

Hopwood Hall College

# Health & Social Care L3

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 3 programmes. We hope you enjoy each task and learn about what is involved in becoming a Key Worker.

## Meet the team.



# Effective Communication in Health and Social Care.

This is a core unit within the programme, recognising the fact that effective communication is central to all work in the Health and Social Care sectors. Professionals within the sectors require good communication and interpersonal skills to perform their roles effectively, work cooperatively with colleagues and build supportive relationships with people using services. It is, therefore, important for all those embarking on a career in the health or social care sectors to gain knowledge, understanding and the skills associated with communication, so that they are able to develop effective interpersonal skills.

Learners will investigate what is meant by effective communication and interpersonal skills. Including exploring how these may affect the outcomes for people who use services. Learners will consider the factors that influence communication and interactions, analysing theories which may help to explain why there may be difficulties, possible breakdowns in communication and ways to overcome these. The benefits of effective communication for people who use services will be explored.

### Activity 1: Communication Passport

It is important for all service users to have the ability to communicate. This is sometimes done via a communication passport. Please complete your own communication passport detailing all about you, your likes and dislikes, etc.

## Communication Passport

Name \_\_\_\_\_  
Age \_\_\_\_\_  
Class \_\_\_\_\_



### I live with...



### Things that make me angry

7

8

## 9

You will explore how mental ill health can have an impact on the lives of individuals and others who play important roles in their lives. By looking at the effects of treatments and social factors, you will develop an insight into mental ill health and its consequences.

Well-Being



## Activity 2: Mental Health

### 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.

### Schizophrenia

Schizophrenia is an illness you do not often hear about, mostly just in the movies and there are a lot of misconceptions regarding the illness. Schizophrenia is a type of psychosis which affects the brain and the way it functions having an impact of daily life and simple tasks. It can often be difficult to distinguish reality from delusion as those with Schizophrenia get mis-signals from their senses. 1 in every 100 people are affected and it can be developed at any time throughout life, sometimes in episodes or be constant.

### Symptoms of Schizophrenia:

Symptoms are categorised under 2 divisions and patients will present at least one positive followed by a negative.

#### **Positive - The initial complication:**

Delusions, visual, audial, taste and smell hallucinations, racing thoughts, paranoia, delusions, belief of communication through signals.

#### **Negative - A lack of important day to day abilities:**

Lack of emotion, low in energy, social isolation, no motivation, poor personal hygiene.

### Treatment

**Cognitive behavioural therapy** - CBT can be used to address the negative symptoms such as stress, depression and anxiety which is associated with Schizophrenia.

**Medication** - They are a variety of anti-psychotic medications to help assist with the positive symptoms of schizophrenia.

**Electroconvulsive therapy** - Used in severe conditions when all other options have been exhausted.

## **Bipolar**

Bipolar is an illness that significantly affects a person's mood. It can cause individuals to have long periods of extreme highs or lows, the lows are heavily associated with depression. The highs that are associated with bipolar can cause the individual to have a sense of being "inevitable" meaning that they feel they have an extra strong power. Bipolar is an illness that can be difficult to manage as it has an impact on your day to day life, sometimes affecting jobs and relationships. However, with the correct care and medication, individuals with bipolar can go on to lead a very healthy lifestyle.

## **Symptoms**

<b>Depressive Episode</b>	<b>Manic Episode</b>
Low in mood	Hyperactive
Poor personal care	Unable to stay calm
Minimum interaction	Agitated
Lack of motivation	Lack of concentration
Low self esteem	Erratic behaviour
No self worth	Disruptive

## **Treatment**

**Medication** - Mood stabilisers are used to help equalise the mood, mood stabilizers will be taken on a long-term basis to help eliminate and prevent episodes of Bipolar.

**Therapies** - Talking therapies are used to help people suffering from a depressive episode of Bipolar

**Lifestyle guidance** - Advice is available to allow people to understand and see triggers of episodes. This can help put preventive measures in place.

