
A career in the NHS



- <https://www.healthcareers.nhs.uk/working-health/working-nhs/who-works-nhs>
- <https://www.stepintohenhs.nhs.uk/careers>

NHS Careers: more than nurses and doctors

- <https://www.healthcareers.nhs.uk/explore-roles>
- Working with people
- Support services
- Psychology
- Pharmacy
- Play therapy
- Premises support
- Phlebotomy
- Radiography
- Ophthalmology

Skills:



Team working



Working under pressure



Dealing with the public



Initiative



Thinking on your feet



<https://volunteering.cuh.org.uk/volunteering-opportunities-2/programme-for-young-people-16-19/>



Qualifications

GCSE Maths, Science and English: Nursing: 4/5 Medicine: 8/9

Biology

Chemistry

Maths


Health and Social Care

Sociology

Psychology

EPQ

Health Care Assistant level 2 apprenticeship



Med Soc takes place every
monday afterschool!

- <https://www.medschools.ac.uk/studying-medicine/applications>
- 4 places for medicine plus one other
- Type of course: given a body or a book, different universities have different teaching methods
- 15th October deadline
- Wait and be patient, offers can be a long time coming (Clearing is possible but rare)
- Student finance is available. Funding rules are changing all the time.
- Bursaries are available through universities for specific students. Check the rules through the admissions office.
- <https://www.themedicportal.com/application-guide/ucas/>

UCAT



<https://www.ucat.ac.uk/about-ucat/universities/>



Students need to independently register



Scores come immediately



Some universities have a UCAT cut off score



<https://www.theukcatpeople.co.uk/medical-schools/ucat/how-universities-use-the-ucat>

2025 Test Scores

2025 Mean Total Score

The following data is valid up to the 26 September 2025 based on 41,354 tests taken.

The final total cognitive mean scaled score is **1891**.

The final mean scaled scores of the cognitive subtests are below:

Cognitive Subtest	2025
Verbal Reasoning (VR)	602
Decision Making (DM)	628
Quantitative Reasoning (QR)	661

The scaled score range for each cognitive subtest is 300 - 900.



European Universities

There are many European Medical Schools that teach in English. These

- ✔ [University of Nicosia Medical School, Cyprus](#)
- ✔ [Plovdiv Medical University, Bulgaria](#)
- ✔ [Charles University in Prague, Czech Republic](#)
- ✔ [Palacky University, Czech Republic](#)
- ✔ [Masaryk University, Czech Republic](#)
- ✔ [Riga Stradins University, Latvia](#)
- ✔ [Debrecen University, Hungary](#)
- ✔ [Lithuania University of Health Sciences, Lithuania](#)

[Medical Doorway](#) provides free advice to students aiming to study at every single one of its partner universities listed above.

Adult Nursing degree

- CCC to ABB depending on the university
- Health and Social Care very acceptable, becoming preferred
- Biology required for some courses
- Foundation year available
- Practical and theory
- Degree apprenticeships becoming available
- Good basis for later specialisation: paediatrics, cardiology, midwifery
- Paediatric nursing more competitive BBB
- Mental Health nursing also available
- In Hospitals, GP surgery, community, abroad, military
- Progression routes to health visitor and nurse practitioner



Midwifery Degree

- BBB to AAB
- Very competitive: older applicants
- Foundation year available
- Work with women not babies
- In hospital and in the community
- Health and Social Care very acceptable, becoming a preferred subject



Occupational Therapy degree

- Occupational therapy is the use of assessment and intervention to develop, recover, or maintain the meaningful activities, or occupations, of individuals, groups, or communities. It is an allied health profession performed by occupational therapists and Occupational Therapy Assistants
- Apprenticeships available
- Health and Social Care very acceptable
- Some universities require science including PE
- Other specialisms available eg: speech and language therapy,
- BCC to ABB



Operating department practice degree

- Operating department practitioners (ODPs) are a vital part of the operating theatre team, with their role varying from day to day. Working alongside surgeons, anaesthetists, nurses and healthcare support workers, ODPs ensure that every operation is as safe and effective as possible.
- BBC- ABB
- Foundation year available
- Health and Social Care or science



Physiotherapy degree

- Physiotherapy is the treatment of injury, disease and disorders through physical methods — such as exercise, massage, manipulation and other treatments — over medication and surgery.
- Lots of variations including sports therapy with rehabilitation
- Different types: sports, children, equine and canine
- Professional accreditation
- BBB to AAA or foundation year available
- Generally ask for a science including PE



