



HEALTH AND SOCIAL CARE LEVELS 1 AND 2

BE COLLEGE READY WORKBOOK

2022-2023





Has seeing the hard work and dedication of our health professionals over the last few years inspired you to work for the NHS? Are you aspiring to become a nurse? A social worker? An ambulance driver? If so, studying Health and Social Care is the right path for you.

Recent times have shown us all the importance of our Health and Social care service and by studying on this course, you could go on to make your contribution to this very important sector. During your course, we will strive to help you gain all the necessary skills that will enable you to pursue further study or a career in the health and social care field.

Throughout the course, you will cover a range of interesting units that will enhance your knowledge of Health and Social Care and the skills you will need to work within this sector. You will also have the opportunity for work experience where you will be able to put all the skills you have acquired into practice, whether this be working for a charity, in a care home, in a nursery or any other relevant area.

We can guarantee that through studying with us, your future is bright and you will undoubtedly develop your resilience, commitment, collaboration and communication skills, ready to be successful in whichever career path you choose.

This booklet has been designed to support your transition into college in readiness for a new exciting challenge. It includes tasks to get you prepared for the units you may study and links to useful websites and recommended documentaries.

We look forward to meeting you soon.

The Health and Social Care Team



**General
Social Care
Council**

ALL ABOUT ME

| | | |
|--------------------------------|---------------------|------------------------|
| All about me and things I like | All about my family | Favourite sport |
| Favourite tiktokker | All about school | Career goal |
| Favourite social media app | Favourite takeaway | Favourite music artist |
| Best film | Fun fact | Best box set |



Human Growth

How we develop through the life stages and deal with any significant life events is important in health and social because it may impact on an individual's physical, intellectual, emotional and social development.

TASK

Choose a famous person and create a timeline of their life and events that have taken place throughout their life.

Include how these events may have impacted on their physical, intellectual, emotional and social development.

Decorate your timeline with relevant, interesting images!



PROMOTING HEALTH AND WELLBEING



Task 1

Using your mobile phone or a computer, search '**In the doghouse**' in YouTube and look for the image above. Watch the video and answer the following questions.

1. What type of tone is the narrator speaking in? Why do you think this is?
2. Why do you think the campaign features a couple?
3. What is the impact of the 'crash scene' half way through?
4. What does the phrase 'in the dog house' mean? What type of language feature is this?
5. What point is the campaign trying to make?

Task 2

You are a youth worker at a youth club and the manager has asked you to create a poster educating the teens who attend the youth club about the dangers of drinking too much alcohol!

Take a picture of your poster once you have finished and save it on your phone!



HEALTHY LIVING

How do healthy and unhealthy lifestyle choices impact on health and wellbeing?

One area that is good to understand is about how home environment has an effect on people's health and wellbeing. Watch the online programme [Rich House Poor House S04E1](#) and complete the activity below.

| | |
|--|--|
| <p>Are there any physical benefits from living in either household? (<i>this can be to do with any illnesses, weight issues</i>)</p> | <p>Are the children any happier in the rich house?</p> <p>Why do you think this is?</p> |
| <p>Can you list any benefits of living in:</p> <p>a) Poor House?</p> <p>b) Rich House?</p> | <p>How may living in the rich house affect your career prospects or the type of career you choose?</p> |

Cookery Competition Activity



Introduction:

As part of Health and Social Care you will be participating in a range of creative and therapeutic activities.

The aim of this activity is to develop your cookery skills and have fun.

Instructions:

1. Choose some party food you want to make and cook for a teen's birthday party.
2. Consider what ingredients and utensils you will need to make your chosen food choice.
3. Buy your ingredients and make your food.
4. After you have cooked your food, take a photo of it.



Infection control and Prevention

Introduction:

During your study programme you will learn about infection control and prevention when working in a health and social care setting.

The aim of this activity is for you to develop your research skills and learn more about one infection and have a better understanding of how to prevent it and produce a board game with the knowledge you have gained.

Instructions

Research

1. What type of infection it is? E.g Bacterial, virus or fungi?
e.g Coronavirus, Influenza/Flu, Salmonella, oral Thrush, M.R.S.A, Athlete's foot.
- 2 Common cause of your chosen infection
- 3 How is your infection transmitted?
- 4 What are the common signs and symptoms of your chosen infection?
- 5 What are the ways you can prevent the spread of your infection?

After you have researched your chosen infection,

1. Design a A4 board game that could be used in a classroom activity with the research you have gained for 16-19 year olds.
- 2 Give your board game a Name.
- 3 You must include instructions on how to play the game, decide how many people can play the game.

You must include a dice, cards, figures etc to enable the players to move around the board. When you have made your board game, take a picture of it and any other resources you have made to play the game.



Recommended Websites:

www.nhs.uk

www.ageuk.org.uk

www.aginginplace.org/helping-the-elderly-at-home

www.independentage.org

www.nursingtimes.net

www.who.int

www.nice.org.uk

www.drinkaware.co.uk



NICE
National Institute for
Health and Care Excellence

drinkaware


Helping Hands
Caring since 1989



DOCUMENTARIES

Mum and Me (Alzheimer's Documentary) | Real Stories

GPs: Behind Closed Doors

Old People's Home for 4 Year Olds

Golden Oldies

Rich House Poor House

Losing It – Our Mental Health Emergency

The Truth About Alcohol

Be Ready to Learn

Make sure you have any stationery you might need to start college: paper, pens, folders etc...

Think about any questions you may have for the start of the course.

The Health and Social Care team look forward to welcoming you!



Make notes of any questions you may have about the course

Blank lined area for taking notes.



WORK EXPERIENCE

Work experience is an integral part of your course that we will need you to begin before the October half term starts. To support with this process when we see you in the summer for your induction day we will need you to bring some of the information below to support your DBS. More details will be sent to you nearer the time but if you can start to think about it then it will really help to speed the process up. We have work-experience co-ordinators that can help but if you start to look at where you might like to go to local to where you live and be prepared to bring that information with you.

ID Documents required for DBS Certificate

You will need to provide a minimum of 3 documents. The more documents you provide the easier it will be to complete the form. You must provide at least 1 from the 4 listed here:

- ◆ Birth Certificate
- ◆ Any current and valid passport
- ◆ Biometric Residence Permit
- ◆ Driving Licence (Photo card and counterpart) full or provisional

If you provide 2 from the above list you will need to provide 1 from the list below (which must be dated within the last 3 months). If you only have 1 from the above list you will need to provide 2 from the list below:

- ◆ Adoption Certificate
- ◆ Bank or Building Society Statement (issued within 3 months)
- ◆ Credit Card Statement (issued within 3 months)
- ◆ Utility Bill (issued within 3 months)
- ◆ Benefit Statement eg Child Benefit, Housing benefit etc.
- ◆ EU National ID card
- ◆ Cards Carrying the PASS accreditation log
- ◆ Letter from Head teacher—UK used for 16-19 yr olds in full time education.

If you have a National Insurance number you will need to put this on your DBS application also. If you require additional information please call Debbie Fitton on 0161 280 8427.

There is also a uniform for placement that you will need to order but we can go through this at induction. Details below are for your information.

Cherokee Scrub Top – Caribbean Blue £19.00 (Includes vat & logo) Home Delivery £4.79