

HOT TOPICS

Q2 2025



ONLINE SAFETY

Algorithms and the 'Manosphere'

Anyone that has logged on to Netflix or any social media recently is likely to have heard about 'Adolescence'; a 4-part series on Netflix about a 13-year-old boy who is arrested and charged for murdering a schoolgirl.



The show has hit the headlines recently, due to the reasons why the girl was murdered and the age of the boy in question. Detectives and a child psychologist in the series discover that the boy has been exposed to misogynistic content online and has warped views on girls and relationships.

The 'manosphere' is a term coined to describe a collection of websites, blogs, and online forums promoting masculinity, misogyny, and opposition to feminism. Communities within the manosphere include men's rights activists, incels (involuntary celibates), Men Going Their Own Way (MGTOW) and pick-up artists (PUA).

The manosphere is generally opposed to feminism and is full of misogyny. Content within the manosphere can be destructive to young boys and men, who are developing feelings and relationships, particularly with women. Particular influencers, websites and social media pages have also been flagged as perpetuating violence against women and glorifying sexual assault.

Social media algorithms will present content to you based on videos and posts that you interact with, therefore you may come across one video and because you watched a bit of it, will be presented with more just like it. A recent study by UCL found a fourfold increase in the level of misogynistic content in the "For You" page of TikTok accounts over just five days on the platform, in an algorithmic modelling study. Through interviews with young people and school leaders, the researchers also found that hateful ideologies and misogynistic tropes have moved off screens and into schools and colleges, becoming embedded in mainstream youth cultures.

How the 'alpha' male stereotype is harmful to men's mental health

Boys and young men face challenging, unhelpful notions of what it means to be a man, which can be detrimental to male mental health. In 2023, 74% of suicides registered in the UK were male*.

Boys in Mind are an organisation working with schools and colleges to encourage young men to talk about their feelings and to not be ashamed of their emotions, and confide in someone they trust (a friend, family member or GP) if they are having harmful thoughts.

*Data from [samaritans.org](https://www.samaritans.org)

How can you prevent social media algorithms from showing you harmful content?

The main social media platforms are being lobbied to work on their handling of harmful content and their algorithms to prevent young people being bombarded with content that could be deemed as violent or misogynistic. In the meantime, it's important to set boundaries:

- Avoid too much screen time and ensure you get lots of fresh air and exercise.
- Reporting certain videos and posts and feeding back where possible will update your social media algorithm to stop presenting similar content.
- Be critical of the information you discover on social media. Is there evidence to back up the 'facts'? What is the agenda of the presenter/author? Do they want you to think a certain way? If so, why do you think that is?
- Speak to someone if you are worried or concerned about any content you come across online. Our safeguarding team are always happy to chat.

Read more about the UCL study and algorithms here: <https://www.ucl.ac.uk/news/2024/feb/social-media-algorithms-amplify-misogynistic-content-teens>

Talking Point Questions

- Have you noticed how the algorithm on your social media affects the content presented to you?
- Have you seen any content online that could be seen as harmful or violent?

SAFEGUARDING

Mental Health Awareness

Mental health matters - it's estimated that around 1 in 4 people in England will experience a mental health issue at some point in their life.

The Mental Health Foundation is a charity that helps to shine a spotlight on mental health, encouraging open conversations, reducing stigma, and promoting wellbeing. Mental Health Awareness Week this year takes place from Monday 12 – Sunday 18 May 2025. Each year the theme is set by the charity, and previous themes have included loneliness, kindness, and body image. For 2025 the chosen theme is 'community'. You can find out more on their website www.mentalhealth.org.uk

A community is a group of people brought together through something which they share. You might find your community in your local area or work, through your faith, at a club where you enjoy a hobby, as part of a group inspiring action for positive change or an online game.

People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected.



A community should make you feel good about yourself, feel safe, and feel empathy towards others. Throughout covid we saw so many examples of communities coming together to support one another, find joy, and ensure that those most in need were looked after. Below are some suggestions to help you feel more connected to your community:

Talk to neighbours: Simply engaging in friendly conversations with neighbours can create a sense of connection and belonging.

