

**CACHE Level 1 Introduction to Health and  
Social Care and Children's Young Peoples  
Settings**

**Name:**

- Welcome to Level 1 Health and Social Care at the Sheffield College.
- As part of your transition into college life we would like to welcome you to your learning booklet.
- This booklet provides some key information about your course.
- We hope you enjoy completing this booklet and look forward to seeing you soon.

**These are some of the units you will study:**

1. Understand the range of service provision and roles within health and social care (adults and children and young people), early years and childcare
2. Understand the principles and values in health and social care (adults and children and young people), early years and childcare
3. Awareness of protection and safeguarding in health and social care
4. Introduction to communication in health and social care (adults and children and young people), early years and childcare
5. Introductory awareness of equality and inclusion in health, social care and children's and young people's settings
6. Introductory awareness of health and safety in health, social care and children's and young people's settings
7. Introductory awareness of person-centered support in health, social care and children's and young people's settings
8. Introductory awareness of working with others in health, social care and children's and young people's settings
9. Introductory awareness of the importance of healthy eating and drinking for adults
10. Human growth and development
11. Introduction to children and young people's development
12. Understand the importance of engagement in leisure and social activities in health and social care
13. Awareness of the importance of healthy eating and drinking for children

**English and Maths**

As part of your study programme you will continue to study both English and Maths too. You will be allocated a tutor for both and progress in both is essential for your future career pathway.

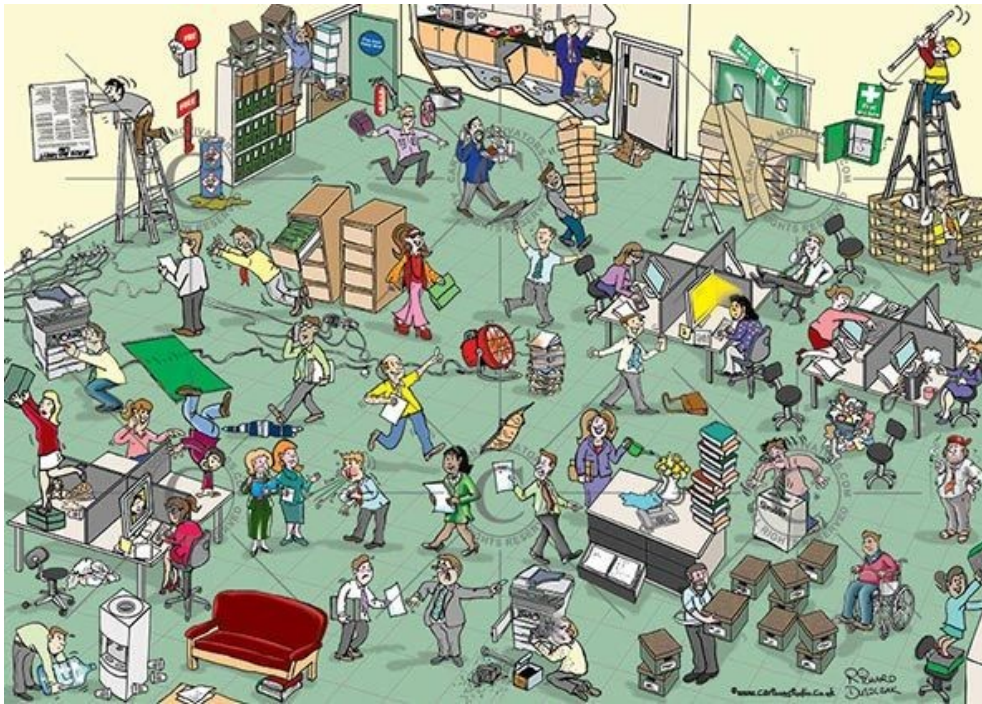


## Study Pack: Health and Social Care



## Spot the Hazards

Look at the photo. How many hazards can you find? List them all.



1

2

3

4

5

6

7

8

9

10

**Principles and Values**

**FREDIE Values. In the space underneath these titles tell me what they mean...**

**Fairness**

.....  
.....  
.....

**Respect**

.....  
.....  
.....

**Equality**

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.....  
.....

**Diversity**

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.....  
.....

**Inclusion**

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.....  
.....

**Engagement**

.....  
.....  
.....

**How relevant are these values to Health and Social Care?**

.....  
.....  
.....

**Safeguarding**

**Describe what is meant by: (Examples may be used to support the definitions)**

<b>Term</b>	<b>Definition</b>	<b>Example</b>
<b>Safeguarding</b>		
<b>Protection</b>		



## Working in Health and Social Care

Find the words

C S U N U R S E K Z C T D I Q  
C A R H U E I R M O F S K B Z  
R F R J Q T C S U V S I R Q G  
A Y Q E U Q R N J U L T M R T  
D K T X R D S I B K G N J A B  
I B B R T E S R T F L E H B T  
O F B V L S O P J I P D K T V  
G S Q L M T I N I E O A N P S  
R K O S C O R P J L O N C Y Q  
A R N O T U A W A O E P I C G  
P B D K O F G S H R R G Y S G  
H R E E T N U L O V E A U O T  
E T O E Q G H K U G C H Y R L  
R D I J F M K C L Z Q H T G M  
R Y J D C A N A P D E D J W K

CARER  
COUNSELLOR  
DENTIST  
DOCTOR  
NURSE  
NUTRITIONIST  
RADIOGRAPHER  
THERAPIST  
VOLUNTEER

Now write a paragraph using as many words from the list as you can.

## Communication

Communication can be informal or formal

Informal communication usually takes place when people know each other well. This can be with friends or family.

