
Health & Social Care Level 3

180 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 five 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 5 Infection Control
- Section Four – Unit 2 Equality, Diversity and R
- Section Five – Unit 16 Supporting Individuals with Dementia

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 5-6 of this document, to identify your strengths and areas for improvement in each area.

Section Three

Unit 5 Infection Control:

Infection control has been increasingly part of our everyday lives over the past few years, but it has been a critical aspect of good healthcare for centuries. Wherever you work in health, social or child care, infection control will be paramount to keep individuals safe. This unit will introduce you to methods of infection control and learning how to break the chain of transmission.

1. Define the following key terms;
 - Hygiene
 - Infection
 - Disease
 - Contamination

2. Meningitis B has been in the UK news this year, following outbreaks of the disease in both Kent and Reading. Meningitis is a notifiable disease.

A notifiable disease means that doctors are legally required to inform Government bodies if they suspect or can confirm that someone has been diagnosed with a particular illness.

Read the NHS information about meningitis;

<https://www.nhs.uk/conditions/meningitis/>

- How is the virus transmitted between people?
 - How can a person minimise the risk of spreading meningitis?
 - How can a person minimise the risk of catching meningitis?
3. Write 250 words about the consequences for patients and healthcare staff if infection control procedures are not followed. You might want to consider impacts on individual and public health, legal implications and consequences for healthcare settings.

Section Four

Unit 2 Equality, Diversity and Rights in Health and Social Care:

This unit examines how health and social care and childcare 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 Five:

Unit 16: Dementia

Dementia is a complex condition affecting the brain. It mostly affects older people and cannot be cured. There is still a lot we don't know about dementia.

Choose two forms of dementia from the following list:

1. Alzheimer's disease
2. Vascular dementia
3. Lewy bodies
4. Frontotemporal dementia (including Pick's disease)

For each type of dementia, carry out some independent research. What can you find out about the following?

- Which part of the brain is attacked first
- Common signs and symptoms
- How the disease progresses
- Three impacts on the individual with dementia
- Three impacts on family and friends of the person with dementia

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.

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

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 units of work at the same time, as well as 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 5 Infection Control
- Section Four – Unit 2 Equality and Diversity
- Section Five (only for Extended Diploma Students) – Unit 16 Dementia
- A list of sources you have used

Good luck!