Join local groups: Look for groups based on hobbies, interests, or activities that align with your passions. This can provide opportunities to meet like-minded people and build relationships.

Attend community events: Participate in local festivals, markets, or gatherings to experience the community spirit and connect with others.

Volunteer: Volunteering offers a chance to give back to the community and meet new people while making a positive impact.

At First Intuition, we foster a sense of community and belonging by providing a safe, caring and supportive environment that positively promotes health and wellbeing. If you have any concerns about yourself or another apprentice, you can speak to one of the safeguarding team, who can help and advise. Details of your safeguarding team are towards the back of this newsletter.

Talking Point Questions

- Are there any community events or activities that take place at your work?
- Do you take part in any community projects or events near where you live?

EQUALITY, DIVERSITY, INCLUSION

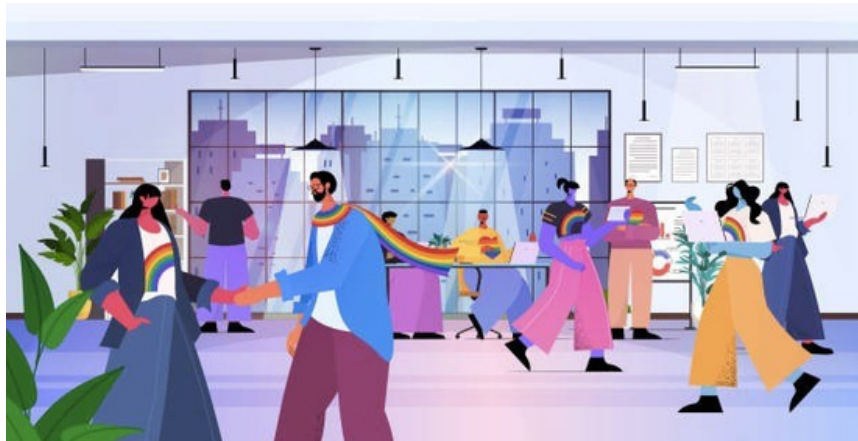
The Equality Act - LGBTQIA+

The Equality Act 2010 gives us a duty, when making decisions, to take into account the need to:

- eliminate discrimination, harassment and victimisation,
- advance equality of opportunity,
- foster good relations between different parts of the community

It protects people against discrimination on the grounds of one or more of 9 protected characteristics. These include sexual orientation, gender reassignment, sex, and sexual orientation.

The LGBTQIA+ acronym encompasses a wide range of sexual orientations and gender identities, including lesbian, gay, bisexual, transgender, queer/questioning, intersex, Ace/Asexual/Aromantic.



Members of the LGBTQIA+ community are at a greater risk of discrimination compared to heterosexual people. Certain LGBTQIA+ groups are at particular risk, including gay men, trans people, young people and those who are from Black, Asian and ethnic minority groups.

Stonewall is an organisation made up of LGBTQIA+ people and allies campaigning for positive change in public attitudes and public policy.

Stonewall have found that:

- Only half of lesbian, gay and bisexual people (46 per cent) and trans people (47 per cent) feel able to be open about their sexual orientation or gender identity to everyone in their family.
- More than a third of LGBT staff (35%) have hidden that they are LGBT at work for fear of discrimination.
- Black, Asian and minority ethnic LGBT people are about twice as likely to attend LGBT-specific venues or events as white LGBT people, 45 per cent compared to 22 percent

Being LGBTQIA+ doesn't automatically mean someone will have mental health issues but may mean they're at higher risk of experiencing poor mental health. Stonewall share that:

- half of LGBTQIA+ people had experienced depression, and three in five had experienced anxiety
- one in eight LGBTQIA+ people aged 18 to 24 had attempted to end their life
- almost half of trans people had thought about taking their life

More information on LGBTQIA+ facts and figures can be found here:

<https://www.stonewall.org.uk/resources/lgbtq-facts-and-figures>

If you are concerned about yourself or another individual at work or at college, speak to your manager or a member of the safeguarding team.

Stonewall

EQUALITY, DIVERSITY, INCLUSION

The Equality Act - LGBTQIA+

What FI are doing to positively impact our LGBTQIA+ employees and learners?

