



**Future
First**

Your virtual work experience week in Health and Social Care

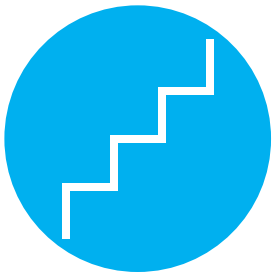
Welcome to Future First!



- As you may not be able to do work experience in person this year, Future First have created a virtual work experience week so that you don't miss out on this opportunity.
- Future First is an education charity that helps schools and colleges across the country connect with their former students (or alumni). These former students form a community that supports the school and its current students.
- We also work with a range of organisations to facilitate opportunities with employers so that students can identify and develop sought-after transferable skills.

Structure of the week

- **Each day** this week you will **'meet' a volunteer** who works in a different area of the Health and Social Care sector. You will **find out more about their job**, their pathway from school to this career, what skills they need for this job alongside other **useful top tips** they would give to someone wanting to pursue a career in Health and Social Care.
- The volunteer will then set you a **task that relates to their job** to complete that day in order to give you an insight into what it's like and opportunities to develop relevant experiences and skills.
- All of these tasks are set out in these slides. You should use these alongside the **student workbook** which has further instructions and guidance on how to complete the tasks and write notes.
- The first set of tasks prepares you with the **key information** you would need to know before taking part in a work experience placement. Use the next slides to **find out more** about careers in the Health and Social Care sector, before completing the tasks entitled [Preparing for work experience](#) found here and in your student workbook.
- You can complete all the tasks in **one day** if you'd prefer!



**Develop excellent
interpersonal skills**

**Show passion, empathy
and care for helping to
support others**

**Make a positive difference
to someone's life**

**Opportunities for choosing
specialisms that interest
you e.g. children or people
suffering with cancer**

Why work in Health and Social Care?

**Opportunities for promotion,
progression and job security**

**Around 25,000 vacancies
every month, according to
the NHS jobs website**

**Join one of the biggest
employment sectors in
the UK**

350 different job roles

What are the career options?

There are a diverse range of careers within Health and Social Care. Some examples of these are shown in the categories on this slide.

Healthcare

- Consultant
- Doctor
- Health Visitor
- Hospital Porter
- Intensive Care Unit Technician
- Midwife
- Nurse
- Paramedic
- Pharmacist
- School Nurse
- Speech and Language Therapist
- Physiotherapist

Health, Sport and Administration

- Health and Fitness Instructor
- Sports and Exercise Scientist
- Sports Physiotherapist
- Sports Coach
- Community Health Administrator
- Environmental Health Practitioner
- Medical Receptionist
- Ward Clerk

Social Work and Counselling

- Clinical Psychologist
- Care Assistant
- Counsellor
- Social Worker
- Care Worker
- Nursery Nurse
- Youth Worker
- Occupational Therapist
- Community and Support Outreach Worker

Science and Research

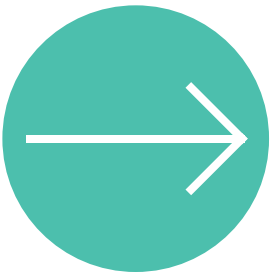
- Bacteriologist
- Biochemist
- Biomedical Scientist
- Clinical Researcher
- Geneticist
- Laboratory Technician
- Microbiologist
- Physiologist

Preparing for work experience

While you will not be taking part in these placements in person, it's still important to cover some key information and policies you would have to know about if you were doing work experience.

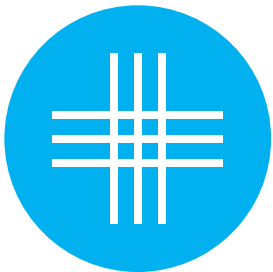
These policies include:

- Health and safety policies
- Safeguarding policies
- Data protection policies



Health and safety

Each workplace will have their own individual health and safety policy, but here are some key things you would need to know if you were participating in person.



- Staff working in hospitals, GP surgeries or care facilities with unwell patients would need to wear short sleeves or rolled up sleeves to prevent infection control. This is referred to as 'bare below the elbows'. At the moment, staff need to wear personal protective equipment (PPE) at all times, including a face mask. If you were to have interactions with patients during your work experience, you may also need to wear gloves and an apron. These would be changed between patients.
- Staff working in health or social care facilities should report all accidents/incidents and injuries at work, no matter how minor. An incident report form would be completed to record the event.
- Staff would need to know the fire and evacuation procedures in their workplace and what they should do in the event of such an emergency.

Health and safety

Here are a few basic signs and symbols you would need to know on your work experience placement.



Prohibition signs are red on a white background. They mean you must stop or not do something e.g. this no smoking sign.



Medical waste disposal bins are colour coded in hospitals and some care facilities. Biomedical waste must be disposed of carefully in the assigned bins and will be incinerated or burned.



Safe condition signs have a green background and show the right way or give instructions to things like fire extinguishers e.g. this fire exit sign, which will direct you to the exits in the case of a fire.

Safeguarding and data protection

You would be working with a diverse range of people, for example vulnerable people, children and the elderly. It's important to have a policy in place so all staff and the people we work with stay safe. This is known as a safeguarding policy. Safeguarding means to protect the health, wellbeing and human rights of individuals.

