Step into the NHS

This resource from Health Education England gives children an awareness of the range of jobs available within the NHS, challenges gender stereotypes and helps them to think about their strengths.

Suitable for a range of pupils: designed for years 3 to 6, as well as SEND pupils

There are 5 activities in this pack that can be split over a week.

Activity 1: Who am I? (30 mins)
Ask children to discuss what they really like doing and why (hobby, games or family activities). Complete worksheet using words or pictures. What do they think they might want to do when they grow up and why?

Activity 2: “Like me” or “not like me” (30 mins)
Children complete the worksheet and discuss it with you, or a family member. They describe themselves, giving reasons to explain why they made those choices.

Activity 3: Job cards (1 hr – can be split in to two 30 min sessions)
Children explore the job cards, learning about different roles within the NHS and what types of people might enjoy those jobs. Ask them which jobs sound most interesting to them and why. Are there any other jobs in the NHS they know about?

Activity 4: Hire me! (30 mins)
Children respond to the advert by applying for a job of their choice. They can use the information from the job cards to guide their choice about what job they might like to do.

Activity 5: Say thank you! (30 mins)
Ask children to create a poster thanking the NHS, either as a whole or by choosing one of the job roles they have learnt about to highlight. Let children know that NHS staff are helping to keep people safe and we can show our appreciation by making a poster to display in our windows.

For more information and activities related to this resource please visit: https://www.stepintothenhs.nhs.uk/

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### Who am I?

**Name:** __________________________

<table>
<thead>
<tr>
<th>My favourite things</th>
<th>I am good at...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject:</td>
<td></td>
</tr>
<tr>
<td>Book:</td>
<td></td>
</tr>
<tr>
<td>Food:</td>
<td></td>
</tr>
<tr>
<td>TV show:</td>
<td></td>
</tr>
<tr>
<td>Hobby:</td>
<td></td>
</tr>
</tbody>
</table>

**Three words that describe me are...**

1. 
2. 
3. 

**Sometimes I need help with...**

**When I grow up, I want to be...**

**My family**

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Together we can make a difference!
Tick the things that best describe you and put a cross against those least like you. You can add some descriptions of your own if you want to.

<table>
<thead>
<tr>
<th>Like me? ✓ or ×</th>
<th>Like me? ✓ or ×</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great at following instructions</td>
<td>Help to solve problems</td>
</tr>
<tr>
<td>Patient</td>
<td>Cheerful and friendly</td>
</tr>
<tr>
<td>Like being active</td>
<td>Natural leader</td>
</tr>
<tr>
<td>A good listener</td>
<td>Don’t lose concentration easily</td>
</tr>
<tr>
<td>Can work with anyone</td>
<td>Like doing lots of different things</td>
</tr>
<tr>
<td>Technology whizz</td>
<td>Organised</td>
</tr>
<tr>
<td>Caring and kind</td>
<td>Like science</td>
</tr>
<tr>
<td>Good at making decisions</td>
<td>Enjoy talking to people</td>
</tr>
<tr>
<td>Work well in a team</td>
<td>Shy</td>
</tr>
<tr>
<td>Creative person</td>
<td>Take responsibility for tasks</td>
</tr>
<tr>
<td>Calm – even when things don’t go to plan</td>
<td>I think I can do any job I want to in the future if I work for it</td>
</tr>
<tr>
<td>Interested in food and cooking</td>
<td>Enjoy a challenge</td>
</tr>
</tbody>
</table>

Are they any others you would like to include? Write these in the spaces below


Together we can make a difference!
Meet Stephanie
Porter

What do they do?
As a porter you can work all around a hospital moving patients and delivering medicines to the right wards.

Every day Stephanie takes and collects patients to and from the x-ray department. Patients are either in a wheelchair or a hospital bed on wheels.

3 top tips
You will enjoy this job if you are:
1. Friendly and helpful
2. Physically fit for lifting, walking, pushing, etc.
3. Able to follow instructions carefully

Best thing
Stephanie enjoys getting to know the patients. Just having a chat and a laugh can make them feel better.

To find out more, visit...
www.stepintothenhs.nhs.uk | www.healthcareers.nhs.uk

Meet Lydia
Receptionist

What do they do?
Receptionists are often the first people NHS patients see. They welcome people to a hospital, health centre or local GP surgery, for example.

Lydia used to work in a hospital before moving to her local GP surgery. She books appointments, enters patients’ details onto computer systems and answers phones and queries from patients and other staff.

3 top tips
You will enjoy this job if you are:
1. Confident using the phone
2. Patient and understanding
3. Can work with all types of people

Best thing
You’re unforgettable! Even in a large hospital, everyone passes by your desk, so they know who you are.