Paramedic degree

- Paramedics have a highly responsible role, often being the senior ambulance service healthcare professional in a range of emergency and non-emergency situations. You will be one of the first healthcare professionals to arrive at the scene.
- Mental health is a major cause of call outs
- Health and Social Care or science
- Progression routes into emergency services
- Career development
- Driving licence required for some
- BBC to ABB
- Foundation year Birmingham City CCD either HSC or science
- Disaster management and emergency planning degrees



Dentistry degree

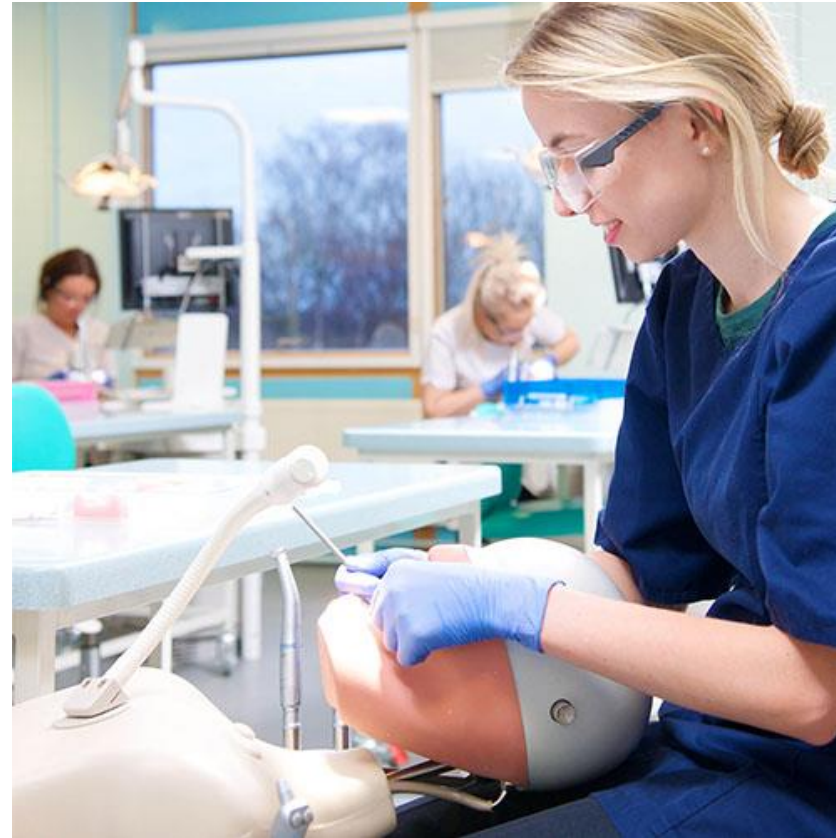
- AAA
- Biology
- GCSE grades
- Post graduate entry
- 5 year course
- Medicine and dentistry
- Some universities require UCAT/BMAT



POST GRADUATE

Dental nursing

- Apprenticeships
- Progression route to orthodontic therapist



Health care courses Interviews

- Group discussions
- One to one discussions
- Understanding of the importance of person centred care
- Care Certificate
http://www.skillsforhealth.org.uk/images/projects/care_certificate/Care%20Certificate%20Standards.pdf
- http://www.skillsforhealth.org.uk/images/standards/care_certificate/workbooks/Standard%204%20-%20Equality%20and%20diversity.pdf
- Role plays OSCEs (objective structured clinical examinations)
- Older applicants can be highly competitive in midwifery and nursing degrees



Medicine with a foundation year

<https://digital.ucas.com/coursedisplay/courses/aa4a3ef2-578b-4210-8104-3d5cac5d53e9?academicYearId=2021>

Check the other requirements which may include place of permanent residence or school rating.

