

Hopwood Hall College

Health & Social Care L2

Pre-Enrolment

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Our Vision:
Bringing out
the best in you!

Our Values



Preparing for College: A message from the Principal:

Thank you for applying to study at Hopwood Hall College. We look forward to welcoming you soon. We want to help make sure that you are as well prepared as possible so that you feel at home here from day one.

We understand that the transition from school to college can be daunting but there's no need to worry! We have plenty of pre-enrolment activities which will help to prepare you and make your transition as smooth as possible.

Before you join the College in September, we want you to begin to develop your skills. We have brought together some subject-specific information, signposting to helpful reading and relevant websites and some activities for you to complete.

Don't worry if you get stuck on anything, just try to complete as much as you can. In the meantime, if you have any questions, please contact our Student and College Services Team on 0161 643 7560 who will be happy to help.

I look forward to welcoming you to your college very soon.

Julia Heap
Principal and Chief Executive



Welcome

The Health and Social Care Team here at Hopwood Hall College would like to welcome you. Throughout this booklet you will find lots of activities which will provide an insight into just some of the topics we cover within the Health and Social Care Level 2 programmes. We hope you enjoy each task and learn about what is involved in becoming a Key Worker.

Meet the team.



Communication

Activity 1 - What is Makaton?

Makaton is a unique language programme that uses symbols, signs, and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

Being able to communicate is one of the most important skills we need in life. Almost everything we do involves communication; everyday tasks such as learning at school, asking for food and drink, sorting out problems, making friends and having fun. These all rely on our ability to communicate with each other.

With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot or prefer not to sign.

For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities.

There are some picture cards which can be used but also some Makaton signs for you to try.





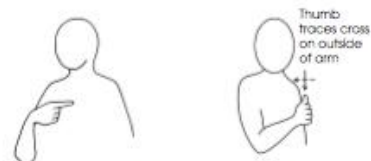
Health and Social Care



Health and Social Care



My name is... (finger spell initial first letter of your name)



I am a Nurse **I am a Doctor**



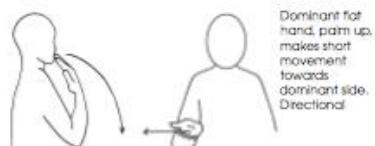
Are you in pain?



Where does it hurt?



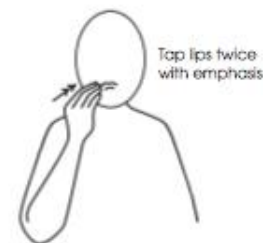
Can I help you?



Please lie down



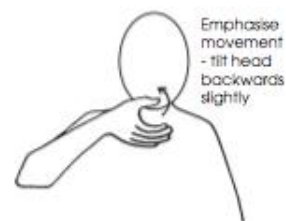
You can go home now, goodbye.



To Eat (1)



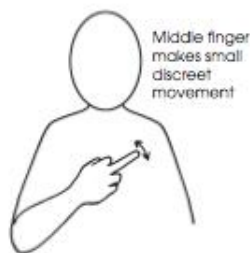
Yes



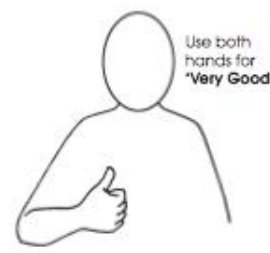
To Drink



No



Toilet (1)



Good (1)

Mental Health

There is no health without mental health. Mental health is something that everybody has. Mental wellbeing includes social, emotional and psychological wellbeing. It includes factors such as individuals' ability to cope with challenges and make the most of opportunities; to feel good and function well individually and in relationships, and to feel a sense of connection to the community and surroundings.