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www.stepintothenhs.nhs.uk | www.healthcareers.nhs.uk

Meet Richard
Children’s nurse

What do they do?
Nurses work with people of all ages and backgrounds in a variety of places, such as patients’ homes, communities and hospitals.

Richard is a children’s nurse but there are also nurses specially trained to work with adults, people with learning disabilities or with mental health problems. Some work on wards while others work in A&E.

3 top tips
You will enjoy this job if you are:
1. A good listener
2. Able to easily make people feel comfortable
3. Able to carry out many tasks at once

Best thing
Richard enjoys being around children and young people, and making a positive difference to their lives.

To find out more, visit...
www.stepintothenhs.nhs.uk | www.healthcareers.nhs.uk

Meet Francesca
Accident and emergency doctor

What do they do?
Francesca works in the accident and emergency department of a hospital. She cares for and treats emergency patients as quickly as possible. This may involve anything from broken legs to major accidents.

Francesca never knows who will come through the door next!

3 top tips
You will enjoy this job if you:
1. Like making quick decisions
2. Work well in a team
3. Stay calm under pressure

Best thing
Francesca likes meeting lots of interesting patients every day and working with lots of people.

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Together we can make a difference!
Meet Joe
Laundry assistant

What do they do?
Joe helps make sure that hospital departments have stocks of clean uniforms and linen, such as sheets and towels. He collects them, sorts them, cleans them and delivers them.

Clean linen is an important part of healthcare as dirty linen that has not been cleaned correctly can spread infection.

3 top tips
You will enjoy this job if you are:
1. Able to follow instructions carefully
2. Very health and safety aware
3. Able to work in a team

Best thing
Joe likes that the job keeps him physically active.

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www.stepintothenhs.nhs.uk | www.healthcareers.nhs.uk

Meet Katie
Diagnostic radiographer

What do they do?
Katie works as a diagnostic radiographer at her local NHS hospital. She uses a variety of different methods to take pictures, or images of the insides of peoples’ bodies. For example, she might take an x-ray of a child’s leg and see that it is broken. She tells the doctor and other members of the team what she has found so the patient can be treated.

3 top tips
You will enjoy this job if you are:
1. Interested in technology
2. Very safety aware as you will need to handle equipment carefully
3. Patient and understanding

Best thing
Katie likes that she works with nearly all the departments in the hospital including A&E.

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Meet Oscar
Housekeeper

What do they do?
Oscar works on a hospital ward. He helps make sure it is clean and safe, and an attractive place for patients. For example, he:

• Checks there are clean bed sheets and they are stored in the right place
• Prepares snacks and drinks
• Reports faults
• Talks to and reassures patients

3 top tips
You will enjoy this job if you are:
1. Friendly and like working with others
2. Able to take responsibility for your own work
3. Physically fit for moving, lifting and cleaning

Best thing
Oscar likes being part of the ward team and coordinating the catering and cleaning.

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Meet Lynn
Chef

What do they do?
Lynn works in a hospital kitchen. She ensures hundreds of patients receive healthy, nutritious meals. She manages a team of assistant cooks and kitchen staff. Some patients have special dietary requirements so she makes sure these meals are prepared separately.

3 top tips
You will enjoy this job if you are:
1. Interested in food and cooking
2. Willing to work in hot, noisy conditions
3. Keen to provide good customer service

Best thing
Lynn is really interested in food and loves cooking. She loves that she can help people who are unwell at the same time.

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Together we can make a difference!
What do they do?

Anaesthetists work in many different areas of the hospital. Sarah is responsible for providing anaesthesia to patients for operations.

Once patients have received anaesthesia, they fall unconscious or lose feeling in part of their body. This is so they don’t feel any pain during the operation.

3 top tips

You will enjoy this job if you are:
1. Can make quick decisions
2. Can work under pressure
3. Like learning about new techniques and treatments

Best thing

Sarah likes that every day is different and she gets to work with all kinds of patients.

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What do they do?

Bynvant makes use of a wide range of knowledge and skills to perform surgery. Surgery can be needed for lots of different reasons. For example, to fix broken limbs, remove tumours or to transplant an organ.

Surgeons also have an important role to play in A&E departments when emergency surgery is needed.

3 top tips

You will enjoy this job if you are:
1. Can lead a team, even under pressure
2. Are calm and reassuring
3. Are always willing to learn about new technology

Best thing

Bynvant enjoys the atmosphere in the operating theatre and working closely with other people.

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What do they do?

Luke works in a hospital but healthcare assistants can work in the community too. Luke works under the guidance of a nurse. He looks after the needs of patients.

For example, he:
- Washes and dresses patients
- Helps them move around
- Makes beds
- Serves meals
- Makes sure they are comfortable

3 top tips

You will enjoy this job if you are:
1. Cheerful and friendly
2. Willing to be hands-on with patients
3. Willing to do personal care tasks

Best thing

Luke loves caring for patients and watching a person improve during their stay in hospital.

