



New College Stamford

ACHIEVE EXCELLENCE, BE OUTSTANDING

HELLO

**YOUR
WELCOME
PACK**

Health & Social Care

www.stamford.ac.uk | enquiries@stamford.ac.uk | 01780 484311

DISCOVER YOUR FUTURE CAREER

With your personal
career coach.

Find out more about the careers you could
access after completing your course.

Your personal careers coach can help you
find relevant data on wages, employment,
and the training you need to succeed.

Start now at

www.stamford.ac.uk

WELCOME

Introduction from Kate Michael Head of Caring Professions



Hello and welcome to our College.

I am delighted you have chosen to study with us, and am looking forward to meeting you (If I haven't done so already).

I am the Head of Department for Caring Professions and this means I am responsible for ensuring you have all the opportunities and resources you need to succeed on your course, that the teaching and learning you receive is the best it can be, and that you have access to all the support, mentorship and encouragement you need to achieve your qualification.

We are immensely proud of our students, and if you promise to work hard, in return we will do everything we can to make sure you are achieving, and that you remain happy, motivated and on track to achieve your goals and dream career.

In these pages, you will find photos of all our staff so you can familiarise yourself with who will be teaching you, and who is available to support you whilst you study with us.

In addition, we have a whole team of people who work in our Student Services department who are

dedicated to ensuring your experience at College is amazing! They can arrange additional support for you in and out of the classroom, advice and support for your welfare, safeguarding and financial support, careers guidance, or help you make new friends with our Student Union, and other fun activities and social clubs.

This pack also contains a few activities, and some reading materials we recommend you have a go at. These will introduce you to your course and keep you motivated.

If you have any questions, please feel free to use any of the methods identified at the back of this pack and our friendly enquiries team will ensure we get back to you.

Good luck and see you soon!

WHAT HAPPENS NEXT?

COMPLETE



YOU ARE HERE

4

WELCOME EVENT (Previously known as Taster Day)

Unfortunately due to COVID-19 we are unable to invite you to spend a day in College with us, so we are going virtual instead!

In this Welcome Pack you will find information and activities that you can do to ensure you have a smooth transition on to your chosen course.

SAY HELLO

Look out for our 'Say Hello' sessions for a chance to meet your tutors and our support teams so you can ask any questions before you start.

COMING UP NEXT

5

PRE-ENROLMENT - APPLY FOR TRANSPORT AND FINANCIAL SUPPORT

During July you will receive more information about how to apply for your bus and any financial support you might need with video guides and FAQs to assist you. Staff are also on hand remotely to help you with your applications.

6

ENROLMENT

During August more information about how to enrol on to your course will be emailed to you.

You will need to complete some forms and upload your certificates online after GCSE results day, You won't need to travel to College, or queue.

Enrolment is where you officially become a College student and we will issue you a timetable and plan for your induction.

7

INDUCTION

Due to COVID-19 we are working hard to design an exciting induction that will be a mix of online delivery and also some time on site at College.

Getting to know staff and students will be paramount and there will be lots of support for those that will be naturally a bit nervous about this whole new chapter.

Your first six weeks are really important, and we will work hard to ensure you are on the right course, and are feeling settled and supported to succeed.



Click play to watch a welcome message, and find out more about how you will apply for transport and uniform from our Student Services Manager, Phil.

MEET THE TEAM



Jasmin Pirbhai
Health & Social
Care Lecturer



Sharon Bartlett
Health & Social
Care Lecturer



Chloe Greaves
Health & Social
Care Lecturer



Kate Michael
Head of
Department



Chrissie Rouch
Health & Social
Care Lecturer



Gill Hall
Health & Social Care
Student Advisor



Marie Cavaleri
Health & Social
Care Lecturer

ACTIVITIES

LEVEL 3 STUDENTS

[CLICK HERE AND COMPLETE THE ONLINE ACTIVITY PACK](#)

LEVEL 2 STUDENTS

PLEASE COMPLETE THE ACTIVITIES BELOW:

1

Design a face mask

TASK: You are required to create an illustration of a face mask design for health and social care practitioners. When designing your mask, consider and explain what material you would use and why it is appropriate for health and social care practitioners. If you are able to, create your face mask and send us a photo (this is optional).

WHAT YOU WILL NEED:

- A pen
- A piece of paper
- Internet for research

If you are creating your mask:

- Your chosen material
- Sewing equipment
- A camera



HOW DOES THIS RELATE TO YOUR COURSE? This task allows you to think about the importance of PPE within health and social care. This task will also help you to critically evaluate the effectiveness of your face mask for health and social care practitioners.

