

## GETTING READY FOR PACK

### CAMTEC Health & Social Care

We are delighted you have chosen to study Health & Social Care at Haywards Heath College

#### WHAT YOU WILL STUDY

<p><b>Unit 1 Building Positive Relationships</b></p>	<p>Professional relationships are paramount to the delivery of safe and effective care and support and an understanding of these relationships, and how they are formed, is essential if you are considering pursuing a career in the health and social care sector. This unit aims to introduce you to the many different relationships that you will encounter within the health and social care sector. By doing this unit you will apply communication and relationship building skills in a practical way, considering how different factors can impact on the building of positive relationships. You will also be introduced to the concept of the person-centred approach which will help with your relationship building skills.</p>
<p><b>Unit 2 Equality, Diversity and Rights</b></p>	<p>Promoting equality and respecting diversity and rights in health, social care and childcare environments is essential in today's very diverse society. Many individuals who use health, social care or childcare environments can be vulnerable and dependent on others; this means that practitioners' attitudes, and prejudices can significantly affect the quality of care they provide. This unit will help you to understand the effects of discriminatory practice on individuals who require care or support. You will also examine the strategies used to promote equality and diversity. This will develop your judgement and decision-making skills and will provide you with knowledge on how to promote the equality, diversity, and rights of individuals in care settings.</p>
<p><b>Unit 3 Health, Safeguarding and Security</b></p>	<p>Safety and being safe is a basic human need. All individuals have the right to work in a safe environment and individuals who require care or support also have a right to be safe in health and social care contexts. As a result, there are responsibilities that practitioners must actively promote in order to provide and maintain a safe environment for colleagues and the individuals who require care and support. This unit introduces you to health, safety and security in health and social care. You will learn how to reduce risks in health and social care and the consequences of not following vital laws and regulations. You will also learn how to respond to different incidents and emergencies within health and social care settings.</p>

### WHAT YOU NEED

<b>Kit List</b>	If you intend on completing a placement or work experience for our course, you will be required to wear our Health and Social Care uniform consisting of a T-Shirt and/or Sweatshirt.
<b>Course Supplement</b>	<a href="https://broadwatersports.co.uk/product/haywards-heath-college-health-social-care-polo-shirt-sweatshirt/">https://broadwatersports.co.uk/product/haywards-heath-college-health-social-care-polo-shirt-sweatshirt/</a> £24.00 – £25.00
<b>Equipment</b>	Laptop; A4 Folder; Pens; Colouring Pencils; Flashcards
<b>Essential Textbooks</b>	<a href="#">Cambridge Technicals Level 3 Health and Social Care : Peteiro, Maria Ferreiro, Adams, Judith, Riley, Mary, Rogers, Sarah, Wedlake, Pete: Amazon.co.uk: Books</a>  <a href="#">My Revision Notes: Cambridge Technicals Level 3 Health and Social Care : Adams, Judith: Amazon.co.uk: Books</a>

### ENRICHMENT

<b>Trips</b>	Across the two years we will attend a variety of trips. Including: <ul style="list-style-type: none"> <li>• University of Chichester</li> <li>• Hilgay Care Home</li> <li>• Haywards Heath Library</li> <li>• Crawley College Health Suite</li> <li>• Freud Museum London</li> <li>• Haywards Heath Fire Station</li> </ul>
<b>Guest Speakers</b>	We often have a variety of guest speakers including: <ul style="list-style-type: none"> <li>• Paramedics</li> <li>• Nurses</li> <li>• Mental Health Practitioners</li> <li>• Chailey Heritage</li> <li>• Social Workers</li> <li>• Sexual Health Nurse</li> <li>• The First Aid Company</li> </ul>
<b>Events</b>	<ul style="list-style-type: none"> <li>• Shoe Box Appeal</li> <li>• Health and Care Professions Council Student Competition</li> <li>• WorldSkills UK Competition</li> </ul>

### RECOMMENDED READING/WATCH LIST

Watching documentaries in preparation for your course will provide an in-depth look at real-world health and social care challenges, helping you to gain a realistic perspective on the issues you will encounter. They offer insight into patient experiences, fostering empathy and understanding. Exposure to diverse perspectives and up-to-date information ensures you are well-informed about current trends and challenges. Documentaries also raise your awareness of ethical and legal issues and help develop cultural competence, preparing you for sensitive and effective care.



