

# Study Pack

# Health, Social Care & Wellbeing

## Future Careers

Social Work Assistant

Earning potential: £13K-£25K

Care Worker

Earning potential: £13K-£25K

Residential Support Worker

Earning potential: £17K-£27K

Source:  
National Careers  
Service

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## Health and Social Care



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**The Care and Early Years department at Wakefield College believes that every learner should be given the opportunity to strive towards a career working with children and vulnerable adults in a range of roles. Previous learners have progressed into nursing, midwifery, social work, as a carer in a care home and criminology amongst many more.**

**Teaching takes place at the Wakefield City Campus and at Castleford Campus with well-resourced teaching areas. Our tutors have extensive industry experience and have developed strong links with many local and national organisations, enabling students to benefit from supportive placements which are of a high standard. Learners are encouraged to link their learning in the classroom with the activity in placements to extend their knowledge and understanding of caring for individuals. Placements and industry experience takes place in local care homes, hospital settings and primary schools, with additional experience gained during visits to specialised activities.**

**If you are hoping to enrol to one of our courses in September, we would really like you to explore the type of activities you will be carrying out in College and within your industry experience. Having lots of resources is not a necessity, we encourage you to use items you would normally throw away or you can locate around your house. You can then share your work with us in September and it will help us to understand your starting point on your course and what interests you.**

**The following activities we have designed will hopefully be fun and help you to start thinking about what you will be doing on the course and preparing you for your time on placement.**

**You can record your activities any way you want to either digitally on your phone or in a notebook.**

## First meet the team



### Jodene Horrocks - Head of Curriculum

I started working for Wakefield College in 2015 as a lecturer and have since become the Head of Curriculum for Care and Early Years. I began my career working in early years settings, moving to managing settings for the Army Welfare Service. I have taught across both early years and health and social care.



### Hayley Anderson - Curriculum Development Manager

I have worked at Wakefield College since 2012 as an Early Years Lecturer, and in 2014, I gained promotion to Curriculum Development Manager. My previous experience includes working in both private and public education settings such as nurseries, schools and private businesses as a Training and Education

Consultant.



### Emma Bleasdale- Curriculum Development Manager

I started working for Wakefield College in 2013 as a lecturer, I am now in the role of Curriculum Development Manager. Previous to this, I worked in nurseries as a nursery assistant working my way up to a nursery manager.



### Kirsty Thornton - Lecturer

I started working for Wakefield College in 2016, previous to this I worked with a childminder, was a nanny, worked in residential care homes and nurseries. In addition to the work experience I have gained over the years, I am also completing a Master's degree in Education.



### Heather Iveson - Lecturer

I started working for Wakefield College in 2020. I completed my Foundation degree and my BA Degree at Wakefield College. I have been working in the Early Years sector for 18 years and have owned my own nursery for the last 8 years.



### Rebecca Holmes - Lecturer

I started working for Wakefield College in 2007, previous to this I worked with young offenders and supported young people leaving care.



### **Eleanor Miles - Lecturer**

I started working for Wakefield College in 2015, previous to this I have had experience of working in schools, day centres and in community health promotion.



### **Beverley Caunt - Lecturer**

I started working for Wakefield College in 2014. Previous to this I worked as an auxiliary Nurse with the NHS and I have been teaching for over 19 years.



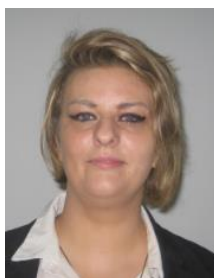
### **Donna Sinclair - Lecturer**

I started working for Wakefield College in 2014, previous to this I worked in schools, pre-schools and as a carer in a residential care home.



### **Abaas Ajmal- Lecturer**

I started working for Wakefield College in 2020, previous to this I worked in colleges and secondary schools both locally and internationally as a biology teacher.



### **Lauren Pestel - Placement Officer**

I started working for Wakefield College in 2008, previous to this I worked in domiciliary care, including working with nuns in a convent.



### **Rob Jay**

I started working for Wakefield College in 2010, previous to this I worked in further education, sixth form and as a mental health nurse.

**Task: Lockdown Sensory Book**

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Resources:

- Paper
- Pens
- Pictures
- Textiles (material, cardboard, tin foil, loo roll)
- Other resources

1. Choose an age range to focus on (children, young people, vulnerable adults or elderly).
2. Develop your story through a storyboard.

