

# Cambridge National Health and Social Care

Unit R033: Supporting individuals through life events

Task 1: Growth and development through a life stage

Task 2a: Impact of life events on individuals

Task 2b: Research and recommend support to meet individual needs



Remember, for task 1, 2 and 2a, focus on the same individual for your case study.

Links to help you....

<https://quizlet.com/gb/179229887/early-adulthood-development-19-45-years-flash-cards/>

<https://www.tutor2u.net/hsc/reference/physical-changes-in-early-adulthood-19-45-years#:~:text=During%20early%20adulthood%20stage%20an,strength%20start%20to%20slowly%20decline.>

<https://www.mind.org.uk/>

<https://www.actionforme.org.uk/>

Unit R035: Health Promotion Campaigns

Task 1a: Choose a public health challenge

Task 1b: Choose your health promotion campaign

Task 2: Plan your health promotion campaign

Task 3: Deliver your health promotion campaign

Task 4: Evaluate your own performance

Links to help you....

<https://campaignresources.phe.gov.uk/resources/campaigns>

<https://www.who.int/campaigns>

<https://www.nhs.uk/mental-health/>

<https://www.nhs.uk/conditions/obesity/#:~:text=The%20term%20obese%20describes%20a,children%20aged%2010%20to%2011.>

<https://www.nhs.uk/healthier-families/>

<https://www.livelifewell.org.uk/campaigns-and-events/>