- Holding inclusion sessions for all of our employees. As we move forward, it's imperative that we, as a business, not only comply with legal obligations but also embrace a proactive stance on mental health. At FI, the conversation around mental health is evolving and is a priority that benefits everyone involved. For March 2025, we held a session focusing on empowering ourselves to better understand others, the significance of the Pride movement and why we celebrate it today.
- FI Podcast session - [What is Pride and Why is it so Important?](#)
- Educating our employers and apprentices on cultural awareness - LGBTQ+, race, religion, age, gender etc.

Being an Ally

Allyship involves actively supporting marginalised individuals or groups, using one's privilege to promote equality and social justice, and it's a continuous process of learning and action. It promotes a more inclusive and equitable society.

We can be an ally by actively listening to the experiences and perspectives of marginalised groups, understanding their challenges. Supporting marginalised groups in their struggles for equality and bringing LGBTQIA+ voices to the forefront.

It's important to note that embracing being LGBTQIA+ can have a positive impact on someone's wellbeing too. It might mean they have more confidence, a sense of belonging to a community, feelings of relief and self-acceptance, and better relationships with friends and family. You can find more information on how to be an ally on

<https://reports.hrc.org/being-an-lgbtq-ally>.



Notable Opportunities to show support

- **Trans Visibility - 31st March** - an annual event dedicated to celebrating transgender people raising awareness of discrimination faced by transgender people, and acknowledging their contributions to society.
- **International Asexuality Day – 6th April 2025** - celebrated worldwide every year on April 6th to recognise asexual people and to promote understanding of the ace umbrella.
- **Lesbian Awareness week – 21st-27th April 2025** - an annual event focused on raising awareness and celebrating lesbian women and non-binary people, with the aim of showing solidarity and highlighting the issues they face
- **Pride Month – 1st-30th June 2025** - Pride Month, sometimes specified as LGBTQIA+ Pride Month, is a month-long observance dedicated to the celebration of LGBTQIA+ pride, commemorating the contributions of lesbian, gay, bisexual, transgender and queer culture and community.

Talking point questions

- Can you think of anything your employer or another employer is doing to help support the LGBTQIA+ community?
- Can you think of a time you have been an ally?

PREVENT

Incels – Involuntary Celibate

The incel community is a fast-growing community of mostly men, who began by relating to others in certain online forums, such as Reddit, who have similar struggles to them. This includes bullying or a lack of success with women. Through this, they can become radicalised to gain strong misogynistic views, as well as violent thoughts against women.

Incel communities are predominantly online and communicate to each other in forums, on social media and other platforms such as online gaming.

Within the 'Incel' community, is a glossary of terms which has been created to divide people into 'pills'. These are:

- **Blue Pill** – Remaining ignorant to the 'real world' experienced by incels.
- **Red Pill** – 'Waking up' to the real world where women have an advantage and female oppression is a myth.
- **Black Pill** – Adhere to ideas behind the 'Red Pill' but believing that society will not change or that incels lives cannot be improved.

There are also numerous emojis used, particularly on social media, that also stand for incel terms:



Explosion - an 'exploding red pill' - meaning someone is a radicalised incel



100 - Tied to the '80/20 rule' - the belief that 80% of women are only attracted to 20% of men.



Kidney Bean - a symbol linked to incel culture, sometimes mocking women.



Frog - associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.

Recent studies have shown that there has been an increase in people visiting these sites and forums, and that the content posted and discussed is becoming more violent. In January 2023, The Guardian published an article titled 'Large Rise in Men Referred to Prevent over Women-Hating Incel Ideology'. The article states that Counter-Terrorism Officers say incels make up 1% of referrals to anti-extremism scheme.

In August 2021, a man called Jake Davison, aged 22, shot and killed 5 people, including his mother, before killing himself. In the lead up to the murders, he had expressed that he was an incel and was active on many incel forums online. Whilst many on these online forums believe that it is all 'dark humour' or 'funny banter', there are impressionable people on these forums who, evidently, become radicalised into acting on their beliefs and the comments of others.

So, what can be done?

