



# Skills and Training Directory for Health and Social Care

2026/27



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**Skills and Training Directory**

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# Welcome from Caring Plymouth,

**Making Plymouth a great place to grow up and grow old in is one of the city's key priorities and ensuring that the right care is available for people is critical.**

Through Caring Plymouth, we are working together city-wide and system-wide, to strategically coordinate efforts to focus on attraction, recruitment, retention and skills development for our vital health and social care workforce.

We are aligning action with the Government's three key shifts to govern our direction of travel: Hospital to community, Analogue to digital, and Sickness to prevention. With continued need for more nurses, care workers and home carers, this sector has the highest overall demand for job vacancies in Plymouth.

Caring Plymouth, the city's sector skills partnership for health and social care, offers an integrated, flexible approach to deliver a sustainable and skilled workforce, able to provide the highest quality of care and support.

Officially launched in November 2023, Caring Plymouth is working together across the public, private and voluntary sectors to bring together a coordinated place-based approach to tackling workforce challenges, particularly around recruitment and retention in adult social care. Working as part of a wider system to improve overall delivery is already making a positive impact.





# Support from Caring Plymouth,

The Caring Plymouth team are here to help connect you with the training, education, career and job opportunities that best fit you, your lifestyle, skills and experience. Offering impartial information, advice and guidance, the team can also support those already working in the health and care sector to ensure they are better connected with the wider support and training available to continue developing in their careers.



Caring Plymouth works in a city wide, one system approach for the sector and supports local employers and training providers by creating opportunities to share their vacancies and/or courses with the city.



To find out more, get in touch with the team and to keep up-to-date with the latest health and social care news and events happening in Plymouth:



**Email:** [caringplymouth@plymouth.gov.uk](mailto:caringplymouth@plymouth.gov.uk)  
**Follow:** Facebook @CaringPlymouth  
**Visit us:** Mondays, Skills Launchpad  
 Plymouth, Cobourg House, Mayflower Street



# What is Health and Social Care?

Health and social care refers to the integrated provision of services that address individuals physical, mental, and social needs. These services are designed to ensure that people feel heard, understood, and supported, with the ultimate goal of improving health and wellbeing outcomes for individuals, carers, families, and communities.

Health and social care encompasses a broad range of support activities that enable individuals to live independently, safely and with dignity. These services are delivered across diverse settings, including hospitals, clinics, care homes, day centres, community facilities and within individuals' own homes. The approach is person-centred, aiming to empower individuals while promoting inclusion, resilience and quality of life.



## ...in Plymouth?

Plymouth is made up approximately 270,000 residents and has an aging population with those aged 65+ expected to increase by 32% by 2043. 21.7% of Plymouth residents are disabled under the Equality Act.

This means greater demand and pressure will be on both the NHS and adult social care in Plymouth. This data shows the need for growth across Plymouth's workforce to grow, specialise and adapt to support the growing need across:

- **University Hospitals Plymouth, NHS Trust**
- **Livewell Southwest**
- **Adult Social Care**
- **Complex lives**





**Meadow View**



**Community Diagnostics  
Centre**



**Emergency Care  
Building**

Plymouth currently has major health and social care improvements that are transforming local care in the city, including **Meadow View**, a new £13 million purpose-built facility on Outland Road that will support adults with complex needs and learning disabilities through day services for more than 60 people and dedicated overnight respite care.

In the city centre, a new **Community Diagnostic Centre** in the West End will expand access to vital tests while contributing to wider regeneration. Alongside this, University Hospitals Plymouth is advancing phase one of its Future Hospital redevelopment under the government's New Hospital Programme, centred on transforming urgent and emergency care at Derriford Hospital through a new **Emergency Care Building** designed to provide modern, purpose-built space for treating the sickest patients.

## Why Plymouth?

### 'Make life an adventure in Plymouth'

Where the endless horizon meets the rugged wilds of the moors, where the energy of a diverse city meets the expanse of the ocean – here comes a new wave of opportunities.

Innovative businesses in marine science and autonomy, defence, healthcare, creative production and manufacturing are charting a bold future for our nation.

- Over 500 years of innovation
- The horizons are bigger here
- The city wild about nature
- Plymouth's creativity has no bounds
- A community that goes beyond
- Plymouth is charting an exciting future



# Adult Social Care

Adult social care refers to a range of services and support options designed to help adults aged 18 and over who, due to illness, disability, frailty, or mental health needs, require assistance to live their daily lives safely and independently for as long as possible.

This part of the sector requires workforce growth across Plymouth, with 470,000 needed by 2040 across England if the workforce is to grow proportionally to the number of people aged 65 and over (Skills for Care, 2025).

**Care homes** provide a home and personal care for people who need extra support in their daily lives. Care homes can be categorised into two main types; Residential, which ensure needs of residents are met and Nursing, which ensures needs are met as well supporting with nursing needs, commonly supported by a qualified Nurse.

**Home Care** enables people with care needs to remain in their own home rather than moving into a care setting or staying in hospital. It is often provided to the elderly but can also be offered to children, young people or adults with temporary care needs.

**Supported living** typically offers support and/or care services to help people to live as independently as possible. Enabling individuals to decide where they want to live and who with, how they want to be supported and what happens in their own home.

**Complex lives** services enable people to be supported flexibly, receiving the right help, at the right time, in the right place. Providing support surrounding mental health, the treatment and support of substance misuse, housing advice and support, access to temporary and settled accommodation.



Celebrating adult social care in Plymouth, May 2026, Plymouth Hoe

# Adult Social Care

You don't need previous experience or formal qualifications to get started. If you care about people and want to make a difference, you already have what matters most. Adult social care offers a wide range of roles to suit different strengths and interests. A career in care can also offer a healthy balance between work and life, giving you the flexibility to grow in a way that works for you.

- The sector is about supporting people to maintain their independence, dignity and control.
- You could be supporting people working in a care home, in the local community or from someone's home.
- There's always a job in your community that you can do to help others.
- Health and Social Care employers recruit through a values-based recruitment process. It is a way of getting to know people, their motivations, passions, interests, and whether they'll be a good fit for your organisation.



## Employer insight - ICL Homes (Jan Ltd), Plymouth



**"Join a job you love and you never work a day in your life".**

JAN Ltd operates three independent, family-run care homes, offering long-term residential care for adults with learning and physical disabilities.

At ICL homes providing a safe, supportive, and nurturing environment, where our service users can thrive is at the heart. While, ensuring staff are able to develop and through training and given the opportunity to design and facilitate daily well being activities tailored to those in their care.

**“There are over 350 different NHS careers and everyone makes a difference every day”.**

University Hospitals Plymouth (NHS Trust) play an important role in the health and care system across the South West Peninsula, serving as a regional specialist centre and working in close partnership to deliver integrated health and social care. Providing care across a broad spectrum, from supporting individuals in their homes and collaborating with voluntary sector partners in local communities, to delivering highly specialised hospital services.

### 350 Careers. One NHS. Your Future



[healthcareersuk](https://www.healthcareersuk.com)  
[@HealthCareersUK](https://www.healthcareersuk.com)  
[healthcareers.nhs.uk](https://www.healthcareers.nhs.uk)  
[@healthcareers](https://www.healthcareersuk.com)  
[NHS Careers](https://www.healthcareersuk.com)

The Trust serves a population of approximately 475,000, with services accessible to nearly 2 million people across Plymouth, Devon and Cornwall.



### Types of careers include:

- Estates and facilities
- Medical and dental
- Nursing and midwifery
- Health science services
- Healthcare support
- Leadership, management and administration
- Apprenticeships
- Volunteering opportunities/work experience

University Hospitals Plymouth's (NHS Trust) aim is simple, to value people by creating the best place to work. While looking after their patients, themselves, and each other by living the below core values:

- We put people first
- We take ownership
- We respect and value others
- We are compassionate
- We listen, learn and improve

**Francesca - The Junior Sister at University Hospitals Plymouth**



**“Caring for an aging population with increasingly complex health and social care needs requires an extraordinary and diverse workforce that represents the communities we serve”.**

Livewell Southwest is a recognised provider of integrated health and social care services operating across South Hams, West Devon and Plymouth, with additional responsibilities for delivering specialist services to people living in certain parts of Cornwall and Devon. Integrating health and social care means care can be delivered for people in new ways which are more efficient, with professionals who would have previously worked in individual teams now working together.

Livewell Southwest relies on the talent and expertise of its staff to meet the diverse and complex needs of the communities they serve. Investing in employee development is a key priority, with opportunities including apprenticeships, leadership programmes, coaching and mentoring, and a comprehensive preceptorship scheme for newly qualified staff.



### **Types of careers/opportunities include:**

- Healthcare Assistant
- Support
- Nursing
- Social Work
- Clinical Psychologists
- Mental Health
- Pharmacy
- Occupational Therapy
- Administration
- Volunteering
- Work experience



## “Work with us for a bright future”

Plymouth City Council's One Children's Service offer an enabling and learning environment where workforce is supported to develop their skills and capabilities. Providing supportive teams, manageable workloads, excellent learning and development opportunities and a 'high expectation, high support, high challenge' culture to enable all managers and staff to be high performing.

### Types of careers include:

- Social Worker
- Family Support Worker
- Passenger Assistant
- Support Worker (Learning Disability)
- Youth Worker
- Education Psychologist
- School Crossing Patroller
- Residential Care Officer

Join Plymouth City Council to be part of creating our One Children's Service where you will receive support and be able to develop you to achieve your ambitions and make a difference to the lives of children, young people and their families.

