

Junior Health and Social Care Programme

For
10 years old –
13 years old



Two Locations Available:

- Suffolk New College, Rope Walk, Ipswich, IP4 1LT
- West Suffolk College, Out Risbygate, Bury St Edmunds, IP33 3RL

Price: Free of charge

Start Date and Time:

5th November | 12th November | 19th November,
26th November | 11th February | 25th February,
4th March | 11th March

09:30am – 12:30pm | Suffolk New College

14th January | 21st January | 28th January | 4th February
22nd April | 29th April | 6th May | 13th May

09:30am – 12:30pm | West Suffolk College

Spaces Available: West Suffolk College: 30 spaces
Suffolk New College: 30 spaces



CAN DO
HEALTH & CARE

Summary:

We have put together a fun and exciting 8-week programme to help you understand more about what it might be like to work in Health and Social Care. Would you like to learn skills that could help you become a Nurse or Paramedic for example? There is no requirement to be doing other after school activities, just an interest in developing your knowledge and skills in the following areas:



Timetable:

Term 1:

Week 1: First Aid (Recovery position, Splints & bandages, Breaks & Accidents, CPR & Burns)

Week 2: Keeping a Healthy Mind (Mental Health and Using Art for Mental Wellbeing)

Week 3: The Importance of Fitness, Nutrition and Hydration

Week 4: How we use communication skills to help others (Makaton & British Sign Language)

Term 2:

Week 5: Working as a Team (Group Activities)

Week 6: Infection, Prevention and Control (Quiz and Group Activities)

Week 7: Stepping into leadership (Group Activities)

Week 8: Stepping up into the future (Careers and Apprenticeships)

Entry Requirements: You must be aged 10-13 years old and keen to learn new skills.

Certification and Booking: You will receive a certificate upon completion of the course. To book a place please contact ambassadors@caredevelopmenteast.co.uk