These acts of violence committed by individuals that identify as 'Incels' are not always seen as acts of terrorism. After the Plymouth Shooting, the police were quick to rule out terrorism playing a part, to the media. These attacks are fuelled by a strong and violent hatred towards women, and men incels feel 'genetically inferior' to. However, in light of the Southport stabbings in July 2024, the government are doing more to highlight extreme misogyny and are reviewing and reforming the Prevent referral processes to work with individuals such as incels.

For more information and support:

<https://safeline.org.uk/resources/information-for-professionals/understanding-incel-ideology/>

<https://actearly.uk/>

Talking point questions

- Are you aware of incel culture/communities and/or have you seen any of the above terms or emojis used?
- If you were concerned about misogynistic comments in the workplace, what would you do?

BEHAVIOURS & ATTITUDES

Sustainability in the Workplace

As the UK continues to push towards net zero carbon emissions by 2050, businesses are playing a vital role in driving the sustainability agenda. The workplace, where millions of people spend the majority of their day, offers enormous potential for meaningful change. Creating a sustainable work environment not only supports the planet but also improves employee wellbeing, enhances brand reputation, and aligns with growing regulatory and societal expectations.

Why Workplace Sustainability Matters

The UK government has introduced a range of initiatives – from the Climate Change Act to Green Finance Strategy – aimed at making sustainability a national priority. Businesses, regardless of size or sector, are increasingly expected to adopt greener practices. And with rising energy costs and consumer scrutiny, sustainable workplaces are not just environmentally responsible – they're financially and socially smart too. Benefits of workplace sustainability include:

- Cost savings through efficient resource use and reduced utility bills
- Improved employee morale and productivity in healthier workspaces
- Compliance with evolving environmental legislation and ESG standards
- Enhanced reputation with customers, clients, and investors who value green practices

Ideas for a more sustainable workplace

- **Energy efficiency** - for example switching to LED lighting and energy-efficient appliances. Some organisations use motion-sensors for lighting and maximise natural light as well as install insulation especially in older buildings.
- **Waste reduction** - introducing recycling stations or separate bins for paper, plastic and glass. Your company may also use a recycling scheme or have a compost. Going paperless where possible also help reduce waste.
- **Sustainable commuting** - promoting cycle-to-work schemes or offering season ticket loans for public transport. Your workplace may also encourage hybrid working or car sharing.
- **Ethical procurement and office supplies** - sourcing from UK-based suppliers or suppliers who prioritise sustainability and fair trade. Choosing FSC-certified paper and eco-friendly cleaning products also helps as well as buying in bulk to reduce packaging and delivery emissions.
- **Green building and office design** - introducing indoor plants, green walls, or rooftop gardens or upgrading heating systems and insulation for better energy performance.
- **Employee engagement** - forming a 'green team' in-house to lead initiatives and share ideas. They could run regular workshops or 'Lunch and Learns' on sustainability topics or celebrate awareness days like **Great Big Green Week**.



**THE GREAT
BIG GREEN
WEEK** 
7th-15th June 2025

Talking point questions

- Can you think of any sustainable practices that your workplace already have in place?
- How else could you and/or your workplace be more sustainable?

THE FI PODCAST

JUST SOME OF THE TOPICS WE'VE COVERED



New episodes every week

WELLBEING

Healthy Lifestyles - Smoking & Vaping

In 2023, 11.9% of adults in the UK smoked cigarettes, equating to around 6 million people. This marks a decrease from 14.1% in 2020, reflecting a significant reduction in smoking rates.

One contributing factor to this decline is the rise in vaping. Vaping prevalence increased from 6.3% in 2020 to 9.1% in 2023. Among those vapers, 56% were ex-smokers, 37% were current smokers, and 7% had never smoked.

Misconceptions About Vaping

It is a common misconception that vaping is a healthier alternative to smoking. While vaping is generally considered less harmful than smoking traditional cigarettes, it is not without risks. Vaping can still expose users to harmful chemicals and has its own set of potential health risks.

It is crucial to understand that vaping is not risk-free and should not be considered a completely safe option.