You can read an example of this from the General Medical Council [here](#), but here are a few key things:

- As a work experience volunteer you would be considered an extension of the staff team. Confidentiality of patient or client sensitive information would be very important. This means not sharing any names, contact information or anything about the treatment or care plans of patients or clients outside of the staff team.
- During your work experience you would have a designated supervisor who would be your point of contact for any worries or concerns you had about the wellbeing of a patient or client.
- All staff who work directly with vulnerable adults, young people and children must have a disclosure and barring check.

Day 1: Meet Juliette



Day 1: Meet Juliette



Watch this video [here](#).

Day 1: Your task

One of the key skills in Juliette's job is prioritisation and managing their time to ensure all of their patients are given the appropriate care they need.

In your workbook there is a list of nine example tasks that Juliette would have to manage at one time in their role as a nurse. You are going to step into their role now.

- Practice your skills of prioritisation by putting these in order of urgency and importance, with number 1 being the top priority for what you would do first if you were in this role, and number 9 being the least important priority in your opinion.
- You will need to justify how and why you prioritised in this way, considering those involved and those that might be affected.
- You could practice explaining your justification verbally with a family member or friend. This may be something you would have to do in an interview for any health and social care role and practicing this will help you gain confidence in it.

Day 1: Complete!



Well done for completing the first day of your virtual work experience week!

Make sure you've put everything for today's task in your student workbook and completed your daily reflections.



Day 2: Meet Jade



Day 2: Meet Jade



Watch this video [here](#). You can also watch another video with Anbreen [here](#) for more advice and top tips for becoming a Doctor.

Day 2: Your task

You are a General Practitioner (GP) and have been approached by Public Health England who are looking for your advice on public health interventions in your community. Your town has 150,000 people living in it.

There is £100,000 of government funding. Public Health England has offered you a list of options for how the money could be spent. More information is given in your student workbook.

In this task you will practice your skills of problem-solving, creativity and communication by coming up with a project plan and pitch for how you would allocate the money and resources effectively to support the health and wellbeing of your local community.

Other advisors from various Health and Social Care roles will also share their pitch, so you want to make sure yours is as convincing as possible. The board meeting will take place over Zoom so you will need to demonstrate your ability to use technology effectively to deliver this pitch virtually, and in a way that engages your audience.

Day 2: Complete!

Well done for completing the second day of your virtual work experience week! Today's task was a tough one and can be used as a group interview activity when applying for jobs in Health and Social Care, so well done for having a go.

Have you developed more confidence in any of the skills you wanted to improve?

Make sure you've put everything in your student workbook and completed your daily reflections.



Day 3: Meet Elise



Watch this video [here](#).

Day 3: Your task

Write a proposal for funding for a new medical or social care service that you think is important.

Your proposal should be no more than 500 words (roughly one page). This gives you the opportunity to demonstrate your interest in the medical or social care service, to conduct research to highlight the evidence showing its importance and then communicating your ideas clearly and concisely to convince those reading your proposal.

When writing the funding proposal, keep in mind that it needs to cover the following:

- Explain **why** you're applying for funding and what new medical or social care service are you looking to fund.
- Summarise the key information in the proposal – don't worry too much about the scientific knowledge, as long as you are demonstrating your research.
- Tell them how to get in touch if they're interested.

It might seem simple but there's a lot more to writing a good proposal than you might think! Read through the guidance in your student workbook carefully before you begin.

Day 3: Complete!



Well done for completing the third day of your virtual work experience week! You're over half way through the week now so give yourself a pat on the back for showing determination and resilience, and sticking with it!

Make sure you've put everything for today's task in your student workbook and completed your daily reflections.



Day 4: Meet Grace



Day 4: Meet Grace



Watch this video [here](#).

Day 4: Your task

Write an answer to a question you might be asked in interview using the STAR technique.

The answer needs to:

- Follow the STAR technique.
- Really explain what you did to resolve the situation.
- It should flow well and make sense when said out loud, so practice your answer with someone at home before writing it in your workbook.

Day 4: Complete!



Well done for completing the fourth day of your virtual work experience week! One more day left!

Make sure you've put everything for today's task in your student workbook and completed your daily reflections.



Day 5: Final challenge

Pitch an app to support young people's mental health and wellbeing.

Think about what you want your app to do:

- Do you want your app to be accessed for young people, or do you want it to be something teachers or parents can access to support young people?
- Do you want your app to have resources for wellbeing?

You will need to complete a PowerPoint for your pitch that addresses the questions in your student workbook.

As a result of completing this final challenge, you may have the opportunity to deliver your pitch to employers from one of our employer partnerships. If you are selected, they would love to hear your ideas and will provide you personalised feedback that you can use on future applications, and CVs.

Send your PowerPoint to: info@futurefirst.org.uk to be in with a chance to boost your CV and gain feedback from employers we're partnered with.

Here are tips for a good app:

- Keep it simple, don't expect your app to do lots of things.
- Think about who your audiences are, who your main user is, who benefits.
- Use images for what you want your app to look like.



Well done!



Congratulations! You've completed the Health and Social Care work experience. You now need to send us your completed student workbook to receive your certificate accrediting your achievement. You could then use this evidence for your CV or on application forms. We hope you enjoyed the week.

You can send this to info@futurefirst.org.uk





www.futurefirst.org.uk
info@futurefirst.org.uk
020 7239 8933
@futurefirstorg