Cover	Page-1	Page-2
Page-3	Page-4	Page-5
Page-6	Page-7	Back page

3. Make a list of the resources you will need for your book.

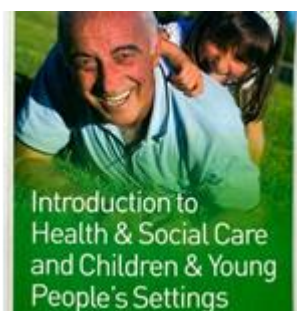
4. Make your book.
5. Remember that presentation is important so take care when writing your work up.

#### **Extension activities:**

- Explain how the book can be adapted to meet the needs of individuals from the different age ranges and abilities.
- Highlight how stories and books can be used to explain difficult situations to children & vulnerable young people and adults.

#### **Further reading:**

- Use Pinterest to research tactile and sensory books for the different age ranges and ability levels.

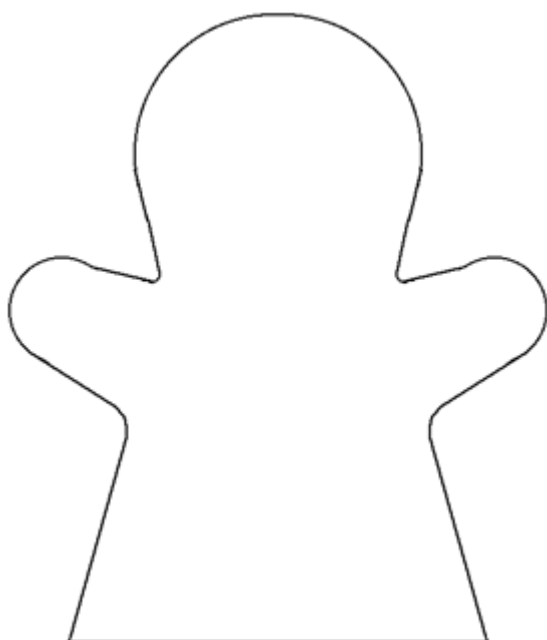


Reflection:  
Tell me how this activity went?  
Please write down any questions you may have for you tutor:



### Resources:

- Material (old clothes/socks)
- Glue/sewing kit
- Pen and paper to plan
- Textiles (material, cardboard, tin foil, loo roll)
- Other resources



1. Choose an age range to focus on (children, young people, vulnerable adults or elderly).
2. Draw out your plan for your care doll, what skills (communication) do they have, what qualities (caring) do they have?
3. Make a list of the resources you will need for your puppet.
4. Make your puppet.
5. Remember that presentation is important so take care of your work.

### Extension activities:

- Explain how the puppets can be used to support the emotional needs of individuals.
- Write down step by step instructions on how to make your puppet, so you can do it as an activity with others.
- Make a poster which explains the qualities and skills needed to work in a caring job role

#### Reflection:

Tell me how this activity went?

Please write down any questions you may have for you tutor:



Service users within Health and Social care settings require opportunities for creative activities.

So let's have a go.....

#### Ingredients:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring (few drops) add into the water
- 1 tbsp vegetable oil



#### Method:

1. Mix the flour and salt in a large bowl.
2. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Make a decorative model with your dough or write out your name with the dough.
5. Make items from the outside world for example: butterflies, flowers and faces.

#### Extension activities:

- Make decorative art pieces with your dough that you can paint once dried.
- Think about what development adults would gain from making playdough and taking part in the above activities.
- Research recipes for other types of dough, for example cloud dough and salt dough.

#### Further reading:

- Please look up Pinterest and join (if you wish). This resource will support you in finding lots of activities for adults:

<https://www.pinterest.co.uk/>

#### Reflection:

Tell me how this activity went?

Please write down any questions you may have for you tutor:

**Task: What does it mean to work in Health & Social Care?**

<https://www.bbc.co.uk/iplayer/episode/m000hqvk/rhod-gilberts-work-experience-series-9-1-care-worker>

Watch Rhod Gilbert take on the challenge of becoming a care worker. Once you have watched the episode, think about what you have seen and create a piece of reflective writing called 'What does it mean to work in Health & Social care?'.

**Extension activities:**

### **Jobs that Care**

**Visit the Jobs that Care website and enter yourself as a student:**

<https://www.jobsthatcare.co.uk/>

1. Play the Jobs that Care digital game and record your score! Test your knowledge of health & social care. Can you beat your peers?
2. Download the Jobs that Care app. This will give you a detailed view of the jobs and careers in health & social care. There are links to other external sources of information too.

**The main aims of the programme are to inform and inspire students to:**

- Recognise that H&SC is very diverse
- Realise a job in H&SC offers training and career progression
- Understand that a career within H&SC is fulfilling and rewarding
- Discover that working in H&SC is exciting and sociable
- Take positive action to explore the resources available

**Further reading:**

It is important to understand that we have to work to standards in Health & Social Care. Explore the CQC Fundamental Standards to discover the standards that everybody has the right to expect when receiving care.