Keele

Nottingham

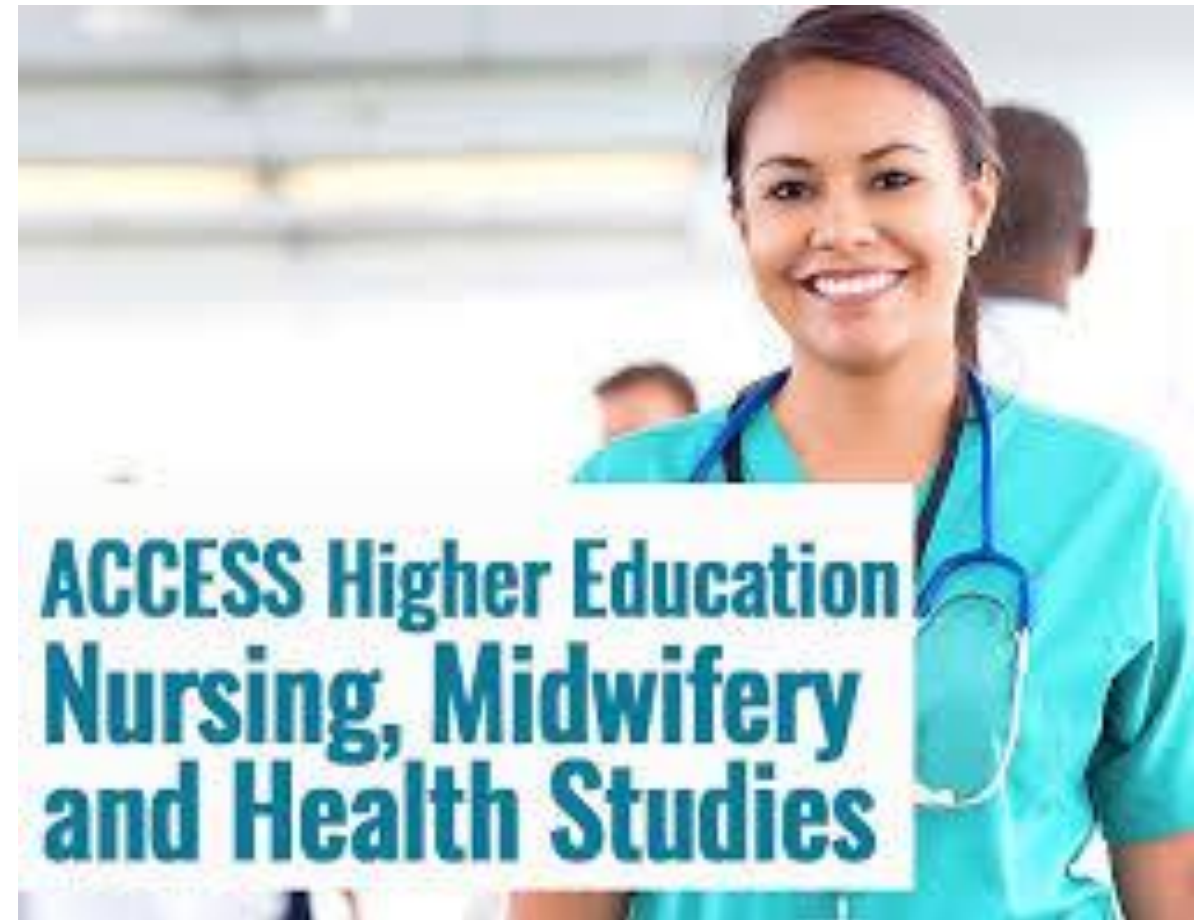
Lincoln

Bradford



Access courses

- <https://www.harlow-college.ac.uk/study-options/access-courses> nursing and medicine



Personal statement <https://www.ucas.com/undergraduate/applying-university/how-write-ucas-undergraduate-personal-statement>

Preparing

your personal statement

UCAS

1. Preparation



- You can only write one personal statement, so don't mention a uni or college by name.
- Check uni and college websites to see what skills and qualities they'd like you to have.
- Make a list of things you want to include.
- Start drafting early.

2. What to include



- Why you're interested in the subject.
- Your enthusiasm for the subject.
- How your previous studies relate to the course(s).
- Relevant aspects of jobs, placements, work experience or volunteering.
- Activities or hobbies that show your interest in the subject.
- Any training or achievements that show your skills.
- Demonstrate you're a great candidate and you have skills and qualities they're looking for.

3. How to write it



- Introduction – start with an opening sentence that encourages the reader to read on.
- Structure what you want to include in an order that's most relevant to what the unis and colleges are looking for.
- Conclusion – reinforce your commitment, enthusiasm and skills suited to uni / college life.
- Check your grammar, spelling and punctuation.
- Leave time to get feedback and redraft.

4. Technical details



- Length – up to 4,000 characters or 47 lines of text (including spaces and blank lines).
- Make sure you don't copy – our software detects any similarities and this could jeopardise your application.

