

## Core skills group activities

These group activities can be used by social care employers to support their staff to develop their core skills, including English, number, digital and employability skills.

They can also be used to support:

- the Care Certificate in induction
- team meetings
- ongoing learning and development in the workplace.

They're based around discussion activities and focus on a range of topics in everyday care work, to give workers the opportunity to reflect on their practice.

Below is a list of the group activities and how they can support you to develop core skills, and how they map to the Care Certificate standards. In addition, the activities involve group discussion which encourage staff to communicate and work together to problem solve.

Group activity	Topic
Health and safety law in care	Health and safety law and regulations in the workplace
Store food safely	How to store different foods safely
What makes a good care worker?	The values, skills and qualities needed to make a good care worker
How do I learn best?	The different ways of learning and how people learn differently
Learning from experience	How workers can reflect on their own practice to improve care and support
What type of learning would help?	What training topics would help workers in different situations
Writing care notes	Good and bad practice when writing care notes
Care plans	The different sections of a care plan
How accurate do you need to be?	The level of accuracy needed when recording different weights and measurements
Weights and measures in care work	Important weights and measures in care work
Giving people choice	How a person's background, cultural or religious beliefs might shape dietary requirements
Dietary needs	How different health conditions are related to dietary needs
Terminology for personal care	Common terms used in social care

Who do I tell?	Where workers can find more support to help them in different situations
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### **How should I use the activities?**

The activities are all card-based, and staff will need to work together around tables. It might also be useful to have a flipchart to capture ideas throughout the discussion.

Each activity pack has instructions about how you could use the activity, including questions you could ask to prompt further reflection and discussion.

The activities feature a range of topics and practical scenarios relevant to both residential and domiciliary care settings. You might also want to change some of the activity cards to make them relevant to your workplace.

### **What about staff who have literacy needs or who don't have English as a first language?**

As far as possible, the tasks are designed to be accessible for those who may have literacy or language needs. Staff are only expected to read small amounts of text, often perhaps just one or two sentences on a card, and then reflect on what they have read.