Now put your knowledge to the test, without peeking above, can you remember the following inform:

1. How many people in the UK suffer from a mental health illness each year?
2. Identify 3 symptoms of bipolar
  - 
  - 
  -
3. Which illness has positive and negative symptoms?

4. Describe what can be affected due to mental health?

5. Can you tell me 1 thing you learnt from this booklet that you did not know before?



## **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 can't 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 affecting 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 from a science-based perspective and of the role that food plays in social contexts. 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 absorbs sugar from our daily food supplements.

Here are where sugar can be found within our foods:

 <p><b>SUCROSE</b> is often called <b>table sugar</b>. Made up from glucose and fructose, it is extracted from sugar cane or sugar beet and is naturally present in most fruits and vegetables</p> 	 <p><b>GLUCOSE &amp; FRUCTOSE</b> are found in <b>fruits, vegetables and honey</b></p> 	 <p><b>LACTOSE</b> is commonly called <b>milk sugar</b> because it is found in <b>milk and dairy products</b></p> 	 <p><b>MALTOSE</b> is also commonly known as <b>malt sugar</b>, found in <b>malted drinks and beer</b></p> 
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## 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



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

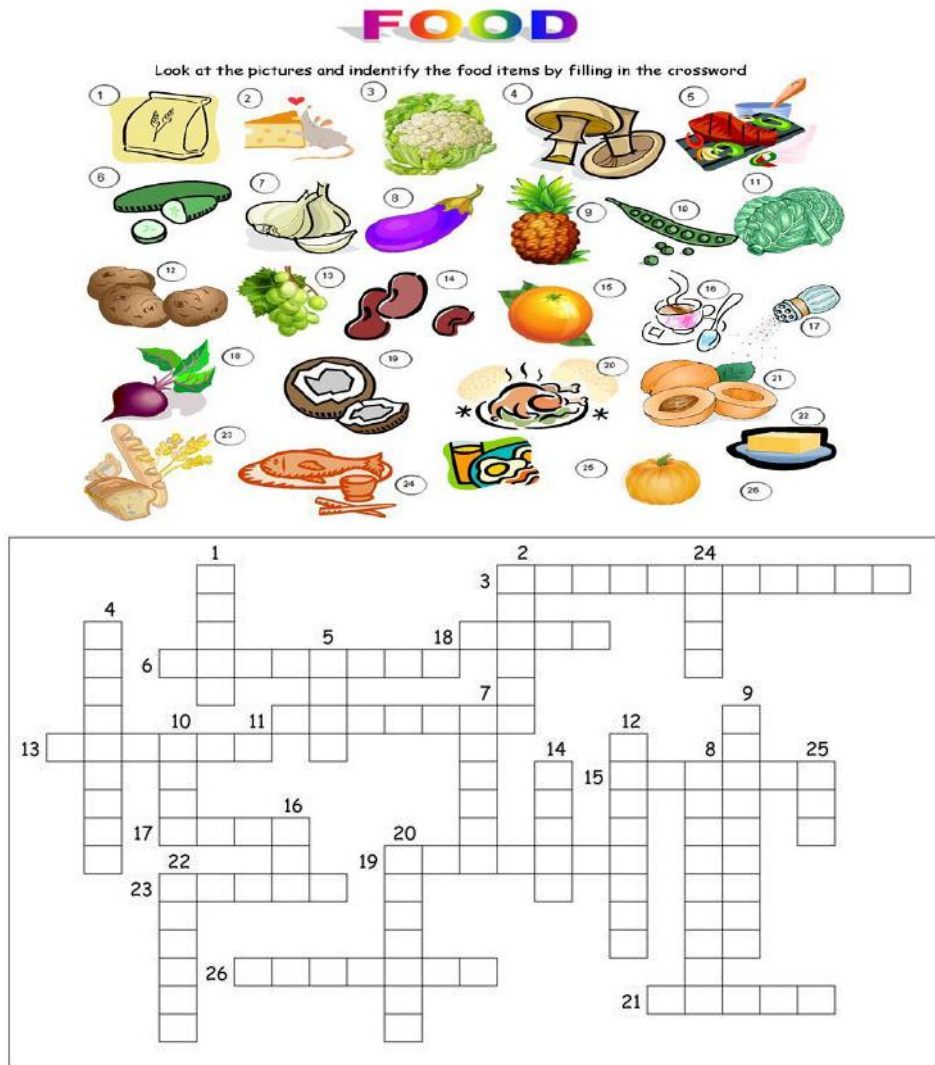
Let us see if you can match the foods to the amount of sugar they contain from the table below.



