



# Getting Ahead – Summer Work

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## Health and Social Care Level 1 and 2 Diplomas

### Reading list

- Supportive course books to buy and use throughout the year when the course starts:
- BTEC First in Health and Social Care Student Book (BTEC First Health & Social Care) Pearson Education; New edition (19 April 2013) ISBN-13: 978-1446901359
- BTEC First in Health and Social Care Revision Guide (BTEC First Health & Social Care) Pearson Education (4 July 2014) ISBN-13: 978-1446909812
- BTEC First in Health and Social Care Revision Workbook (BTEC First Health & Social Care) Pearson Education (4 July 2014) ISBN-13: 978-1446909829

Books that could be used to help with their work but are not essential course books  
BTEC Tech Award Health and Social Care Student Book Pearson (27 Jun. 2017)  
ISBN-13: 978-1292200927

AQA GCSE Food Preparation and Nutrition: Student Book Illuminate Publishing (29 April 2016) ISBN-13: 978-1908682789

### Websites you can use to research and help with your units:

- <https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>
- <https://www.bbc.co.uk/bitesize/topics/zgssgk7>
- <https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/HealthAndSocialCare/BTEC/BTEC-Firsts-Health-and-Social-Care-2012/Samples/BTECHSCRevisionGuideandWorkbook/Revise-BTEC-Health-and-Social-Care-Revision-Guide.pdf>
- <https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/introducing-the-6cs.pdf>
- <https://www.skillsforcare.org.uk/Documents/Standards-legislation/6Cs/6Cs-in-social-care-guide.pdf>
- <https://securehealthcaresolutions.co.uk/the-importance-of-the-6-cs-in-the-nursing-profession>
- <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Care-Certificate/Standard-4.pdf>
- <https://www.equalityhumanrights.com/en/equality-act-2010/what-equality-act>
- <https://activesocialcare.com/handbook/work-in-a-person-centred-way/person-centred-values>
- <https://www.caredocs.co.uk/the-importance-of-effective-communication-in-care/>
- <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Core-skills/Communication-skills-in-social-care.pdf>



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- <https://rcni.com/hosted-content/rcn/first-steps/barriers-to-communication>
- <https://www.british-sign.co.uk/>
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- [https://www.nutrition.org.uk/healthyliving/healthydiet/healthybalanceddiet.html?\\_cf\\_chl\\_jschl\\_tk\\_=bc8dfbb4a57bccc2cafde64344ba978b48d708bd-1593073411-0-ATsnv6DnqUqdRf2mTHpAo0MmIAWpDsdJhLkS9wnztNmMa\\_7hmwZtJ4sQockpBSKSAmvdbTCCcXKdZ9a8gAbiO-YnpAeguZ9kt9DTqWL3hXv3oA24mSuQpNpNAOnw8DgZ9ROhKSnuX8cXAHJ32lxe\\_ONRObZm5BZIAI3sVH2DTaQQbWVLJ\\_PjprZKJdb5s8950TkDc5jmmuVxJT-B-bWei4LgLm\\_-NjIKkFqGLfG7we7VSP5jTzqSA48rLkKErEpF7FCmVAhMy6WdOZeDX0ZdfZwtNH5uFHAlgpSu\\_AAAET2mOxqxpSu8ildnnRuyAUsCGM0xflfjNsEYd\\_7rWuTcrm3PGV0eRcU1HMvheqjlvX83kbVdR9d4Ijt61FYCEAUr01cgvRcRu-cfc\\_IsitqTS2s](https://www.nutrition.org.uk/healthyliving/healthydiet/healthybalanceddiet.html?_cf_chl_jschl_tk_=bc8dfbb4a57bccc2cafde64344ba978b48d708bd-1593073411-0-ATsnv6DnqUqdRf2mTHpAo0MmIAWpDsdJhLkS9wnztNmMa_7hmwZtJ4sQockpBSKSAmvdbTCCcXKdZ9a8gAbiO-YnpAeguZ9kt9DTqWL3hXv3oA24mSuQpNpNAOnw8DgZ9ROhKSnuX8cXAHJ32lxe_ONRObZm5BZIAI3sVH2DTaQQbWVLJ_PjprZKJdb5s8950TkDc5jmmuVxJT-B-bWei4LgLm_-NjIKkFqGLfG7we7VSP5jTzqSA48rLkKErEpF7FCmVAhMy6WdOZeDX0ZdfZwtNH5uFHAlgpSu_AAAET2mOxqxpSu8ildnnRuyAUsCGM0xflfjNsEYd_7rWuTcrm3PGV0eRcU1HMvheqjlvX83kbVdR9d4Ijt61FYCEAUr01cgvRcRu-cfc_IsitqTS2s)
- <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

TV programmes or clips that are interesting and relate to the course

### **Living differently. Our baby made of glass.**

<https://www.bbc.co.uk/iplayer/episode/p055b3z3/living-differently-series-1-1-our-baby-made-of-glass>

A really interesting look at how people with different conditions can achieve and overcome barriers.

### **Health check UK live.**

<https://www.bbc.co.uk/iplayer/episode/m000gyxl/healthcheck-uk-live-series-1-episode-1>

Different episodes are also on BBC I Player looking at a range of different things that may affect or improve our health and well-being.

### **Old peoples home for four year olds.** <https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>.

A really interesting series looking at how children and old people interact with each other.

### **999. On the front line.** <https://www.channel4.com/programmes/999-on-the-front-line>.

Looking at paramedics in the West Midlands as they deal with a number of cases.

### **Food Secrets.** <https://www.channel4.com/programmes/food-secrets>.

A look into how we can have a healthy balanced diet.



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Study tasks to do at home to help you get ahead with your knowledge before starting the course

## **Unit 1. Human Lifespan development.**

Use the following links to BBC bite size and read all about lifespan development. Try to see if you can complete the quizzes at the end!

<https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>

<https://www.bbc.co.uk/bitesize/topics/zgssgk7>

## **Unit 2. Health and Social Care Values**

Look at the website about the “6C’s” when working in Health and Social care. Start to think about why we should use these values when working in Health and social care settings.

<https://www.skillsforcare.org.uk/Documents/Standards-legislation/6Cs/6Cs-in-social-care-guide.pdf>

## **Unit 3. Effective Communication in Health and Social care.**

Look at the website for British Sign Language and the different resources that you can use. Can you find out how to say your name in BSL?

<https://www.british-sign.co.uk/>

## **Unit 6. The impact of Nutrition on Health and Wellbeing**

Look at the eat well plate on the website and the different foods we should eat to make a healthy balanced diet. Complete a food diary at home for the week. Do you think your diet is healthy?

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>