### Employer insight

**David Haley, Strategic  
Director Children's Services,  
Plymouth City Council**



**What is it like working for  
Plymouth City Council?**





PROVIDING HAPPY HOMES FOR  
CHILDREN ACROSS PLYMOUTH

**“Plymouth City Council are committed to providing children with foster carers who can offer stability, safety and a loving environment to help them flourish. Foster carers are also role models, offering love, support and patience to children who often need time to trust”.**

Foster parents make a real difference to the lives of many children and young people by providing a loving family home to children who cannot live safely in their own families. Because of our foster parents, our most vulnerable children have the security and experience of a family.

The process: The fostering assessment starts with a home visit from a social worker who will explain the process and answer any questions. A three-stage assessment, including checks and references, is then completed to assess your suitability to foster. Finally, your application is reviewed by the Plymouth Fostering Panel, which makes a recommendation on your approval, with support from your social worker throughout.

New carers complete mandatory training, consisting of 8 modules in the first 18 months; Child Protection, First Aid, Safer Care , PACE, One Day Attachment, Equality and Diversity, Brain Development and Child Exploitation.

### **Types of foster care:**

- Time limited (short term)
- Respite foster care
- Permanent foster care
- Parent and child foster care
- Short break foster care
- Teenagers
- Emergency foster care
- Unaccompanied Asylum-Seeker Children

### **Myth busting foster care in Plymouth**



# Explore careers across Health and Social Care

Click on the careers to explore each fact sheet, featuring career clips



[Respiratory physiology and sleep sciences](#)

[Administration](#)

[Funeral Services](#)

[Orthopaedics](#)

[Podiatry](#)

[Palliative Care](#)

[General Practice \(GP\)](#)

[Activities Coordinator](#)



[Complex Lives](#)

[Family Support Worker](#)

[Physiotherapy](#)

[Dementia Care](#)

[Care Worker](#)

[Counselling](#)

[Clinical coding](#)

[Oncology](#)

[Orthodontics](#)



[Digital, data and informatics](#)

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[Paediatrics](#)

[Psychology](#)

[Catering](#)



[Emergency Department](#)

[Support Worker](#)

[Teaching](#)

[Leadership and Management](#)

[Health care assistant](#)

[Ophthalmology](#)

[Radiology and Sonography](#)

[Pharmacy](#)



[Site services](#)

[Speech and Language Therapy](#)

[Probation](#)

[Occupational Therapy](#)

[Nutrition and Dietetics](#)



[Family Hubs/Children's centre](#)

[Nursing - Adult, Mental Health, Learning Disability & Children](#)

[Children's Services](#)

[Early Years](#)

[Midwifery](#)

# Health and Social Care career pathways

Plymouth offers clear, supportive routes into health and social care. The following career pathways showcase these routes and offers support and guidance for those wanting to enter or progress within the sector.

These pathways map out the steps from entry-level roles such as Care Worker, Support Worker or Healthcare Assistant through to advanced careers including Registered Nurse, Social Worker, Occupational Therapy, Speech and Language Therapist and Registered Manager.

## Entry roles

Health and social care offers a wide range of entry roles that all contribute to supporting people's health, wellbeing, ensuring they can live safe, independently and well. Whether working directly with individuals or behind the scenes, each of these careers plays an important part in delivering high quality care. Providing opportunity to develop valuable skills such as communication, teamwork, compassion, organisation and problem-solving, while making a positive difference to the lives of others and providing pathways for career progression across the health and social care sector.

### Including:

- Healthcare Assistant
- Support Work
- Personal Assistants
- Enabling
- Catering
- Maintenance
- Administration
- Domestic
- Site Services
- Activities Coordinator

### Values based recruitment

Experience isn't always a necessity for many entry roles across the sector and employers recruit through who you are, your values and lived experience. In Plymouth, supported by local employers, we have developed Plymouth based care values. These values showcase the values local managers are looking for within their teams but also those applying for an opportunity.

**Compassion;** showing kindness, empathy and genuine care for people, understanding their needs and supporting them with dignity and respect.

**Respect and Dignity;** valuing every individual, recognising their rights, choices, beliefs and uniqueness, and treating everyone fairly and with dignity.

**Person-Centred Care;** putting the individual at the heart of decisions, supporting choice, independence and personalised outcomes based on what matters most to them.

**Integrity and Honesty;** being open, honest, trustworthy and accountable in all interactions, building confidence and strong relationships with people who use services.

**Independence and Empowerment;** supporting people to develop skills, achieve their goals, have a voice, make decisions and live as independently as possible.

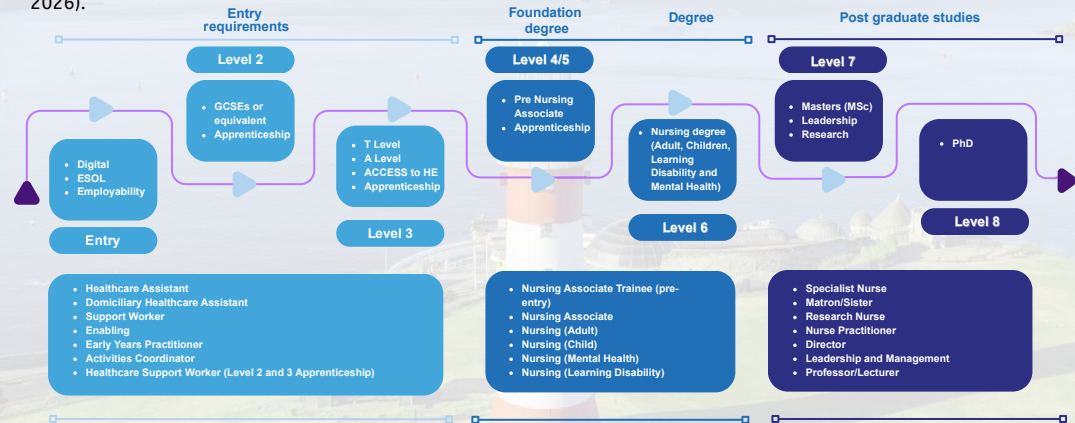
**Teamwork and Partnership;** working collaboratively with colleagues, families, communities and partner organisations to provide high-quality, effective support and care.

### Where could you be located?

- Residential Home
- Nursing Home
- Community based
- Clients own home
- GP Surgery
- Hospital
- Clinics
- Schools

# Nursing

Nursing is an ever growing and innovative profession and nurses are working in multi professional teams across health and care settings. Nurses deliver care in a variety of locations (clinical, care homes, community, prisons and schools) while working in partnership with people and carers, wherever care is needed (Royal College of Nursing, 2026).

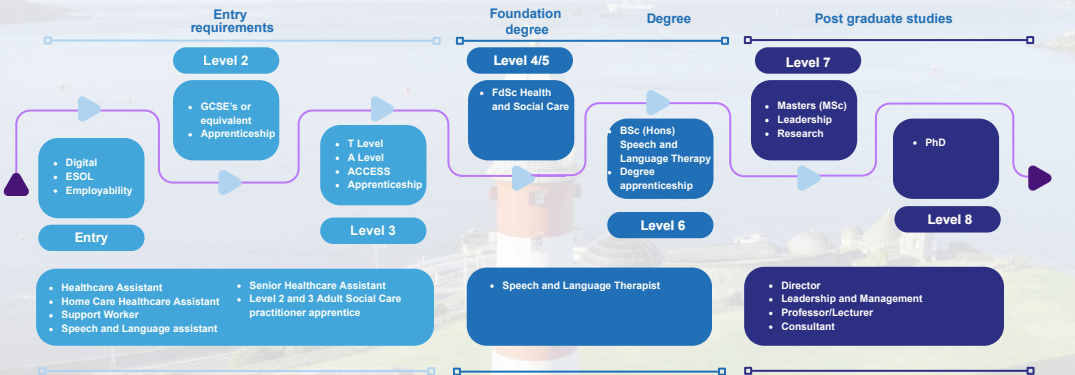


**Alexandra**  
Nursing Associate at  
Meadowside and St  
Francis, Plympton

Alexandra emphasises the importance of both clinical competence and soft skills, such as communication and empathy, in building trust and delivering effective care. Alexandra's advice is to ***“Lead with compassion. While qualifications are of course important, genuine care, patience, and respect for residents are what truly define success in Nursing.”***

# Speech and Language Therapy

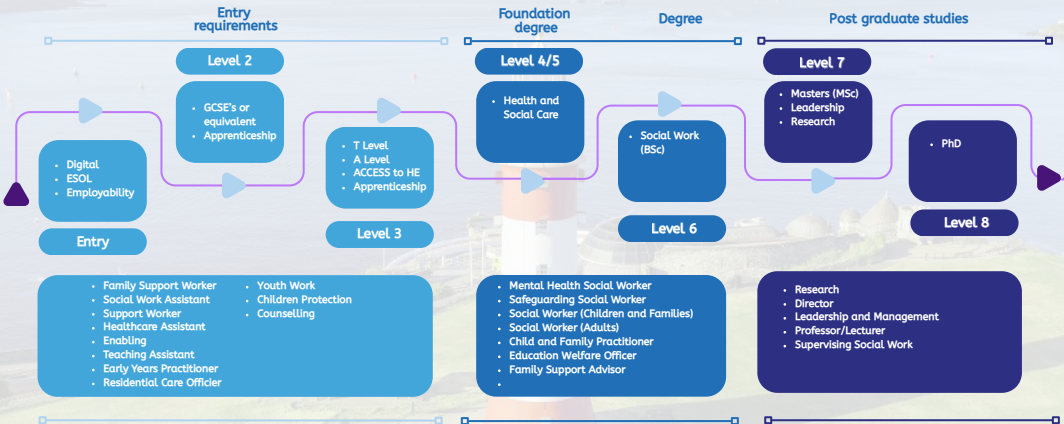
Speech and Language Therapists (SLTs) support children and adults with communication, eating, drinking, and swallowing difficulties. They assess individual needs, provide tailored treatment and support plans, and work closely with families, carers, teachers, and other healthcare professionals to help people communicate effectively and improve their overall quality of life (Royal College of Speech and Language Therapists, 2026).



