



First steps into nursing

Will I like it? • How do I study?
Where will it take me? • How do I start?

Virtual work experience
week

5th-9th July

For all school and college leavers in Bristol,
North Somerset and South Gloucestershire

Led by professionals from 'Healthier Together', the partnership of local health and social care employers.

Could nursing be for you?

Good job prospects

There are over 40,000 jobs in health and social care in Bristol, North Somerset and South Gloucestershire, making us the largest employer in the region.

High demand

Once trained your skills will be in hot demand. For example, we have over **650 vacancies** for registered nurses in our area today.

Lots of ways to train

It's never been easier to find the right way to train – you can work first to get a taste for the role and find an apprenticeship; or you can go direct to university.

Variety and flexibility

From children to older people, from A&E to working in the community, you can find a level of training and an area of nursing specialism that suits you.

Book your place today!

Sign up via the [SpringPod website](#). Day-by-day programme listed overleaf.

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First steps into nursing

Monday 5th

- **Welcome to the week:** how to use the platform and get the most from the experience.
- **About the sector:** an introduction to the world of health and social care.
- **Our values:** what it takes to care for a living.

Live webinar:
10:00-11:00
Career pathways
in health and
social care

You have to want to be a doctor or a nurse to work in health and care, right? Wrong! There are over 350 job roles in our sector. We show you the huge variety of career pathways – and what you can do straight out of school or college.

Tuesday 6th

- **Career pathways:** find the right route for you!
- **The flexible route:** working your way up from care worker – and apprenticeship options.
- **The direct route:** college and university courses and work placements.

Live webinar:
10:00-11:00
Day in the life of
a care worker
and nurse

What's a typical day like? Join our webinar to hear a care worker, a nurse, a nursing assistant and a nurse apprentice talk about their lives at work and the highs and lows of their jobs. There'll be a chance for you to ask questions too.

Wednesday 7th

- **Mental Health Nursing:** skills and characteristics; an insight into mental health conditions; a day in the life; reflection quiz.
- **Adult Nursing:** skills and characteristics; a day in the life; reflection quiz; A&E diagnosis scenario.

Live webinar:
10:00-11:00
Patient care and
the 6 'Cs' of
communication

What does it take to care for people for a living? And how do our communication skills make all the difference to the way someone feels? By the end of this session, you'll find that communication is so much more than the words we say.

Thursday 8th

- **Learning Disability Nursing:** skills and characteristics; a day in the life; interview questions; reflection quiz and activity.
- **Children's Nursing:** skills and characteristics; example situations; a day in the life; reflection quiz.

Live webinar:
10:00-11:00
Simulation time!
Five health and care
situations reenacted

What would you do? We share five simulations, including a response to someone having a cardiac arrest in the street and a situation in an Emergency Department. We walk through the decisions taken at every stage – and their consequences.

Friday 9th

- **What next?:** We introduce you to employers in Bristol, North Somerset and South Gloucestershire and explain the job search and application process.
- **Final assignment:** what first steps will you take on your route into nursing?

Live webinar:
10:00-11:00
What next? Tips on
where to apply and
how to shine

Where are jobs advertised? What job titles do I search for? How do I make my application stand out? What preparation should I do for the interview? We explain the recruitment process, plus our tips on how to stand out from the crowd.

Eligibility and attendance: You must sign up for the [First Steps into Nursing work experience week](#) in advance. Places are limited to 150 and only students in Bristol, North Somerset and South Gloucestershire are eligible. The programme is self-paced and hosted on SpringPod with local employers and experienced speakers leading various sessions. Please allow three hours per day and plan to join the live webinars at 10.00 o'clock daily to get the most out of the programme.