

Careers East Sussex: Careers in...Health & Social Care

The following information is being sent to you following your attendance at/interest in our week long series of events looking at careers in a variety of sectors.

Webinar catch up

On 27th May 2021, we were joined by an expert panel of local employers who shared their knowledge and experience of careers in the Health & Social Care sector.

The sector is vast with a multitude of roles available at various entry points. This session focuses on the skills and characteristics required for a career in Health & Social Care and highlights the different routes that many have taken to reach their current position.

Panellists featured:

- Karen Stevens - Locality Manager - [Skills for Care Ltd](#)
- Charlotte Adishesiah - Service Manager - [East Sussex Healthcare NHS Trust](#)
- Neil Pincombe - Highly Specialist MSK Physiotherapist - [Eastbourne District General Hospital](#)
- Naomi Filsell - Learning Disability Services - [East Sussex County Council](#)
- Jacob Stone - Apprentice Podiatrist - East Sussex Healthcare NHS Trust
- Shannon Guglietti - Senior Transformation Programme Manager - East Sussex Healthcare NHS Trust
- Harry Van Hooven - Primary Care Workforce Planner - [NHS East Sussex CCG](#)

CAREERS EAST SUSSEX >

CAREERS IN HEALTH & SOCIAL CARE

> Meet healthcare employers live online > Myth-busting, hiring tips
> Learn about the right opportunities for you, right now

For more information on careers and routes in to education and/or training, visit www.careerseastsussex.co.uk.

Top tips

We asked our panellists what their top tips for success in the sector were, here are the highlights:

- 1) Be curious, ask questions and get involved – the sector is broad so there is always opportunity to move around
- 2) Qualifications are important but don't be put off by this – always think about the values of the organisation you want to work with and consider how they align with your own
- 3) Work experience is really important. It's a great way to practice communication skills that are vital for all roles in the sector
- 4) The sector is incredibly diverse so where possible, try to travel and understand different cultures and perspectives
- 5) Find a good mentor or coach that can help you and keep you focused during your learning

Find out more

Included below are some links to sites listed by some of our panellists that you may find helpful when thinking about next steps.

- <https://www.prospects.ac.uk/>
- <https://icould.com/>
- <https://www.everydayisdifferent.com/home.aspx>
- <https://successatschool.org/advisedetails/962/jobs-in-health-and-social-care>
- www.healthcareers.nhs.uk/career-planning/health-career-right-you
- www.healthcareers.nhs.uk
- <https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx>

Help and advice

If you are currently a student in East Sussex, you can gain further information on careers and next steps via the Careers Leader based in your school or college. If you are unsure who this may be or how you can get in touch, you can contact the Careers Hub team who can support you to get in touch:

<https://careerseastsussex.co.uk/get-in-touch/>

In addition, The National Careers Service provides free, professional careers information, advice and guidance to help you move forward with your career.

If you would like to find out more about the services they provide, or book a free appointment with a careers adviser visit: <https://www.cvk.org/services/career-guidance/> for details

For information or advice on financial support offerings available, you may find the following services helpful:

<https://sussexcommunity.org.uk/our-services/employment-support/>

<https://www.jobcentrenearme.com/universal-credit/>

Education and training providers

- <https://abacustraininggroup.co.uk/>
- <https://www.babcocktraining.com/contact-us/>
- <https://www.bexhillcollege.ac.uk/>
- <https://connect2care.net/>
- <https://hts.ac.uk/>
- www.escg.ac.uk
- www.brighton.ac.uk

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