**What is Speech and Language Therapy?**

# Social Work

Social workers help individuals, families, and communities improve their wellbeing by supporting them through social, emotional, and practical challenges, while promoting human rights and social justice. They have a role in protecting children and adults with care and support needs from harm, while working with a wide network of professionals (BASW, 2026).



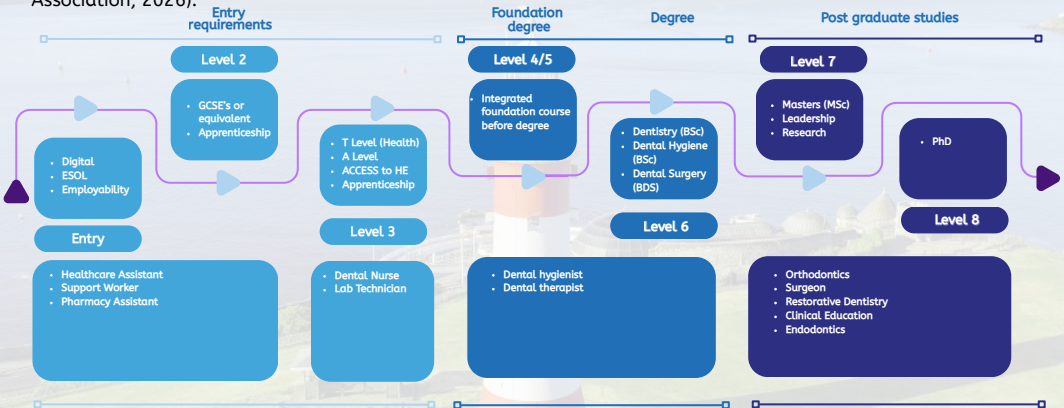
Livingston  
Social Worker  
Plymouth City  
Council

“Exciting things are happening in Plymouth to ensure all of our children and young people experience good outcomes. We know that that our **workforce will be at the heart of our success** – work with us for a bright future” – One Children’s Service, Plymouth City Council.

Be inspired by more stories via the [One Children’s Service website](#).

# Dentistry

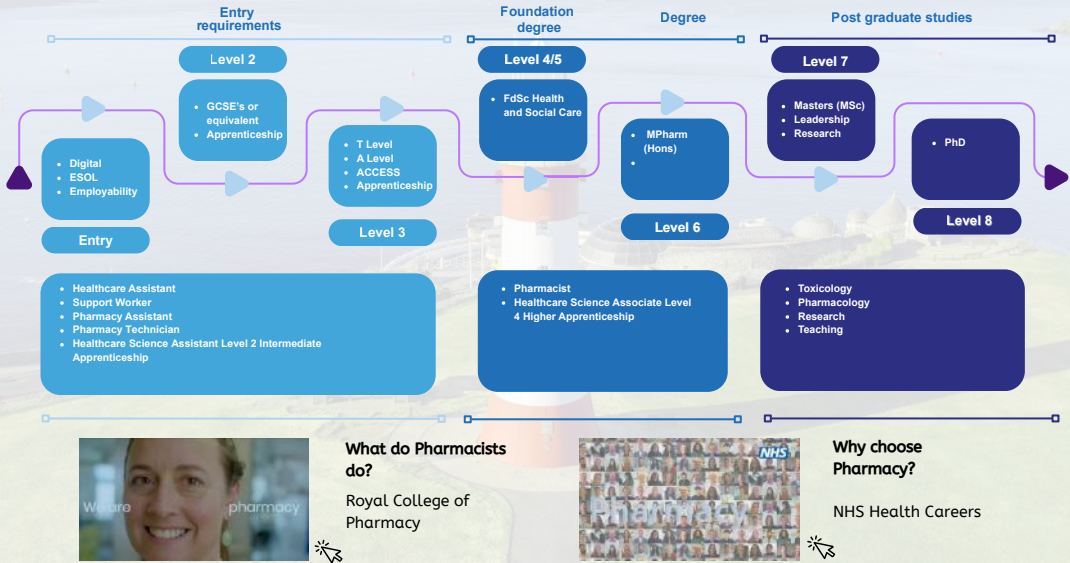
Dentistry is a medical field dedicated to keeping the teeth, gums, mouth, and surrounding facial structures healthy by preventing, diagnosing, and treating oral diseases. From caring for the soft tissues of the mouth to correcting jaw alignment, restoring damaged teeth, and performing both surgical and cosmetic procedures (National Dental Association, 2026).



**Dental Nurse careers**  
NHS Health Careers

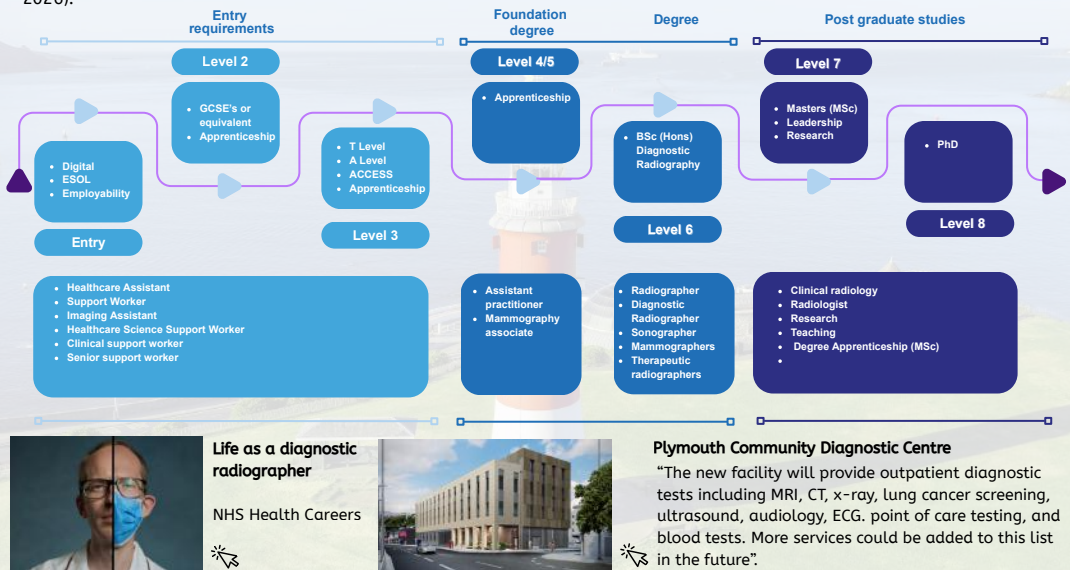
# Pharmacy

Pharmacy makes a positive difference to people's lives and wellbeing, by providing care in a wide range of settings. As well as having an expert knowledge of medicines, and how they work to treat illnesses, you'll help people to stay well by supporting healthy lifestyles. Pharmacists play a vital role in delivering care and helping people to maintain and improve their health, safety and wellbeing (Royal College of Pharmacy, 2026).



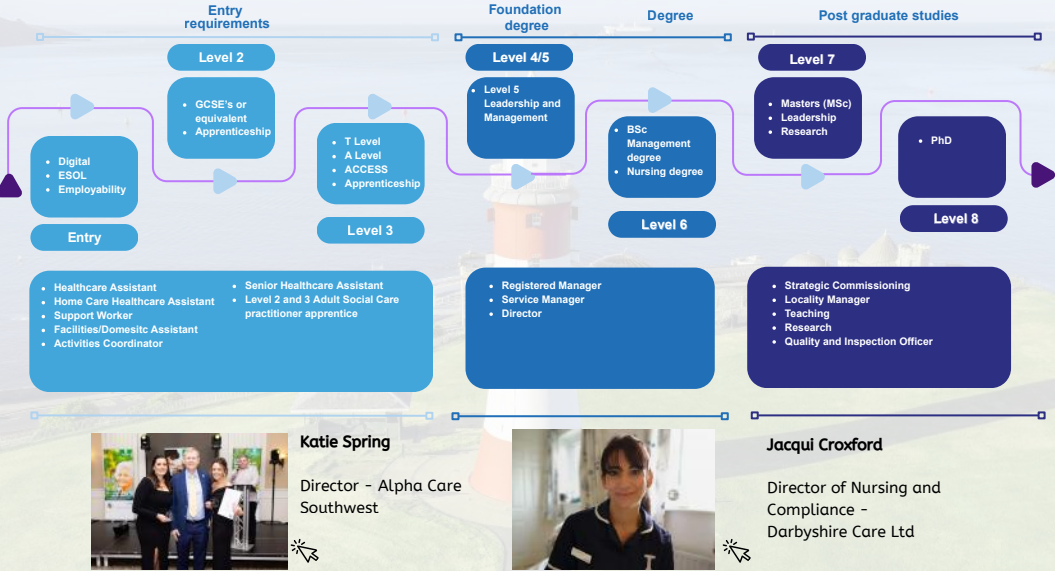
# Radiology

Radiology surrounds the diagnosis, early cancer detection, screening services and life-saving interventional procedures. Radiology is a continuously evolving specialty involving the use of cutting-edge techniques (Royal College of Radiologists, 2026).



