

Health Science & Social Care

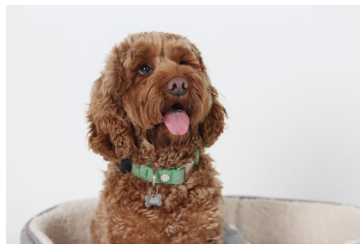
Congratulations on your offer to study with us from September!

Below are some tasks and links for you to look at before joining us in September. If you have any questions please contact us through our social channels or call 0113 386 1997 to speak to our contact centre.

To keep up-to-date with all our activity and current news follow us on social media:

- Instagram @lcchealthscienceandsocialcare
- Twitter @LCCHealthCaring
- Facebook @healthscienceandsocialcare

Also, get to know our Therapy and Wellbeing team member Jeffrey the dog - follow his Instagram account to see what he's been up to @jeffreyleedscitycollege



Activities you can have a go at!

NHS - which career is right for you?

<https://www.healthcareers.nhs.uk/FindYourCareer>

The Universal Declaration of Human Rights – “We are all born free”

1. Grab a piece of paper
2. Fold your piece of paper into 6 or 8 to make a bingo card.
3. Think about Human Rights and put one in each box.
4. Watch the clip and see how many you get –
https://www.youtube.com/watch?v=x9_lvXFEyJo
5. Did you get some different ones?

Art Therapy

Research the benefits of art therapy for wellbeing. Look at images of self-portraits. Create a self-portrait of your own. You can bring it to college to be entered into a competition to win a prize!

Share your masterpiece on social media and tag us in! 😊

Care values for working in the health and social care sector – do you have the right values? Take your test here

<https://www.healthcareers.nhs.uk/working-health/working-nhs/nhs-constitution>

Design the new Children’s Hospital - Competition

Further details on the competition and a short survey seeking views on what should be part of the new Leeds Children’s Hospital design can be found at:

Current advice, guidance and links:

Make your own face mask

Here’s some guidance on how to wear and make a cloth to cover your face:

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

Hand washing techniques – are you doing it right?

<https://www.youtube.com/watch?v=4ij1I0OB2hk>

Mindful breathing exercise

<https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop>

Supporting mental health

Checkout this website that is packed full of ideas to support mental health

<https://www.mindwell-leeds.org.uk/>

Covid-19

Contains upsetting scenes of the Covid-19 care home crisis

<https://www.bbc.co.uk/iplayer/episode/m000jv3z/spotlight-covid19-care-homes>

Latest news and development in Health Science and Social Care

<https://www.bbc.co.uk/news/topics/ceynl49pyywt/department-of-health-social-care>

Real life stories:

Case studies from current students

Beth Coates-Bridge a support worker steps up in challenging times

<https://www.leedscitycollege.ac.uk/news/adult-support-worker-steps-up-in-challenging-times/>

Find out what our Health Science and Social Care Extended Diploma Level 3 students have been up to here - <https://www.leedscitycollege.ac.uk/news/students-excel-in-practical-placements/>

Have a look at what a day as a social worker involves

<https://www.bbc.co.uk/news/av/uk-16795467/day-to-day-work-of-a-social-worker>

Real stories

Compelling documentaries about real people

<https://www.youtube.com/channel/UCu4XcDBdnZkV6-5z2f16M0g/featured>

Born to be different – Channel 4 series

A series about the pressures and joys of raising a disabled child

https://www.youtube.com/results?search_query=born+to+be+different

Useful links:

Useful websites

<https://www.scie.org.uk/> - check out the information and activities

<https://www.nhs.uk/>

<https://jobs.leeds.gov.uk/> - relevant job adverts

<https://www.cache.org.uk/our-qualifications-and-services/health-and-social-care> - check out the exam board we work with

Care Certificate - <https://www.skillsforcare.org.uk/Learning-development/inducting-staff/care-certificate/Care-Certificate-workbook.aspx>

Preparing for work in the NHS

Literature on different careers and how to prepare to work in the NHS

<https://www.healthcareers.nhs.uk/career-planning/career-advisers-and-teachers/teaching-resources/guide-students>



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Until 2020



Further research, reading and watching

Books with health and care themes

Stories about dementia, battles for justice, racism, autism, isolation and loneliness include:

- Just Mercy
- Elizabeth is Missing
- The Help
- Fighting for Your Life
- A Boy Made of Blocks
- Still Alice
- Eleanor Oliphant is Completely Fine

Films with health and care themes

- The Notebook
- A short stay in Switzerland
- Inside I'm dancing