

Health & Social Care Level 3 (60 credit) Summer Work 2026

Dear Students,

Welcome to **Health and Social Care** at Long Road Sixth Form College!

To help prepare you for your course, please complete this summer work. It is divided into four different sections. You will need to complete all four sections.

Please use a Word document for your work. Make sure that you put your name on it, a title and clearly show each section with a sub-title. An ideal structure would be....

- Your name and title
- Section One – your introduction
- Section Two – your VESPA table
- Section Three – Unit F090: Equality, Diversity and Rights
- Section Four – Unit F092: Person-centred approach to care

Please remember to save your work carefully. We recommend that you save it in more than one place and also email it to yourself.

You will be asked to upload your summer work during your first week in college.

If you need any further guidance or have any questions please email Mel Tropman (Course Team Leader) mtropman@longroad.ac.uk

Good luck!

Health and Social Care Team

(Mel Tropman, Sarah Carroll, Jo Burroughes, Sam Dunmore, Liam Healy, Steve Picton, Johanna Thompson and Jo Walsh)

Section One

Tell us about yourself in **200-250 words**. You could include the following:

- What you hope to gain by studying Health and Social Care
- What your career plans are
- Anything you think we need to know that will help us help you

Section Two

VESPA is an acronym that stands for Vision, Effort, Systems, Practice and Attitude. We use it at Long Road to help students achieve and progress.

Use the VESPA table on pages 4-5 of this document, to identify your strengths and areas for improvement in each area.

Section Three

Unit F090: Principles of health and social care

Topic Area 1: Equality, Diversity and Rights in Health and Social Care:

This unit examines how health and social care environments support individuals' rights, value their diversity and provide them with equal opportunity. It will consider why people in society have 'protected characteristics' and may need 'reasonable adjustments' to access employment, education, training, housing and healthcare.

1. Write clear definitions with one "good" example, and one example "bad/poor" application, of these three terms:
 - Equality
 - Diversity
 - Rights

2. Describe in no more than 250 words, any discrimination that you have witnessed, experienced or previously learned about. What happened and how did it make you feel? What were the consequences of this discrimination for the people involved?

Section Four

Unit F092: Person-centred approach to care

Every health and social care professional must put the individual at the heart of their care. This includes involving them in decisions about their care and empowering them to have a voice. Person-centred care begins with detailed planning to understand the individual you are working with.

For this unit you will use a real person, known to you, to develop your skills in planning person-centred care. Over a period of several weeks, you will find out their needs and preferences, develop support strategies tailored to them and get their feedback about your plan. You will not be required to provide hands-on care.

1. The person who you will create a plan for:
 - **does not** need to have a health condition or social care needs
 - **does** need to be someone who will give you honest and constructive feedback
 - **must not** be another health and social care student

Write here a maximum of three people who could meet these requirements for you (*a broad identification is fine e.g. next-door neighbour*).

2. Think of one person you know or have previously known, who needed care and support. This could be **formal** support, such as a grandparent who has carers visit them at home twice a day to help them get washed and dressed, or it could be **informal** support, such as popping to the shops to get a newspaper for an elderly neighbour.

Write a maximum of 250 words about the impact on an individual of having care and support provided either formally or informally.

Please ensure that at the end of your work you include a bibliography which lists all the sources you have used.

Please remember to save your work carefully. We recommend that you save it in more than one place and also email it to yourself.

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VESPA Worksheet

	What I am good at	My areas for improvement
<p>Vision</p> <p>This is about knowing what you want to achieve. Your vision could be your long-term career plan, or a short-term goal to achieve a certain grade, gain particular work experience or develop your personal skills (e.g. time management, learning to drive, or learn a new language).</p>		
	What I am good at	My areas for improvement
<p>Effort</p> <p>Effort is about how proactive and independent you are to get things done. You might want to consider how much independent study time you would benefit from, or how you will expand on your learning from lessons.</p>		
	What I am good at	My areas for improvement

<p>Systems</p> <p>This is about how you organise your resources. You will be juggling multiple subjects at the same time, as well as other demands on your time. You will need to manage your time, as well as your files.</p>		
	What I am good at	My areas for improvement
<p>Practice</p> <p>Learning is most effective when you repeat and practice something over and over again. At Level 3 you need to be able to take theories and concepts, and apply them to diverse scenarios. This comes with practice!</p>		
	What I am good at	My areas for improvement
<p>Attitude</p> <p>Level 3 is designed to be challenging! Attitude refers to the way you manage setbacks. Consider how you respond to feedback on your work, how you deal with learning confusing content, and your resilience when the going gets tough.</p>		

Here is your final summer work checklist. Have you included...?

- Your name
- Title
- Section One – a description of you in no more than 250 words
- Section Two – your VESPA table
- Section Three – Unit F090: Equality, Diversity and Rights
- Section Four – Unit F092: Person-centred care
- A list of sources you have used

Good luck!