

# CARE SERVICES



How can you make a start on your career during your time in secondary school?

1

## LEARN & EXPLORE

- Focus on subjects like Health and Social Care, Biology, and Psychology.
- Try free online courses in caregiving, mental health, or first aid.

2

## GAIN EXPERIENCE

- Volunteer at care homes or community centres.
- Look for part-time jobs as a care assistant or in support roles.

3

## DEVELOP SKILLS

- Practice communication, empathy, and problem-solving.
- Learn about patient care, hygiene, and maintaining confidentiality.

4

## NETWORK & CONNECT

- Attend healthcare career fairs or workshops.
- Join online communities for healthcare professionals and caregivers.

5

## PLAN FOR THE FUTURE

- Research careers in nursing, social work, or therapy
- Explore college programs or apprenticeships in health and social care.

SCAN THE QR CODE TO EXPLORE THE JOBS YOU CAN DO IN THIS SECTOR