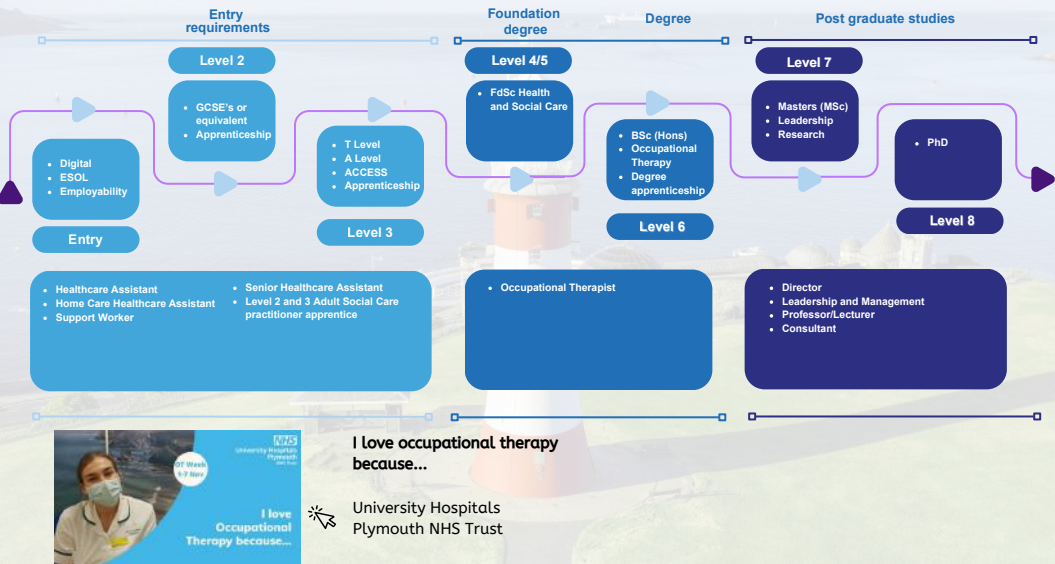
# Registered Manager

A registered manager is responsible for the level of care an organisation and employees provide a high-level of care. The role focuses on service management, regulatory compliance, staff development, and strategic decision-making. Working in various social care settings, including: care homes, supported living flats and in the community or in local authorities (Department of Health and Social Care, 2026).



# Occupational Therapy

Occupational therapy helps people take part in the everyday activities (occupations), from learning at school and working to hobbies or daily tasks at home. It focuses on wellbeing and enabling fuller participation in life. It's a science-based profession regulated in the UK by the Health and Care Professions Council (Royal College of Occupational Therapists, 2026).



# Be inspired – Plymouth case studies



**Clare**

"Starting with no experience and limited technology skills, I have grown through small, achievable steps into a capable and confident practitioner."



**Joe**

"I love seeing the resident's having a good time, smiling and laughing".



**Kim**

"Working in care has never been just a job to me, it's a responsibility and a privilege".



**Ricardo**

"When you develop your skills and knowledge you are able to act in the best interest of the service users".



**Diane**

"I am making a difference in my community. I go home after my shifts feeling peace, fulfilment, and pride"



**James**

"A career in health and social care is an excellent choice because it is deeply rewarding and allows you to be directly involved in enriching the day-to-day lives of individuals".

# Clare

## Healthcare Practitioner – Alpha Care Southwest



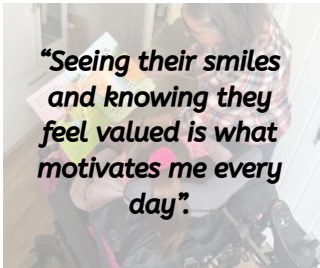
Clare has been in her role for 4 years and reflects proudly on how far she has come. Clare works as part of a supportive team whose purpose is to help vulnerable individuals develop everyday life skills and live as independently as possible. Clare supports people who have the capacity to make their own decisions by offering informed choices, and for those who lack capacity, she acts in their best interests, always following a person-centred approach.

Clare chose a career in health and social care because she wanted to make a meaningful difference and find a role that felt truly rewarding. She loves that no two days are the same, that she learns continuously, and that she contributes to individuals living their best lives.

***“Join a sector you will learn new skills and work in an environment that is rewarding, where no two days are the same. You will contribute to individuals living their best lives”.***

Clare believes strongly in the importance of training, especially because many individuals have complex needs and rely on staff to be their voice. Since joining Alpha Care, she has completed extensive training and particularly enjoys workshop-based training, where scenarios help her understand how to apply skills safely and confidently.

Clare encourages anyone considering a career in the sector to be brave, step outside their comfort zone, and discover new strengths. Clare is proud of how much her confidence and self-esteem have grown since joining Alpha Care, a company that Clare describes as supportive, encouraging, and committed to recognising staff achievements through praise and ongoing development.



***“Seeing their smiles and knowing they feel valued is what motivates me every day”.***

Starting with small, achievable steps, Clare has built a career she loves, proving that it is never too late to learn, grow, and find purpose. She believes that caring for others is one of the most rewarding paths a person can take, and she feels privileged to help make the lives of the individuals she supports shine a little brighter.

# Joe

## Support Worker / Maintenance - Jan Ltd (ICL Homes)



Joe began his role as a support worker at Jan Ltd, ICL Homes in 2020, joining an organisation dedicated to supporting adults with learning disabilities.

Before entering the sector, Joe worked as a chef, but he is grateful he made the career change because he finds his current role deeply rewarding but is still able to use skills and knowledge in his current role.

***“It is one of the most rewarding jobs, it makes you feel good to make other people’s lives better”.***

Joe believes that choosing a career in health and social care is one of the best decisions you can make, as it allows you to improve the lives of others while gaining a strong sense of purpose and fulfilment. Joe explains that supporting people to live happier, more meaningful lives is what makes the job so worthwhile.

One of the things Joe enjoys most is taking residents out into the community and watching them smile, laugh, and have a great time. He supports a wide range of activities, including bowling, theatre trips, caravan holidays in Devon, and a home-wide project called “Around the World,” where residents explore different countries through themed food, decorations, activities, and learning about new cultures together. Seeing residents engage, enjoy themselves, and experience new opportunities is what Joe finds most rewarding.

Joe’s typical day varies depending on the needs of the service user. Some days he works in his support worker role, administering medication, delivering personal care, and supporting residents with daily routines. Other days he may be involved in maintenance tasks around the home. He values the variety and the fact that every day brings something different, keeping the role interesting and meaningful.

# Kim

## Scheduling Coordinator - Big Picture Care Group



Kim began her career in the care sector as a support worker in a residential setting, supporting individuals with learning disabilities and complex behaviours. From the outset, she recognised that care was more than just a job, it was a calling. Her passion for making a difference led her to work with individuals requiring person-centred support, where she developed a strong foundation in trust, consistency, and resilience.

**“Working in care has never been just a job to me, it’s a responsibility and a privilege”.**

Kim progressed into leadership roles, becoming a Team Leader and then Deputy Manager, where she supported both service users and staff in delivering high-quality care. After five years in frontline care, she transitioned into a strategic role as a Recruitment Consultant at Next Generation Nursing and Care, where she has worked for the past 11 years.

In her current role, Kim continues to make a meaningful impact by supporting service providers and users through recruitment and staffing solutions. She manages challenges such as last-minute absences, compliance, and service continuity, ensuring vulnerable individuals receive consistent, quality care.

Kim views her work as a privilege and remains deeply connected to the sector. Kim’s journey highlights the diverse career paths within health and social care and the lasting value of experience, whether hands-on or behind the scenes.

**“I love developing teams, solving day-to-day challenges, and making sure the people we support received the care they deserved”.**

# Ricardo

## Support Worker - Jan Ltd (ICL Homes)



Ricardo is a support worker at ICL Homes and has been in the role for two years, bringing with him a background in catering and hospitality as well as personal experience caring for a neighbour. After facing redundancy, he decided to pursue a new direction and was inspired by the fulfilment he found in supporting his neighbour. This led him into health and social care, where he first worked in domiciliary care as a healthcare assistant for three years before joining ICL Homes.

**“When you develop your skills and knowledge you are able to act in the best interest of the service users”.**

Ricardo believes people should consider a career in health and social care because it is far from an average job. He describes the environment as relaxed, meaningful, and centred around building real relationships with the individuals you support. He values the fact that the care provided is individualised and person centred, allowing staff to tailor support to each person's needs, preferences, and personality. For Ricardo, this personal connection is what makes the work so special.

His favourite part of the job is the active lifestyle you can have while working because service users choose their own activities. Ricardo gets to join them in a wide range of experiences, keeping each day varied and engaging. He finds it highly rewarding to support people in doing the things they enjoy and to see the positive impact these activities have on their wellbeing.

Ricardo highlights the importance of training, explaining that developing your skills and knowledge enables you to act confidently and in the best interests of the people you support. He appreciates that health and social care is a sector where you can learn as you go, supported by an experienced team who help you grow in your role. This ongoing development has strengthened his practice and deepened his understanding of working with adults with learning disabilities.

# Diane

## Healthcare Assistant - @Plymouth Care



Diane's journey into health and social care began at a moment in her life when she felt overwhelmed and unsure of her future. After years working in supermarkets and struggling with her health, Diane admitted that her dream had always been to work in care, but she feared she wouldn't be taken seriously because of her previous poor health. Despite her doubts, she agreed to explore the possibility.

**"I am making a difference in my community. I go home after my shifts feeling peace, fulfilment, and pride"**

Since working for @Plymouth Care, Diane has found herself surrounded by supportive colleagues and managers who helped her rebuild her confidence. She has gradually increased her hours, gained qualifications, and began supporting a wider range of clients.

Diane explains that personal care is "nothing to be scared of" when delivered with respect, dignity, reassurance, and sensitivity. Over time, she began to feel like she was "part of an extended family," proud of her achievements and the difference she was making every day.

Diane describes going home after her shifts with "peace, fulfilment, and pride," something she never imagined possible when she first walked into the Job Centre.

Diane is especially proud of completing her NVQ, saying she never believed she would begin a full career with qualifications and ongoing development at her age. Now, Diane is thriving in a job she loves, making a meaningful difference in her community, and proving to herself and others that it is never too late to start again.

