

Health and Social Care

Year 10

Summer Challenge



Aims:

The summer challenge is designed to support you in consolidating your Year 10 knowledge and preparing for Year 11 study.

This is important because research indicates that students forget a significant proportion of their learning during the long summer holidays when they do not engage in school tasks.

Instructions:

- Complete all tasks in the summer challenge.
- You can choose to handwrite or type your work.
- All tasks must be submitted during your 2nd lesson back to school in Year 11.
- If you research information to help you, include references in your work.

Tasks:

Consolidating your Year 10 Exam Knowledge

1. Topic 1 – Rights
 - a. Health and Social Care Settings Summary
 - b. Rights of Service Users Poster
2. Topic 2 – Person-Centred Values
 - a. Creating a revision resource
3. Topic 3 – Communication
 - a. Vocabulary Practice

Preparing for Year 11 Coursework

4. Public Health Challenges
 - a. Effects on an Individual
 - b. Effects on Society
 - c. Overcoming Health Challenges

Topic 1 – Rights

a. Health and Social Care Settings

For each of the health and social care settings listed below, describe the care and services they provide.

Research 1-2 examples of that type of setting in our local area.

Setting	Description of care and services provided.	Examples in our local area.
GP Practice		
Day Centre		
Hospital		
Dental Practice		
Social Services		
Residential Home		
Foodbank		
Pharmacy		
Support Group		
Walk-in Centre		
Domiciliary Care		
Opticians		

Nursing Home		
Homeless Shelter		

b. Rights of Service Users Poster

Produce a poster that could be displayed in a GP practice.

Your poster aims to help patients (service users) understand how their rights are maintained by the GP practice.

You must include all 5 rights:

- Choice
- Confidentiality
- Consultation
- Protection from Harm and Abuse
- Equal and Fair Treatment

Your poster should:

- define each right,
- give examples of how the right is maintained by the GP practice,
- explain why maintaining rights is important (Hint: think about how the rights benefit patients – trust, empowerment, etc.)

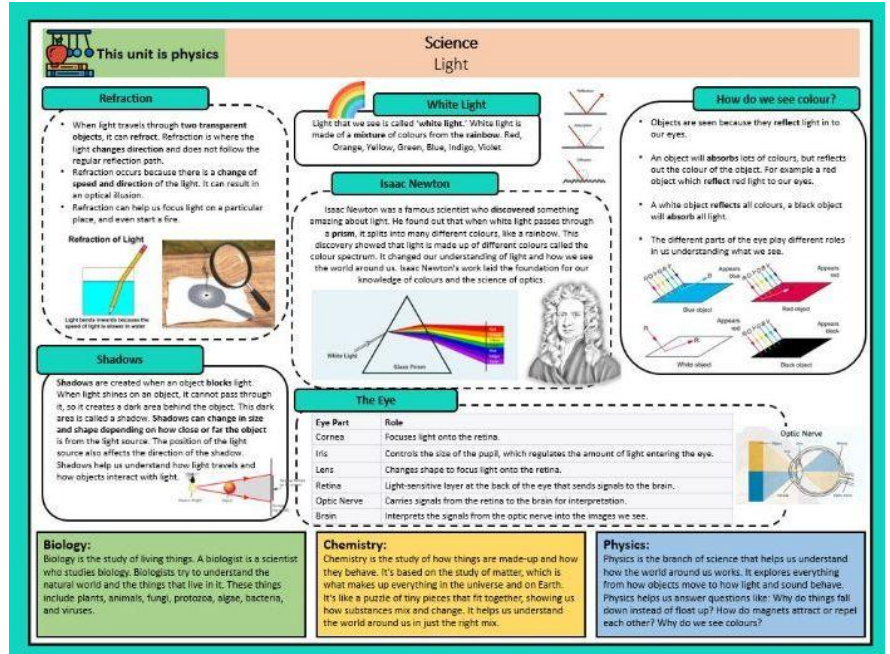
Topic 2 – Person-Centred Care

- a. Produce a knowledge organiser for this topic.

Your knowledge organiser should be at least 2 pages of A4.

You can follow any layout you choose – we recommend you include helpful pictures and shapes to keep information organised.

Example knowledge organiser →



Your knowledge organiser should include the following topic areas:

- The 6C's – what they are and how they support service users.
- The 9 person-centred values – what they mean and examples of them in health and social care settings.
- The benefits of person-centred values for service users.
- The benefits of person-centred values for service providers.

HINT: use the website: www.revise-right.co.uk, password: ORA26, if you're feeling stuck.

Topic 3 – Communication

a. Vocabulary Practice

i) Define the following keywords

Keyword	Definition
Verbal	
Clarity	
Empathy	
Patience	
Simplified vocabulary	
Tone	
Volume	
Pace	
Adapting to meet need	
Non-Verbal	
Eye contact	
Facial Expressions	
Gestures	
Body language	
Sense of Humour	
Positioning: Space	
Positioning: Height	
Positioning: Personal Space	
Active Listening	
Advocate	