Tobacco and Vapes Bill

The upcoming 'Tobacco and Vapes Bill' in the UK aims to significantly tighten regulations on the sale and promotion of tobacco and vaping products. One of the key provisions is the prohibition of tobacco sales to individuals born on or after January 1, 2009, effectively creating a "smokefree generation".



Impact of smoking and vaping

Smoking and vaping can have significant negative effects on both physical and mental health:

- **Increased anxiety:** Nicotine is a stimulant that can increase anxiety levels. While some students may vape or smoke to relieve stress, it can have the opposite effect making anxiety worse over time.
- **Reduced sleep quality:** Nicotine can disrupt sleep patterns, leading to poorer sleep quality which can affect academic performance and overall wellbeing.
- **Concentration issues:** Nicotine addiction can lead to difficulties in concentrating and focusing on studies, ultimately impacting academic performance.
- **Health risks:** Both smoking and vaping carry health risks, including respiratory issues and an increased risk of developing chronic diseases such as cancer, diabetes, and heart disease.

For help and support on quitting smoking or vaping go to: <https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/how-to-quit-vaping/>

Talking point questions

- Do you or have you ever smoked or vaped? If so, why did you start? And how do you feel about it now?
- How else could you help manage your stress and anxiety without turning to smoking or vaping?

LEARNING SUPPORT

Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviours or interests.

Generally, people with ASD can speak with others and can perform well in their work. However, they have trouble understanding social situations and subtle forms of communication like body language, humour, and sarcasm. They might also think and talk a lot about one topic or interest or only want to do a small range of activities. These interests can become obsessive and interfere with everyday life, rather than giving them a healthy social or recreational outlet.

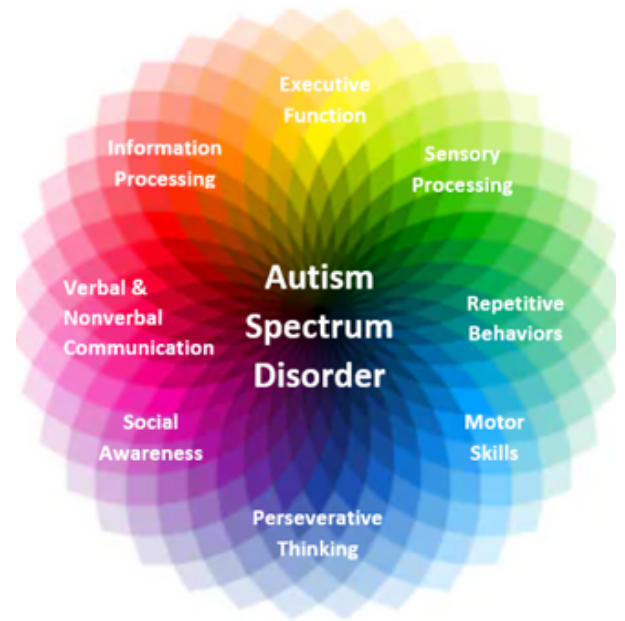
Characteristics of ASD

The characteristics of someone with ASD varies, as is given in the term 'spectrum'. By understanding common characteristics, it can help understand better and find effective ways of working together:

- Conversations that almost always revolve around themselves or a certain topic, rather than others.
- Not understanding emotions well or having less facial expression than others.
- Speech that sounds unusual, such as flat, high-pitched, quiet, loud, or robotic.
- Not using or understanding nonverbal communication, such as gestures, body language and facial expression.
- Becoming upset at any small changes in routines.
- Memorising preferred information and facts easily.
- Clumsy, uncoordinated movements, including difficulty with handwriting.
- Difficulty managing emotions, sometimes leading to verbal or behavioural outbursts.
- Not understanding other peoples' feelings or perspectives.
- Hypersensitivity to lights, sounds and textures.

Those with ASD make excellent students and workers due to their incredible problem-solving, high attention to detail, 'out of the box' thinking and accuracy. Employing autistic individuals and building an inclusive workforce has been shown to significantly benefit businesses, as it disrupts the status quo and drives innovation forward. This is because the different experiences, minds and thoughts allow businesses to improve processes and constantly think of better ways to do things.