She hopes her journey inspires others who may feel unsure or held back by past challenges. As she says: "If I can do it, then you can too."

# James

## Support Worker - Jan Ltd (ICL Homes)



James is a Support Worker at ICL Homes Jan Ltd, bringing with him a strong academic background that includes a degree in Psychology and a master's degree in Clinical Psychology. His educational experience has shaped the way he understands and supports adults with learning disabilities, giving him valuable insight into both their psychological and emotional needs.

**“The importance of training is that it helps increase your awareness of how to accommodate the needs and preference of the service users and it helps maintain their psychological and physical well being”.**

James believes that a career in health and social care is an excellent choice because it is deeply rewarding and allows you to be directly involved in enriching the day-to-day lives of individuals. He explains that the role offers meaningful connection as well as great opportunities for ongoing professional development.

One of the aspects James enjoys most about his role is the interaction he has with the service users. He values the time spent going out into the community and facilitating activities such as trips to the zoo, cinema visits, and swimming sessions. These experiences allow him to build positive relationships while supporting individuals to enjoy new opportunities and develop confidence. As part of his daily responsibilities James administers medication, supports service users with all aspects of personal care and wellbeing, and promotes independence by offering choice throughout the day.

James emphasises the importance of training in health and social care, explaining that it increases awareness of how to meet the needs and preferences of each individual. He believes that high-quality training is essential for maintaining both the psychological and physical wellbeing of service users, ensuring that staff can provide safe, person-centred, and compassionate support. Through his role, James continues to apply his academic knowledge while developing practical skills, making a meaningful difference in the lives of those he supports.

# Welcome to the Skills and Training Directory

Plymouth is a city with opportunity, especially in the growing Health and Social Care sector. Whether you're a new entrant, continuing your studies or a part of the existing workforce, considering a career change, or aiming to progress, this directory is designed to guide you through the many education and training pathways available locally.

## Understanding Qualification Levels

To help you choose the right next step, we begin with an overview of qualification levels, from Entry Level (basic skills) through to Level 8 (doctoral level). This section will help you identify the most suitable route based on your current experience and career goals.

## Funding Your Learning

Many courses are available at little or no cost to you. This section outlines the funding options available, including government support and loans, helping you understand how to finance your studies with confidence.

## Explore Training, Education and Apprenticeships

Work your way through the comprehensive list of training, education and apprenticeship opportunities through the qualification levels to help you find the right next step for you.

# Understanding Levels of study

Education and training is organised into levels that reflect the depth and complexity of learning. You can train across 8 levels through a variety of routes as shown below.

| Levels                                                                       | Academic                                                                                                                                     |          | Vocational                                                                                                                   | Workbased                                                                                                         |  |                       |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--|-----------------------|
| 1 - 8                                                                        | Focus on theoretical knowledge and intellectual development in subjects like science, maths, and English (including Health and Social Care). |          | Provides practical, job-specific training designed to prepare learners for particular careers within Health and Social Care. | Combines real workplace experience with structured training to develop skills directly in a professional setting. |  |                       |
| Level 8                                                                      | Doctorate<br>(PhD)                                                                                                                           |          |                                                                                                                              | Degree Apprenticeship                                                                                             |  |                       |
| Level 7                                                                      | Masters Degree<br>(MS, MSc)                                                                                                                  |          |                                                                                                                              |                                                                                                                   |  |                       |
| Level 6                                                                      | Degree<br>(BA/BSc)                                                                                                                           |          |                                                                                                                              |                                                                                                                   |  |                       |
| Level 5                                                                      |                                                                                                                                              |          |                                                                                                                              | Foundation degree (FdA, FdSc)<br>Higher National Diploma (HND)                                                    |  | Higher Apprenticeship |
| Level 4                                                                      |                                                                                                                                              |          |                                                                                                                              | Higher National Certificate (HNC)                                                                                 |  |                       |
| Level 3                                                                      | A Level                                                                                                                                      | A1<br>AS | Level 3<br>(National Diploma/ T Level)                                                                                       | Advanced Apprenticeship                                                                                           |  |                       |
| Level 2                                                                      | GCSE<br>Grades 4-9 (Previously C-A*)                                                                                                         |          | Level 2<br>(Award, Certification, Diploma, Entry T Level or Functional skills)                                               | Intermediate / foundation Apprenticeships                                                                         |  |                       |
| Level 1                                                                      | GCSE<br>Grades 1-3 (Previously D-G)                                                                                                          |          | Level 1<br>(Award, Certification, Diploma or Functional skills)                                                              |                                                                                                                   |  |                       |
| Entry level/ Basic Skills<br>(Numeracy, Literacy, digital and SEND pathways) |                                                                                                                                              |          |                                                                                                                              |                                                                                                                   |  |                       |

# Funding information

When studying, funding can be self funded, either personally or through loans or, funded by public schemes and programmes. Below provides a summary of guidance for each level of study.

For further information contact your training provider of choice.

.....

## 1 Level 1 and 2 qualifications:

Maths, English and Digital courses are free to those who do not hold a qualification.

ESOL courses are free for those living in the UK, but for further information contact the training provider.

.....

## 2 Level 3 qualifications:

Level 3 qualifications are usually free, if you:

- already have a level 3 qualification or higher but earn below £25,000 or are unemployed.
- already have a level 3 qualification or higher but are unemployed.

For Level 3 funding visit;  
[Advanced Learner Loans | UCAS](#)

## 3 Level 4, 5, 6 - 8 qualifications:

These courses need to be funded, either self funded or further information can be found at [Student Finance England](#).

.....

## 4 Course specific funding

If you're training for the following courses, explore further options:

- **Medicine, dentistry or healthcare** - you may get an [NHS bursary](#).
- **Social work** - you may get a [social work bursary](#).
- **Social work graduate programmes** - you may get a Department of Education funded bursary from [Step up to Social Work](#) or [Frontline](#)
- **Teaching** - you can get help with the costs of [teacher training](#)

# Training providers in Plymouth

| Provider                             | Abbreviation |
|--------------------------------------|--------------|
| Achievement Training                 | AT           |
| Argyle Community Trust               | ACT          |
| City College Plymouth                | CCP          |
| Connect 2 Care                       | C2C          |
| Discovery College                    | DC           |
| GHQ Training                         | GHQ          |
| Focus Training Group                 | FTG          |
| Marjon University                    | MU           |
| NHS England                          | NHS          |
| Odils Learning Foundation            | O            |
| On Course South West                 | OCSW         |
| Scott Medical and Healthcare College | SM           |
| University of Plymouth               | UoP          |



# Basic skills

**Basic skills** underpin your training and career progression. English, Maths and Digital skills are integrated into many aspects of a career in health and social care. From administering medication, preparing care plans and the use of technology to track symptoms and log treatment these skills are vital to your core roles and responsibilities, ensuring professional standards are met and competency upheld.

## English

| Course title                                 | Duration       | Provider                                                      |
|----------------------------------------------|----------------|---------------------------------------------------------------|
| Functional Skills<br>(Entry level - Level 2) | up to 18 weeks | <a href="#">OCSW/</a> <a href="#">CCP/</a> <a href="#">AT</a> |
| GCSE English                                 | up to 1 year   | <a href="#">OCSW/</a> <a href="#">CCP</a>                     |

## Maths

| Course title                                 | Duration       | Provider                                                      |
|----------------------------------------------|----------------|---------------------------------------------------------------|
| Functional Skills<br>(Entry level - Level 2) | up to 18 weeks | <a href="#">OCSW/</a> <a href="#">CCP/</a> <a href="#">AT</a> |
| GCSE Maths                                   | up to 1 year   | <a href="#">OCSW/</a> <a href="#">CCP</a>                     |

## Science

| Course title           | Duration | Provider             |
|------------------------|----------|----------------------|
| GCSE Combined Science  | 1 year   | <a href="#">OCSW</a> |
| GCSE Science (Biology) | 1 year   | <a href="#">CCP</a>  |

## Digital Skills

| Course title                                        | Duration | Provider                  |
|-----------------------------------------------------|----------|---------------------------|
| Level 1 Award in Computing and Information Security | 5 weeks  | <a href="#">OCSW</a>      |
| Digital Core Skills (Various)                       | Various  | <a href="#">OCSW</a>      |
| Digital Functional Skills                           | 5 weeks  | <a href="#">OCSW/ CCP</a> |
| AI for Productivity Beginners                       | 5 weeks  | <a href="#">OCSW</a>      |

## ESOL (English for Speakers of Other Languages)

| Course title                                          | Duration           | Provider               |
|-------------------------------------------------------|--------------------|------------------------|
| English for Speakers of Other Languages (19+)         | Various            | <a href="#">O/ CCP</a> |
| IELTS Exam Preparation Course                         | 10 weeks           | <a href="#">O</a>      |
| English for Speakers of other Languages (16-18 years) | 1 Year (Full Time) | <a href="#">CCP</a>    |





## **Level 1 qualifications**

Courses are delivered either **face to face/ in person**, **online** or through a **hybrid approach**. To find out more about the delivery method, follow the links to each provider below.

