



Health and Social Care Getting prepared

If you are considering studying Health and Social Care next year, then these are activities that you should seriously consider completing over the next few months to prepare yourself.

The activities are divided into:

Essential - suggested as good preparation for the course.

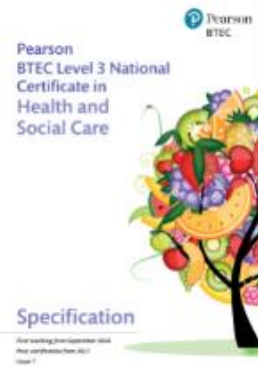
Recommended - suggested to support the essential activities for the course

Optional - suggested to support wider learning around the subject; you are expected to do this independently.

Specification

Read through the specification focussing on pages 1-5, this will provide you with an overview of the types of topics the programme will include.

[Link](#)



Summer work Activities

1. The history of the NHS, Can you find out the following:

- When was the NHS first introduced?
- When were prescription charges introduced?
- When did the organ donor register begin?
- What is the CQC and when were they introduced?

2. What is the difference between:

- Primary care services
 - Secondary care services
 - Tertiary care services
- For each, find an example of this service in your local area and provide their name, address and describe at least 2 of the services they offer

3. Research and find out what the Equality Act is. You need to include when it was introduced and explain how it aims to protect service users

Recommendations to watch

The following shows are available free and on-demand. We would recommend that you sign up and watch them.

24 Hours in A&E



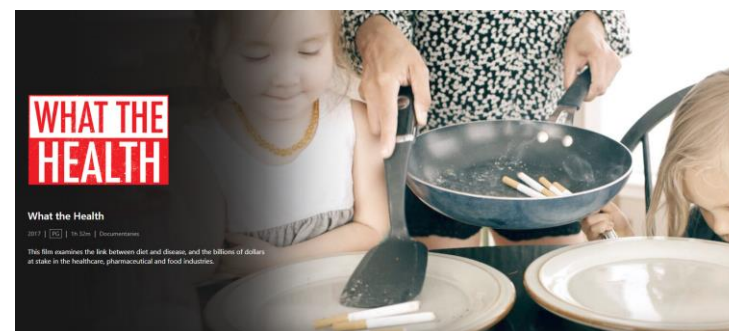
One Born Every Minute



Ambulance



What the Health



Further reading and preparation

Click the images to read more

The Care Workers Charity - [Link](#)

Caring for ourselves and loved ones in times of need is imperative.

However, just researching the various options is a daunting task and can be confusing if you're at the start of your health and social care journey.

Many families are juggling careers and childcare responsibilities, which can make it difficult to care for themselves or provide support to loved ones who require medical intervention or social assistance.

Busy doctors, nurses and hospitals mean it's sometimes hard to access the right care at the right time, while social care services offer a plethora of options that can be overwhelming to the uninitiated.

In this article, we aim to break down some of the health and social care options available, so you can plan the services that will be most helpful for you.

Care Quality Commission (CQC) – [Link](#)

We're CQC, the independent regulator of health and social care in England

Get on top of modules by clicking the image below

