

Welcome to Health and Social Care!

Complete the activities below over the summer to help prepare you for your course. Bring your completed work with you in September. Be creative and enjoy learning about the world of health and social care!

Task 1 – Watch and Learn

Watch **one** programme about health or social care. This could be: 24 Hours in A&E, Ambulance, 999: On the Front Line, One Born Every Minute, Hospital

Evidence: Write down the name of the programme and five things you learnt.



Task 2 – Interview an Adult

Interview an adult about a time they used a health or social care service.

You could ask: What service did you use? Why did you need it? Who cared for you? What did they do well? How did they make you feel?

Evidence: Write a short summary (around 150 words).



Task 3 – Health and Social Care Glossary

Find the meaning of these ten words:

Care, Empathy, Dignity, Respect, Equality, Diversity, Inclusion, Safeguarding, Confidentiality, Wellbeing

Evidence: Write each definition in your own words.

Task 4 – NHS Careers

Research the following NHS job roles: nurse, midwife, dental nurse, care assistant or choose four of your own.

For each role include:

- What they do
- One skill they need
- One qualification they might need



Bonus Challenge

Find a health story in the news this summer.

Write: What happened? Who was affected? Why is it important for health and social care?

Remember to bring your work with you to your first Health and Social Care lesson in September!