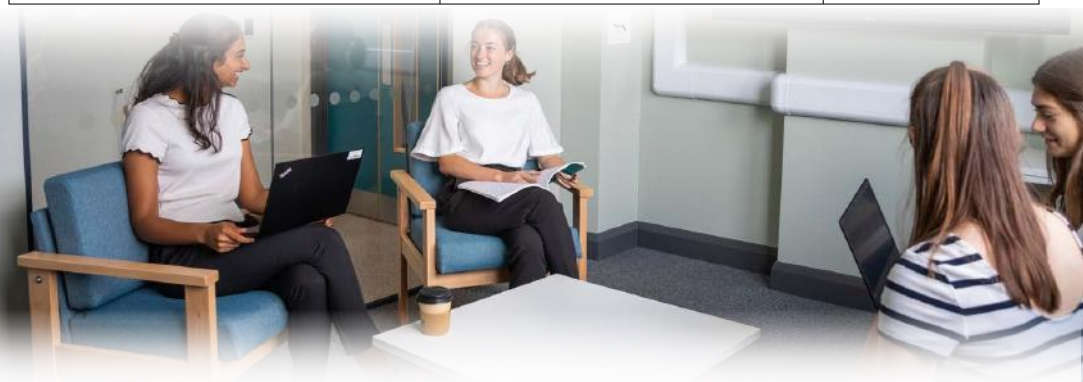
| Course title                        | Duration  | Provider             |
|-------------------------------------|-----------|----------------------|
| Working in Adult Social Care        | 3 weeks   | <a href="#">OCSW</a> |
| Intro to Working in Schools         | 1 day     | <a href="#">OCSW</a> |
| Mental Health Awareness             | 4 weeks   | <a href="#">OCSW</a> |
| Strategies to improve mental health | 2.5 hours | <a href="#">OCSW</a> |
| Manual Handling for Falls           | 2.5 hours | <a href="#">OCSW</a> |
| Neurodiversity Awareness            | 3 hours   | <a href="#">OCSW</a> |
| Introduction to sensory loss        | 3 hours   | <a href="#">OCSW</a> |
| Introduction to sensory loss        | 3 hours   | <a href="#">OCSW</a> |
| Dementia Awareness                  | 3 hours   | <a href="#">OCSW</a> |

| Course title                                       | Duration       | Provider             |
|----------------------------------------------------|----------------|----------------------|
| Supporting Additional Learning Needs               | 4 hours        | <a href="#">OCSW</a> |
| Health and Safety Awareness                        | 5 hours        | <a href="#">OCSW</a> |
| Infection Prevention and Control                   | 8 hours        | <a href="#">OCSW</a> |
| Employability Health Check                         | 2.5 hours      | <a href="#">OCSW</a> |
| Introduction to Dementia                           | 18 hours       | <a href="#">OCSW</a> |
| Introduction to Autism                             | 30 hours       | <a href="#">OCSW</a> |
| Introduction to Counselling                        | 5 weeks        | <a href="#">OCSW</a> |
| Employability Skills (Award)                       | 6-24 weeks     | <a href="#">CCP</a>  |
| L1 Award in Preparing to Work in Adult Social Care | Up to 12 weeks | <a href="#">AT</a>   |

## Level 2 qualifications

| Course title                                                       | Duration       | Provider                  |
|--------------------------------------------------------------------|----------------|---------------------------|
| Preparing to Work in Adult Social Care                             | 12-20 weeks    | <a href="#">OCSW</a>      |
| Understanding Specific Learning Disabilities                       | Up to 20 weeks | <a href="#">OCSW</a>      |
| Understanding Nutrition and Health                                 | 12-20 weeks    | <a href="#">OCSW</a>      |
| Mental Health First Aid (Certificate)                              | Online         | <a href="#">OCSW</a>      |
| Understanding Autism                                               | 12-20 weeks    | <a href="#">OCSW/ AT</a>  |
| Understanding Behaviours That Challenge                            | 12-20 weeks    | <a href="#">AT / OCSW</a> |
| Awareness of Mental Health Problems                                | Up to 22 weeks | <a href="#">AT</a>        |
| Diploma in Team Leading                                            | 11 months      | <a href="#">GHQ</a>       |
| Safe Handling of Medication                                        | Up to 20 weeks | <a href="#">OCSW</a>      |
| Principles of Care Planning                                        | Up to 20 weeks | <a href="#">OCSW</a>      |
| End of Life Care                                                   | Up to 20 weeks | <a href="#">OCSW / AT</a> |
| BTEC First International Diploma in Health and Social Care (16-19) | 1 year         | <a href="#">DC</a>        |
| Common Health Conditions                                           | Up to 12 weeks | <a href="#">AT</a>        |

| Course title                                                      | Duration                | Provider                                  |
|-------------------------------------------------------------------|-------------------------|-------------------------------------------|
| Certificate in Customer Service for Health & Social Care settings | Up to 20 weeks (online) | <a href="#">OCSW</a>                      |
| Understanding Dignity and Safeguarding in Adult Social Care       | Up to 20 weeks (online) | <a href="#">OCSW</a> / <a href="#">AT</a> |
| Understanding Domestic Abuse                                      | Up to 20 weeks (online) | <a href="#">OCSW</a>                      |
| Understanding Personal Care Needs                                 | Up to 20 weeks (online) | <a href="#">OCSW</a>                      |
| Safe Handling of Medication                                       | Up to 20 weeks (online) | <a href="#">OCSW</a>                      |
| Understanding Technology Enabled Care                             | Up to 20 weeks (online) | <a href="#">OCSW</a>                      |
| Counselling Skills (Certificate)                                  | 12-20 weeks             | <a href="#">OCSW</a>                      |
| Counselling Skills                                                | 5 months                | <a href="#">OCSW</a>                      |
| Certificate in Health Care for all                                | 6 months                | <a href="#">AT</a>                        |
| Certificate and Extended Diploma Health and Social Care           | 7 months                | <a href="#">AT</a>                        |





## **Level 3 qualifications**

### **Access to Higher Education**

Equivalent to three A-Levels the various Access to HE pathways enable you to develop the skills and knowledge you need to succeed at University. Minimum entry requirements include a Level 2 English and maths. This pathway can be funded using an Advanced Learner Loan which, if you successfully complete your degree programme, will be waived.

### **T-Levels**

T-Levels are aimed at school leavers and are designed to give you a head start towards a career in your chosen field. They follow GCSEs and are equivalent to three A Levels. Designed with employers, including the NHS, on this two year course you will spend 80% of your time in the classroom and 20% on a 45-day work placement which will give you the skills and knowledge that employers are looking for.

| Course title                                        | Duration                        | Provider            |
|-----------------------------------------------------|---------------------------------|---------------------|
| Access to HE - Health and Social Care (Nursing)     | 1 year (face to face or online) | <a href="#">CCP</a> |
| Access to HE - Health and Social Care (Social Work) | 1 year (face to face or online) | <a href="#">CCP</a> |

| Course title                           | Duration                        | Provider                       |
|----------------------------------------|---------------------------------|--------------------------------|
| Access to HE - Science (Biopsychology) | 1 year (face to face or online) | <a href="#"><u>CCP</u></a>     |
| Access to HE - Science                 | 1 year (face to face or online) | <a href="#"><u>CCP</u></a>     |
| Access to HE - Education               | 1 year (face to face or online) | <a href="#"><u>CCP</u></a>     |
| Diploma in Adult Care                  | 1 year                          | <a href="#"><u>AT</u></a>      |
| T Level - Health                       | 2 years (full time)             | <a href="#"><u>CCP</u></a>     |
| T Level - Childhood Education          | 2 years (full time)             | <a href="#"><u>CCP</u></a>     |
| Counselling Skills (Certificate)       | Up to 20 weeks                  | <a href="#"><u>OCSW</u></a>    |
| Social prescribing                     | 5 weeks                         | <a href="#"><u>CCP</u></a>     |
| BTEC National Extended Diploma (16-19) | 2 years                         | <a href="#"><u>DC / SM</u></a> |
| A Level Pathway to Health              | 2 years                         | <a href="#"><u>SM</u></a>      |



## **Level 4 qualifications**

| Course title                                                      | Duration           | Provider            |
|-------------------------------------------------------------------|--------------------|---------------------|
| Diploma in Adult Care                                             | 12-18 months       | <a href="#">AT</a>  |
| Education and Training                                            | 1 year (part time) | <a href="#">CCP</a> |
| Certificate for the Advanced Practitioner in Schools and Colleges | 9 months           | <a href="#">GHQ</a> |
| Diploma in Principles of Leadership and Management                | 12 months          | <a href="#">GHQ</a> |
| Certificate for the Advanced Practitioner in Schools and Colleges | 9 months           | <a href="#">GHQ</a> |



## Level 5 qualifications

| Course title                                         | Duration                                   | Provider                                |
|------------------------------------------------------|--------------------------------------------|-----------------------------------------|
| Diploma for Leadership and Management for Adult Care | 18 to 24 months                            | <a href="#">AT</a>                      |
| FdSc Assistant Practitioner                          | 2 years                                    | <a href="#">MU</a>                      |
| (FsSc) Nursing Associate                             | 2 years (full time)<br>4 years (part time) | <a href="#">MU/</a> <a href="#">UoP</a> |
| FdA Teaching and Learning                            | 2 years (full time)<br>4 years (part time) | <a href="#">MU</a>                      |
| Specialist Teaching Assistant                        | 18-20 months                               | <a href="#">GHQ</a>                     |

