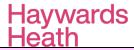


GETTING READY FOR PACK

LEVEL 3 ALTERNATIVE ACADEMIC QUALIFICATION CAMBRIDGE ADVANCED NATIONAL IN Health & Social Care

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

	WHAT YOU WILL STUDY IN YEAR 1					
Principles of Health and Social Care		In this unit, you will learn how to support equality, diversity, and rights in health and social care. You'll explore types of discrimination, potential hazards, and key legislation that protects individuals. The unit also covers best practice, person-centred care, and how to respond appropriately as a care professional.				
Person-Centred Approach to Care		In this unit, you will learn the principles and values of person-centred care and how to apply them when creating care plans. You'll explore effective communication, building relationships, and overcoming barriers to person-centred practice. You will also develop skills in writing care plans and reflecting on your own practice.				
Supporting People in Relation to		In this unit you will learn about and research the most important				
Sexual Health, Pregnancy and Postnatal Health		aspects of sexual health including relationships, the law, consent, sexual health, transmitted infections, contraception, pre-conceptual care, birth, and the immediate care of the baby.				
WHAT YOU NEED						
Kit List	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.					
Course Supplement	Haywards Heath College - T-Level Education and childcare - Broadwater Sports £24.00 - £25.00					
Equipment	Laptop; A4 Folder; Pens; Colouring Pencils; Flashcards					
Essential Textbooks	Cambridge A	dvanced National (AAQ) in Health and Social Care Student Book				
ENRICHMENT						
• 1		the two years we will attend a variety of trips. Including: University of Chichester Oakwood Court Care Home Haywards Heath Fire Station South East Coast Ambulance Service				
Guest Speakers	We ofte	en have a variety of guest speakers including: Canine Concern NHS Community Trust Sexual Health Nurse The First Aid Company				
Events	•	Shoe Box Appeal Health and Care Professions Council Student Competition WorldSkills UK Competition				



RECOMMENDED 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 different experiences, fostering empathy and understanding. This will also raise your awareness of ethical and legal issues and help develop cultural competence, preparing you for sensitive and effective care.

Supporting People in Relation to Sexual Health, Pregnancy and Postnatal Health

Sex Explained (Netflix)

From the biology of attraction to the history of birth control, an exploration of the ins and outs of sex.

Is This Sexual Harassment? (BBC iPlayer)

A specially written drama in three parts tells the story of a professional relationship between a man and woman at work, which involves an accusation of sexual harassment and an employment tribunal hearing.

Katie Price: Making Babies (Channel4)

Filmed in 2023, Channel 4 follow Katie and her partner at the time as they undergo fertility treatment, in the hope of growing their family.

Principles of Health and Social Care

You Can't Ask That (Netflix)

A series in which controversial questions are sourced from the public. These questions are then put to, and answered by, the minorities that they relate to.

A Special School (BBC iPlayer)

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.

Dispatches: Undercover Ambulance (Channel4)

Secret footage filmed over the winter reveals ambulance workers battling the odds and A&E departments overwhelmed as patients suffer needless harm and death.

Person-Centred Approach to Care

Crip Camp A Disability Revolution (Netflix)

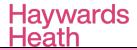
A groundbreaking summer camp inspires a group of teens with disabilities to help build a movement, forging a new path toward greater equality.

Caring and Sharing with Stacey Dooley (BBC iPlayer)

Stacey takes five teenagers for work experience in a care home. As well as serving meals, cleaning rooms and taking part in the social activities put on for the residents, they are encouraged to bond with individual residents and make new friends.

Born to Be Different (Channel4)

Born to Be Different reveals the challenges six families face as they raise their disabled children, from the initial diagnosis, through a minefield of medical problems, operations and mixed emotions.



