



SEPTEMBER NEWSLETTER

www.micomputersolutions.co.uk

Welcome to our newsletter!

In this newsletter, you can read about our plans for the new academic year, get self-care tips, learn how to improve your job search confidence and much more!

Read below!

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Welcome to our New Academic Year!

A very warm welcome to all our learners as we begin another academic year at MI Skills Development Centre.

For some of you, this is the start of a brand new adventure, and this may even be your first time in a classroom after many years. While for others, this September is just the continuation of your learning journey, and another step in achieving your career goals.

Whatever your reasons may be, we are honoured, not only to have you here, but also to be here for you on this courageous journey you've taken.

New Job-Focused Courses

This academic year, MI will be focusing on supporting you with employability training, volunteer and job opportunities, as well as vocational/workplace courses.

We have some new and exciting job-focused courses for you, such as:

- Prepare to Work in Construction (and gain a CSCS Card)
- Prepare to Work in Security Environment (and gain a SIA Door Supervision Badge)
- ESOL for Work in Hospitality
- Essential Digital Skills and AI Confidence
- Career Pathway into Childcare
- Career Pathway into Teaching Assistant
- Career Pathway into Health and Social Care
- And many more!

Real Employability Support

Suk Bahra - our Employer Brokerage and Learner Engagement Officer - will be holding "Coffee Mornings" to provide learners with bespoke support, realistic job goals, advice on different employment pathways and on how to take these skills to the next stage.

Support Every Step of the Way

We don't just provide employability support; our tutors and staff are here to support you, encourage you, and help you achieve your goals.

Enjoy The Journey

Your progress is built step by step, so don't be afraid to ask questions, to make new friends and more importantly, to celebrate your achievements.

There may be times when this learning journey may feel overwhelming, but remember why you started it in the first place. You are here to transform your life, so enjoy the process and your progress - and get help from us if you need it.

Self-Care September



Tips to help you thrive in this new academic year.

This month, we are celebrating Self-Care September.

Personal wellness is important to everyone, but with so many of us starting new courses this September, it can also be quite overwhelming, especially when you are an adult learner trying to juggle so much in your life.

So that you can improve your physical, mental and emotional well-being, we have some tips for you:

1. Take Breaks

To process information, your brain needs pauses. So, try to take a 5-minute break every 30 minutes when you are studying, to ensure you can retain information.

2. Have a study space

Having a space mainly dedicated to studying can help you focus and be free from distractions.

3. Find a buddy

You don't have to do it on your own. Talking with your classmates and tutor can make your study journey smoother and fun. It is good to have someone to chat with about any difficulties you are having in your course or how you can take your learning to the next level.

4. Move Your Body

Doing 10 minutes of any physical activity, like dancing or walking, will boost your memory and mood.

5. Rest

Sleep and rest will help you remember what you've learned and retain information better. Therefore, it is important that you try to

rest and have a good night's sleep.

Caring for yourself is not selfish or a luxury; it is a necessity in your successful journey as a learner.

Learner Highlight: *Gandy Peter*

Gandy is our "Learner Highlight" this month. Gandy completed the VTCT Level 3 NVQ Diploma in Barbering at our MI Hair & Beauty centre in Harlow.

Read Gandy's success story:

"Even though I didn't know what to expect, I still feel that this course has exceeded all of my expectations! Very well put together by Danielle and the team. I like that there was a keen focus on preparing us as individuals to build our brand.

My tutor Adelle has taken me from complete novice to half professional and I can't wait to be as good as her! (lol inside joke). Seriously though, great Tutor, Adelle wasn't too much or too little. She would demonstrate techniques and encouraged us to try with confidence, which meant, instead of going over things over and over again, we



I'm certain I'll continue my learning long after this course but the time with Adelle and the skills, techniques and tips that I've gained here will always be the best part of my Barbering Life, thanks Mi Hair & Beauty"

We are happy to know that this course helped Gandy find a part-time job at a local salon since then.

were able to progress very quickly.

Massive congratulations Gandy!

If like Gandy, you would like to attend one of our Barbering, Hair, Beauty or Nails courses, please click the button below:

[MI Hair & Beauty](#)

Job Search - Do It With Confidence



Looking for a job, when you are trying to learn and improve your basic skills can feel quite difficult at times. You might think that not having

perfect English, studying maths or being new to ICT can deter you from getting a job, but that is not true.

Showing that you are willing to improve, that you are dedicated and ready to make an effort, can be a great way to show potential employers that you are the right person for the job. So make sure to tell them that you are attending a course with us to show them you are a hard worker.

Working in local cafés, community centres, shops, and charities can be a great place to start and find work. These are places where you will be able to gain experience and practice your skills.

If you are looking for a job, don't be scared to talk to friends, neighbours, or tutors about it. Recommendations can lead to various opportunities, some that may not even be advertised.

At MI we also support our learners by helping them develop employability skills that employers value. With our employment support, you can learn how to create the perfect CV, think about your mindset and barriers to work, get interview tips, learn workplace language and receive vocational training.