For more information and support, visit the National Autistic Society: <https://www.autism.org.uk/>



Talking point questions

- What other benefits are there for a diverse and inclusive workplace?
- If you suspected you may have ASD, do you know what you would do to get support?

CITIZENSHIP

Volunteering - not just for humans!

Christina Ransom, Head of Education at FI Bristol, shares her story of how her family volunteers for Guide Dogs UK

Research shows that getting involved in your local community in activities such as volunteering bring both mental and physical health benefits. With busy lives, it's easy to feel that volunteering wouldn't be an enjoyable use of your precious spare time. You may be surprised to find that there are a whole host of opportunities available that might just fit suit your life.

Our family started our volunteering adventure as puppy fosterers for Guide Dogs in September 2024. This involves welcoming a guide dog in training into your home for a period of 5-6 months while they complete their training at a local guide dog centre. We have the school run each day, and then the evenings and weekends we have all the love, walks and cuddles that comes with sharing your home with a furry friend.



Is it hard to say goodbye to them? Of course! We cried buckets when our first dog, Valerie, left us in February. Is it worth it? Of course! Guide dogs are incredible animals, and we are so proud to have been a part of the programme that has given independence to someone with sight loss.

The physical benefits of fostering a dog are easy to see – as a family we now spend much more time walking in the great outdoors, whatever the weather. Do I feel better mentally? Absolutely! It's hard not to be cheerful when you are greeted each morning by an enthusiastic dog with a wagging tail. With their recognisable leads, guide dogs are also an interesting talking point, so I have really enjoyed the casual conversations that having one has brought.

We are now fostering our second guide dog, Nala, and I am looking forward to seeing how she grows and develops. This has been the perfect volunteering role for us!

To find out more about volunteering for Guide Dogs UK, go to:

<https://www.guidedogs.org.uk/how-you-can-help/volunteering/>



Talking point questions

- Does your employer have a volunteering policy?
- What skills do you have that may be of use to your local community?

CAREERS CORNER

Careers Spotlight - Progression in Industry

Considering your progression after your apprenticeship? A career in industry might see you in a range of roles within a business, including management accountant, financial analyst, and chief financial officer, to name a few.

Here are some personal stories from our former FI apprentices who are now working in industry:

Level 7 Apprentice working at Vodafone:

Can you describe your career path since completing your apprenticeship?

"Since completing my apprenticeship two years ago, I offboarded from the finance graduate scheme to an analyst role in Consumer Finance, PAYM (Vodafone's main mobile segment). This involved business partnering with commercial stakeholders to understand the key commercial trends underpinning financial results, as well as aligning on the key principles behind the forecasting and budgeting process for which I was responsible. I also had the opportunity to work on some business cases with the commercial team to improve and expand our propositions, and I had full ownership of Talkmobile, a mobile Vodafone sub-brand, which gave me significant exposure to senior leadership. Recently, I have been promoted to a manager position, still in Consumer Finance but related to Home Broadband (fixed connectivity), working on trading and business cases."

What do you think are the skills you need to utilise the most in your current role?

"I think some of the most important skills in my new role are building solid relationships with my stakeholders, as I will be constantly having to work on business cases in collaboration with my commercial counterparts, but I will also have to present them to a wider finance forum. It's also important to exercise critical judgement, whether it is looking at the outputs of my models to see if they make sense, or questioning the commercial assumptions that the commercial team wants to see reflected in the business cases."

Do you have any advice for apprentices who are looking to progress/change to a role in industry?

"Stay tuned to developments in your main industry, understand the main trends (the big picture), do some interview practice, think about your key strengths and points for development (be honest about these) and how they link to any role you might

be interested in. And finally, do not underestimate the power of networking – stay in touch with people, and you may have way more ways of learning about new roles and opportunities coming up."



Further reading:

<https://www.aatcomment.org.uk/audience/students/14-different-accounting-roles-which-is-right-for-you/>

<https://www.accaglobal.com/gb/en/study-with-accas-your-career/sectors-industries-roles.html>

CAREERS CORNER

Careers Spotlight - Progression in Industry

Level 4 Apprentice working at Nationwide

Can you describe your career path since completing your apprenticeship?

