

Health and Wellbeing: HCPC student resource-

- There is a video which briefly discusses the HCPC and the new standards, leading onto why health and wellbeing is important and resources for supporting good physical and mental health.
- There is a power-point breakdown of the video which enables viewers to view at a slower pace and enlarge the text and images if needed. There are also links in the notes sections so that the resources can be easily accessed by the viewer.
- The links and resources in the video/presentation will lead the viewers to information, downloadable content and ideas that they can explore and use for themselves or for others.
- The three take home messages are included in the video/presentation.