

Portfolio of Learning

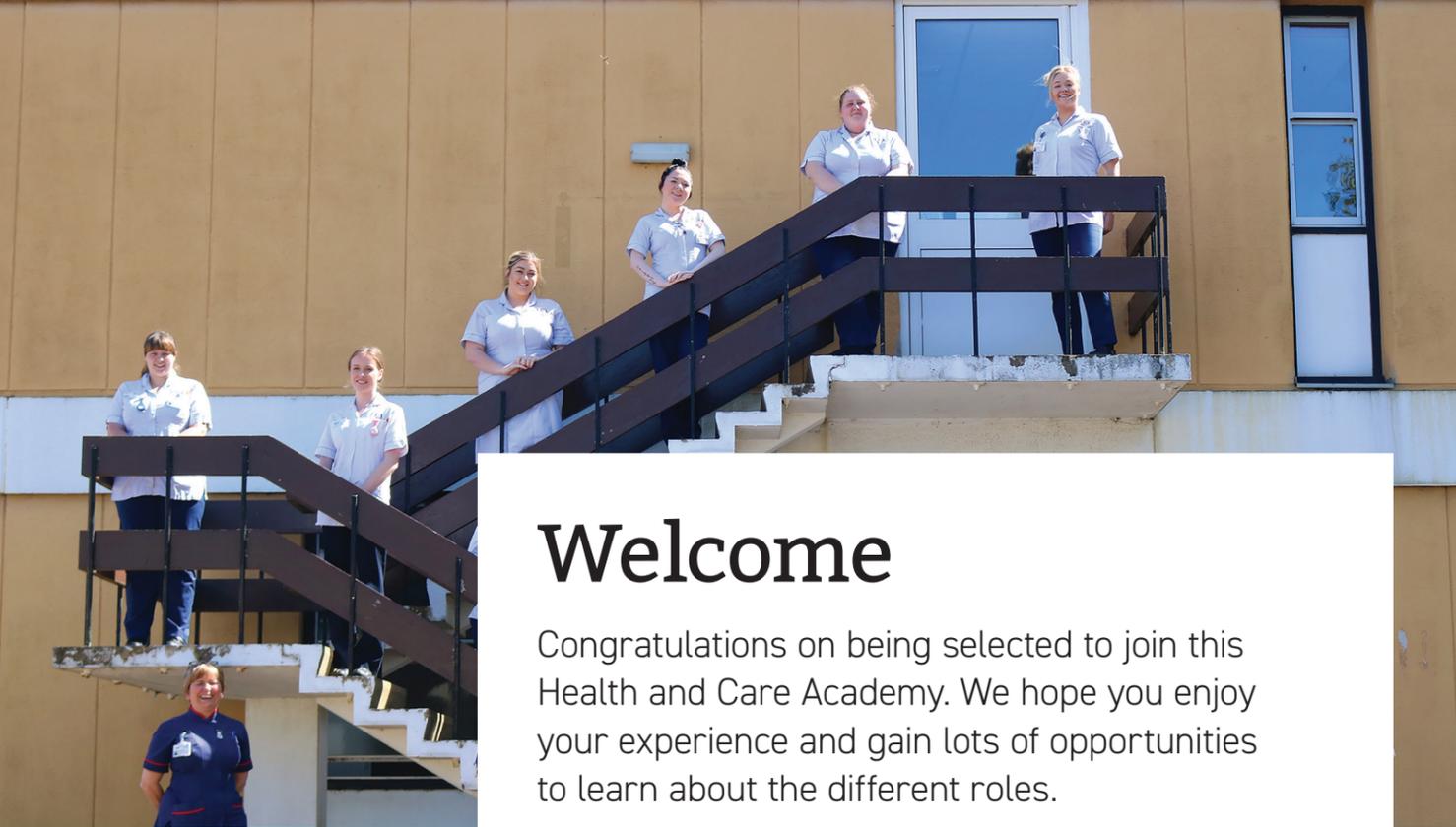
Organisation

Name

Date



Norfolk and Waveney
Health and Care
Partnership



Welcome

Congratulations on being selected to join this Health and Care Academy. We hope you enjoy your experience and gain lots of opportunities to learn about the different roles.

General behaviour and expectations.