2

Design a restaurant menu

TASK: Imagine you are updating the menu for your restaurant to provide healthier options for your customers. The menu should include a variety of starters, mains, desserts, sides and drinks. Each item must include the calorie intake and the macronutrients. Your menu should be visually appealing and easy to follow.

WHAT YOU WILL NEED:

- A pen
- A piece of paper
- Internet to research
- A computer if you want to complete digitally

HOW DOES THIS RELATE TO YOUR COURSE?

This supports your understanding of macronutrients and healthy eating which we explore in our optional module, Nutrition for Health and Social Care.

3

Create a poster comparing the similarities and differences between two religions

TASK: Research and create a poster comparing the similarities and differences between two religions. The poster must include any religious symbols, acts of worship and the main values and beliefs.

WHAT YOU WILL NEED:

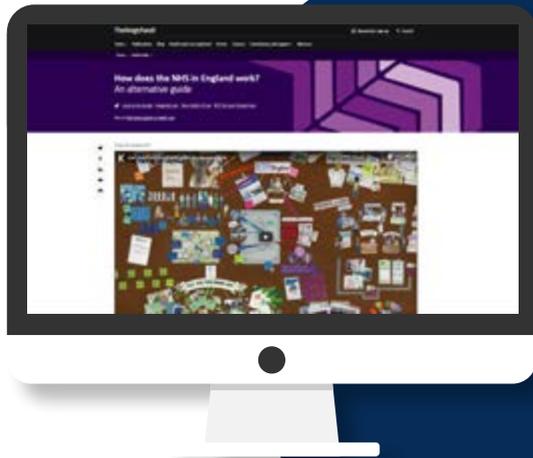
- A pen
- A piece of paper
- Internet to research
- A computer if you want to complete digitally

HOW DOES THIS RELATE TO YOUR COURSE?

This will allow you to understand diversity amongst service users and links to our mandatory module, Equality, Diversity and Rights. This research will help you reflect how health and social care practice may need to be adapted to respect the service users values and beliefs.

FURTHER READING & RESEARCH

- **[Skills for Care](#)**
Careers in the healthcare sector.
- **[Kings Fund](#)**
The King's Fund is an independent charitable organisation working to improve health and care in England.
- **[Kings Fund](#)**
How the NHS works.



- **[Department for Health and Social Care](#)**
We support ministers in leading the nation's health and social care to help people live more independent, healthier lives for longer.
- **[Healthwatch England](#)** 
We are the independent national champion for people who use health and social care services. We're here to find out what matters to people, and help make sure their views shape the support they need.
- **[Public Health England](#)**
We exist to protect and improve the nation's health and wellbeing, and reduce health inequalities. PHE is an executive agency, sponsored by the Department of Health and Social Care.

MENTAL HEALTH & WELLBEING



It is really important that College is an environment that promotes your wellbeing and proactively supports your wellbeing and proactively supports your mental health. We have a clear strategy and charter that sets out our commitment to you to achieve this, and encourage all our students to engage with our '5 Ways to Wellbeing' which can be found [here](#).



Coronavirus and Your Mental Health

If you're worried about the impact of coronavirus on your mental health, you are not alone. The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways. However you are feeling right now is valid. With the right help and support, we can get through this together.



Young Minds has lot of tips, advice and guidance on where you can get support for your mental health during this time

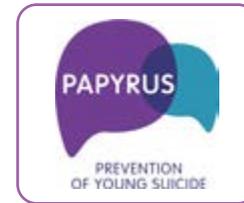
<https://youngminds.org.uk>



Cruse offer support, advice and information to children, young people and adults when someone dies.

01223 633536

<https://www.cruse.org.uk>



PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 4141**

Text: **07860039967**

Email: pat@papyrus-uk.org

<https://papyrus-uk.org>



If you are 18 or under Childline is a FREE, confidential service available any time, day or night.

0800 1111

www.childline.org.uk



Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere.

Text Shout to 85258

www.giveusashout.org



The Mix offers support services for young people. Call 4pm - 11pm everyday.

0808 808 4994

www.themix.org.uk

Ask us a question!



enquiries@stamford.ac.uk



[@NewCollegeStamf](https://twitter.com/NewCollegeStamf)



[@newcollegestamford](https://www.facebook.com/newcollegestamford)



New College Stamford

ACHIEVE EXCELLENCE, BE OUTSTANDING



www.stamford.ac.uk