



# PUBLIC SERVICES - LEVEL 3 EXTENDED DIPLOMA YEAR 1 - BRIDGING WORK



## GENERAL

The uniformed public services is one of the largest services provided by the government to protect and serve the UK population. Working in the uniformed public services can be exciting, challenging, and interesting, every day is different, and you never know what will happen next, so you must always be prepared for the unexpected. One day you could be dealing with simple tasks and the next day you could be saving someone's life in an adrenalin filled situation. In the fire service there is plenty of down-time, but when the call comes, you could be fighting a large fire, extracting a driver from a vehicle in a road collision or dealing with a dangerous chemical spillage. As a paramedic, you could be helping to arrange social services

for a vulnerable person in the morning and take charge of a cardiac arrest team in the afternoon or attending a violent attack on a people with serious injuries. The armed forces carry out lots of different tasks in the UK to maintain their services, but with short notice, you could be fighting in a war-torn country the next week. As a police officer you could be taking a statement from a victim of crime one minute, in a riot situation or a violent arrest the next or giving evidence in a court. The unpredictability of these roles means high-quality training is essential to preparing staff for the rigours of uniformed public services roles. Staff need to keep themselves up to date with current procedures and legislation and maintain a fit and healthy body.

## TOPIC 1 – STAYING FIT AND HEALTHY

Working in the uniformed public services whether that be Fire, Police, Paramedics, or the Armed Forces, requires each member of the team to be fit, strong and healthy to carry out their role and to work long hours. Think about how you could stay fit and healthy whilst you are preparing for a public services role.

For this task you could create a chart or a poster to indicate a 1-week health and fitness plan. Show how you would maintain your fitness and diet for a healthy body. Think about the foods types you

would need to consume throughout each day, and the types of exercise you would need to perform.

These websites will help you think about how you can maintain a healthy diet and a good level of fitness:

<https://www.nhs.uk/live-well/exercise/exercise-health-benefits>

<https://www.nhs.uk/live-well/eat-well/>

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### **TOPIC 2 - COMMUNITY POLICING**

Communities rely on the good will of the people who live in them to keep a clean, safe, and pleasant place for people to live and work. Think about the community that you live in; does it feel safe? Is there a lot of crime? What types of crimes are most

common in your area? Find the crime statistics in your local area using the internet and prepare a short presentation on what types of crimes are common in your home area.

### **TOPIC 3 - MAKING A DIFFERENCE**

Now you have researched the crime in your local community, think about different ways of reducing the crimes. What sort of interventions would work? Think about the types of people committing the crimes, are they youths? Gangs? Are crimes related to one factor such drugs, or thefts of

motor vehicles? Now extend your presentation to offer solutions to the current crime trends in your community. What can the community do to stop crime being committed? What could the council and local police do to help reduce the crime rates?

### **TOPIC 4 - EQUAL OPPORTUNITIES**

Are there equal opportunities in the public services? Consider whether factors such as gender, race, socioeconomic background, disability, or sexual orientation have an impact on the opportunities to be successful in the public services. Look at the websites of the difference

public services to find out how they deal with equal opportunities, what services and support they offer their staff to ensure they are inclusive and encourage people from all backgrounds to join the public services. Write a short essay (300 words max) on your findings.

### **TOPIC 5 - PROGRESSION AND SPECIALISATION**

All of the public services offer fantastic career progression and specialisation opportunities for their staff. There are so many roles in the public services that can lead to some very exciting work, such as helicopter paramedic in the ambulance service, senior policing roles, firearms and specialist crime teams in policing, chemical experts or fire investigators in the fire service, explosives specialist, bridge building teams, flight controllers in the armed services. Think about the service you would like to work in and research the progression

and specialisation opportunities in that service. This time you can decide the best way for you to tell us about what you discovered in your research, how you would progress to those roles, how long it would take to progress or specialise and what special tests might you have to undergo to reach the progression or specialisation of your choice. You could do a presentation, a poster, a typed document, or any other way that suits your learning style.