

A year in the life of an apprentice

Join our apprentice Joe Boothman in his City of York Council apprenticeship journey.

October 2017

The last month and a year on in the life of an apprentice.

Like myself I'm sure the other apprentices who started when I did can't believe that it's here already, a full year on. In this time I've had the opportunity and training to participate in so many different areas of my team and with others in the council and done things that I wouldn't have ever done previously, such as this blog.

As you will know my blogs always contain a message and information towards what I've been up to and what Public Health would like to get across to staff and residents. First of all though I'd like to use this section to say thank you to everyone who has helped me in my apprenticeship and given me the chance to learn so much over the year, so that's you! The Public Health team! Thank you all; I couldn't have asked for a more fantastic team to start with. Also a massive thanks to my manager Karen, who has been invaluable in my apprenticeship through organising and providing learning experiences across the council and the team, plus teaching me along the way.

Now back to the informative blog I always produce, and this month's Public Health messages. As many of you know this month is stop smoking month with the **STOPTOBER** campaign, so anyone who is looking to stop smoking there is support out there for the public and council staff through the Yorwellbeing stop smoking service who offer 1 to 1 and group support, so if your looking to stop please call **01904 553377** and speak to one of the stop smoking officers and get booked in.

With the leaves falling and Autumn beginning it is unfortunately the start of the **flu season**, and the best time to get yourself the flu jab and to take self care into your own hands with "catch it bin it kill it" and good hand hygiene especially in the council where we have plenty of hand sanitises and wipes at desks. If you are in contact with children the elderly or a pregnant colleague or partner get the flu jab (or nasal spray for children) and recommend it to others.

And another thank you all for reading my blogs. Stay well this winter.