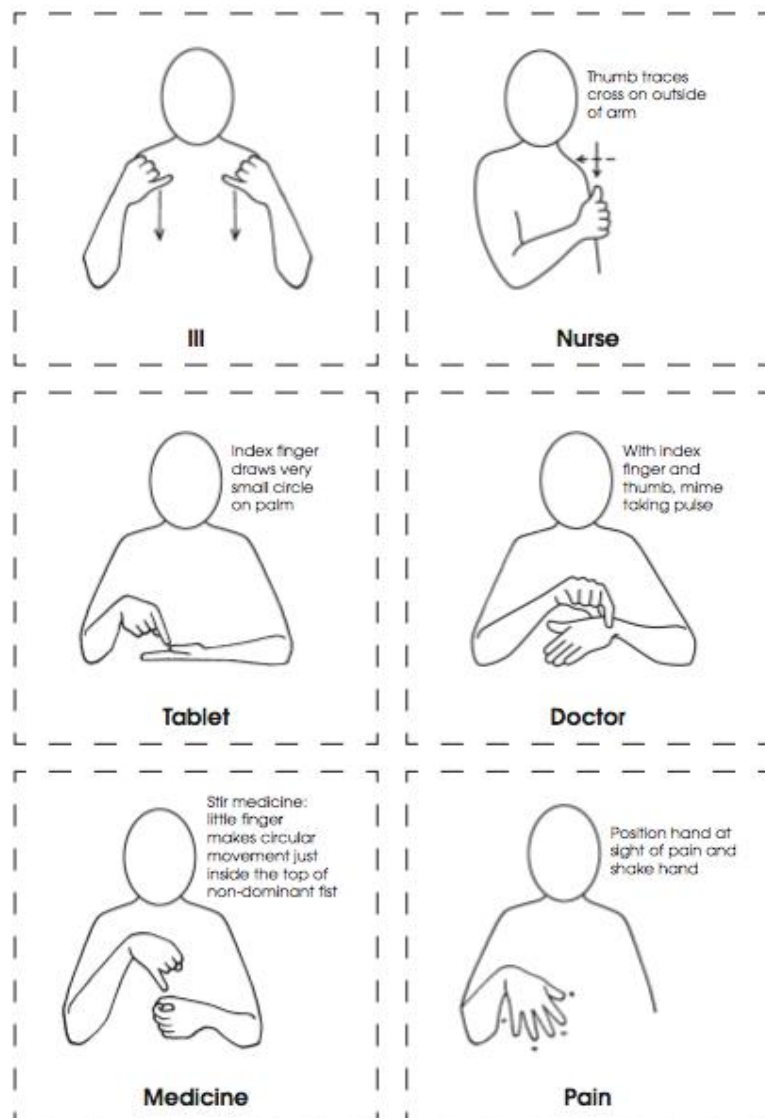
Throughout the Level 2 programme mental health is a topic that is embedded in many units.

Did you know?

Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Health problems can impact all aspects of life including your cognitive ability, your mood, and your behaviour.





Activity 2 - Mental Health Myth? Mental Health Fact?

Complete the quiz and find out if you know the Mental Health myths from the facts.

1. Mental health problems are rare.

Myth Fact

2. People with mental health problems are violent.

Myth Fact

3. People can recover completely from a mental illness.

Myth Fact

4. On average, people with severe mental illnesses die ten years younger.

Myth Fact

5. You can be open about mental health problems without fearing you'll be treated differently.

Myth Fact

6. There's not much you can do to help a friend experiencing a mental health problem.

Myth Fact

7. People can't work if they have a mental health problem.

Myth Fact

8. If you use a mental health service, there's a one in three chance you'll lose contact with friends.

Myth Fact



Review how well you did.....

1. Mental health problems are rare.

This is a myth. Mental health problems affect one in four people in any one year. So, even if you don't have a mental health problem, it's likely your best friend, a family member or work colleague will be affected.

2. People with mental health problems are violent.

This is a myth. People with mental health problems are much more likely to be the victim of violence. The violence myth makes it harder for people to talk openly about mental health problems. It can also make friends reluctant to stay in touch.

3. People can recover completely from a mental illness.

This is a fact. Many people can and do recover completely from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

4. On average, people with severe mental illnesses die ten years younger.

This is a fact. But it's not the mental illness that kills – it's the discrimination. The physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

5. You can be open about mental health problems without fearing you'll be treated differently.

This is a myth. People fear telling friends, family and work colleagues if they have a mental health problem because of stigma. In fact, 87% of people with a mental health problem have experienced discrimination.

