

### Safeguarding Prevention

If you work in health and social care, you need to understand the fundamentals of safeguarding in order to protect the health, well-being and human rights of the people you care for. This Level 2 Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care will teach you about the key principles of dignity, duty of care and safeguarding. The course also covers the dilemmas you might face when working in adult health and social care, the responsibilities you have to the people you care for, and what can happen if care principles aren't properly upheld.

### Understanding Autism

There are around 700,000 people with autism in the UK – more than one in every 100. If you know or work with someone who has autism, this course is a great way to increase your knowledge about the condition. This course will teach you how an autistic spectrum condition can affect the ways people communicate, interact and process information. You'll learn how to support autistic people to live healthy, fulfilled lives.



## Pinpoint

### Health & Social Care Skills Accelerator Programme Drop-in

Call in to Pinpoint, Union Street, between 9.00am and 4.00pm on Mondays and Wednesdays. No appointment necessary.

Keep checking  [cityplym.ac.uk](http://cityplym.ac.uk) for information about future careers fairs and other events.



Enquire Online,  
Scan me 



# HEALTH & SOCIAL CARE SKILLS ACCELERATOR PROGRAMME

**FREE**

Care Courses & Workshops

For adults looking to learn new skills or gain knowledge of the health and social care sector.



## About the Health & Social Care Skills Accelerator Programme

City College Plymouth is proud to be a delivery partner for the new Health & Social Care Skills Accelerator Programme (HSSAP).

HSSAP is funded through the European Social Fund and was developed by Devon County Council, in partnership with a consortium of all the Devon NHS trusts, further education providers, with representatives from local authorities, adult social care providers and primary care.



### COURSES/WORKSHOPS DELIVERED IN-PERSON

The following courses and workshops can be delivered at various locations, including the College's Kings Road campus and Pinpoint venue on Union Street, community centres or in the workplace.

Course	Level	Duration	College attendance
Dementia Awareness	2	12 weeks	One day a week
Mental Health	3	14 weeks	Two day a week
Preparing to Work in Adult Social Care	1	10 weeks	One day a week
Preparing to Work in Adult Social Care	2	14 weeks	Two day a week
Understanding Specific Learning Difficulties	2	10 weeks	Two day a week

### WORKSHOPS

Please see below for a list of two-hour workshops that can be delivered to staff as continued professional development.

- Safeguarding
- Equality and Diversity
- Clinical Skills
- CV Writing
- English and Maths in Care
- Skin Integrity
- Infection Prevention
- Communication
- Introduction to Diabetes

## COURSES DELIVERED ONLINE

The following Level 2 courses online with tutor support and tutorials throughout, if required.

### Care Planning

In the care sector, it's important that residents and patients are treated with a friendly and caring approach. The need for high-quality, skilled and knowledgeable care workers has never been greater. Our course in care planning will make sure you've got all the knowledge you need to provide high-quality care for the people you work with. It will help you to develop personally and professionally and evidence your competency to employers. You will learn about person-centred care and the best ways to provide support with everything from nutrition and hydration to personal hygiene and continence care.

### Caring for Children

We all know how important it is for children and young people to be safe and well cared for. Unfortunately, some children are at risk of abuse and exploitation. If you're involved in caring for children and you want to help those affected by these issues, this course will help you gain the skills you need. You will learn about protecting children in a babysitting environment, including how to prevent accidents and fire safety skills.

The course also covers key skills about parenting, including parents' rights and responsibilities, and information about healthy lifestyles.

### Children & Young People's Mental Health

Around one in ten children and young people are affected by mental health problems, so it's important that people working with them have a good understanding of mental health. If you want to learn about mental health issues to support children and young people that you work with, or those you care for in your own life, this course is perfect for you. Our fully online course will teach you about supporting children and young people's mental health and emotional wellbeing. You will learn about issues facing children and young people like depression, anxiety and conduct disorder, as well as factors that affect their mental health and the impact mental health problems can have on them and their lives.

