

Course Details

Week 1



Introduction to Care

- Role and responsibilities of care workers
- Key skills required for effective care
- Introduction to the 6Cs of Care
- Applying the 6Cs in everyday care situations
- **Employability Topic:** Job Roles, Skills & Interests

Session

1 – Mon 11th May 26
2 – Tue 12th May 26

Week 2



Duty of Care and Personal Development

- Define 'duty of care' importance
- Legal responsibilities of care workers
- Continuous professional development importance
- Self-assessment of personal strengths
- **Employability:** Skills Gap Analysis, Skills & Qualities

Session

3 – Mon 18th May 26
4 – Tue 19th May 26

Week 3



Safeguarding and Mental Health

- Safeguarding principles and relevance
- Identifying signs of abuse and neglect
- Overview of common mental health conditions
- Exploring the concept of mental capacity
- **Employability Topic:** Applying For Jobs

Session

5 – Mon 1st June 26
6 – Tue 2nd June 26

Week 4



Health & Safety and Moving & Handling

- General health and safety regulations
- Addressing specialised safety concerns
- Principles of safe moving techniques
- Introduction to pressure area care
- **Employability Topic:** Meet The Employers

Session

7 – Mon 8th June 26
8 – Tue 9th June 26

Week 5



Infection Control and Communication

- Introduction to infection prevention strategies
- Identifying common pathogens in care
- Importance of effective communication in care
- Explore different communication methods
- **Employability Topic:** Personal Statements

Session

9 – Mon 15th June 26
10 – Tue 16th June 26

Week 6



Person-Centred Practice and Equality

- Introduction to person-centred care principles
- Supporting individual choice and independence
- Overview of equality, diversity, and inclusion
- Legal frameworks supporting human rights
- **Employability Topic:** Mock Interviews

Session

11 – Mon 22nd June 26
12 – Tue 23rd June 26

Week 7



Well-being and Personal Well-being

- Introduction to factors contributing to well-being
- Role of care worker in promoting well-being
- Discuss the importance of personal well-being
- Strategies for managing stress and burnout
- **Employability Topic:** Cover Letters

Session

13 – Mon 29th June 26
14 – Tue 30th June 26

Week 8



Review and Graduation

- Review of all sessions and key learning points
- Group discussion on applying learning in practice
- Feedback session on assessments
- Awarding of certificates & discussion of next steps
- **Graduation and Completion**

Session

15 – Mon 6th July 26
16 – Tue 7th July 26



Join our Health & Social Care Skills Bootcamps

GUARANTEED JOB INTERVIEWS