6. There's not much you can do to help a friend experiencing a mental health problem.

This is a myth. If someone you know is experiencing a mental health problem, just people, it is the small things that friends do that can make a difference like visiting or phoning.

7. People cannot work if they have a mental health problem.

This is a myth. With one in four people affected by mental health problems, you probably work with someone with a mental health problem.

8. If you use a mental health service, there's a one in three chance you'll lose contact with friends.

This is a fact. Sometimes friends feel like they don't know enough to be able to help or feel uncomfortable. But you don't need to be an expert on mental health to be a friend. It's often the everyday things, like a phone call or text, that make a difference.

If you got more than four right...Great! You know the mental health myths from the facts.

If you got fewer than four right...It looks like it's time to find out the facts about mental health problems.



Nutrition

Improvements in the diet of individuals are increasingly being recognised as a significant factor in maintaining, or effecting improvements, in overall health. It is therefore important that people working in the Health and Social Care sectors, or those who are responsible for the wellbeing of others, have a good understanding of nutrition and diet. This unit within the programme gives learners an understanding of nutrition and the role that food plays within service users daily lives. The unit may also provide useful underpinning knowledge for the study of food hygiene and practical culinary skills.

Learners will explore concepts of nutrition using the language of nutritional science. Different aspects of nutritional health will be defined and routine ways of measuring this explored. Other aspects of nutritional data will involve describing the general principles on which nutritional requirements are determined in the UK and how information on the nutrient content of foods can be retrieved. Learners will also explore how the nutritional value of foods may be affected by food processing.



Activity 3 - Do you know your sugars?

What is sugar and why do our bodies need it?

Sugars are the first energy that the body goes to. They are much faster to break down into energy than the protein and fat equivalents. Sugars are an important source of energy with glucose being the most important for the body. Our brains need around 130 grams of **sugar (glucose)** per day to keep it functioning.

Glucose can be found in a range of foods including fruit, vegetables, and honey. These are known as natural occurring sugars.

The human body can survive without sugar. **SWEETNESS** is just a matter of taste and not a necessity in our diet. The human body can survive without any sugar intake this is because the amount of sugar needed by our bodies is zero as the body produces and absorb sugar from our daily food supplements.

Here are were sugar can be found within our foods:



What are natural & hidden sugars?

Naturally occurring **sugars** are found **naturally** in foods such as fruit and milk.

Hidden sugars are ingredients in food and drink and although they are not seen as '**sugar**' can still cause problems if taken in excess such as obesity and tooth decay.

Here are some of the sugars that occur naturally or that are hidden:

Natural

Milk
Honey
Fruit
Cheese
Tinned Baked Beans

Hidden

Chocolate
Dried fruit
Breakfast Cereals
Sauces & Soups





Health and Social Care



Which of these do you prefer, now look at what you eat to see if they contain natural or hidden sugars?

Let us see if you can match the foods to the amount of sugar they contain from the table below.



Kit-Kat	
Bounty	
Apple	
Haribo	
Maltesers	
Nutri-grain	
Mars Bar	
Water	
Fruit shoot	
Redbull	
Iron brew	
Lucozade	



22 grams	17 grams	0 grams
32 grams	2.2 grams	27 grams
27.5 grams	20 grams	35 grams
12 grams	43.3 grams	35 grams

