

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 Sexual Health, Pregnancy and Postnatal Health	In this unit you will learn about and research the most important 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 Advanced National (AAQ) in Health and Social Care Student Book

ENRICHMENT

Trips	Across the two years we will attend a variety of trips. Including: <ul style="list-style-type: none"> • University of Chichester • Oakwood Court Care Home • Haywards Heath Fire Station • South East Coast Ambulance Service
Guest Speakers	We often have a variety of guest speakers including: <ul style="list-style-type: none"> • Canine Concern • NHS Community Trust • Sexual Health Nurse • The First Aid Company
Events	<ul style="list-style-type: none"> • 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 Focus	Critical Thinking, Time Management, Digital Skills, Independent Research, Reading, Reflective Practice, Notetaking													
Task 1	<p>Research the following health and social care scandals. Write a short summary on each. The first one has been done for you as an example.</p> <table><tr><th>Scandal</th><th>Summary (What happened? Who was involved?)</th></tr><tr><td>Winterbourne View Hospital</td><td>The Winterbourne View hospital abuse scandal involved serious 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.</td></tr><tr><td>The Infected Blood Scandal</td><td></td></tr><tr><td>Thalidomide Scandal</td><td></td></tr><tr><td>Rotherham Abuse Scandal</td><td></td></tr><tr><td>Lucy Letby</td><td></td></tr></table>		Scandal	Summary (What happened? Who was involved?)	Winterbourne View Hospital	The Winterbourne View hospital abuse scandal involved serious 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	
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Task 2	<p>Rosa is 18 and has been in a relationship with her boyfriend Amos for six months. She is considering becoming sexually active for the first time. Amos, who is 21, has had several previous sexual partners and has said he does not want to use condoms. Rosa is unsure about what to do and has come to you for advice.</p> <ol style="list-style-type: none"><p>Recommend one suitable method of contraception for Rosa.</p><p><i>Explain why it would be beneficial for her in this situation.</i></p><p>Identify one healthcare professional Rosa could speak to.</p><p><i>Describe how this professional could support her in making informed decisions about her sexual health.</i></p><p>Suggest one charity or organisation that could offer Rosa further support.</p><p><i>Explain the type of support or advice they could provide.</i></p>													

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.

Case Studies	Explain one way the professional can ensure the service user understands them and feels comfortable.	Explain a second way the professional can ensure the service user understands 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 Work Act 1974	This law requires employers to carry out risk assessments, 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 8

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 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)