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What do they do?

Abibi mainly works in the hospital’s operating theatre and recovery area. She works with patients of all ages and is involved in each stage of a person’s operation.

For example, she:
- Gives them information before the operation
- Works with the surgeon to provide instruments and needles during the operation
- Offers the patient care and support after the operation

3 top tips

You will enjoy this job if you are:
1. Have great attention to detail
2. Can concentrate for lengthy periods of time
3. Can react quickly in an emergency

Best thing

Abibi likes helping a patient through an operation and giving them the confidence that all will be well.

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Job Cards

Meet Saghar
Biomedical scientist

What do they do?
Saghar works in a laboratory in her local hospital. She uses high-tech medical equipment to carry out a range of tests on patients’ blood.

3 top tips
You will enjoy this job if you are:
1. Like science and lab work
2. Are able to concentrate on detailed tasks
3. Can explain complicated things clearly

Best thing
Saghar always wanted to do something that made a difference and is happy that she can use her scientific skills to help people.

To find out more, visit...
www.stepintothens.nhs.uk | www.healthcareers.nhs.uk

Meet Matt
Operating department practitioner

What do they do?
Matt works mainly in his local hospital’s operating theatre and has a range of responsibilities. For example, he:
- Helps the anaesthetist give general anaesthetic before an operation
- Prepares all the necessary instruments and equipment for the operation
- Is responsible for the instruments and equipment during the operation
- Monitors patients after the operation

3 top tips
You will enjoy this job if you are:
1. Cheerful and friendly
2. Willing to be hands-on with patients
3. Willing to do personal care tasks

Best thing
Matt loves being part of a team where his input is valued.

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Meet Luca
Phlebotomist

What do they do?
Luca takes blood samples from patients and ensures they are delivered safely to the laboratory for testing. Blood samples help diagnose illness.

Patients may be nervous about having their blood taken, so he needs to reassure them and put them at ease.

3 top tips
You will enjoy this job if you are:
1. Willing to be hands-on with patients
2. Careful and orderly
3. Able to put patients at ease

Best thing
Luca enjoys being part of a life-saving medical team, and meeting all sorts of people every day.

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Meet Amy
Pharmacist

What do they do?
Amy works in a hospital but pharmacists can work in other places too like a health centre or GP surgery.

Amy is an expert in medicines. Medicines are the most common treatments offered to NHS patients to make them better. She works as part of a team to make sure patients receive the most effective ones.

3 top tips
You will enjoy this job if you are:
1. Responsible
2. Accurate and methodical
3. Good at explaining things clearly

Best thing
Being a pharmacist isn’t about sticking labels on medicine boxes. There’s much more to it than that. Amy really enjoys using her knowledge of medicines to help others.

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Meet Tyiba
Patient transport service driver

What do they do?
Tyiba drives a patient transport service vehicle which is a specially designed ambulance used for non-emergencies. She drives people to hospital, clinic and home.

3 top tips
You will enjoy this job if you are:
1. Like driving
2. Are able to navigate an area using sat navs or maps
3. Have good customer service skills, especially when dealing with patients

Best thing
Tyiba loves driving! She thinks it’s a bonus to be able to help people while doing it.

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Meet Peter
Physiotherapist

What do they do?
Peter works with people to help with problems that affect their movement.

For example, a patient might find it difficult to walk after a serious illness or after breaking their leg. He creates special exercises for them to help. Sometimes he uses massage and other techniques too.

3 top tips
You will enjoy this job if you are:
1. Happy to be hands-on with patients
2. Able to motivate people
3. Physically fit as the work can be demanding

Best thing
Peter was so happy when he saw a lady walk who had been told she would never walk again.

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Meet Laura
Orthopaedic practitioner

What do they do?
Laura puts casts and splints on limbs and joints to keep them in position while they heal.

Casts can be made from different materials so she needs to work out which will be most suitable. She advises patients after the cast has been fitted. Sometimes she speaks to them over the phone.

3 top tips
You will enjoy this job if you are:
1. Willing to work with messy materials
2. Able to work with people who are upset
3. Able to work quickly and carefully

Best thing
Laura loves working with patients of all ages and conditions.

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Meet Memory
Practice nurse

What do they do?
As a general practice nurse, Memory works in a GP surgery.

On a typical day, she helps patients with a range of minor illnesses like coughs and colds. She also gets to do other things like manage and dress wounds and give flu jabs. If patients have diabetes, she discusses blood test results with them.

3 top tips
You will enjoy this job if you are:
1. Good at making decisions
2. Highly organised
3. A problem solver

Best thing
Memory loves that her job has a lot of variety and that no two days are ever the same.

