CASTLEFORD COLLEGE COURSE INFORMATION:

Level 1 Foundations of Health and Childcare

HEALTH, SOCIAL CARE & WELLBEING

Castleford College

START DATE
September 2026

LEVEL
Level 1

STUDY MODE
Full-time

DURATION
1 year

AWARDING BODY
Northern Council For Further Education

LOCATION
Castleford College

Course Overview

This course is all about helping you grow personally and professionally. The course is designed to support students with varying needs in gaining a recognised qualification while developing essential life skills for adulthood, within a small group of maximum 10 students. With a strong focus on personal development, learners will explore themes such as independence, communication, wellbeing, and preparing for the world beyond education. We have a dedicated inclusion mentor for the group and additional support available as required.

Students will benefit from enriching experiences including volunteering opportunities, community engagement, and exciting trips and visits. all aimed at building confidence, fostering social connections, and encouraging real-world learning. Students should have an interest in Health & Social Care or Childcare, as many of the learning and wider experiences will be tailored around these subject areas. In previous years these have included health and childcare projects such as Nursery visits and community work placements in local settings. However, these are tailored to learners' differing interests each year and have also included volunteering opportunities in charity shops, animal rescue centres as well as taking part in environmental and conservation projects.

Whether you're aiming for further education, supported employment, or simply a more independent life, this course offers the tools, support, and inspiration to help you thrive.

What You Will Study

This qualification is designed for students with an interest in developing knowledge of their own and others' well-being. This qualification helps learners explore a range of personal well-being topics and understand how lifestyle choices affect health and wellbeing. It supports them in making informed, healthy decisions to improve their overall quality of life.

Units of study may include:

- Healthy Eating and Drinking for Adults
- Mental Health
- Dementia Awareness
- Stress Management
- Alcohol Awareness

In addition, students will study a wide range of preparation for adulthood topics to

For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email **courseinfo@heartofyorkshire.ac.uk**.

To learn more about Castleford College, our facilities and how we can support you please visit our website **www.heartofyorkshire.ac.uk**.

Quick Links

How to Apply

Student Support

Virtual Tours

Castleford College

help them be more confident in the community as well as projects which will help them progress to other Level 1 courses and beyond. These will also be linked to students' specific interests and future aspirations.

How You Will Be Assessed

You will produce different pieces of work, that may include some of the methods below:

- Portfolio of evidence
- Posters- Interactive Model
- Displays
- Trips and visits
- Practical demonstrations
- Verbal presentations

Entry Requirements

This course is a bespoke pathway for students with varying needs who will benefit from the course structure to develop their knowledge and skills. Following application, to make sure the course is the right fit, every applicant will have an interview with the curriculum team to ensure suitability for the programme of study.

Further Study

Students should have an interest in Health & Social Care or Childcare as the progression from this course would be onto a Level 1 course in either of these subject areas.