SUMMER WORKING TASK INFORMATION

Completion Date: First Lesson Week Commencing 08/09/25

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 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					
		SUMMER WORKING TASK			
Skills	Critical Thinking, Time Management, Digital Skills, Independent Research, Reading, Refle				
Focus	Practice, Notetaking				
Task 1	Research the followi	ng health and social care scandals. Write a short summary on each. The			
		first one has been done for you as an example.			
	Scandal	Summary			
		(What happened? Who was involved?)			
	Winterbourne View	The Winterbourne View hospital abuse scandal involved serious			
	Hospital	mistreatment of patients with learning disabilities and autism by staff			
		at a private hospital in Bristol. Undercover footage revealed physical			
		and psychological abuse. The 2011 exposé led to national outrage,			
		prosecutions, and a government review demanding improved care			
		and regulation for vulnerable individuals.			
	The Infected Blood				
	Scandal				
	Thalidomide Scandal				
	Rotherham Abuse				
	Scandal				
	Lucy Letby				
1					
Task 2	Rosa is 18 and has beer	n in a relationship with her boyfriend Amos for six months. She is			
	considering becoming s	sexually active for the first time. Amos, who is 21, has had several previous			
	sexual partners and has	s said he does not want to use condoms. Rosa is unsure about what to do			
	and has come to you fo	or advice.			
	1. Recommend one suitable method of contraception for Rosa.				
	Explain why it w	ould be beneficial for her in this situation.			
	2. Identify one healthcare professional Rosa could speak to.				
	Describe how this professional could support her in making informed decisions about her				
	sexual health.				
		arity or organisation that could offer Rosa further support.			
	Explain the type	e of support or advice they could provide.			

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ing geral and longwi	ng sexual health issues. Co	an example.	st sile has been de
Issue	Cause	Signs and Symptoms	Treatment
Erectile Dysfunction	Common physical	Include difficulty	May include lifesty
,	causes include poor	getting or maintaining	changes, such as
	blood flow to the penis	an erection firm	exercising regular
	due to cardiovascular	enough for sexual	quitting smoking,
	disease, high blood	activity and/or a	reducing alcohol
	pressure, diabetes,	reduced sexual	intake. Medical
	obesity, or hormonal	desire.	treatments can
	imbalances like low		involve sildenafil
	testosterone.		(Viagra), or device
	Psychological causes		such as vacuum
	may involve stress,		pumps. In some
	anxiety, depression, or		cases, counselling
	relationship problems.		may help.
	Lifestyle factors such		
	as smoking, excessive alcohol use, and lack		
	of exercise can also		
	contribute to ED.		
Menopause			
Endometriosis			
Chlamydia			
	+		
Herpes			
Trichomoniasis Before starting the co	ourse, you must have a go		·
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Key Term Health and Social Card Health and Social Card Discrimination	I to use in your coursewor	k. For each keyword, wr	· -
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Trichomoniasis Before starting the convillation will be required Key Term Health and Social Card Health and Social Card Discrimination Legislation	I to use in your coursewor	k. For each keyword, wr	·
Key Term Health and Social Care Health and Social Care Discrimination Legislation Local Authority	I to use in your coursewor	k. For each keyword, wr	· -
Rey Term Health and Social Care Health and Social Care Discrimination Legislation Local Authority Person-Centred Care Safeguarding	I to use in your coursewor	k. For each keyword, wr	•
Rey Term Health and Social Care Health and Social Care Discrimination Legislation Local Authority Person-Centred Care Safeguarding Whistleblowing	e Advocate e Service User	k. For each keyword, wr	ite the definition.
Rey Term Health and Social Care Health and Social Care Discrimination Legislation Local Authority Person-Centred Care Safeguarding Whistleblowing Using the internet, fine	d out what the 6 C's of the	e NHS are, and explain w	ite the definition.
Trichomoniasis Before starting the convill be required. Key Term Health and Social Card Health and Social Card Discrimination Legislation Local Authority Person-Centred Care Safeguarding Whistleblowing Using the internet, find	d out what the 6 C's of the	k. For each keyword, wr	ite the definition.
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Task 6 Read through the following case studies. Explain how the professional can ensure the service user understands them and feels comfortable throughout the interaction. You will be required to analyse case studies throughout the two-year course.

	T	
Case Studies	Explain one way the	Explain a second way the
	professional can ensure the	professional can ensure the
	service user understands	service user understands
	them and feels comfortable.	them and feels comfortable.
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. 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.		

Task 7

For each law below, write a summary of its purpose in relation to public health. The first one has been done for you as an example.

Law	Purpose
Health and Safety At	This law requires employers to carry out risk assessments,
Work Act 1974	provide adequate training, and maintain safe working
	environments. In health and social care settings, this law ensures
	that staff, service users, and visitors are protected from harm
	such as accidents, injuries, or exposure to infection.
Sexual Offences Act	
2003	
Equality Act 2010	
Care Act 2014	
The Data Protection Act	
2018	
Health and Care Act	
2022	



Task Solle of this key that you recognise how your own experiences and attributes will contribute to your success on the course. This is especially important when taking part in our enrichment and work experience opportunities. 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:

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, voluntary work, part time employment, experience of caring in your family, related GCSEs or other courses) My personal attributes include... (consider what is important for someone interested in health or social care)