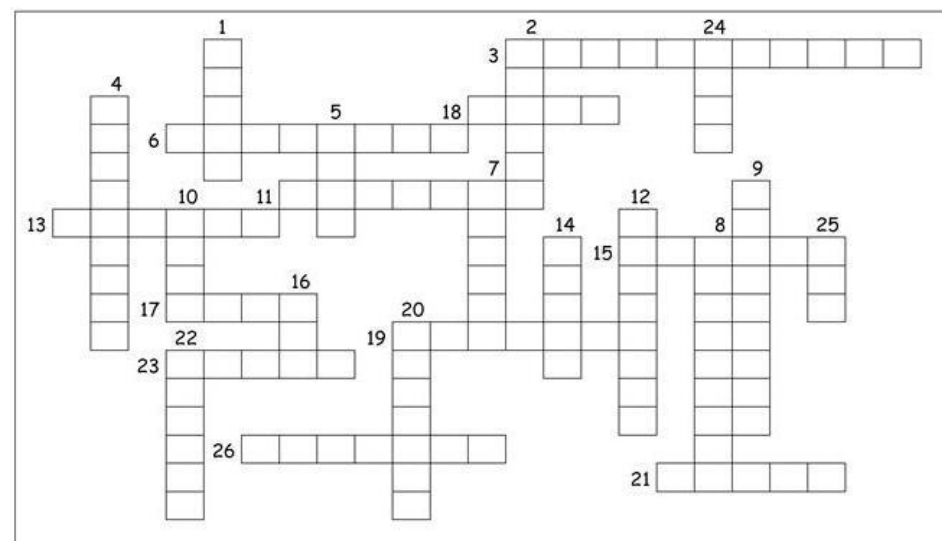
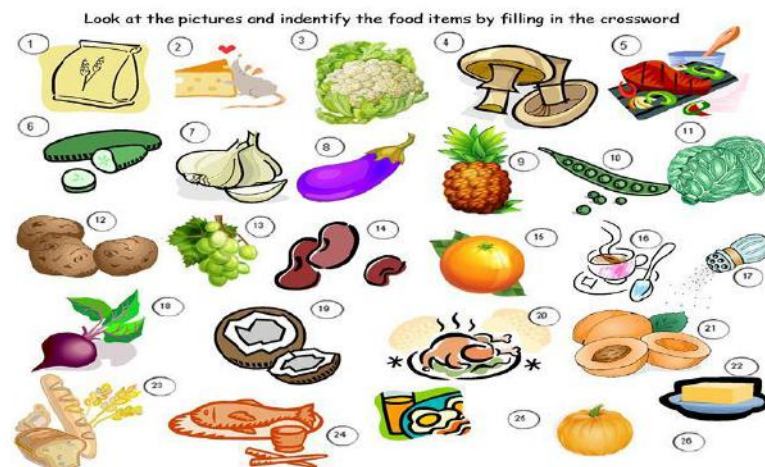


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Now see if you can complete the crossword puzzle to test if you know what the foods are

FOOD



Public Health

Public health agendas are so important for our communities, as they help us to reduce health inequalities within our communities and support us to make healthier choices and to live longer. Some of our communities have lower health outcomes because there are more health inequalities relating to their environments. Those living in areas of where they are least deprived live 20 years longer than those who live in environments where health inequalities are more prevalent.

The government understands that health inequalities exists within communities and works hard to put Public Health agendas in place to protect and promote the health of individuals within our communities. The government also uses health campaigns to raise awareness around certain health issues or practices which can influence poor health. Change for Life Dry January, Be clear on Cancer and Undetectable = Untransmittable are examples of campaigns that have been created on a national and international level to address health inequalities, to educate those in hard to reach areas and to challenge stigma. By educating our communities on certain topics, we are able to make informed choices about our health. This will lead to individual making healthier choices and to live healthier lives. Some communities may have poor access to health services and as such may not be able to access health awareness materials that tell them about how to make healthier choices. This is why the government likes to implement government campaigns; so that everyone can access the information, support and help required to tackle health inequalities.

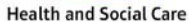


Activity 4 - Public Health

Words associated with Public Health - Below look for the words which relates to public health and mark it off when you have found them.

