

health and

social care 2014/15



always the

right course

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# Health and Social Care

## Welcome to Health and Social Care at Edinburgh College

If you're looking to develop your knowledge of health and social care, or want to work in a caring profession, then there is a course for you at Edinburgh College. Choosing to study one of our person-centred programmes is just the start, providing a platform to help and care for people who are in need, which can give you a great sense of personal and career fulfilment.

Our courses are designed to inspire and challenge you, while providing you with the skills you need. You'll gain an understanding of the impact that socialisation and behaviour can have on health and social care. You'll also learn about the role of primary care, the integration of health and social care, and the importance of reducing health inequalities.

We have formed strong partnerships with the health and social care sector, ensuring you learn skills which are relevant and up-to-date. Our Health and Social Care Academy offers an innovative approach to vocational training in health care, delivered by working with Edinburgh City Council and NHS Lothian. Then there's our NHS and Local Authorities Facilities Academy where you will do the Certificate of Work Readiness, and develop the skills needed to apply for roles within catering, estates, portering, driving, gardening, and maintenance.

We offer Counselling Courses to meet a variety of needs: COSCA Certificate, Introduction to Counselling and HNC Counselling. All of these courses explore modes of counselling and how to apply the skills of active listening to different settings. We're also the first college in Scotland to offer a PDA in Mental Health Peer Support, which we deliver in partnership with the Scottish Recovery Network.

We think it's extremely important to offer clear progression routes from all our courses. Whether you're looking to progress on to further or higher education courses such as degrees in nursing, allied health, or social work, or would prefer to go straight into employment in a wide range of health and social care settings, our courses will make sure you are well prepared. What's more, we offer exciting opportunities through our agreements with local universities. Our courses that are designed specifically for Nursing are guaranteed an Interview for Mental Health, Adult or Learning Disabilities specific courses at Edinburgh Napier University.

The College has been very successful in delivering the Enhanced HNC Healthcare to NHS Lothian staff enabling you to progress on to an Edinburgh Napier University place to study for a nursing

qualification. We are working on a joint partnership with NHS Lothian delivering a National Certificate course which will ensure that NHS Lothian can recruit well-qualified clinical support workers in to the organisation.

We are also the first college in Scotland to deliver the new PDA Professional Practice in partnership with NHS Lothian, which is specifically for practitioners working as Clinical Support Workers within Maternity and Children and Young People's services.

Within the College we also deliver a range of courses to prepare students for working in Social Care. These include preparatory courses through to HNC Social Care. HNC Social Care is recognised by the Scottish Social Services Council (SSSC) for many jobs within the social care sector, and for further study at University. For many years we have also delivered the PDA in Health and Social Care Supervision to a variety of Social Care Workers. As well as college based courses we also deliver a range of SVQs within the workplace across a range of specialist areas.

Now you have a flavour of the range of courses you can study within Health and Social Care at Edinburgh College, the following guide will help you decide which course is for you.



## Introduction to Counselling

Campus: Milton Road, Sighthill, Granton  
Mode of Attendance: Day Release, Evening

### What is this course about?

If you're looking to develop a career in the voluntary and mental health sectors, this course is designed for you. The aim is to introduce you to some of the concepts and skills required to offer support through the use of listening and responding skills.

You'll learn about the counselling relationship, exploring different modes of counselling, and learning how to apply the skills of active listening to different settings. Your learning will be based on non-directive counselling, although mention is made of other counselling models to broaden your understanding.

The emphasis is on practical skills and group exercises, with a certain amount of written work necessary to achieve certification from SQA. You'll participate in listening exercises, working with peers to develop your counselling skills in a highly participative, practical way.

On successful completion of this course, you'll be ready to progress to the Counselling Skills double credit unit. It's also an excellent base from which to apply for the HNC in Counselling, which can then lead to university entrance or work as a counsellor. Successful completion of this course will really increase and enhance your opportunities to seek work within the voluntary and mental health sectors too.

Please note: For the Introduction to Counselling Skills course at Sighthill Campus: the course runs from week beginning 21st April to week beginning 23 June.