# Level 6, 7 & 8 qualifications

| Course title                                         | Duration                                   | Provider                                 |
|------------------------------------------------------|--------------------------------------------|------------------------------------------|
| BSc (Hons) Nursing (Adult)                           | 3 years (full time)                        | <a href="#">MU</a> / <a href="#">UoP</a> |
| BSc (Hons) Nursing (Mental Health)                   | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Midwifery                                 | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Dietetics                                 | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Nursing (Child)                           | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Counselling for Helping Professions       | 3 years (full time)<br>6 years (part time) | <a href="#">MU</a>                       |
| BSc (Hons) Speech and Language Therapy               | 3 years (full time)<br>6 years (part time) | <a href="#">MU</a>                       |
| BSc (Hons) Occupational Therapy                      | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Paramedic Science                         | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Physiotherapy                             | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Podiatry                                  | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BA (Hons) Social Work                                | 3 years (full time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Professional Development in Critical Care | 5 years (part time)                        | <a href="#">UoP</a>                      |
| BSc (Hons) Diagnostic Radiography                    | 3 years (full time)                        | <a href="#">UoP</a>                      |

| Course title                                                 | Duration                                   | Provider            |
|--------------------------------------------------------------|--------------------------------------------|---------------------|
| BSc (Hons) Dietetics with Integrated Foundation Year         | 4 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Occupational Therapy with Foundation Year         | 4 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Paramedic Science with Integrated Foundation Year | 4 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Physiotherapy with Integrated Foundation Year     | 4 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Podiatry with Integrated Foundation Year          | 4 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Dental Therapy and Hygiene                        | 3 years (full time)                        | <a href="#">UoP</a> |
| BSc (Hons) Social Work                                       | 3 years (full time)                        | <a href="#">UoP</a> |
| Physiotherapy - M Physio                                     | 4 years (full time)                        | <a href="#">MU</a>  |
| MA Arts, Health and Wellbeing                                | 1 year (full time)<br>2 years (part time)  | <a href="#">MU</a>  |
| MRes (Research Masters)                                      | 1 year (full time)<br>2 years (part time)  | <a href="#">MU</a>  |
| MPsy Master of Psychotherapy and Counselling Studies         | 4 years (full time)<br>8 years (part time) | <a href="#">MU</a>  |
| MSc Psychology                                               | 1 year (full time)<br>2 years (part time)  | <a href="#">MU</a>  |

# **Level 6, 7 & 8 qualifications**

| Course title                                                                | Duration                                  | Provider            |
|-----------------------------------------------------------------------------|-------------------------------------------|---------------------|
| BEd (Hons) Primary Education                                                | 3 years (full time)                       | <a href="#">MU</a>  |
| PGCE Secondary Education (Biology)                                          | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| PGCE Secondary Education (Chemistry)                                        | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| PGCE Primary                                                                | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| PGCE Primary Education with Special Educational Needs and Disability        | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| PGCE (incorporating the Diploma in Teaching (Further Education and Skills)) | 1 year (full time)                        | <a href="#">UoP</a> |
| MA Education - Disability                                                   | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| MA Social Policy                                                            | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| MA Youth and Community Work                                                 | 1 year (full time)<br>2 years (part time) | <a href="#">MU</a>  |
| MDiet (Hons) Dietetics                                                      | 4 years (full time)                       | <a href="#">UoP</a> |
| MOccTh (Hons) Occupational Therapy                                          | 4 years (full time)                       | <a href="#">UoP</a> |
| MOptom (Hons) Optometry                                                     | 4 years (full time)                       | <a href="#">UoP</a> |



| Course title                                                  | Duration                           | Provider            |
|---------------------------------------------------------------|------------------------------------|---------------------|
| MNurs (Hons) Nursing<br>(Adult Health and Child Health)       | 4 years                            | <a href="#">UoP</a> |
| MSc Midwifery                                                 | 3 years (full time)                | <a href="#">UoP</a> |
| MSc Midwifery (Shortened)                                     | 2 years (full time)                | <a href="#">UoP</a> |
| MSc Advanced Clinical<br>Practitioner in Mental Health        | 3 years (part time)                | <a href="#">UoP</a> |
| MSc Advanced Critical Care<br>Practitioner                    | 1 year (part time)                 | <a href="#">UoP</a> |
| MSc Advanced Neonatal Nurse<br>Practitioner                   | 3 years (part time)                | <a href="#">UoP</a> |
| MSc Advanced Professional<br>Practice (Clinical Practitioner) | 3 years (part time)                | <a href="#">UoP</a> |
| MSc Advanced Professional<br>Practice in Dietetics            | 1 year (full time or part<br>time) | <a href="#">UoP</a> |
| MSc Advanced Professional<br>Practice in Paediatric Dietetics | 1 year (full time or part<br>time) | <a href="#">UoP</a> |

# **Level 6, 7 & 8 qualifications**

| Course title                                                            | Duration                           | Provider            |
|-------------------------------------------------------------------------|------------------------------------|---------------------|
| MSc Advanced Professional Practice in Physiotherapy                     | 1 year (full time)                 | <a href="#">UoP</a> |
| MSc Advanced Professional Practice in Occupational Therapy              | 1 year (full time)                 | <a href="#">UoP</a> |
| MSc Advanced Professional Practice (Nursing and Midwifery Professions)  | 3 years (part time)                | <a href="#">UoP</a> |
| MSc Advanced Professional Practice (Health and Social Care Professions) | 1 year (full time or part time)    | <a href="#">UoP</a> |
| MSc Human Nutrition                                                     | 1 year (full time or part time)    | <a href="#">UoP</a> |
| MSc Occupational Therapy (Pre-Registration)                             | 2 years (full time)                | <a href="#">UoP</a> |
| PgDip Community Nursing Specialist (District Nursing)                   | 2 years (full time)                | <a href="#">UoP</a> |
| ResM Applied Health Studies                                             | 1-3 years (full time or part time) | <a href="#">UoP</a> |



# Apprenticeships

An apprenticeship within Health and Social Care is a paid job where you earn while you learn within an organisation. You gain real experience helping others while studying for a recognised qualification that prepares you for a career in the Health and Social Care sector.

Apprenticeships combine real work with training and study. You'll apply what you learn directly on the job, gaining hands-on experience and skills.

## Types of apprenticeships

- Adult care worker (level 2)
- Administration (level 2 & 3)
- Customer service (level 2 & 3)
- Lead adult care worker (level 3)
- Lead practitioner in adult care (level 4)
- Leader in adult care (level 5)
- Nursing associate (level 5)
- Social worker (level 6)
- Teaching Assistant (level 2 & 3)
- Occupational therapy (level 6)
- Physiotherapy (level 6)



## Tools to help you find an apprenticeship



GOV.UK - Find an Apprenticeship search engine.



Explore the interactive map which shows apprenticeship vacancies across Devon and Cornwall.



Skills Launchpad Plymouth offers free, tailored support for:

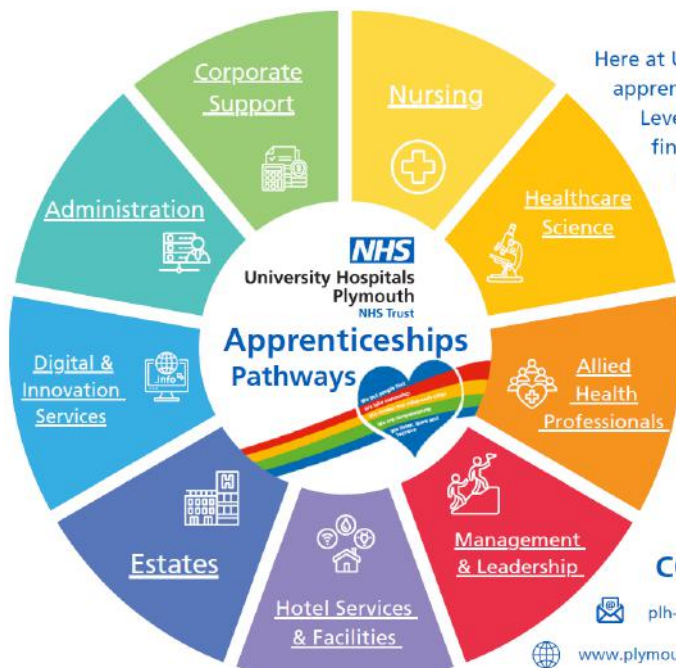
- young people aged 16–24, including those with additional needs, through the Youth Hub
- adults aged 25+ seeking work, facing redundancy, or changing careers via the Adult Hub.



- Youth Hub Resource Bank
- Adult Hub Resource Bank

# Apprenticeships

| Course title                                         | Duration            | Provider                           |
|------------------------------------------------------|---------------------|------------------------------------|
| Level 2 Adult Care Worker                            | 1 year              | <a href="#">CCP/ FTG/ AT/ OCSW</a> |
| Level 2 Care Chef                                    | 1 year              | <a href="#">C2C</a>                |
| Level 2 Healthcare Support Worker Apprentice         | 1 year              | <a href="#">CCP</a>                |
| Level 3 Lead Adult Care Worker Apprentice            | 18 months           | <a href="#">CCP/ C2C/ OCSW</a>     |
| Level 3 Senior Healthcare Support Worker Apprentice  | 18 months - 2 years | <a href="#">CCP/ AT</a>            |
| Level 3 Teaching Assistant                           | 18 months           | <a href="#">AT / ACT</a>           |
| Level 4 Lead Practitioner in Adult Care              | 18 months           | <a href="#">AT/ FTG/ C2C</a>       |
| Level 5 Leader in Adult Care                         | 18 months           | <a href="#">AT/ FTG/ C2C</a>       |
| Level 5 Learning and Skills Teacher                  | 18 months           | <a href="#">AT</a>                 |
| Higher Level Apprenticeship Assistant Practitioner   | 2 years (full time) | <a href="#">MU</a>                 |
| Higher Level Apprenticeship Nursing Associate        | 2 years (full time) | <a href="#">MU/ UoP</a>            |
| Registered Nurse Degree Apprenticeship               | 3 years             | <a href="#">UoP</a>                |
| BSc (Hons) Podiatry Degree Apprenticeship            | 3 years (online)    | <a href="#">UoP</a>                |
| Advanced Clinical Practitioner Degree Apprenticeship | 2 years             | <a href="#">UoP</a>                |



Here at UHP we offer a variety of apprenticeships from Level 2 to Level 7. Scan the QR code to find an apprenticeship that would interest you.