P	D	O	P	S	S	A	L	C	N	A	E	D	N
O	P	B	D	I	E	T	I	O	I	G	O	M	O
L	C	E	L	P	Y	E	I	E	I	E	Y	O	I
L	I	S	D	E	R	T	I	N	Y	N	H	R	T
U	L	I	T	E	A	E	E	E	A	D	E	B	A
T	B	T	R	L	T	Q	V	E	T	A	A	I	V
I	U	Y	U	E	U	R	I	A	O	N	R	D	I
O	P	P	A	A	C	E	I	E	L	E	T	I	R
N	O	R	L	C	I	N	A	M	D	E	N	T	P
P	R	I	N	A	A	P	A	E	E	I	N	Y	E
A	T	S	E	E	I	M	C	C	O	N	L	C	D
Y	B	M	O	R	T	A	L	I	T	Y	T	S	E
A	I	S	O	A	E	S	A	E	S	I	D	S	A
T	L	R	L	N	A	D	T	I	I	N	E	E	P

INEQUALITY
PUBLIC
PREVALENCE
AGENDA
MORTALITY
MORBIDITY
OBESITY
POPULATION
DETRIMENTS
DEPRIVATION
POLLUTION
DIET
CANCER
HEART
DISEASE
CLASS



Dry January:

Heads Together:

World Aids Day:

Change for Life:

Time to Change:

Stoptober:

Movember:

5 A Day:

Drink Aware:



Health and Social Care



Choose one campaign and give an outline of what it is about? Why we have it? What key information is part of the campaign?

[illegible]

Let us check our knowledge

Answer the following questions and check your answers at the end.

1 – The NHS was introduced in what year		
A 1949	B 1948	C 1914

2 – Those living in more deprived areas are more likely to consume more alcohol and drugs		
A True	B False	

3 – Morbidity rates means the following:		
A Illness rates	B Death rates	C Chronic Health

4 - Consumption of alcohol is linked to how many deaths in the UK during 2019		
A 4,321	B 7,551	C 8,911

5 - Looking at other EU countries with large populations, France, Italy and Spain have all seen their life expectancy increasing at a faster rate than ours.		
A True	B False	

6 - In England, it is estimated to have an effect equivalent to how many deaths every year.		
A 23,000	B 25,000	C 31,000

7 - Those educated in the south tend to achieve C or above in English and Maths		
A True	B False	

8 – How many individuals are living with dementia in the UK?		
A 820,000	B 850,000	C 900,000

9 – The amount of HIV diagnosis has dropped by what percentage since 2016?		
A 8%	B 28%	C 34%

10 – How many individuals are estimated to be obese in wales?		
A 20,000	B 452,000	C 600,000

Answers:

1 – The NHS was introduced in what year		
	B 1948	

2 – Those living in more deprived areas are more likely to consume ore alcohol and drugs		
A True		

3 – Morbidity rates means the following:		
A Illness rates		

4 - Consumption of alcohol is linked to how many deaths in the UK during 2019		
	B 7,551	

5 - Looking at other EU countries with large populations, France, Italy and Spain have all seen their life expectancy increasing at a faster rate than ours.		
A True		

6 - In England, it is estimated to have an effect equivalent to how many deaths every year.		
	B 25,000	

7 - Those educated in the south tend to achieve C or above in English and Maths		
A True		

8 – How many individuals are living with dementia in the UK?		
	B 850,000	

9 – The amount of HIV diagnosis has dropped by what percentage since 2016?		
	B 28%	

10 – How many individuals are estimated to be obese in Wales?		
		C 600,000



Care Values

There are many jobs in society, particularly within health and social care, where a practitioner's main job role is working with adults. It is, therefore, important for learners, hoping to work in these areas to develop knowledge and understanding of the care values.

Care values are the beliefs and views that people hold about what is right or wrong. They apply to all aspects of life and influence how a person behaves in different situations; this is an important factor when dealing with service users who have different needs.



Activity 5: Word Cloud

What is a Word Cloud?

A word cloud is a collection, or cluster, of words depicted in different sizes. The bigger and bolder the word appears, the more often it's mentioned within a given text and the more important it is.

On the next page complete a word cloud around the Care Values.



Remember to include a variety of colours and as many words as you can think of that link to that word, this may be feelings, emotions, behaviours, nouns, adjectives, verbs, etc.

1. Duty of Care
2. Person-Centred Approach
3. Safeguarding
4. Confidentiality
5. Dignity
6. Respect for the individual

Thank you for completing our Health and Social Care Level 2
Activity Pack.

We hope you have enjoyed each activity and have gained an
insight into what you will be learning about on our course.

We hope to see you soon!

