 24-25TH AUGUST



LGBTQIA+





SAFEGUARDING



WHATSAPP FRAUD ON THE RISE - WHAT ARE THE FACTS?

- ACTION FRAUD REPORTED THAT THERE HAVE BEEN AS MANY AS 636 VICTIMS OF WHATSAPP SCAMS THIS YEAR
- THE FOCUS OF THE REPORT WAS ON WHATSAPP GROUP CHATS, WHERE THE FRAUDSTER WILL SEND AN AUDIO CALL REQUEST TO A MEMBER OF THE GROUP CLAIMING TO BE A GROUP MEMBER. OFTEN THEY WILL USE A FALSE PROFILE PICTURE AND/OR NAME TO GAIN THE VICTIM'S TRUST AS THEY WILL APPEAR TO BE A GENUINE MEMBER OF THE GROUP.
- THE FRAUDSTER WILL THEN TELL THE VICTIM THEY ARE SENDING THEM A ONE-TIME PASSCODE WHICH WILL ALLOW THEM TO JOIN AN UPCOMING VIDEO CALL FOR GROUP MEMBERS. THE CRIMINAL THEN ASKS THE VICTIM TO SHARE THIS PASSCODE WITH THEM SO THEY CAN BE "REGISTERED" FOR THE VIDEO CALL.
- IN REALITY, THE CRIMINAL IS ASKING FOR A REGISTRATION CODE TO REGISTER THE VICTIM'S WHATSAPP ACCOUNT TO A NEW DEVICE SO THEY CAN TAKE OVER THEIR ACCOUNT.
- ONCE THE FRAUDSTER HAS ACCESS TO THE VICTIM'S WHATSAPP ACCOUNT, THEY WILL ENABLE TWO-STEP VERIFICATION WHICH MAKES IT IMPOSSIBLE FOR THE VICTIM TO REGAIN ACCESS THEIR ACCOUNT. OTHER MEMBERS OF THE GROUP, OR FRIENDS AND FAMILY IN THE VICTIM'S CONTACTS, WILL THEN BE MESSAGED ASKING THEM TO TRANSFER MONEY URGENTLY AS THEY ARE IN DESPERATE NEED OF HELP.

HOW TO SECURE YOUR WHATSAPP ACCOUNT:



- SET UP TWO-STEP VERIFICATION (2SV) TO GIVE AN EXTRA LAYER OF PROTECTION TO YOUR ACCOUNT.
- TAP SETTINGS > ACCOUNT > TWO-STEP VERIFICATION > ENABLE.
- IF A FAMILY MEMBER OR FRIEND MAKES AN UNUSUAL REQUEST ON WHATSAPP, ALWAYS **CALL** THE PERSON OUTSIDE OF WHATSAPP TO CONFIRM THEIR IDENTITY.
- REPORT SPAM MESSAGES OR BLOCK A SENDER WITHIN WHATSAPP: PRESS AND HOLD ON THE MESSAGE BUBBLE, SELECT 'REPORT' AND THEN FOLLOW THE INSTRUCTIONS TO DO THIS.

IF YOU HAVE BEEN A VICTIM OF FRAUD OR CYBERCRIME, REPORT IT AT WWW.ACTIONFRAUD.POLICE.UK OR BY CALLING 0300 123 2040.

FIND OUT HOW TO PROTECT YOURSELF FROM FRAUD:
[HTTPS://STOPTHINKFRAUD.CAMPAIGN.GOV.UK](https://stopthinkfraud.campaign.gov.uk)



MARTYN'S LAW

**SUMMER IS RIGHT AROUND THE
CORNER, THAT MEANS IT IS TIME
FOR...**



FESTIVALS

SPORTS EVENTS

CONCERTS



THEME PARKS

... AND MORE!

**Before you go, make sure
you know:**



MARTYN'S LAW

MORE INFORMATION



WHAT IS MARTYN'S LAW?