## Unit 1 – Building Positive Relationships

### **Deaf U**

A tight-knit group of deaf students at Gallaudet University navigate the high, lows, and hook-ups of college life together; their stories offer an unprecedented, unfiltered, and often unexpected look inside the deaf community.

**Available on Netflix.**



## Unit 1 – Building Positive Relationships

### **Ambulance**

Following the work of ambulance services around the UK, 'Ambulance' is a documentary series that delves into the dilemmas and pressures that British ambulance services face on a daily basis. With the ambulance service being overburdened with calls, the cameras capture the cases from the initial first call to the arrival of the ambulance to what happens after.

**Available on BBC iPlayer.**

## Unit 2 – Equality, Diversity and Rights

### **The Black Maternity Scandal: Dispatches**

Presenter Rochelle Humes explores the shocking fact that Black women are four times more likely than White women to die during pregnancy and childbirth.

**Available on Channel 4 On Demand.**

## Unit 2 – Equality, Diversity and Rights

### **A Special School**

For the first time, cameras capture the reality of life in Britain's biggest special school, pushing boundaries and challenging misconceptions. This observational documentary shows what is possible when boundaries are pushed while educating children and young people with additional learning and physical needs.

**Available on BBC iPlayer.**





## Unit 3 – Health, Safeguarding and Security

### Undercover Hospital: Patients at Risk

A Panorama undercover investigation has found evidence that a secure NHS psychiatric hospital is failing to protect some of its vulnerable patients. Secret filming reveals evidence of a toxic staff culture, patients being taunted and bullied, inappropriate use of restraint and falsification of important medical paperwork. Experts who have reviewed Panorama's findings have questioned the hospital's safety, saying the evidence suggests its core therapeutic mission is being corrupted. *Some scenes may be distressing, viewer discretion is advised.*

Available on BBC iPlayer.



## Unit 3 – Health, Safeguarding and Security

### Maternity Scandal: Fighting for the Truth

It's one of the biggest scandals in the history of the NHS - many babies died whilst others were left with life-changing injuries following repeated failures in maternity care at hospitals in Shropshire. Reporting for Panorama, the BBC's Michael Buchanan who first investigated the extent of this hidden tragedy, meets families who have never spoken out before and former insiders who describe a culture that contributed to the truth being buried for so long. *Some scenes may be distressing, viewer discretion is advised.*

Available on YouTube.

## SUMMER WORKING TASK INFORMATION

Completion Date: First Lesson Week Commencing 9/9/24

This pack will help you make the best possible start to studying this subject. The tasks in this pack should take you about 4-6 hours to complete. The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [info@haywardsheath.ac.uk](mailto:info@haywardsheath.ac.uk) telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays. Once completed you can email this to

[bearde@haywardsheath.ac.uk](mailto:bearde@haywardsheath.ac.uk)

## SUMMER WORKING TASK

<b>Skills Focus</b>	Critical Thinking, Time Management, Digital Skills, Independent Research, Reading, Reflective Practice, Notetaking																									
<b>Task 1</b>	<p>Before starting the course, you must have a good understanding of key vocabulary which you will be required to use in your coursework. For each keyword, write the definition.</p> <table border="1" data-bbox="319 1630 1564 2069"> <thead> <tr> <th data-bbox="319 1630 941 1666">Key Term</th> <th data-bbox="941 1630 1564 1666">Definition</th> </tr> </thead> <tbody> <tr> <td data-bbox="319 1666 941 1702">Health and Social Care Advocate</td> <td data-bbox="941 1666 1564 1702"></td> </tr> <tr> <td data-bbox="319 1702 941 1738">Health and Social Care Service User</td> <td data-bbox="941 1702 1564 1738"></td> </tr> <tr> <td data-bbox="319 1738 941 1774">Discrimination</td> <td data-bbox="941 1738 1564 1774"></td> </tr> <tr> <td data-bbox="319 1774 941 1809">Legislation</td> <td data-bbox="941 1774 1564 1809"></td> </tr> <tr> <td data-bbox="319 1809 941 1845">Professional</td> <td data-bbox="941 1809 1564 1845"></td> </tr> <tr> <td data-bbox="319 1845 941 1881">Practitioner</td> <td data-bbox="941 1845 1564 1881"></td> </tr> <tr> <td data-bbox="319 1881 941 1917">Person-Centred Care</td> <td data-bbox="941 1881 1564 1917"></td> </tr> <tr> <td data-bbox="319 1917 941 1953">Reflective Practice</td> <td data-bbox="941 1917 1564 1953"></td> </tr> <tr> <td data-bbox="319 1953 941 1989">Care Quality Commission</td> <td data-bbox="941 1953 1564 1989"></td> </tr> <tr> <td data-bbox="319 1989 941 2024">Safeguarding</td> <td data-bbox="941 1989 1564 2024"></td> </tr> <tr> <td data-bbox="319 2024 941 2069">Whistleblowing</td> <td data-bbox="941 2024 1564 2069"></td> </tr> </tbody> </table>		Key Term	Definition	Health and Social Care Advocate		Health and Social Care Service User		Discrimination		Legislation		Professional		Practitioner		Person-Centred Care		Reflective Practice		Care Quality Commission		Safeguarding		Whistleblowing	
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Task 2	You must also have a good understanding of the 6 C's of the NHS throughout the course. Using the internet, find out what the 6 C's of the NHS are, and explain what each of them mean.	
	<b>C's of the NHS</b>	<b>Meaning</b>
	C	
	C	
	C	
	C	
	C	

