



# Step into care

Find the right career for you - care offers more than you might think.

Adult care offers the chance to make a real difference every day, while building confidence, skills, and a future you can be proud of.

**Step into care** is a short, beginner-friendly course designed to help you get started. You'll gain practical skills, real-world insight, and the support you need to take your first steps towards a rewarding career in health and social care.

## Why choose this course?

### Explore a future in Care:

Discover the different jobs available in health and social care and find where you fit.

**Develop essential skills:** Learn the skills and values you'll need to thrive in a social care setting.

**Understand what quality care looks like:** Gain the knowledge and mindset to support people with dignity, respect, and compassion.

## Who is this course for?

Anyone interested in starting a career in care. Whether you're new to the sector, returning to work, or exploring a career change, this course sets you up for real employment opportunities.

## Ready to start?

Take your first step into a meaningful future.

**Step into care**, sign up today.



## What should I expect from **Step into care**?

You will learn about:

- the roles available in care
- other people's differences and how to help them feel included
- the safeguarding basics
- the importance of building empathy and inclusion
- how dignity and respect is central to quality care

You'll finish the course with practical insights, increased confidence, and clear next steps toward helping you make a decision if a career in care is for you.

### Entry requirements:

Available to unemployed adults, living in the Greater Manchester area, ready to take their first step into health and care.

MK26-005



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