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

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



# Public Health

Public health agendas are so important for our communities, as they help us to reduce health inequalities within our communities and supports 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 individuals 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



Look up the following words and give an outline to their meaning.

Mortality	
Morbidity	
Prevalence	
Inequality	
Deprivation	

Research the following campaigns and state what year they were introduced?

Dry January: \_\_\_\_\_

Heads Together: \_\_\_\_\_

World Aids Day: \_\_\_\_\_

Change for Life: \_\_\_\_\_

Time to Change: \_\_\_\_\_

Stoptober: \_\_\_\_\_

Movember: \_\_\_\_\_

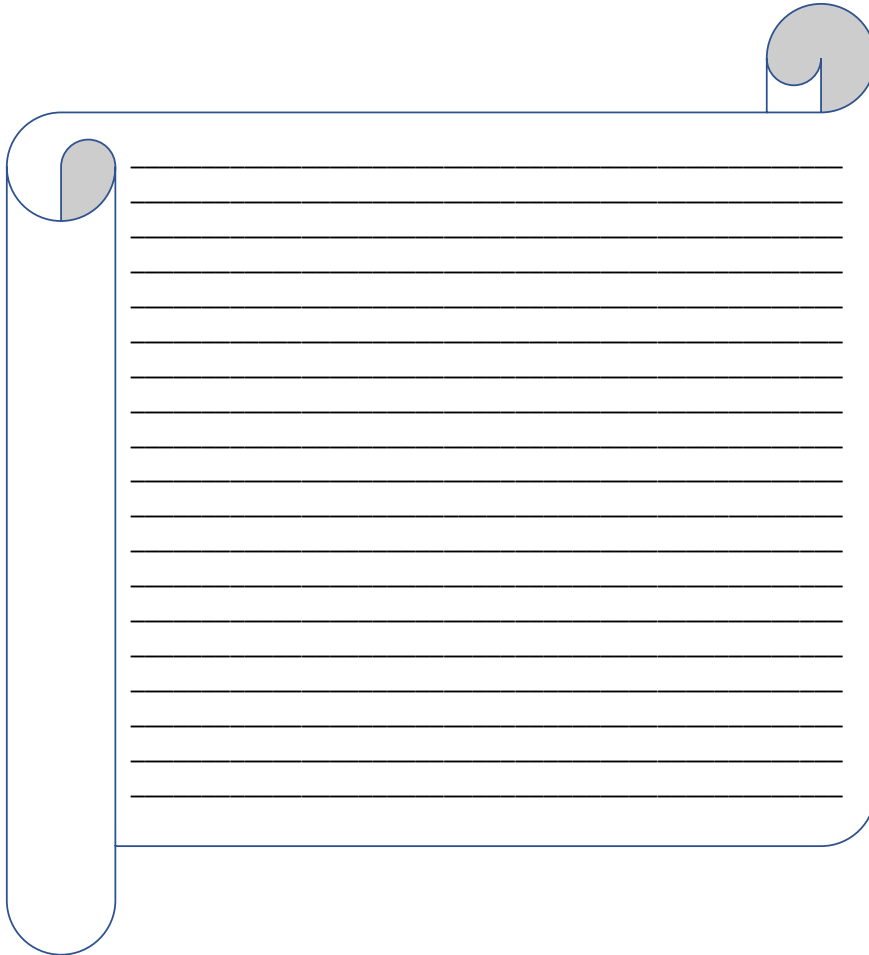
5 A Day: \_\_\_\_\_

Drink Aware: \_\_\_\_\_



Choose one campaign and give an outline of what it is about?