Task 3	<b>Unit 1 – Building Positive Relationships</b>	
	Follow the link and complete the NHS Careers Quiz. Write up the roles and responsibilities of two different professionals within the NHS. It is vital you have a sound understanding of the responsibilities of health and social care professionals in preparation for your coursework.	
	<b>Link:</b> <a href="https://www.healthcareers.nhs.uk/findyourcareer">https://www.healthcareers.nhs.uk/findyourcareer</a>	<b>Role and Responsibilities</b>
	<b>Professional 1</b>	
	<b>Professional 2</b>	

Task 4	Read through the following case studies. Explain how the professional can ensure the service user understands them and feels comfortable throughout the interaction. Aim for two different ways a professional can ensure this. You will be required to analyse case studies throughout the two-year course.		
	<b>Case Studies</b>	<b>Explain one way the professional can ensure the service user understands them and feels comfortable.</b>	<b>Explain a second way the professional can ensure the service user understands them and feels comfortable.</b>
	Sophie has come into the hospital to receive an update on her cancer diagnosis. Sophie was born deaf and has come to the hospital on her own. Sophie is experiencing anxiety and is concerned she won't be able to understand what the doctor has to say.		
	Alistair has autism. He is starting college and feels nervous about meeting new classmates and teachers. He can find loud classes upsetting and struggles to adapt to new routines. He is meeting with his tutor to discuss how they can support him, but he can find it difficult to communicate as he is non-verbal.		

<p>Task 5</p>	<p><b>Unit 2 – Equality, Diversity and Rights</b></p> <p>Using the Equality and Human Rights Commission website, create a poster using the space below, on the different types of discrimination, protected characteristics, and Human Rights. The following links may be useful:</p> <p><a href="https://www.equalityhumanrights.com/sites/default/files/ea_legal_definitions_0.pdf">https://www.equalityhumanrights.com/sites/default/files/ea_legal_definitions_0.pdf</a> <a href="https://www.equalityhumanrights.com/en/human-rights/human-rights-act">https://www.equalityhumanrights.com/en/human-rights/human-rights-act</a></p>
<p>Task 6</p>	<p><b>Unit 3 – Health, Safeguarding and Security</b></p> <p>It is important you understand how abuse can occur within health and social care settings. Using the internet, research a recent case of abuse that has occurred within the health and social care sector. Answer the following questions:</p> <ol style="list-style-type: none"><li>1. What type of abuse occurred?</li><li>2. How did this impact the victim(s)?</li><li>3. Who was involved in the case and how?</li><li>4. What was the outcome of the case?</li></ol>
<p>Task 7</p>	<p>It is key that you recognise how your own experiences and attributes will contribute to your success on the course. This is especially important when going out on placements. Write a minimum of 400 words about why you want to study Health and Social Care and what you can contribute to our cohort. You can use the following sentence starters to help:</p> <p>I want to study Health and Social Care because ... (include career aspirations) I have experience / knowledge that will help me with my Health and Social Care studies such as... (work experience, babysitting or childcare experience, voluntary work, part time employment, experience of caring in your family, related GCSEs or other L2 courses) My personal attributes include... (consider what is important for someone interested in health or social care e.g., empathy, understanding...)</p>