### How do I get a place?

Basic reading and writing skills are required

### What will I learn?

- The Counselling Relationship
- Counselling Skills
- Listening and Responding Skills
- Non-directive Counselling

### What can I do next?

- Progress to the Counselling Skills double credit unit
- HNC in Counselling
- Work within the voluntary and mental health sectors

## Cosca Certificate In Counselling Skills (Module 1)

Campus: Milton Road, Sighthill  
Mode of Attendance: Day Release, Evening

### What is this course about?

This COSCA certificate is made up of 4 modules and provides a theoretical and practical framework for people in a range of helping roles. You will develop the ability to establish a safe, trusting helping relationship with another person by becoming a Reflective Practitioner.

You are asked to reflect on your own processes and experiences, and how these have shaped the person that you are now. You will also develop awareness of how your own qualities, values, attitudes and personality affect how you are within helping relationships.

You will come to college for individual skills development meetings outside the weekly session.

To apply, and for further information please contact Jim Flowers on jim.flowers@edinburghcollege.ac.uk or 0131 535 4600 ext 2128 or Amanda Cameron on 0131 535 4717 or email amanda.cameron@edinburghcollege.ac.uk.

### How do I get a place?

- There are no formal entry requirements for this course.
- Previous counselling training at Introductory level can be helpful but is not essential.

### What will I learn?

- You will learn counselling skills to enable you to achieve the COSCA Certificate in Counselling Skills.

### What can I do next?

- Progress to study the Diploma in Counselling
- Employment which uses a counselling approach

## Preparation for Working in Childcare and Social Care

Campus: Granton

Mode of Attendance: Full-Time

### What is this course about?

The Introduction to Health Studies course is designed to prepare you for entry into health-related courses. The course is ideal if you have limited qualifications in this area and also wish to develop your skills in numeracy, communications and the sciences. Upon completion, you'll be ready to study the Access to Nursing course, your path to degree-level study, as well as other health-related courses.

### How do I get a place?

A minimum of four standard grades or equivalent (at least one should be Science and one should be Maths)

Standard Grade Biology would be an advantage

### What will I learn?

- You will learn the values and principles of working within the care sector.
- You will also learn about how to care for children and about working with vulnerable adults.
- You can expect to be taking part in a variety of activities in college and out in the community.

### What can I do next?

- NPA Playwork and Childcare if you want to work with children
- Intermediate 2 Health and Social Care if you want to work with adults

## Introduction To Health Studies

Campus: Granton

Mode of Attendance: Full-Time

### What is this course about?

This is an entry level course for those wishing to embark on a career in childcare or in social care. There will be a variety of learning opportunities which reflect the knowledge and skill you will require in these fields. If you are not sure about whether you would like to work with children and young people or with vulnerable adults this course will suit your needs.

### How do I get a place?

There are no formal entry requirements for this course however some experience of working in a paid or voluntary capacity with people will be an advantage

### What will I learn?

- Biology
- Chemistry
- Physics
- Numeracy
- Communications
- IT

### What can I do next?

- You may be eligible to apply for entry onto the Access to Nursing course
- You may also be eligible for entry onto Dental Nursing, Pharmaceutical Services, or NC Applied Science Level 5 courses

## NC Health and Social Care (Health and Social Care Route)

Campus: Granton, Midlothian, Sighthill

Mode of Attendance: Full-Time

### What is this course about?

This SCQF Level 6 programme is designed to equip you with the knowledge and skills relevant to the health and social care sectors.

It's designed to be in line with the government's Integration Agenda, covering all the essential skills and knowledge you need to go into employment or onto further study in social care or health care professions allied to health.

The range of topics you'll cover is truly broad, from Understanding and Supporting People in a Health and Social Care Setting. There's also a placement, allowing you to gain practical experience in health and social care.

### How do I get a place?

- A minimum of 4 Standard Grades at credit level including English or an appropriate Intermediate 2 programme.
- If you're a school leaver you should have completed 5th year at school as you need to be 17 years old to undertake a social care placement
- If you're an adult returner without formal qualifications you'll have to demonstrate that you can study at this level

- We're also happy to receive your application if you have experience working in health or social care and are able to demonstrate the ability to work at this level
- You will attend an interview and will undergo a PVG check

### What will I learn?

- Psychology for Care (Higher)
- Sociology for Care (Higher)
- Values and Principles in Care (Higher)
- Working as a Team in a Care Setting
- Practical Skills for Carers
- Mental Health Issues
- Understanding and Supporting People in a Health and Social Care Setting

### What can I do next?

- HNC Social Care
- HNC Care and Administration Practice if you already have Intermediate 2 Biology
- Employment in the health and social care

## NC Health and Social Care (Nursing Route)

Campus: Sighthill

Mode of Attendance: Full-Time

### What is this course about?

If you're looking to pursue a career in nursing - both a challenging and rewarding profession - this programme is designed to prepare you for employment and further studies. You'll be equipped with the necessary entry criteria for university, and you'll be encouraged to apply to universities through UCAS during your time on the programme.