Why we have it? What key information is part of the campaign?



## Let's 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>B 1948</b>	
2 - Those living in more deprived areas are more likely to consume ore alcohol and drugs		
<b>A True</b>		
3 - Morbidity rates means the following:		
<b>A Illness rates</b>		
4 - Consumption of alcohol is linked to how many deaths in the UK during 2019		
	<b>B 7,551</b>	
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.		
<b>A True</b>		
6 - In England, it is estimated to have an effect equivalent to how many deaths every year.		
	<b>B 25,000</b>	
7 - Those educated in the south tend to achieve C or above in English and Maths		
<b>A True</b>		
8 - How many individuals are living with dementia in the UK?		
	<b>B 850,000</b>	
9 - The amount of HIV diagnosis has dropped by what percentage since 2016?		
	<b>B 28%</b>	
10 - How many individuals are estimated to be obese in wales?		
		<b>C 600,000</b>

# Fluid Balance

During your time on the Level 3 H&SC course you will complete an assignment on Fluid Balance in which you demonstrate the importance of water to human health, in maintaining fluid and electrolyte balance, especially in a care setting.

Now it is time to put your practical skills to the test. Carry out 2 of the following experiments however if you enjoy it then do all 3.

## Activity 5: Experiments

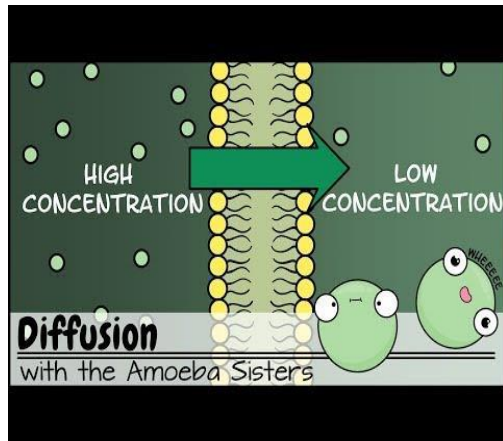
### Experiment 1



For this experiment you will need to put ice into a pan and heat then allow it to turn into water and boil for it to turn the water into steam.

You need to time how long each of these stages take and how the process changes.

### Experiment 2



To start, add a single drop of food colouring to the water's edge in the glass and start timing the moment the drop hits the water.

Stop timing as soon as the colour first reaches the bottom of the glass.

Repeat the procedure after warming the water up and compare the results.

### Experiment 3



In the 3 bowls one containing plain water, one containing salt solution, and one containing sugar solution.

Now place a slice of potato in each of the bowls and time for 30 mins making sure they are the same thickness.

Whilst waiting to see what might happen think about the process that is taking place.?

Now check what has happened to each one.

## Safeguarding Vulnerable Adults

There are many jobs in society, particularly within health and social care, where a practitioner's main job role is working with adults. It's therefore, important for learners, hoping to work in these areas to develop knowledge and understanding of safeguarding work. Multi-agency partnerships work at local level to develop policies and procedures which safeguard adults by promoting good practice. Whilst the rights of all individuals should be protected, adults who use health and social care services are amongst those most at risk of abuse or neglect. Learners must recognise situations which may lead to abuse and neglect, and the need for a person-centred approach which provides supportive and trusting relationships.

Learners will investigate the signs and symptoms of different types of abuse, enabling them to recognise when abuse may be happening. They will go on to examine predisposing factors which may lead to abusive situations. Learners will explore a range of strategies and procedures organisations use to reduce the risks to individuals and know the key legislation and regulations which govern safeguarding work in the health and social care sectors.

