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E $\frac{1}{2} \rho v^2$ (kinetic energy):

Ω $\frac{1}{2} \rho v^2 = \frac{1}{2} \rho \left(\frac{d}{dt} \int_V \mathbf{v} \cdot \mathbf{v} dV \right)$ As $\mathbf{v} = \nabla \phi$, $\mathbf{v} \cdot \mathbf{v} = \nabla \phi \cdot \nabla \phi = \nabla^2 \phi$
 Ω $\frac{1}{2} \rho \int_V \nabla^2 \phi dV = \frac{1}{2} \rho \int_V \nabla \cdot \nabla \phi dV = \frac{1}{2} \rho \int_V \nabla \cdot \mathbf{v} dV$
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Useful resources



The information hub for individual employers and their PAs
www.skillsforcare.org.uk/iepahub



Funding to support learning and development
www.skillsforcare.org.uk/iefunding



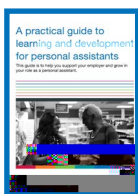
Skills for Care endorsement
www.skillsforcare.org.uk/endorsement



Employing personal assistants toolkit
www.employingpersonalassistants.co.uk



Being a personal assistant
www.skillsforcare.org.uk/beingaPA



A practical guide to learning and development for personal assistants
www.skillsforcare.org.uk/PAlarningguide



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