If you cannot find an apprenticeship you are interested in

**CONTACT US**

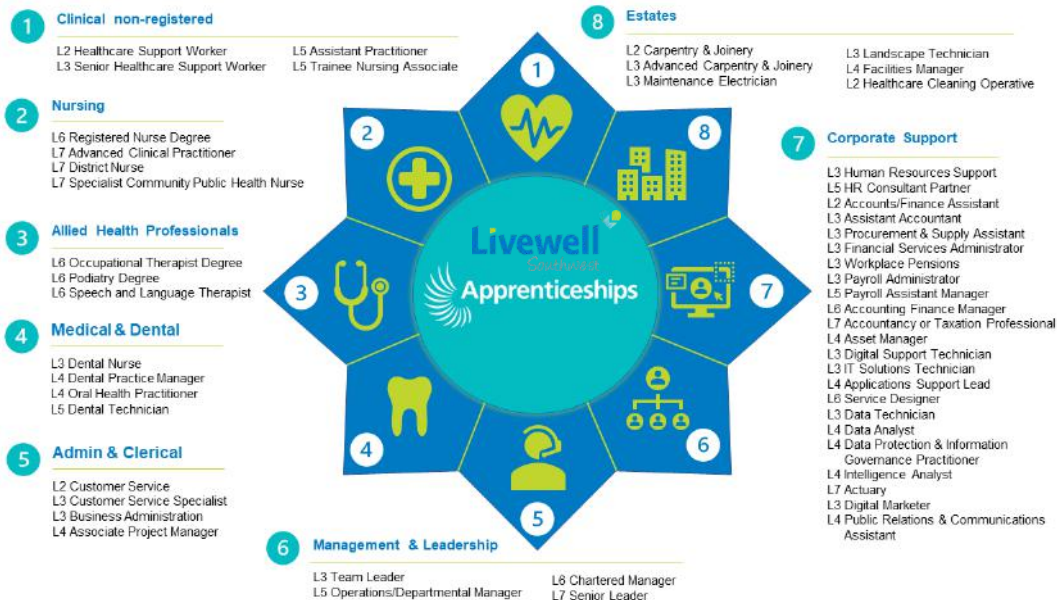


plh-tr.apprenticeships@nhs.net



www.plymouthhospitals.nhs.uk/apprenticeships

## Apprenticeships | University Hospitals Plymouth NHS Trust



## Apprenticeships | Livewell Southwest

# Supported Internships

A supported internship is a work-based study programme. Its core purpose is to help young people with special educational needs or disabilities (SEND) move from education into sustained, paid employment.

**Eligibility:** 16–24 years old) with Special Educational Needs and Disabilities (SEND).

**Support:** Support from job coaches and workplace mentors.

**Pay:** Unpaid (but you may get travel or meal costs covered).

**Hours:** Usually part-time and lasts up to 1 year.

**Learning:** A mix of real work experience and skills training.

**Goal:** To help young people move into paid work.

## Project SEARCH



University Hospitals Plymouth NHS Trust delivers Project SEARCH Derriford, a supported internship programme designed to develop the existing strengths of young adults with a learning disability while giving them meaningful training and real experience in a workplace setting.

Working in partnership with PLUSS and City College Plymouth, we provide a highly supportive learning environment where interns can grow in confidence, build practical skills, and ultimately progress into mainstream paid employment.

**“Project SEARCH is a proven way of helping young people with learning disabilities to get into paid employment, paying into society and enabling them to achieve their dreams of an independent adult life”.**

## City College Plymouth ✎

City College Plymouth offers two programmes designed to help young people build confidence and prepare for employment.

**Pre-Supported Internship**, a structured introduction to the workplace through internal placements, job-coaching and activities that develop routines, communication, resilience and understanding of professional expectations. It is ideal for learners who need time to adjust to work environments before stepping into external placements.



**Supported Internship**, a full-time, one-year programme that places students with external employers, supported by on-site job coaches and personalised development plans. Interns develop practical skills, independence and employability while working towards the goal of progressing into sustained paid work or an apprenticeship.

## Your Future - On Course Southwest ✎

Unlock your potential and build a pathway to independence and employment through two complementary pipeline programmes. Designed to meet you where you are, these programmes provide the perfect stepping stones toward a brighter future.

### **Pre-Supported Internship**

Focus: Confidence, Independence & Core Life Skills  
Qualification: Entry Level in Personal and Social Development, plus maths and English Functional Skills.

### **Supported Internship**

Focus: Work-based learning and progression toward sustainable employment.  
Qualification: Level 1 Employability Skills Certificate, plus English and maths Functional Skills.





## Skills Bootcamps

Health and Social Care Skills Bootcamps are short, intensive training programmes designed to help adults quickly gain the practical skills needed for roles in the care sector. They are free for eligible learners and typically last up to 16 weeks. Delivered in partnership with local employers, these bootcamps cover topics like safeguarding, dementia care, infection control, and person-centred support. Completion often leads to a guaranteed job interview or career progression, making them a fast-track route into meaningful work in health and social care.

Skills Bootcamps provide practical, employer-aligned training for adults aged 19+ looking to upskill, retrain, or step into a new profession. They're an ideal route for adults returning to work, self-employed individuals, career changers, and those currently unemployed.

Types of courses include:

- Health and Social Care
- Coaching and Mentoring

Available at the following training providers:



# Sector-based work academy programmes



Department  
for Work &  
Pensions



jobcentreplus



A sector-based work academy programme (SWAP) can last up to 6 weeks. Placements have 3 main components:

- pre-employment training – matched to the needs of your business sector.
- work experience placement – a great opportunity for your business to identify talent and for the individual to cement their knowledge and understanding of the required role.
- a guaranteed job interview or help with an employer's recruitment process.

Delivered by Job Centre Plus in partnership with a local training provider. Caring Plymouth play a role in supporting the SWAPs, coordinating employability support and employer enaggeent, aligning the SWAPs in Plymouth with the local job market and health and social care employers.



Picture (right); SWAP in collaboration with On Course Southwest (2026) and Millfields Inspired, part of the Millfields Trust.

# Supported Employment in Plymouth

Supported Employment is an evidence based approach that helps disabled, neurodivergent and disadvantaged people find and sustain paid employment. Using recognised models such as the Supported Employment Quality Framework (SEQF) and Individual Placement and Support (IPS), it provides personalised support to individuals and employers, focusing on job matching, workplace inclusion, and ongoing support to achieve sustainable employment and career progression (British Association of Supported Employment, 2026).



## CONNECT TO WORK

Funded by **UK Government**

Connect to Work is a voluntary supported employment programme to help people with disabilities, health conditions and other complex barriers access and sustain meaningful employment. The programme provides personalised one-to-one support, including vocational profiling, job matching, health-related support and in-work assistance.



Livewell Southwest IPS programme helps people receiving support from mental health services to find, secure and sustain paid employment as part of their recovery and wellbeing journey. Working alongside community mental health teams, Employment Specialists provide personalised support tailored to each individual's goals, including CV development, job searching, interview preparation, benefits advice and ongoing in-work support.



Shekinah's Employment Programme delivers Individual Placement and Support (IPS) to help people in drug or alcohol treatment find and sustain paid employment. Using a personalised, strengths-based approach, Employment Specialists work closely with individuals to identify suitable job opportunities, provide training and employability support, and offer ongoing assistance to both employees and employers.

## Other available training

| Provider                                                                           | Overview                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>Connect 2 Care deliver practical training that helps adult care providers grow confident teams, raise care standards, and attract and retain talent. Through their apprenticeship and short course pathways including:</p> <ul style="list-style-type: none"> <li>• First Aid for Mental Health</li> <li>• Understanding Performance Management</li> <li>• Adult Social Care Certificate</li> </ul> |
|    | <p>Complete Training is about helping you achieve your potential. This page is your guide to making the most out of your experience with us, and how our online training service operates. Including:</p> <ul style="list-style-type: none"> <li>• ADHD awareness</li> <li>• Autism awareness</li> <li>• Basic Life Support</li> <li>• Introduction to British Sign Language (BSL)</li> </ul>          |
|   | <p>Curve Learning and Development provide health and social care training across the UK. With a combined total of 50 years of experience across all their staff, providing a high level of training. Curve deliver training nationwide and also offer an online eLearning portal that allows trainees to train wherever and whenever.</p>                                                              |
|  | <p>The Livewell SW Training Network is a social enterprise, committed to developing Health and Social Care Professionals for the future, as well as reinvesting its revenue into local Healthcare Services.</p>                                                                                                                                                                                        |

| Provider                                                                           | Overview                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>Providing e-learning to educate and train the health and care workforce. These e-learning programmes are developed in partnership with the NHS, third sector and professional bodies and can be accessed for free, 24/7 by health and care professionals.</p>                                                                                                                                                            |
|    | <p>An adult education provider that can provide funded and full cost courses designed to meet your business need. Health and Care related courses that can be tailored for your team including;</p> <ul style="list-style-type: none"> <li>• Face to Face</li> <li>• E-Learning</li> <li>• Blended learning</li> <li>• Skills Bootcamps</li> <li>• Workshops</li> <li>• Qualifications</li> <li>• Digital Badges</li> </ul> |
|   | <p>A range of eLearning modules to support the development of knowledge and skills in different areas. Including</p> <ul style="list-style-type: none"> <li>• Creating an inclusive organisation</li> <li>• eLearning to support CQC inspection</li> <li>• Introductory modules for managers</li> <li>• Learning from accidents and events</li> <li>• Digital Skills eLearning</li> </ul>                                   |
|  | <p>The courses offered support and develop all those who care for terminally ill patients and their families, both clinically and non-clinically.</p>                                                                                                                                                                                                                                                                       |
|  | <p>T2 provides a range of industry leading Apprenticeships in Health and Social Care and Apprenticeships in Management throughout the UK.</p>                                                                                                                                                                                                                                                                               |

# With thanks to...