## Activity 6: Word Cloud

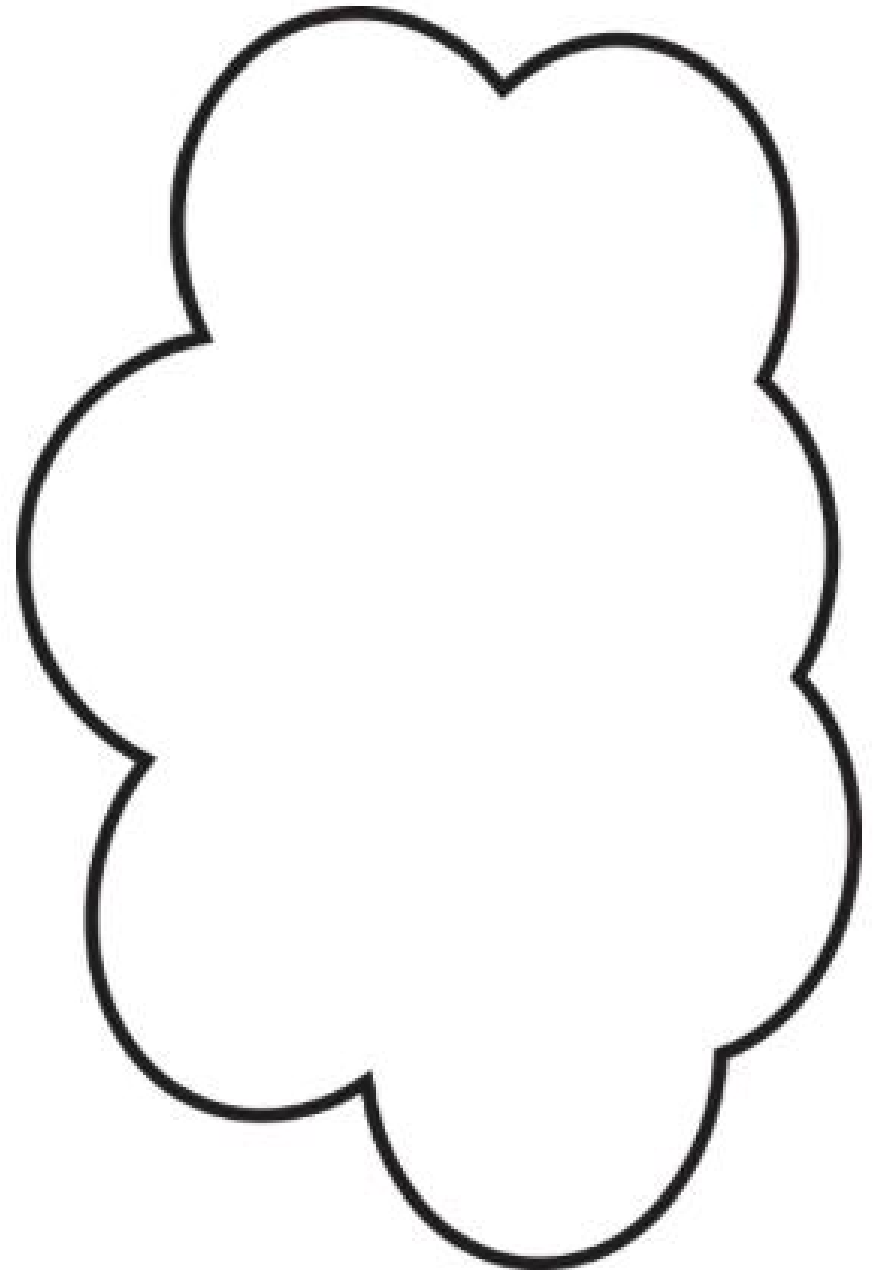
## What is a Word Cloud?

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 ONE of the following topics. 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. Discrimination
2. Physical Abuse
3. Financial Abuse
4. Neglect
5. Psychological Abuse





Thank you for completing our Health and Social Care Level 3 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 look forward to seeing you all soon.