### Control of Infection

Protecting people from infection is a really important part of providing high-quality care, especially as some life-threatening infections can spread easily within care environments. In this course, you will gain the skills you need to tackle the risk of infection in your workplace. The course covers procedures and regulations surrounding infection control, as well as the importance of maintaining a clean environment. As of 2020 this course has been updated to include knowledge of COVID-19.

### Counselling Skills

Many people find it helpful to seek counselling at some point in their lives, and a counsellor can provide support for people in all sorts of situations. If you're interested in supporting people to improve their personal well-being, this course will provide you with the correct understanding, knowledge and skills to do that. With this Certificate in Counselling Skills you'll learn about core skills and how to use them in a counselling relationship. You will also be taught about counselling theory and the ethical framework that informs how counsellors use their skills.



### Dementia Care

Dementia is one of the main causes of disability in later life, and cases are rising – by 2051, it's expected that two million people in the UK will have dementia. If you work with people with dementia, it's important that you understand the condition and know how to provide the best possible care for each individual. In our Level 2 Principles of Dementia Care course, you will learn all about approaches to dementia care. You'll gain insight into how dementia affects the way people behave and interact, as well as how best to communicate with people who have dementia.

### Dignity & Safeguarding

If you work in health and social care, you need to understand the fundamentals of safeguarding in order to protect the health, well-being and human rights of the people you care for. This Level 2 Certificate in Understanding Dignity and Safeguarding in Adult Health and Social Care will teach you about the key principles of dignity, duty of care and safeguarding. The course also covers the dilemmas you might face when working in adult health and social care, the responsibilities you have to the people you care for, and what can happen if care principles aren't properly upheld.

### End of Life Care

Britain has an ageing population - the number of people aged over 64 is expected to grow to 15 million by 2040. This means more people will live with serious chronic illnesses and need end of life care. This course will give you the knowledge you need to perform your role as a care worker for people approaching the end of their lives. You will learn how to support and manage pain and discomfort, as well as gaining insight into the impact of dementia on end of life care. You'll also develop the compassionate skills needed for supporting family and friends with the loss and grief process.

### Equality & Diversity

Britain is a culturally diverse nation that respects and values the differences in people. Companies are legally required to follow a set of practices to tackle discrimination and ensure equality for their employees. If you want to learn about equality and diversity in different contexts, this course will give you a great understanding of the different issues affecting equality and diversity in society today. You will gain an insight into the wide-ranging legislation that's needed to create a workplace centred on fairness, dignity and respect.

### Learning Disabilities

Around 1.5 million people in the UK have a learning disability. If you work with people with learning disabilities, or are interested in starting in the sector, it's essential you have a good understanding of the signs and symptoms of different health conditions, as well as knowledge of legislation and the healthcare system. This level 2 course will ensure your knowledge is up to date and is primarily for those within healthcare and social care, but may also be useful to those working in education or housing support roles.



### Mental Health in the Workplace

Around 450 million people currently experience mental health problems. Recent reports suggest that over 12 million working days were lost due to work-related stress, depression or anxiety in just one year. It's important employers are transparent and open about mental health issues. Increasing the understanding of mental health among staff at all levels builds a culture of care and support. In this fully online course, you'll build an understanding of mental health problems and the support available in the workplace. You will learn how to support individuals with their mental health, as well as what a mentally healthy environment is like.

### Personal Care Needs

Britain has an increasingly ageing population, and the number of adults needing around-the-clock care is on the rise. As well as the need for medical care, there is also a need for high levels of personal care to allow those who need support to live as comfortably as possible. This fully online qualification helps you to develop a person-centred approach to delivering high levels of personal care. You will cover how to support personal hygiene, foot care, oral health, pressure area care, and sepsis.

### Preparing to Work in Adult Social Care

As the need for adult social care continues to rise, it's important that care workers have up-to-date support and guidance that allows them to provide the best care possible for the people they work with. If you'd like to work in adult social care, this fully online course will help you gain an appreciation of what it's like to work in the sector. You will learn about person-centred care and safe working practices, as well as the importance of safeguarding, equality and diversity, and duty of care.