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JS CONSULT LTD

NEWSLETTER



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In This Edition

- Welcome to March
- 5 Stress-relief Tips for Healthcare Workers
- EPA Preparation Tip of the Month
- March 2026 Celebrations

• Welcome to March



Welcome to March! A new month brings fresh opportunities for learning, growth, and progress in your apprenticeship journey. As you continue developing your skills and knowledge, remember that every step you take moves you closer to achieving your professional goals.

We would also like to extend warm wishes to our Muslim learners observing the holy month of Ramadan. We wish you a peaceful and fulfilling period of reflection, strength, and balance as you continue your learning journey.

Regards

A handwritten signature in black ink, appearing to read "Rosemary Nwanko".

Rosemary Nwanko

5 Stress-relief tips for healthcare workers

Finding effective ways to destress after a busy day at work is crucial for maintaining your mental and emotional wellbeing. And it needn't take up your entire downtime.



Here's five stress-relief tips that'll help you rest and recharge:

- **Breathe**
- **Move**
- **Disconnect**
- **Connect with loved ones**
- **Celebrate achievements**

Continue reading [here](#).

~Culled from Futuru

March 2026 – Dates at a Glance

- **3 March – [World Hearing Day](#)**
Raising awareness about hearing loss and the importance of ear and hearing care.
- **5 March – [World Book Day \(UK\)](#)**
Encouraging children and adults to develop a love for reading.
- **8 March – International Women's Day**
Celebrating women's achievements and promoting gender equality.
- **16–22 March – [Neurodiversity Celebration Week](#)**
Promoting inclusion and recognising the strengths of neurodivergent individuals.
- **[17 March – St Patrick's Day](#)**
A global celebration of Irish culture and heritage.
- **[20 March – International Day of Happiness](#)**
A United Nations day promoting happiness and wellbeing worldwide.

EPA Preparation Tip of the Month

Start thinking like a professional, not just a learner.

As you prepare for your End-Point Assessment (EPA), remember that assessors are looking for how well you apply your knowledge, skills, and behaviours in real workplace situations.

Here are three simple ways to prepare:

✓ Reflect on your daily practice

Think about real examples from your workplace where you supported patients, followed safety procedures, or worked effectively with colleagues.

✓ Understand your role standards

Review the key responsibilities expected of your role and ensure you can confidently explain how you meet them.

✓ Practise explaining what you do and why

During EPA, you may be asked to discuss your decisions. Be ready to explain how your actions support patient safety, dignity, and quality care.

★ **Remember: EPA is your opportunity to showcase the skills you use every day and demonstrate that you are ready to progress in your healthcare career.**

Progress Reminder: Are You EPA Ready?

Your End-Point Assessment (EPA) is the final stage of your apprenticeship. Use this quick checklist to see how prepared you are:

- I have completed all my required training and learning modules.
- My portfolio or evidence file is up to date.
- I understand the Knowledge, Skills, and Behaviours (KSBs) required for my role.
- I have discussed my EPA readiness with my tutor or assessor.
- I can confidently explain examples of my work in real healthcare situations.
- I understand the format of my EPA (professional discussion, observation, or assessment methods).

★ **Top Tip:** If you are unsure about any of these points, speak to your tutor or coach early. Preparing ahead will help you approach your EPA with confidence.



TOTUM Voucher Codes

As an apprentice at JS Consult, you can **SAVE BIG** on your everyday shopping, eat & drink out for less, get discounted travel, make savings at 100s of locations and much more. Reach out today for one out of the 100 voucher codes for grabs.

Newsletter Feedback

Thanks to those who have given us their **feedback** on our apprenticeship monthly newsletters. Please take 3-5 minutes to share more feedback. Please click on the link below: [Feedback Link](#)

Apprenticeship Community

Join our community of volunteers or the alumni group. Also, register your interest in representing your peers by contacting the Learner Engagement Officer at r.nwankwo@jsconsultltd.com

Free Course Alert!

We have provided this short course on **Infection Prevention & Control** for **FREE** to support your understanding of it.

Understand how to prioritise what is important and what is urgent. Learn about time management skills, and some of the theories behind them in this short **Time Management** course.



Apprenticeship Information Resource

AIR is a set of web resources curated to support you on your apprenticeship journey. It includes: [British Values](#), [Prevent](#), Equality, diversity and inclusion, [Safeguarding](#), [Career Information](#), [Advice and Guidance](#).