

ADULT SKILLS CENTRE



Introduction to Care

This introduction will develop your understanding of working in the care sector.

The following units are covered:

- The roles and responsibilities of a care worker
- Mental health and wellbeing fundamentals
- Employment rights, contracts and pay

Introduction to Catering and Hospitality

The hospitality industry offers many varied roles involved with food processing and production. This basic qualification is for anyone in good handling and provides food safety training, with a final assessment.

The following units are covered:

- Food safety and storage
- Health and safety awareness in a working environment
- Recognising and supporting equality and diversity at work
- Understanding how to be successful

To find out more, please visit: colchester.ac.uk/adult-skills-centre

Call us: 01206 583333