

# Meet Jess

A Rotational Health  
& Social Care Apprentice  
with Joined Up Careers Derbyshire



**“ When I left school I went to college and did a childcare level 3 diploma which led me into a full time job in a nursery which I did for 5 years...However, I wanted to progress in my career further and I love helping people and making a difference in peoples lives.**

I first applied to be a health care assistant in a hospital close by however with me having no experience with adults this was

limited to my role and which is where I needed to have A health and social care qualification.

A relative of mine works for DCHS and appointed me in the right direction when this apprenticeship become advertised.

Once I had applied a few weeks later I had an email with an invitation to a virtual interview which went really well and then I started my two-week induction with the apprenticeship programme in the middle of September which was really interesting

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**Want to find out more?**

Please contact the Wider Workforce Team on  
[dchst.ApprenticeshipTrainingEnquiries@nhs.net](mailto:dchst.ApprenticeshipTrainingEnquiries@nhs.net)

## What is the study model like and what type of things have you been doing in your off-the-job-learning?

**The Study mode is brilliant the College teachers are really supportive and you always come away learning new things and you can then adapt to it in your placement and show a positive attitude.**

The type of off the job learning I have been doing so far is we have had 2 weeks of training at the start of the apprenticeship this covered a wide range of things in health and social care and gave us a big oversight of what it is like working in health and social care.

We were able to learn new skills and adapt to it and put the skills into practice in our work placements. We then started off by doing the care certificate as part of our college sessions. The care certificate is made up of 15 standards and it sets out the knowledge skills and behaviours which is expected of you in your job role.

The care certificate involves you demonstrating in your work placement the skills which is expected in health and social care and your assessor will mark off if you have demonstrated it correctly. The care certificate is a really good qualification you can achieve because it provides you with skills and the knowledge you need when you are a health care assistant. It allows you to provide care and a safe environment for individuals.

## What has been the hardest part?

The hardest part of the apprenticeship is doing the apprenticeship while COVID-19 was around. The impact it had was everything which was meant to be based in a classroom was postponed to virtual and it was all online.

This then affected us by not being able to have the connection and the interaction with other peers on your course. However this was out of our hands and I think it learnt us a lot about adapting to home learning and how important it was to stay at home to protect lives and to protect the NHS.

It learnt me a lot about working as a team and ensuring we follow all policies and procedures to the prevention of infection and control.

## What has been the best part?

The best part was being on a placement in a rehabilitation ward. It was a ward for individuals who are one step closer to either going home or in a care home.

It allowed me to get to know the patients and their needs. This then allowed me to provide the correct support the patients need so they can progress and they then can be discharged. It was really rewarding watching the individuals to become an inpatient on the ward to then being able to be discharged and being able to go home or to a care home.

It was lovely to see how they progressed daily and how much they come on since their first day on the ward. You can really get to know the patients and learn more about the patients lives and what they enjoy doing the most. You can build a relationship with them and they can gain trust in you.

## What do you hope to do next?

“ After this course I am looking becoming a Children’s Health Care assistant in a hospital on a children’s ward. However, being able to experience 5 different settings may change my mind the time I Have completed the qualification.

This is one of the reasons I chose the apprenticeship because I am able to experience a variety of environments which will give me a better understanding of which area suits me. ”