

## What other opportunities are there to gain experience?

### Step into the NHS: work experience

Visit: <https://www.stepintothens.nhs.uk/work-experience>

### Gaining experience – NHS Health Careers

<https://www.healthcareers.nhs.uk/career-planning/improving-your-chances/gaining-experience>

### Finding work experience in the NHS – NHS Health Careers

<https://www.healthcareers.nhs.uk/.../workexpTeachersGuide%5Bfinal%5D%20%282>

### Registering on the NHS Jobs Website for bank work, jobs or apprenticeships -

Visit: [www.jobs.nhs.uk](http://www.jobs.nhs.uk) to register and view current vacancies and apprenticeships.

### Voluntary Work, aged 16 and over -

Visit the Cheshire Career Hub website: <http://www.cheshirecareerhub.net> and download the 'Volunteering in the NHS' leaflet

### Volunteering opportunities -

Visit: Do it! [www.do-it.org.uk](http://www.do-it.org.uk)

St John Ambulance-[www.sja.org.uk](http://www.sja.org.uk)

British Red Cross-[www.redcross.org.uk](http://www.redcross.org.uk)

Community and Voluntary Services Cheshire East - [www.cvsce.org.uk](http://www.cvsce.org.uk)

To apply, please see the following links and contact details:

#### East Cheshire NHS Trust

[ecn-tr.careerdevelopment@nhs.net](mailto:ecn-tr.careerdevelopment@nhs.net)

#### Cheshire and Wirral Partnership NHS Foundation Trust

Lorraine Van-Sluis

Phone: 01244 393130

Email:

[lorraine.vansluis@nhs.net](mailto:lorraine.vansluis@nhs.net)

#### Countess of Chester Hospitals NHS Foundation Trust

Molly Whelan

Phone: 01244 362438

Email: [molly.whelan@nhs.net](mailto:molly.whelan@nhs.net)

#### Mid Cheshire Hospitals NHS Foundation Trust

<http://www.mcht.nhs.uk/work-for-us/work-experience/>

E-mail: [inspiring.futures@mcht.nhs.uk](mailto:inspiring.futures@mcht.nhs.uk)

#### Warrington & Halton Hospitals NHS Foundation Trust

Susan Cardus

E-mail: [susan.cardus@nhs.net](mailto:susan.cardus@nhs.net)

Phone: 01928 75 3537

#### Wirral Community NHS Foundation Trust

Catherine Gallagher

Phone: 0151 514 2203

Email: [catherinegallagher@nhs.net](mailto:catherinegallagher@nhs.net)

#### Wirral University Teaching Hospital NHS Foundation Trust

Alex Spencer (clinical work experience placements) -

[Alexandra.spencer@nhs.net](mailto:Alexandra.spencer@nhs.net)

Hollie Edwards (non-clinical WEX placements) -

[h.edwards4@nhs.net](mailto:h.edwards4@nhs.net)

#### Wirral Primary Care

Jennine Edge (Sunlight Group Practice)

[jennine.edge@nhs.net](mailto:jennine.edge@nhs.net)

#### North West Borough NHS Trust

Benjamin Forkin

Email (Personal) : [Benjamin.Forkin@NWBH.nhs.uk](mailto:Benjamin.Forkin@NWBH.nhs.uk)

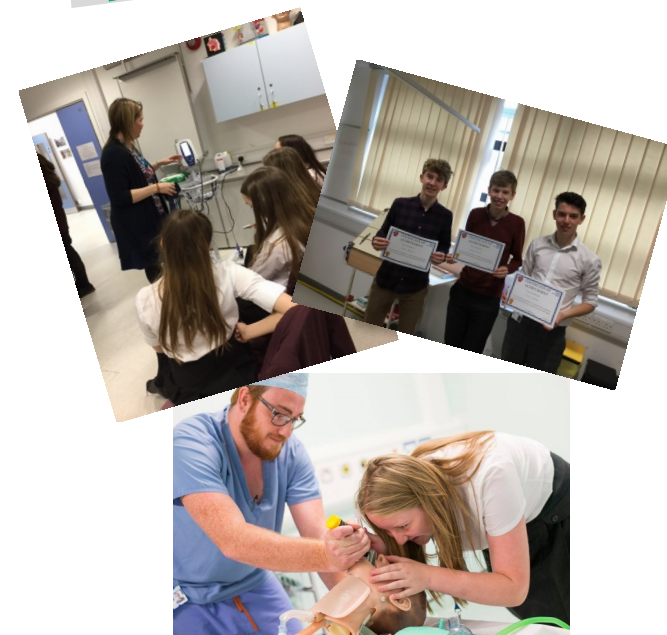
Email (Team) : [Talent.forCare@NWBH.nhs.uk](mailto:Talent.forCare@NWBH.nhs.uk)

Web: [www.nwbh.nhs.uk](http://www.nwbh.nhs.uk)



Building **careers** in health and care

*Work Experience  
in the NHS*



Engaging with our future workforce

## Engaging with our future workforce today!

Hospital Trusts, as major local employers encourage engagement with people from their local community in order to support aspirations to gain a future career in the NHS.

A variety of work experience programmes across Cheshire provide local people with a great opportunity to experience what it is really like working in a hospital environment.

## What types of activities can you do on work experience?

- ◆ Your work experience might involve a hospital visit, hospital tour, bespoke work experience week, health careers event or hospital placement.
- ◆ Hospital placements are observational and vary in length from a half day placement to a full week or more.
- ◆ Volunteering can also be a great way to gain experience of working in a hospital.

- ◆ There are over 350 different jobs you can do in the NHS. You can choose to have a placement in a clinical or non-clinical area.
- ◆ You will shadow staff in various departments and learn what skills are required to carry out various roles, and have the chance to ask questions about how you can pursue a job in the NHS.
- ◆ You will have the opportunity to talk to patients and find out what it feels like to work in a busy caring hospital environment.

## Benefits of gaining Work Experience

- ◆ Allows people to make a more informed choice about their future career and gives a better understanding of the workplace.
- ◆ Provides young people with a valuable experience of the world of work and increases motivation and achievement by making education more relevant to working life.
- ◆ Helps people to develop new and existing skills, increase confidence, communication skills, the ability to take on responsibility, and provides the experience required to support C.V's and applications for NHS careers and health related courses.

## Benefits of Work Experience for the Trust

- ◆ Influences the quality of the future workforce by developing the confidence and employability skills of those on placement.
- ◆ Helps to open recruitment channels and to widen participation with the aim of finding a future workforce that is representative of the community that it serves.
- ◆ Work Experience enhances existing staffs supervision and mentoring skills when looking after people on work experience placements.



## Work Experience opportunities vary but may be offered in areas such as:

General Wards & Nursing  
Outpatient Departments  
Midwifery  
Medical Shadowing  
Specialties such as Physiotherapy  
Office and Administration  
I.T  
Catering  
Estates and Facilities  
Finance...  
...and many more.

*Please note: Placements are not permitted in certain areas of individual hospital trusts but every effort will be made to find suitable and interesting placements.*