MARTYN HETT WAS ONE OF THE 22 PEOPLE KILLED IN THE MANCHESTER ARENA TERRORIST ATTACK. AFTER THIS TRAGEDY, HIS MOTHER FIGEN MURRAY HAS BEEN CAMPAIGNING FOR LEGISLATION WHICH WILL REQUIRE VENUES WITH A CAPACITY OF 100+ TO IMPROVE THEIR SECURITY MEASURES AGAINST THE THREAT OF TERRORISM, INCLUDING TRAINING THEIR STAFF WITH THE FREE ONLINE GOVERNMENT COUNTER-TERRORISM TRAINING.



WELLBEING



Take some time to focus on your wellbeing.
Here are some suggestions from the LSVN
team...

Kris says...

Here is a recipe my family absolutely loves, it's vegan, serves 4, and is packed with protein!

Peanut Butter Curry

- Dice 2x onions
- Cut up a large pack of mushrooms into halves
- Cook the onions with 4 tbsp lazy garlic for five mins
- Add mushrooms for five mins
- Add spices (2x tsp paprika, 1x tsp coriander, 1x tsp cayenne pepper, and 2x pinch chilli flakes) and mix well
- Add 2x tin coconut milk, 4x tbsp tomato puree, 8x tbsp peanut butter, 2x tin chickpeas, 2x stock cubes, 2x limes juiced, 1x pack quinoa (250g precooked) and stir
- Cook until desired sauce thickness (usually around 15mins)
- Serve and Enjoy!

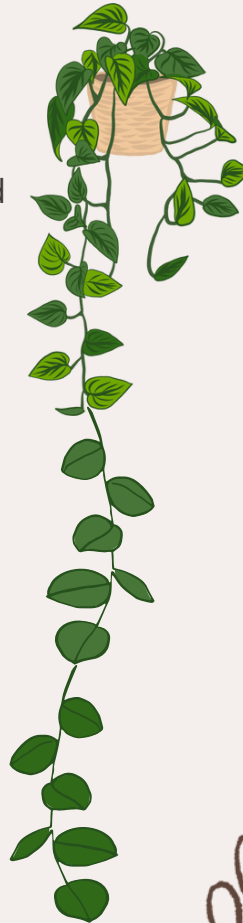
Carol's top tip!

ALWAYS LISTEN TO WHAT YOUR BODY AND MIND ARE TELLING YOU - AND MOST IMPORTANTLY... **ACT ON IT!** TAKING REGULAR BREAKS CAN HELP REDUCE STRESS, MAKE SURE TO NOTICE WHEN YOU NEED 5 MINUTES TO RESET BEFORE YOU CARRY ON.



Emma and Bella hit the Paws button

ONE OF THE BIGGEST PARTS OF MY WELLBEING ROUTINE IS WALKING BELLA AND INCORPORATING MINDFULNESS. I EITHER DO A WALKING MEDITATION OR JUST TAKE SOME TIME TO SIT AND BE FULLY AWARE OF MY SURROUNDINGS, SIGHTS, SMELLS AND SENSES. LET YOUR DOG SHOW YOU HOW. NOTICE HOW JOYOUSLY PRESENT THEY ARE WHEN OUT IN THE WORLD: THEIR HEAD IS UP, THEIR TAIL IS WAGGING, AND THEY ARE ALERT AND TAKING IT ALL IN. THEY ARE OPEN TO NEW SIGHTS, SMELLS, SOUNDS, PEOPLE, AND ANIMALS. EACH WALK IS AN ADVENTURE. (HARVARD HEALTH PUBLISHING FEB 2015)



AWOOO





LYNWOOD SCHOOL OF VETERINARY NURSING

JUNE- ISSUE #2



PUBLISHED BY LSVN IN JUNE 2024.



THIS NEWSLETTER WAS CREATED IN CANVA.

ALL GRAPHICS AND FONTS WERE SOURCED ON CANVA.

THANK YOU TO NIKKI PHILLIPS, KRIS LEGG, AND HAYLEY KINGTON FOR PROVIDING PHOTOS INCLUDED IN THIS MONTH'S NEWSLETTER.



PLEASE CONTACT US ON 01305 264140 OR
SCHOOL@LSVN.CO.UK IF YOU HAVE ANY FEEDBACK
REGARDING THE CONTENT OF THIS NEWSLETTER.
THANK YOU FOR READING.