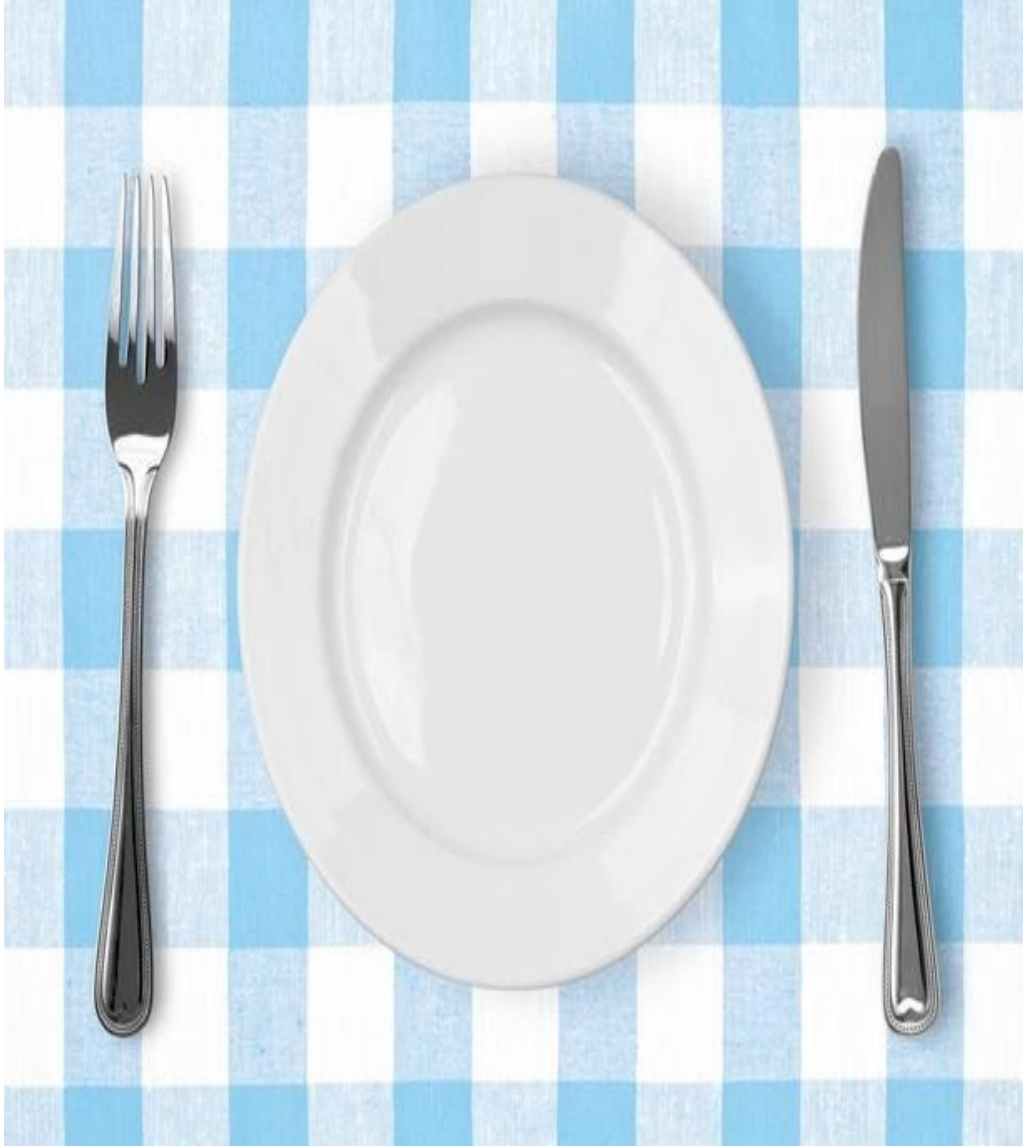
Look at the pictures below and decide which one is formal and which one is informal. Tell me why?

What do you think they are saying?



**Healthy Eating**

Research the Eatwell Plate. Looking at the last evening meal you ate. Draw your meal on the plate below. Compare your meal with the Eatwell Plate. What could you do to your plate to make it healthier?



My meal did / did not meet the Eatwell Plate.

To meet the Eatwell Plate guidelines I would have to

.....  
.....  
.....

## Case Study

*Liz left school at 15 when she became pregnant. After the children started school, she commenced part time work as a domestic assistant at a local care home.*

*She has the following qualifications;*

- *Level 1 Award in Practical Cleaning Skills (options in: clearing up hazardous materials, spillages, cleaning hard floors and buffing)*
- *Level 2 Certificate in Cleaning and Support Service Skills*

**Liz is wanting to progress within the care field. She is thinking about becoming a registered care manager of a residential unit for older people.**

**What will Liz's career progression be?**

## **Equality and Diversity**

**What are the 9 characteristics that are protected from discrimination by The Equality Act 2010?**

1

2

3

4

5

6

7

8

9

## Person centered care

### Fill the blanks

Adopting truly person-centered care is a ..... objective for the nursing profession. To achieve this, nurses need the right level of knowledge, ..... and experience.

Many believe that the move to an all graduate profession is a .....in the right direction, as this will better ..... nurses to respond to the increasingly complex care situations in which they practice.

While there have been some recent examples of the way in which nursing has struggled to ..... some of the essential ..... needs of patients, the reasons for this are often quite ..... and are not just simply because nurses don't care.

So, in addition to graduate education, supportive ..... environments, with appropriate nurse/patient ..... and good ..... are all important factors in ensuring person-centered nursing practice.

**Step**

**Care**

**Working**

**Key**

**Leadership**

**Complex**

**Meet**

**Skills**

**Ratios**

**Equip**