

A year in the life of an apprentice

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

December 2016

One month on and what's going on? Well I'm still here and haven't run away which is always a good start. In the first two weeks I had already started to be involved in multiple campaigns and projects, and in just over five weeks it's all coming together.

Firstly I want to tell you about my week getting out and about with the Public Health Team and really seeing the positive effect they have on the community.

I helped design a poster for the **Carecent** winter campaign, through this I had the chance to head out into York and witness the selfless work that the volunteers do at the centre. This time of year is difficult for many and a centre giving hot food and clothes to the vulnerable residents of York is invaluable. Within a few days of the campaign going live there has been a great response and I wish to thank the council staff personally, as it has really made me feel the great sense of community here at CYC.

The new YorWellbeing Service that will be launched early next year have let me get involved in some of their work including a sports day out! For someone who doesn't really like sports, I thought the day was brilliant, getting stuck in and helping out with the schools competitive Boccia festival. It was great to see how much the kid's enjoyed the day.

One of the major campaigns I've been involved in is the NHS "**Keep Warm, Stay Well**" Flu campaign. The main message of the campaign during December has been to stock up on winter supplies, such food and medication, and to look for first signs of illness. Make sure you keep an eye out for relatives and colleagues and if they show signs of illness they seek help from pharmacist. Don't forget to get your cold and flu medication soon as many pharmacies are closed over the Christmas period.

So wrap up well, get the heating on, have a Merry Christmas and you'll hear from me in the New Year.