- “ give an example of a situation where... when you...”
- Motivation
- Experience
- Skills
- Abilities
- Qualities

7 Cs

CARE

COMPASSION

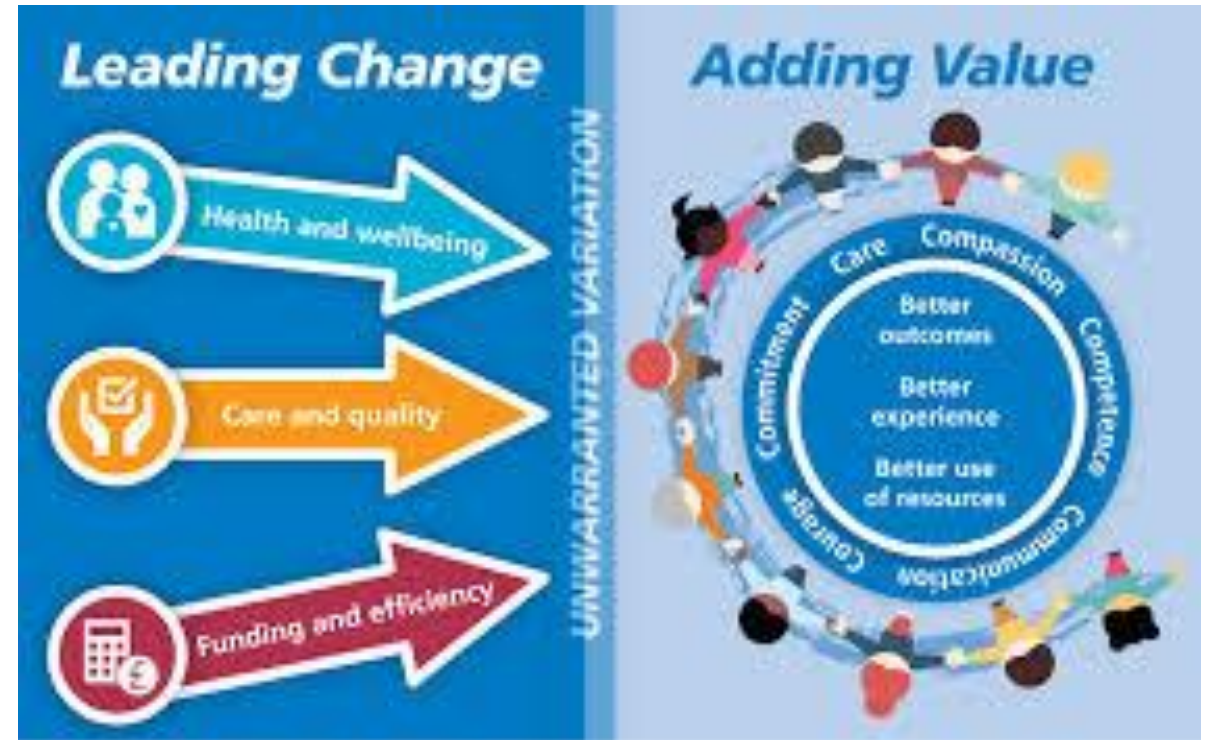
COMPETENCE

COMMUNICATION

COURAGE

COMMITMENT

CONSISTENCY



Opportunities to develop skills

- Addenbrookes volunteers
- ASU
- Science week
- Training sessions, visits and speakers
- Friends and family
- Uttlesford volunteers: Time Bank 18+
- Elderly care
- Dementia action alliance
- St Johns Ambulance
- Local residential care homes
- Local schools including SWCHS





Apprenticeships:

<https://www.ucas.com/alternatives/apprenticeships/apprenticeships-england/applying-apprenticeships-england>

- <https://www.anglia.ac.uk/study/degree-apprenticeships/nursing-bsc>
- <https://www.ucas.com/alternatives/apprenticeships/apprenticeships-england/what-apprenticeships-are-available/degree-apprenticeships>
- <https://www.careers.cuh.nhs.uk/apprenticeships/>
Addenbrookes apprenticeships

On line resources to support you



<https://bsmsoutreach.thinkific.com/courses/VWE>
virtual work experience



<https://www.medschools.ac.uk/media/2331/relevant-experience-for-applying-to-medical-school.pdf>
guidance on work experience for medical school



<https://www.nuffieldfoundation.org/evidence-and-impact/our-programmes/students-teachers/nuffield-research-placements> Nuffield research on line placements

On line resources to support you

- <https://icould.com/?s=Addenbrookes> job roles at Addenbrookes
- <https://www.skillsforcare.org.uk/Careers-in-care/Think-Care-Careers.aspx>
- Social care, skills quiz and job roles
- <https://www.healthcareers.nhs.uk/> explore NHS careers
- <https://www.scie.org.uk/search?sq=videos>
- Nursing the Nation: the role of the district nurse
<https://www.youtube.com/watch?v=fdpDoy9qYpE>
- Eleanor Longden, hearing voices:
<https://www.youtube.com/watch?v=syjEN3peCJw>