<https://www.cqc.org.uk/what-we-do/how-we-do-our-job/fundamental-standards>

**Reflection:**

Tell me how this activity went?

Please write down any questions you may have for you tutor:

## Task: Handwashing video (Level 3)

Within this course, we aim to prepare you carefully to undertake work within a health and social care field. During your time on this course, we look specifically at supporting you as a practitioner to do your job role effectively and keep both yourself and your service users safe. A big part of this is preventing infection!

In this task, we would like you to follow the NHS handwashing guidelines and create a video to demonstrate your skills! The stages are below:



## Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



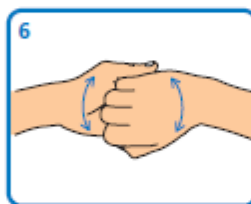
3 Rub hands palm to palm



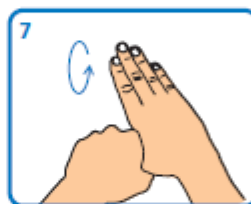
4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



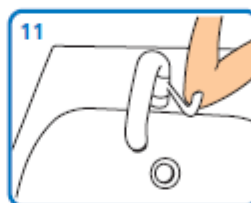
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



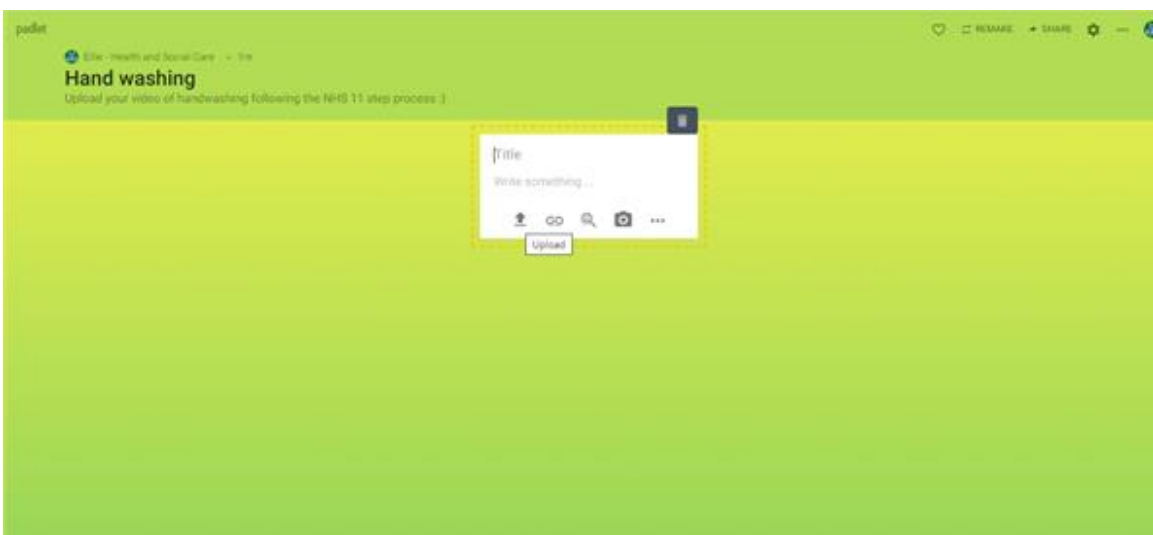
13 Hand washing should take 15-30 seconds

How to upload your video:

1. Type this link into your web browser: [https://padlet.com/e\\_miles/ppe2pvkijvd6](https://padlet.com/e_miles/ppe2pvkijvd6)
2. Select the pink circle in right hand corner of the screen.



3. Upload your video from your camera files.



4. Notes:

- You can get as creative as you want! (ticktocks, coloured soap, paints...)
- You do not need to include your face (only hands).
- Everyone uploads theirs to the same page! This means you can see the work of people who you may be in a class with next academic year!
- There are sections to write under people's videos – you can make friends 😊
- Nice comments only! We are health and social care and we ALWAYS support each other!
- If you have trouble uploading your video, you can email the course lead – [E.Miles@wakefield.ac.uk](mailto:E.Miles@wakefield.ac.uk)

Extension activities:

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- Complete the reflection below. Did you enjoy the activity? What could you do differently? Do you like practical learning?

**Further reading:**

This is our course textbook and it may help you to understand the minimum requirements of the course. Sections of this are available on Google Books:

- Wyatt L, Wedlake P, Peteiro MF & Rasheed E (2017) Extended Diploma in Health & Social Care, Hodder Education.

Reflection:

Tell me how this activity went?

Please write down any questions you may have for you tutor: