

Qualification Purpose Statement

Qualification title

NCFE CACHE Level 1 Certificate in Well-Being (601/4182/7)

Overview

What will you study?

The NCFE CACHE Level 1 Certificate in Well-Being (601/4182/7) is a knowledge based qualification. It gives you the flexibility to choose from 11 optional units that suit to your needs and interests, and use the knowledge gained to progress on to further learning at level 2.

The units in this qualification are:

Unit 01 Introduction to stress and stress management

This unit gives you an opportunity to better understand stress, its causes and how it can affect people in various ways. You will explore a range of healthy strategies that can be used to prevent and reduce the effects of stress you encounter in your daily life, and you will gain an understanding of when and how you should seek specialist help if you are experiencing significant levels of stress.

Unit 02 Develop an awareness of mental health

You will broaden your awareness of cultural diversity in relation to mental health issues, explore what is meant by the term 'mental health', and consider the definition and causes of mental health difficulties. You will also develop your knowledge of the rights of those who experience mental health difficulties, and learn where appropriate support can be sought.

Unit 03 Develop an awareness of relationships and sexual health

In this unit, you will understand what is meant by 'Relationships' and 'Sexual Health' and consider a variety of information about the biology of sexual health and sexually transmitted infections, as well as the emotional impact of relationship issues.

Unit 04 Develop an awareness of substance misuse

The aim of the unit is to raise your awareness of the personal and social consequences of substance misuse, by investigating the causes and contributing factors.

Unit 05 Personal safety awareness

This unit introduces you to the concept of personal safety. You will examine situations that can increase risks to personal safety and consider ways to reduce this risk. The unit also covers ways to recognise potential conflict situations, as well as how to report any incidents that may occur.

Unit 06 Introductory awareness of the importance of healthy eating and drinking for adults

The aim of this unit is to develop your awareness and understanding of the importance of healthy eating and drinking for adults. You will focus on what is meant by a balanced diet and how individuals can eat and drink to stay healthy.

Unit 07 Introduction to alcohol awareness for the individual

This unit develops your understanding of the harmful effects of excessive alcohol consumption, the possible societal effects and where to seek help if needed.

Unit 08 Dementia awareness

In this unit you will develop an understanding of the most common types of dementia and how they can affect an individual. You will also explore practical ways in which a carer can take a personcentred approach to supporting an individual with dementia.

Unit 09 Understanding eating disorders

In this unit you will understand a variety of eating disorders, including how to recognise signs, symptoms and effects on health. You will also explore the link between food and feelings, and how to access more information and support.

Unit 10 Diabetes awareness in health and care

This unit will give you an opportunity to explore the characteristics and main types of diabetes, outline how people with diabetes can monitor their condition, and understand some of the key preventative measures that can be taken by those at risk.

Unit 11 Weight management and body image

In this unit you will research and analyse the health issues associated with poor weight management, understand the impact of body image on diet, and establish the characteristics of effective weight management. You will then put this knowledge into practice by outlining and reviewing your own weight management programme.

These units are all grounded in theory, giving you a chance to research and discuss the issues, whilst also offering plenty of opportunities to explore the topics in a practical context.

Who could take this qualification?

This qualification is suitable for learners aged pre-16 and above. There are no specific prior qualifications needed to access this qualification and it can be delivered in a wide variety of educational settings. It is designed for learners with an interest in developing knowledge of their own and others' well-being, perhaps with a view to continuing in Further Education.

What could this qualification lead to?

The NCFE CACHE Level 1 Certificate in Well-Being can support your progression in to further learning at level 2, for example:

- Level 2 Certificate in Understanding Nutrition and Health
- Level 2 Certificate in Awareness of Mental Health Problems
- Level 2 Certificate in Understanding Working with People with Mental Health Needs
- Level 2 Award in Substance Misuse
- Level 2 Award in Occupational Health and Safety
- Level 2 Award in Awareness of Dementia
- Level 2 Certificate in the Principles of Dementia Care
- Level 2 Certificate in Dementia Awareness
- Level 2 Diploma in Health and Social Care (Adults) for England
- Level 2 Diploma in Health and Social Care (Adults) for England (Adults with Learning Disabilities)
- Level 2 Award in Employment and Personal Learning Skills in Health
- Level 2 Award in Personal Well-Being

- Level 2 Certificate in Personal Well-Being

The NCFE CACHE Level 1 Certificate in Well-Being (601/4182/7) can also support your progression into employment, or progression within employment, in the following job roles:

- Childcare worker
- Counsellor
- Social worker
- Nutritionist
- Psychologist
- Nurse
- Police officer

Who supports this qualification?

The qualification is supported by the following providers, all of whom are on the Register of Training Organisations and have current contracts for delivery of provision:

- Newcastle College
- Newbury College
- Preston College

Each Centre has indicated that the NCFE CACHE Level 1 Certificate in Well-Being will help you to progress on to a qualification at a higher level.