

# Words Worth Reading Ltd

October 2015 ISSUE 74

Welcome to the October edition of the Words Worth Reading Ltd newsletter. This month we have been busy writing bid responses for healthcare clients, carrying out Information Governance internal audits and supporting organisations improve their cyber security.

In healthcare we have seen the publication of the 'Building the Right Support Plan', which promises to transform services for patients with learning disabilities and autism and the introduction of NICE guidelines for providers of homecare services. The CQC has announced plans to review the way data security is assessed during inspections and has also published its inspection programme for February 2016.

## The State of Care Report 2015 – What Have We Learnt?

The CQC's Annual Report into the state of health and social care in the England was published in October and makes interesting reading.

Key findings include:

- 85% of GP practices have been rated 'good' or outstanding. The same is true for 60% of adult social care services and 35% of hospitals.
- Concerns remain over safety, with 13% of services rated as 'inadequate' for safety.
- Incident reporting was highlighted as an area for improvement for GP surgeries.

Visit our Pinterest Board for further information and to download our infographic - <https://www.pinterest.com/pearce0329/words-worth-reading-ltd/>



## Is Dictation Software Making Us More Friendly?



More and more people are switching from typing into their PC or phone to dictating to it using a range of user friendly apps.

As a result email etiquette is changing, communications are more like conversations, more personable, with less formality. These changes in style are now trickling down into the mainstream. Even if you don't use voice based transcription technology, your style is likely to change, as you mirror the style of dictated communications in your responses.

The main downside to using these apps is that rewriting can be complicated. Users have reported that to get around this they have to think through what they want to say more fully before dictating, and now settle for 'good enough' prose, rather than deleting and rewriting the same sentence over and over again.

Time will tell if this chattier, informal, less perfect style of writing, will become the norm in all areas of life.

## Spotted on Twitter



**Publishers Weekly**

@PublishersWkly

Inside Amazon's First Physical Bookstore <http://pw-ne.ws/f48ae>



**Wall Street Journal @WSJ**

Five cool mass transit maps from around the world  
<http://on.wsj.com/1Wx6lxh>



**Public Health England @PHE**

Prepare for winter-find out about flu vaccine eligibility:  
<http://bit.ly/1G5pep0>  
#StayWellThisWinter



**Oxfam @Oxfam**

1/2 the world's wealth is owned by 1% of people! Time to #EvenItUp  
<http://oxfam/even> #inequality

## Charity of the Month



It's back on Friday 13<sup>th</sup> November!

This worthwhile charity provides grants to charities and organisations, big and small, who work hard to support and empower disadvantaged children and young people in the UK. Extending their life choices helping them achieve their potential.

## Multi-Tasking Is Bad News for Your Memory



Researchers at MIT and Stanford University have been studying the effect of multi-tasking on memory.

They have shown that whilst it is possible to use different parts of your brain to carryout multiple tasks, there is a finite amount of energy available to your brain to manage new information.

When you study at the same time as listening to the radio, your brain uses different parts of the brain for each activity, and splits the energy available for making and storing memories in half.

The more you try to do at the same time, the less energy you give to each activity and the more likely you are to lose data.

The mere act of switching back and forth between tasks uses up glucose, which neurons need to function optimally. This can lead to a feeling of restlessness, as if you can't settle your mind down to focus. When you multi task you deplete the neural resources you need to stay engaged and focused.

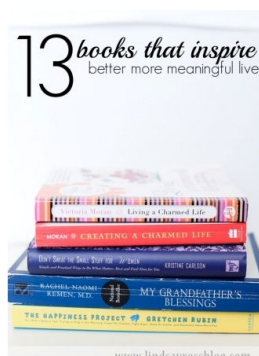
Uni-tasking (doing one task at a time) allows your brain to give all available energy over to processing the task in hand, and eliminates the wasted use of glucose created by switching back and forth.

If you slip, and find yourself switching between that 'must do essay' and watching cat videos on You Tube, take a break and daydream a little. Breaks can help your brain get back into balance, restoring some of the glucose and other metabolic nutrients used up in deep thought.

Activities that support day dreaming include reading for pleasure, walking, exercising and listening to music.

Neuroscientists recommend a cycle of 25 minutes work, followed by 5 minutes rest, or 2 hours work, followed by 15 minutes rest to keep your brain ticking over at optimum levels.

## Pins That Inspired Us This Month



Visit our Pinterest Boards @ [pinterest.com/pearce0329](http://pinterest.com/pearce0329) and follow the links!

## In other news...

- We are celebrating our 8<sup>th</sup> birthday! We will be launching our new website in December and are excited to announce the growth of our healthcare support services portfolio, increasing our healthcare compliance and bid writing team. Our work experience and staff training programmes are also expanding, incorporating graphic design.
- Virtual-reality building game Minecraft, played by tens of millions of children worldwide, could be used in schools to teach pupils chemistry. <http://www.bbc.co.uk/news/education-34722784>
- The 26<sup>th</sup> November will be the 150<sup>th</sup> anniversary of the publication of Alice in Wonderland. To find out more visit <http://lewiscarrollresources.net/2015/>

## Things that we like this month



### NOVEL WRITING MONTH

Join the NaNoWriMo online community and help write a 50,000 word novel in a month.

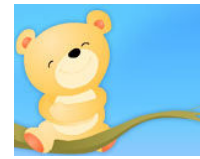
All budding novelist are encouraged to get involved at [www.nanowrimo.org](http://www.nanowrimo.org)



### SHOES – PLEASURE & PAIN

Delve into a world of beauty and suffering at the V&A's footwear exhibition.

Over 200 pairs from across the globe, from the outlandish to the culturally significant.



### HUG A BEAR DAY – 7<sup>th</sup> NOVEMBER

Celebrate Hug a Bear Day by snuggling up with your favorite Teddy Bear.

Alternatively give out extra big bear hugs to your friends and family!

## Contact us:

If you wish to find out more about the services we offer or want to get in touch with us about anything then please do not hesitate to contact us in any of the following ways:

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