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Meet Pete
Dietitian

What do they do?
Pete advises people about their food and nutrition. He helps them make informed and practical choices. For example, he might plan a suitable diet for someone who has diabetes, is overweight or has an allergy. A dietitian aims to encourage sensible decisions around food for a healthier lifestyle.

3 top tips
You will enjoy this job if you are:
1. Interested in science and food
2. Interested in people and their lifestyles
3. A positive and motivating person

Best thing
Pete enjoys being a part of a patient’s journey and seeing the positive results at the end of it.

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Meet Isma
Health records staff

What do they do?
Ismas works in a team that is responsible for organising, updating and storing records. This can be either a paper record or an electronic one – or a mix of both. If there is an urgent request from A&E, she drops what she is doing and gets those records immediately.

3 top tips
You will enjoy this job if you:
1. Have good IT skills
2. Are accurate and organised
3. Are confident using the phone

Best thing
Ismas likes the fact that if anyone gets too busy in the team, they help one another out.

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Meet Tanya
General practice doctor (GP)

What do they do?
Tanya sees a number of patients who have all sorts of conditions. She offers advice and treatment. If a patient needs specialist care, she organises a hospital appointment for them. Once she finishes at the surgery, she does home visits.

3 top tips
You will enjoy this job if you are:
1. Really interested in working with people
2. Good at listening and talking to people
3. Interested in running a business

Best thing
Tanya thinks treating patients and helping to keep them healthy is the most rewarding thing ever.

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Meet Emerson
Orthoptist

What do they do?
Emerson works in a community health centre although orthoptists can also work in a hospital. He helps people with eye problems such as squints or double vision. He works with patients of all ages. Treatments can include eye patches, glasses or eye exercises.

3 top tips
You will enjoy this job if you are:
1. Interested in science
2. Willing to work alone or in a team
3. Able to work with adults or children

Best thing
The most rewarding part for Emerson is seeing how grateful patients are for his help and care. He loves seeing an improvement in a child’s vision after he has done patching.

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Together we can make a difference!
**Meet Kerry**

**Podiatrist**

**What do they do?**
Podiatrists like Kerry treat and prevent foot and leg problems.

People tend to think podiatrists just cut toenails and deal with verrucas. In reality, they look after a wide range of problems that they first notice in the feet. They are trained to spot problems early.

**3 top tips**
You will enjoy this job if you are:
1. Able to handle other people’s feet
2. Able to interact well with other people
3. Willing to work alone or in a team

**Best thing**
Kerry gets a lot of pleasure from keeping patients mobile. She enjoys helping them get on with their daily life.

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**Meet Stephanie**

**Health trainer**

**What do they do?**
Stephanie helps people understand how their behaviours might be affecting their health. She supports individuals to create a health plan. The health plan sets out goals to improve their health.

She supports people in different ways. For example, through healthy eating, exercise, losing weight and drinking sensibly.

**3 top tips**
You will enjoy this job if you:
1. Want to help people to stay healthy
2. Like working closely with others
3. Have a positive and supportive attitude

**Best thing**
Stephanie finds her job very rewarding. She thinks it’s because the one-to-one work is so personal. She enjoys helping people achieve their goals.

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**Meet Elisha**

**Paramedic**

**What do they do?**
Paramedics respond to 999 and 111 calls.

In the past, paramedics provided emergency treatment and transported patients to hospital in an ambulance. As a modern day paramedic, Elisha assesses patients, diagnoses problems and provides treatment, often in the patient’s own home. Not everyone needs to be taken to hospital.

**3 top tips**
You will enjoy this job if you are:
1. Able to understand a situation quickly
2. Calm in stressful situations
3. Confident and reassuring

**Best thing**
Most of all, I love the feeling that I’ve helped others in their moment of need, whether it’s a patient having a heart attack or an elderly patient who’s fallen over and just needs a helping hand to stand up.

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**Meet: The other people who work for the NHS**

**What do they do?**
There are more than 350 different jobs in the NHS, so we couldn’t include them all.

The people you have met on these job cards are just some of the 1.7 million people who work for the NHS doing all these different jobs.

**Top tip**
You may be surprised how many people you know who work for the NHS – asking people about their work is one of the best ways to find out what’s it’s really like to do a particular job.

**Best thing**
With so many roles to choose from in the NHS there really is a job to suit everyone.

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Together we can make a difference!
The Classroom Gazette

THE NHS NEEDS YOU!

Become a __________________________
Lifesavers needed for more than 350 jobs. Every job counts.
Apply NOW!

Complete your application form by answering the three points below.

1. Tell us about yourself.

2. Why do you want this job?

3. Why would you be good at this job?