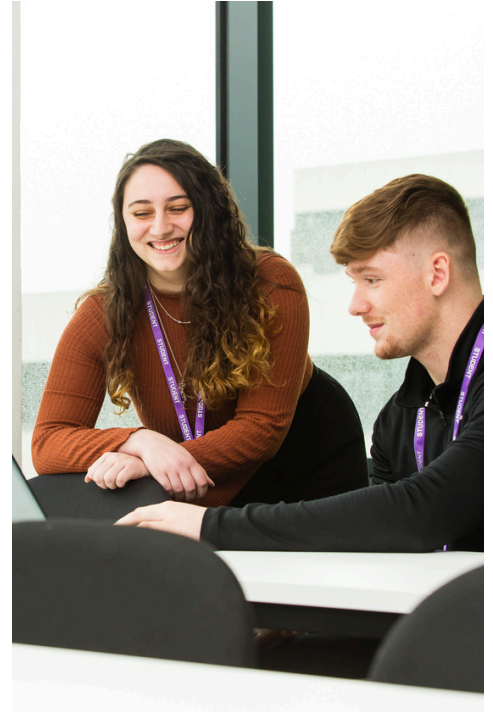
"Since completing the apprenticeship, I was promoted to accountant. This came with increased responsibilities and exposure to external and senior stakeholders. There is a pathway lined out for Senior Accountant progression in approximately the next six months."

What do you think are the skills you need to utilise the most in your current role?

"Stakeholder management and engagement, detailed financial analysis, financial reporting (internal and external)."

Do you have any advice for apprentices who are looking to progress/change to a role in industry?

"Be bold and make the leap – you have way more going for you than you think! You are your biggest advocate and critic, so make it a touch easier on yourself and stop getting in your own way."



Information, Advice and Guidance

FI Hub

At First Intuition, we provide you with lots of opportunities to discuss your role and future career in accountancy and finance.

Whether you want to enhance your skills and progress in your business or understand more about other roles, our FI Hub provides you with lots of resources:

www.firstintuition.co.uk/fihub

- Interactive events and webinars, like AATitude Festival, employer and student forums and revision sessions.
- Podcast with guest speakers and a variety of themes on career progression as well as personal development.
- Employer and tutor videos discussing the various routes, qualifications and industries.
- News and updates in the working world, for example, Hybrid Working and recruitment.

You can also always get in touch with us for a personalised discussion by contacting your relevant FI centre:

<https://www.firstintuition.co.uk/classroom-courses/>

Talking point questions

- Do you work in practice or industry?
- What other roles in industry are there that you know of?

BRITISH VALUES

Rule of Law - Data Protection and Data Sharing

What is Data Sharing and why do we need Data Protection?

Data sharing is the process of making data available to multiple applications, users or organisations. It is important because it can improve the efficiency of processes and collaboration between different organisations. It also helps to break down data and improves analysis, which ultimately improves decision making and can contribute to significant advancements.

Data protection legislation controls how personal information is used by different organisations. If you handle data at work, it is important that you ensure the data is used fairly, lawfully and transparently, used for specific purposes and used in a way that is relevant to that purpose. Data should be kept accurate and handled in a way that ensure appropriate security.

In the UK, data protection is governed by the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.



There is stronger legal protection for more sensitive information, such as:

- race
- ethnic background
- political opinions
- religious beliefs
- trade union membership
- genetics
- biometrics (where used for identification)
- health
- sex life or orientation

By following cyber security policies and procedures, individuals can ensure that they are not putting their data or someone else's at risk. At work, follow the below tips to help when data sharing:

- Do not click on any unfamiliar links on websites or in emails- these must be reported following your organisation's procedures immediately.
- Encrypt sensitive data before storing it
- Implement user authentication processes and do not share your passwords with anyone, including your colleagues! Many organisations password protect individual files or folders when emailing documents.
- Keep up-to-date with your GDPR (and other relevant) training.
- Keep your work devices updated, including the relevant systems.
- Change the file permissions anytime so that only particular users can access it.

For more information, go to: <https://www.gov.uk/data-protection>

Talking point questions

- What actions do you take to ensure you and your company comply with data protection legislation?
- What examples can you give in your role where you need to share data and ensure this is done securely?