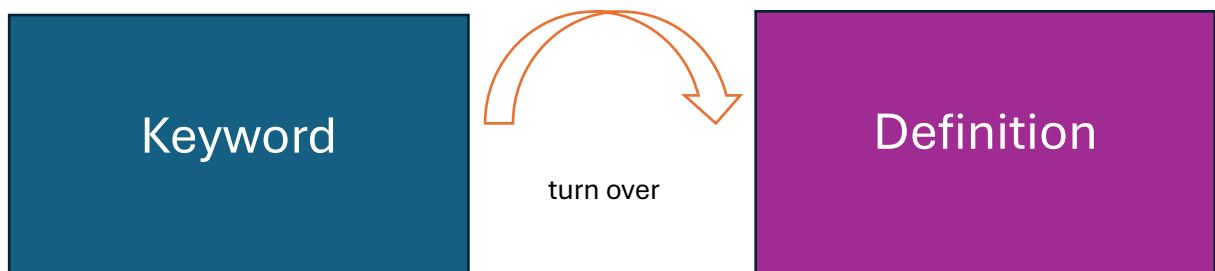
Braille	
Sign Language	
Makaton	
Voice-activated software	
Interpreter	
Translator	
Empowerment	
Reassurance	
Respect	
Jargon	
Abbreviations	
Disability	

ii) Build a set of flashcards on these keywords.

Use these flashcards every few days to test what you can remember – aim to remember 28 out of 32 by the end of the holiday!

A guide to making flashcards:

- *Fold a piece of paper/card to get 8 sections*
- *Cut along the folds – you now have 8 flashcards*
- *On one side of the flashcard, write the keyword.*
- *On the other side of the flashcard, write the definition.*



Public Health Challenges

For **ALL** of the next tasks, choose to focus on **EITHER**:

obesity or sexual health issues

a. The effects on the individual.

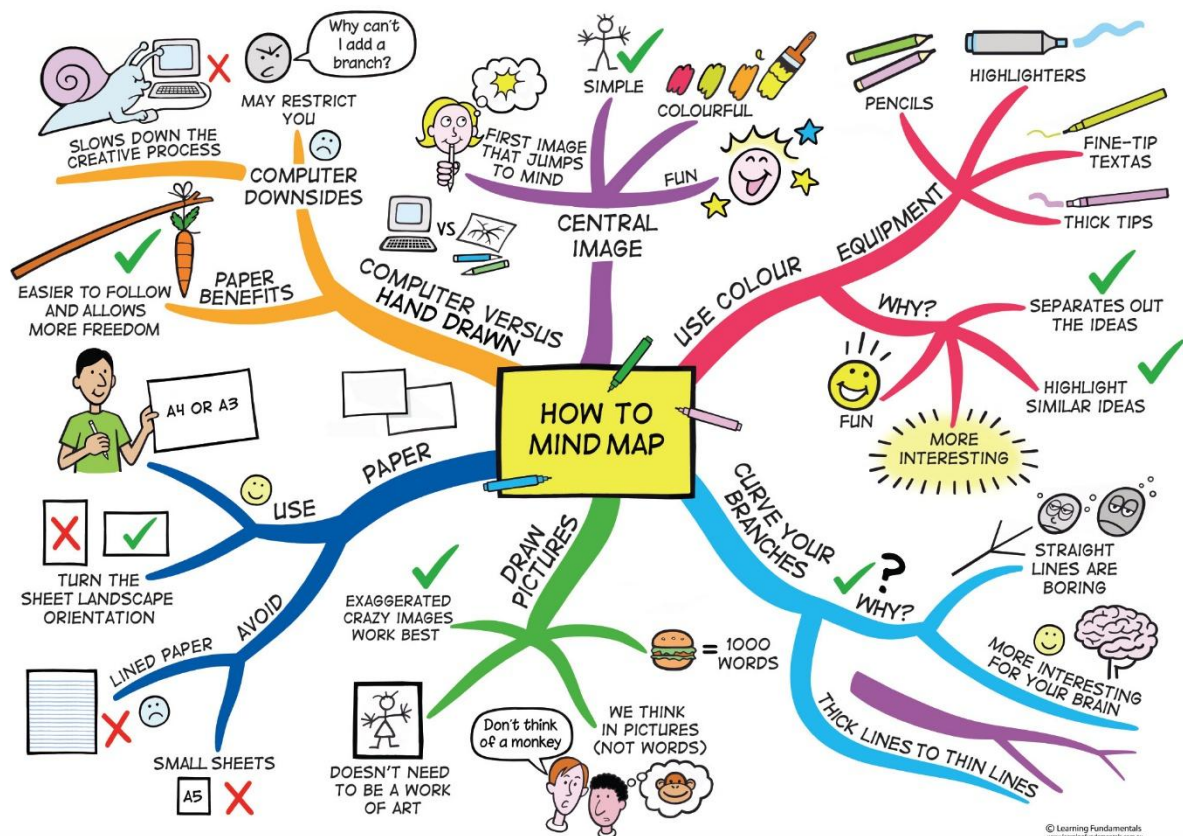
Research how your chosen health challenge affects an individual's life.

Create a mind map to summarise your findings.

Include possible:

- Physical effects
- Intellectual effects
- Emotional effects
- Social effects
- Financial effects

Example mind-map layout:



b. Effects on Society

Research how your chosen public health challenge affects our wider society.

Make notes on the areas listed below.

Ensure you include references in your work.

Cost of Care from NHS/Social Care

Control of Infectious Diseases

Life Expectancy

Sickness and Dependency on others for Care

c. Overcoming Public Health Challenges

For your chosen health challenge, write a 400-500 word essay that describes the changes an individual can make to overcome obesity/sexual health issues and live a healthy life.

Your essay should include at least **3 different actions** an individual could take to overcome their obesity/sexual health concerns.

Remember to include your references at the end (these do not count within the 400 – 500 words).