Respect - Please show respect for those speaking by not talking during presentations unless asked to.

Punctual - Please be punctual to all sessions as it can be very distracting for speakers if people are entering classrooms late.

Commitment - We expect a committed attitude towards the Academy programme, even if it is not a career you are focussed on you'll be suprised what you'll take away from it.

Engage - Please take part in activities and engage with speakers, it will make it much more interesting.

Document - Use this book to document any learning, self reflections, links and contacts.

Work Together - Please work respectfully and proactively with other students.

Please try to attend all sessions and let your project lead or project assistant know if there are sessions you are unable to attend due to the commitment of other studies.

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Anna Huggins
Project Lead
Email: anna.huggins@nnuh.nhs.uk

Cherry Townsend
Project Lead
Email: cherry.townsend@jpaget.nhs.uk

Stevi Bayes
Project Support
Email: stevi.bayes@jpaget.nhs.uk

Ryan Slater
Project Support
Email: ryan.slater@qehkl.nhs.uk

Letter to Myself

What am I looking forward to?

What am I hoping to achieve on the Health and Care Academy?

What am I worried about?

What roles within health or social care am I interested in?

A message to myself in 6 month's time would be...



Norfolk and Suffolk Care Support

Notes

Social Care

Social care is about providing physical, emotional and social support to help people live their lives. For various reasons and at different stages in their lives, some people need support to develop and maintain their independence, dignity and control. Social care provides a whole range of services to support adults, children and older people. If you work in social care, you could help people in their own homes, in care homes or in a number of other places such as day centres supported housing.

Your thoughts, further links and references

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Norfolk and Suffolk NHS Foundation Trust

Lined area for taking notes.

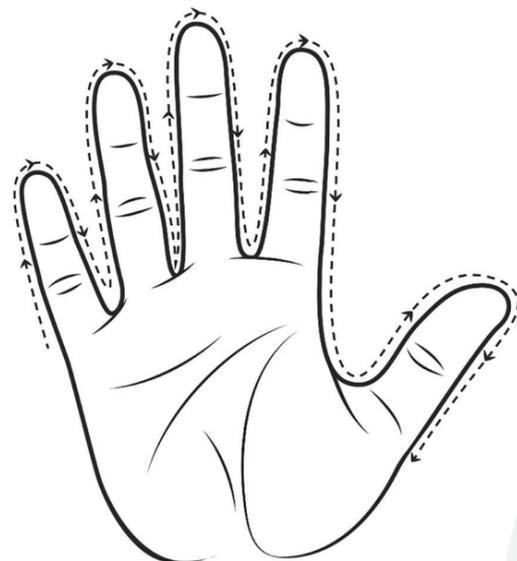
Mental Health and Wellbeing

In this session we will be covering mental health not only as an aspect of health and social care but as a part of your daily life. Mental health is an integral part of the health and social care system and helps millions of people every day to live happier, healthier lives. With mental health issues affecting around 1 in 4 people, the demand for jobs supporting those with conditions is on the rise. Your mental wellbeing is also important to maintain in life and can help you cope with some of the harder times you may come across.

Activity 03: Centre Yourself

A lot of things can affect how we feel mentally and centring yourself is a great way to bring yourself back down to earth and calm yourself in times of stress. Try out the instructions below and see how it can help you.

1. Hold your dominant hand in the air, facing towards you.
2. Using your non-dominant index finger, slowly trace up and down each finger and the thumb, starting at the small finger.
3. Breathe in deeply through your nose on an upward stroke.
4. Breathe out through your mouth on a downward stroke. Repeat several times.
5. This centres you by breathing, concentrating and feeling.