You'll study a range of subjects to give you a broad foundation to build on, from Higher Human Biology, to studying Dementia.

### How do I get a place?

- You must be at least 17 years of age and have a minimum of 1 Higher and 5 Standard Grades at 2 including English, Maths and Biology
- If you're a mature student without these qualifications but can demonstrate your ability to study at this level, we welcome your application

### What will I learn?

- Communications 4
- Literature 1
- Higher Care (Psychology, Sociology and Values and Principles)
- Higher Human Biology
- Numeracy
- IT
- Dementia

### What can I do next?

- Access nurse training at most universities in Scotland
- Operating Department Practitioner Diploma at Glasgow Caledonian University
- Work as a health or social care assistant or in other health / social care work

## NHS NC in Health and Social Care

Campus: Sighthill

Mode of Attendance: Full-Time

### What is this course about?

The aim of this full time course is to prepare you to deliver a high standard of care for employment in the NHS and social care sectors.

It includes studies in a variety of units ranging from the Human Body to Understanding Older People. In addition to college delivery, you'll gain practical experience on a work placement within the NHS - exactly the practical experience you need to prepare you for your career.

Successful completion of the course with a satisfactory placement reference and college reference will give you the opportunity of a position on the staff bank. You will then be able to apply for internal entry level vacancies within the NHS.

### How do I get a place?

- Minimum of 4 general passes at SCQF Level 5 including English to be selected for interview
- Satisfactory PVG check
- If you have no formal qualifications you'll be considered if you're able to demonstrate your ability to work at Higher Level

### What will I learn?

- Psychology
- Sociology
- Values and Principles
- Practical Skills
- Team Working
- Mental Health
- Health Promotion
- Understanding Older People
- Health, Safety, Protection and Challenging Behaviour
- The Human Body
- Core Skills

### What can I do next?

Gain employment in the NHS.

## HNC Social Care

Campus: Sighthill, Granton, Midlothian  
Mode of Attendance: Evening, Full-Time

### What is this course about?

If you're interested in developing a career in social care, this is the ideal course, giving you the opportunity to undertake both theoretical and practical work.

You will cover a range of diverse units - from Psychology for Social Care to Social Care Practice. You'll combine these studies with valuable practical experience on a work placement, ensuring you'll be equipped with the necessary knowledge and skills to work in a variety of care settings.

This qualification is recognised by the Scottish Social Services Council (SSSC) for many jobs within the social care sector, and you'll be well prepared for a whole range of further related studies.

### How do I get a place?

- A minimum of 2 Highers at C or above, one of which should be English and some relevant experience in the care sector
- NQ Social Care

### What will I learn?

- Social Care Theory for Practice
- Psychology for Social Care Practice
- Sociology for Social Care Practice
- Social Policy and its Application to Social Services

### What can I do next?

- Employment within the social care sector
- Further study at degree level in social sciences, sociology, psychology or social work

## University Access to Nursing

Campus: Sighthill, Granton, Midlothian  
Mode of Attendance: Full-Time

### What is this course about?

If you're looking to pursue a degree in nursing but don't yet have the necessary qualifications, this is the ideal route. You'll study a wide selection of units, from Dementia to Human Biology. This Access Course will allow you to progress onto Edinburgh Napier University's 1st year Nursing programme in Adult, Mental Health or Learning Disabilities Nursing, making it a fantastic fast-track choice for your career in nursing.

### How do I get a place?

- Evidence of recent study but not a school leaver
- A positive attitude, good communication skills and a genuine interest in healthcare
- Experience of working in the care industry
- A good level of general education would be desirable.

### What will I learn?

- Communications 4
- Literature 1
- Higher Care (Psychology, Sociology and Values and Principles)
- Higher Human Biology
- Numeracy
- IT
- Dementia

### What can I do next?

1st year Nursing Degree programme in Adult, Mental Health or Learning Disabilities Nursing at Edinburgh Napier University.



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Our course portfolio may be subject to alteration.  
For information or to speak to an advisor call 0131 660 1010