Employers look for employees who are reliable, motivated and able to work well with others. These are all skills that you will develop as a learner in our centres, so use this experience to show your skills when communicating with employers. Being aware of your own abilities can really boost your confidence further.

If you apply and persevere, you will get there. And if you have any doubts or questions, we are here to support you achieve your goals.

Upcoming Courses

Interested in doing a course with us?

Check the list of our upcoming courses and their start dates, and register your interest using the button below:

Vocational



- **Course:** Preparing to Work in the Construction Industry
Start Date: 08/09/2025
- **Course:** Preparing to Work in the Security Environment (SIA)
Start Date: 11/09/2025
- **Course:** [Pathway to work in Health Care Sector](#)
Start Date: 18/09/2025
- **Course:** [Pathway to work in Childcare Sector](#)
Start Date: 22/09/2025

Employability

- **Course:** Employability
Start Date: 12/09/2025
- **Course:** Employability Combined
Start Date: 19/09/2025



English

- **Course:** [ESOL for Work](#)
Start Date: 08/09/2025
- **Course:** [Functional Skills English](#) L1/L2
Start Date: 10/09/2025
- **Course:** English with Confidence
Start Date: 10/09/2025
- **Course:** [ESOL for Work in Hospitality](#) + [Digital Skills](#) E3/L1
Start Date: 15/09/2025
- **Course:** [Functional Skills English for Work](#) E3/L1 or L1/L2
Start Date: 22/09/2025
- **Course:** Welcome to English
Start Date: 23/09/2025

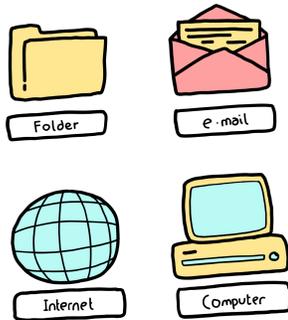
- **Course:** [Functional Skills English](#)
Start Date: 26/11/2025

Maths

- **Course:** [Functional Skills Maths for Careers](#) E3/L1
Start Date: 15/09/2025
- **Course:** [Functional Skills Maths](#) L1/L2
Start Date: 03/11/2025



I.C.T.



- **Course:** Get Connected
Start Date: 08/09/2025
- **Course:** [Increase Digital Skills](#) with [Maths](#) and AI Confidence E3/L1
Start Date: 10/09/2025
- **Course:** [Increase Digital Skills](#) and AI Confidence E3/L1
Start Date: 15/09/2025
- **Course:** [Essential Digital Skills](#)
Start Date: 29/09/2025
- **Course:** [Digital Skills](#) & AI E3
Start Date: 03/11/2025

Enrol Now!

September Diversity & Inclusion Calendar

Diversity & Inclusion Calendar

September 2025

MI Skills Development Centre ▶▶
...Transforming Lives

National Emergency Alert Test on Sunday 7th September - The UK Government is sending a test emergency alert to mobile phones across the UK at around 3pm on Sunday 7 September.
Emergency alerts are used to send vital information and advice rapidly to people in emergencies. During the test, mobile phones will vibrate and make a loud siren sound for roughly ten seconds, even if they are set to silent. Some people may need to take action to avoid receiving this test alert eg victims of domestic abuse with a concealed phone. In such cases, the person will need to opt out of receiving alerts. There is guidance on the gov.uk website about how to opt out. <https://www.gov.uk/alerts/optiming-out>



World Suicide Prevention Day 10th September - The Samaritans – “Suicide is not inevitable. You can interrupt someone’s suicidal thoughts. You can save a life. This World Suicide Prevention Day, we’re sharing one important message: If you think someone might be suicidal, take action, interrupt their thoughts and show them you care. Every 90 minutes, someone in the UK or Ireland dies by suicide and 1 in 4 of us has had suicidal thoughts. Let’s prevent suicide today. Because tomorrow’s too late.”
<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>



UK National Inclusion Week 15th – 21st September - National Inclusion Week (NIW) is an annual UK-wide event launched in 2013 to celebrate inclusion and inspire meaningful, sustained action in workplaces. It provides an opportunity for organisations to reflect, learn, and commit to making inclusion a core part of their culture and everyday practice. In 2025, The 2025 theme, #NowIsTheTime, stresses urgency and resilience in inclusion work. In a climate where some diversity and equity efforts face challenge or resistance, it calls for practical, measurable action that makes inclusion sustainable and impactful.
<https://www.equalityanddiversity.co.uk/incl usionweek.html>



Equality & Diversity UK

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World Alzheimer’s day 21st September - World Alzheimer’s Day, which takes place every Sept. 21, is a global effort to raise awareness and challenge the stigma around Alzheimer’s disease and other dementia. Join the Alzheimer’s Association as we recognize the more than 55 million people across the world who are affected by this terrible disease. Whether you fundraise for the cause, share information about Alzheimer’s or talk to a loved one about dementia, you can make a difference.
<https://www.alz.org/about/awareness-initiatives/world-alzheimers-day>



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