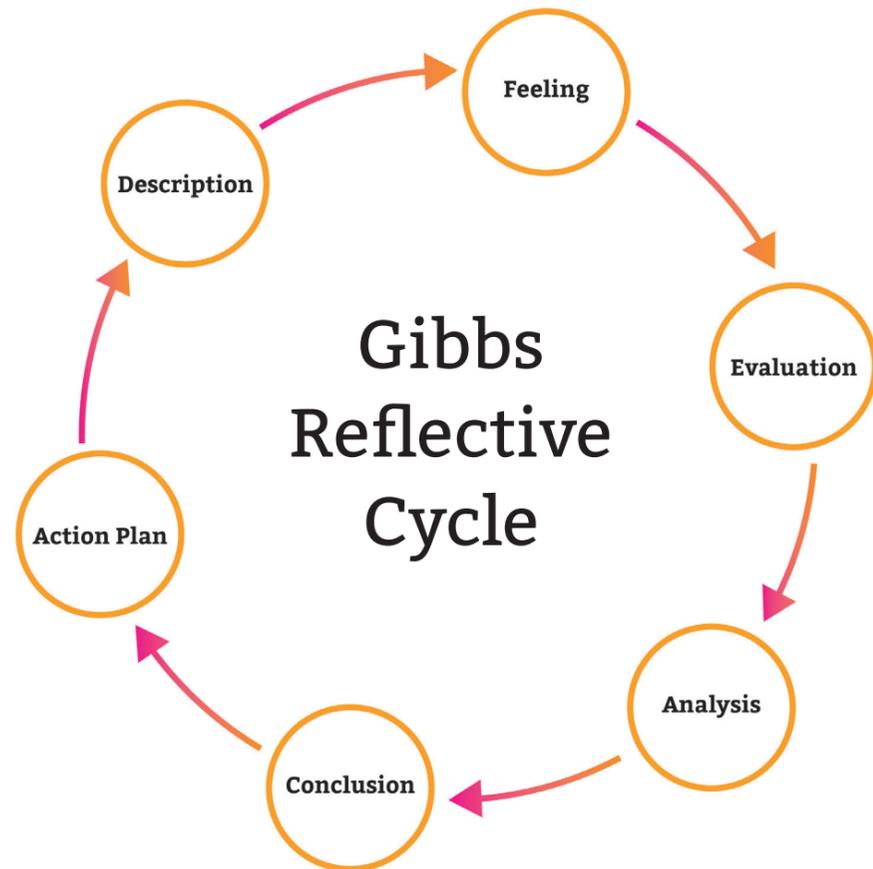


Mental Health and Wellbeing support links:

- Wellbeing: www.wellbeingnands.co.uk
- Five Steps to Mental Wellbeing: www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/
- Norfolk and Suffolk NHS Foundation Trust: www.nsft.nhs.uk/Our-services/Pages/wellbeing-norfolk-and-waveney.aspx
- Find help - Norfolk and Suffolk NHS Foundation Trust: www.nsft.nhs.uk/Find-help/Pages/Help-in-a-Crisis.aspx

Activity 05: Gibbs Reflective Cycle

The Gibbs diagram is a commonly used reflective cycle within health care. Exercise: following your sessions with the Academy, see if you can identify something you feel you could reflect upon using this cycle. For example, It could be a change in how you think or feel about something, your feelings towards some of the information shared with you or something that you have learnt or surprised you that you weren't expecting.



1. Description

What happened?

2. Feelings

What were you thinking and feeling?

3. Evaluation

What was good and bad about the situation?

4. Analysis

If it arose again what would you do differently?

5. Conclusion

What else could you have done?

4. Action Plan

Create a personal action plan based on your learnings.

Reflective letter to myself

What has your experience of the academy been like, what was a highlight or favourite topic?

What are your planned next steps after completing the academy?

How has the academy experience shaped your plans for the future?

Has the academy been useful in other ways? If so, how?

A message to myself before the academy would be...

Page 8 Crossword Answers: Across: 1. Check up, 4. Eye test, 7. Practitioner, 8. Receptionist, 10. Dentist, 11. Extraction, 12. Optometry, 13. Blood. **Down:** 1. Consultation, 2. Anaesthesia, 3. Treatment, 5. Check Up, 6. Appointment, 9. Prescription.

Contacts and Links

Central Hub - Norfolk and Norwich University Hospital

01603 286630

Project Lead: Anna Huggins - anna.huggins@nnuh.nhs.uk

Project Support: Ryan Slater - ryan.slater@qehkl.nhs.uk

East Hub - James Paget University Hospital

01493 453669

Project Lead: Cherry Townsend - cherry.townsend@jpaget.nhs.uk

Project Support: Stevi Bayes - stevi.bayes@jpaget.nhs.uk

NHS Careers

www.healthcareers.nhs.uk

Health Education England

www.hee.nhs.uk



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