GET INVOLVED

Look, Listen and Learn

Volunteering for Professional Bodies

Get in touch with your accountancy institute to see how you can get involved with volunteering for them:

AAT: <https://www.aat.org.uk/branches/volunteering>

ICAEW: <https://www.icaew.com/icaew-careers/icaew-volunteering-hub>

ACCA: <https://jobs.accaglobal.com/article/virtual-volunteers/>

FI Podcast

Listen to our podcast which is updated weekly with various topics and guest speakers:

<https://firstintuition.podbean.com/>

The latest episodes discuss Sport and Finance and common exam mistakes.

YouTube

Did you know we have loads of FREE revision material on our YouTube channel? If you're looking for some extra material to revise from, then click this link

<https://www.youtube.com/user/firstintuition>

FI Socials

Search for and follow us on Facebook, Instagram and Twitter to keep up-to-date and get involved:



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WELLBEING

Institute Hubs:

All accountancy institutes have their own wellbeing and support hubs for their student and full members:

ICAEW CABA: www.caba.org.uk

From the moment you begin your training, throughout your professional life, and into retirement we're here to help - in all kinds of ways. And we're not just here for past and present ICAEW members, close families can access our services too.

AAT Comment: www.aatcomment.org.uk

Articles related to AAT students and accountancy in general. Also articles about mental wellbeing and support during COVID-19.

ACCA Wellbeing Hub: Search for 'ACCA Wellbeing'

Maintaining positive mental wellbeing while studying can be challenging. Your wellbeing hub is here to provide you with a range of information and resources to help support your wellbeing throughout your ACCA journey.

CIMA Future Mindset: www.futuremindset.cgma.org

Hand-picked resources for CIMA members to help you adapt to the new normal.

NHS Links:

NHS Every Mind Matters

Take the quiz to get top tips and advice tailored to you: www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/

NHS 5 Steps to Mental Wellbeing:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

HELPFUL LINKS

Samaritans

(Loneliness, suicide, bereavement)

www.samaritans.org

Tel: 116 123

Shelter

(Homelessness, issues with housing or renting, benefits, council housing)

www.england.shelter.org.uk

Tel: 0808 800 4444

Mind

(mental health worries, advice about treatment)

www.mind.org.uk

Tel: 0300 123 3393

ACAS

(Employer and employee rights, workplace problems)

www.acas.org.uk

Tel: 0300 123 1100

Refuge

(domestic violence against women and children)

www.refuge.org.uk

Tel: 0808 2000 247

Men's Advice Line (Respect)

(Domestic violence against men)

www.mensadviceline.org.uk

Tel: 0808 8010 327

Talk to Frank

(Information about drugs, drug addiction)

www.talktofrank.com

Tel: 0300 1236600

Alcoholics Anonymous (AA)

(Information about drinking, alcohol addiction)

www.alcoholics-anonymous.org.uk

Tel: 0800 9177 650

Gamblers Anonymous

(Information about gambling, gambling addiction)

www.gamblersanonymous.org.uk

Tel: 0330 094 0322

Safeline

(Sexual abuse, rape, preventing sexual exploitation of children)

www.safeline.org.uk

Women: 0808 802 9999

Men: 0808 800 5005

Young people: 0808 800 5007

Switchboard

(LGBT+ helpline)

www.switchboard.lgbt

Tel: 0800 0119 100

SAFEGUARDING TEAM

First Intuition Safeguarding Contacts

All First Intuition centres have their own safeguarding contacts. If you are unsure who these are, please contact your main centre, tutor or coach and they can send you the details. Alternatively, please feel free to speak to one of our central Safeguarding contacts:



Ginny Bradwell

Designated Safeguarding Lead

ginnybradwelln@fi.co.uk

0207 323 9636



Rebecca White

Designated Safeguarding Lead

rebeccawhite@fi.co.uk

01245 209900



Ben Bullman

Designated Safeguarding Lead

benbullman@fi.co.uk

01223 360405



Lucy Brennan

Designated Safeguarding Lead

lucybrennan@fi.co.uk

0113 467 7770

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Ben and Dave



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