

SRS Skills Bulletin

August 2026 . Issue 3



Celebrating learner success, quality training, and professional development across Scotland.

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Welcome to the August 2026 Edition

As we move into August and pass the halfway point of the year, we'd like to take a moment to reflect on everything we've achieved together so far.

It's been a busy and exciting few months at SRS Skills. We've welcomed new learners, celebrated candidates completing their SVQs, successfully completed our Qualifications Scotland External Verification, and launched our brand-new website to better support learners and employers across Scotland.

In this edition, you'll find the latest news from SRS Skills, inspiring learner success stories, helpful guidance, training updates, and information on the opportunities available to help candidates continue with their professional development.

Whether you're already working towards your qualification, considering starting an SVQ, or looking for high-quality training for your team, we hope you'll find something useful and inspiring in this issue.

As always, thank you for your continued hard work, commitment, and dedication to delivering outstanding care. We hope you enjoy the rest of the summer and look forward to supporting you throughout the remainder of 2026.

The SRS Skills Team

External Verification Success

A Successful External Verification Visit



We are delighted to announce that SRS Skills has successfully completed our recent Qualifications Scotland External Verification.

External Verification is an important part of the quality assurance process, providing independent confirmation that approved centres consistently meet the national standards required to deliver Scottish Vocational Qualifications (SVQs). The process reviews our assessment practice, internal quality assurance, learner evidence, and centre procedures to ensure qualifications are delivered fairly, consistently, and to the highest standard.

This successful outcome reflects the hard work, professionalism, and commitment of our entire team. We would like to thank our assessors, internal verifiers, learners, and employer partners for their contribution and continued support throughout the verification process.

For our learners and employers, this achievement provides reassurance that qualifications completed through SRS Skills continue to meet the rigorous standards expected by Qualifications Scotland and employers across the country.

As we continue to grow, we remain committed to providing high-quality support, maintaining robust quality assurance processes, and helping every learner achieve their qualification with confidence.

Thank you to everyone who played a part in this fantastic achievement.

Want to find out more?

Scan the QR code to read our full External Verification Report and learn more about our commitment to quality.



Our New Website is Live!

Designed with Our Learners and Employers in Mind

We are delighted to announce the launch of the brand-new **SRS Skills website**.



What's New?

- ✓ Clear information on all our SVQ qualifications
 - ✓ Dedicated training course pages
 - ✓ Helpful learner resources and guidance
 - ✓ Frequently Asked Questions
- ✓ Flexible payment and funding information
 - ✓ Easy online enquiry forms
- ✓ Mobile-friendly design for access anytime, anywhere

We encourage everyone to explore the new site and discover how SRS Skills can support your learning and development.

Explore our new website

Scan the QR code to learn more about our SVQs, training courses and learner resources.

www.srs-skills.uk



Meet Our New Assessors

As SRS Skills continues to grow, we're delighted to welcome two new Assessors & Internal Verifiers to our team.

Their knowledge, experience, and passion for supporting learners will strengthen the personalised support we provide to candidates across Scotland. Together, they bring a wealth of practical experience in health and social care and share our commitment to delivering high-quality assessment and helping learners achieve their qualifications.

Please join us in giving them a warm welcome to SRS Skills!

Rosemary Logan
Internal Verifier



We are delighted to welcome Rosemary Logan to the SRS Skills team as our Internal Verifier.

With over 40 years of experience in health and social care, training and workforce development, Rosemary has worked as a Care Home Manager and across local authorities, colleges and the voluntary sector.

Rosemary has extensive experience in SVQ assessment and internal verification and is passionate about supporting learners to develop their skills, confidence and professional practice.

Outside of work, Rosemary enjoys yoga, tai chi, swimming, reading and spending time with her family.

Lynn Vincent
Assessor & Internal
Verifier



We are delighted to welcome Lynn Vincent to the SRS Skills team.

With over 30 years of experience in health and social care, Lynn has progressed from working as a Domestic to becoming a Care Home Manager.

A qualified trainer, SVQ Assessor for over 20 years and Internal Verifier for four years, she is passionate about supporting learners and helping care professionals develop the skills and confidence to deliver high-quality care.

Outside of work, Lynn enjoys gardening and long walks with her dog.

Candidate Success Story

Kristine's Experience. SVQ Level 2



Completing my SVQ was a significant challenge, but an incredibly rewarding one. I initially doubted my ability to finish the course, but I was fortunate to have Graeme Taylor as my tutor. Graeme is a fantastic educator who brings decades of experience to the table. He was always there to answer questions and provide clarity whenever I struggled with the unit requirements. His belief in my potential, especially during moments where language barriers made things difficult, was a huge "boost" to my morale. I was thrilled to receive my certificate recently. Thanks to Graeme's encouragement and his praise for my work, I am now considering Level 3. I couldn't have asked for a better mentor, and I look forward to working with him and the centre again in the future.

Kristine Mezule - Paramount Care, Aberdeen

Our SVQ Qualifications

We offer tailored SVQs in Social Services and Healthcare designed for a range of roles:

SVQ Level 2
6–9 months
£1,300

For: Entry level
care workers

SVQ Level 3
9–12 months
£1,600

For: Experienced
practitioners

SVQ Level 4
12-15 months
£1,900

For: Supervisors
and senior staff

PDA
3 months
£450

Supervisory
Qualification

Assessor Award
L&D9Di (4-6
months) - £1100

Verifier Award
L&D11 (4-6
months) - £1100

Develop your skills. Build your confidence.
Advance your career with an SVQ from SRS Skills.

Understanding How SVQs Are Assessed



Think SVQs involve exams? Think again

One of the biggest misconceptions we hear is that completing an SVQ means sitting written exams.
It doesn't





Work Based Assessment
Practical skills demonstrating **the skills** you demonstrate in your every day role.



Evidence Gathering
Gather evidence from your work practice, receive support from an experienced assessor



Certification Progress
Awarded when you have demonstrated that you consistently meet the national occupational standards required for your role.



Get in touch to find out more about our SVQs in Health & Social Care

Enquiries@srs-skills.uk

An SVQ is a practical, work-based qualification that recognises the skills you demonstrate every day in your role. You'll gather evidence from your own workplace, receive support from an experienced assessor, and complete professional discussions and observations as you progress.

At SRS Skills, we work alongside you from enrolment through to certification, providing personalised support to help you succeed.

If you've been putting off your qualification because you thought there would be exams, we'd be happy to answer any questions.

Summer Wellbeing in Social Care

Tips for managing workload, shift patterns, and avoiding burnout during busy summer months



Take proper breaks

Break up your study sessions with short breaks to relax and recharge. This will help in maintaining attention and avoiding stress.



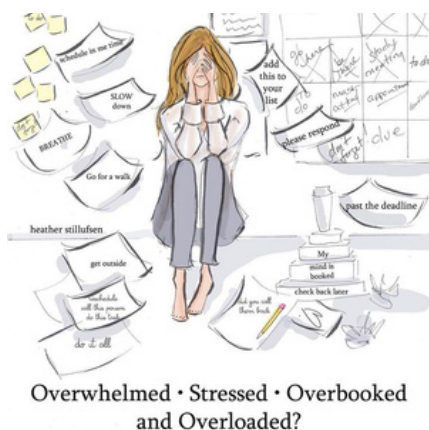
Stay Hydrated on Shift

Good hydration supports focus, energy, and overall performance. Staying hydrated helps you feel better, think clearer, and work more effectively.



Preventing Burnout Through Rest and Recovery.

Burnout in social care workers is not inevitable—it can be prevented through rest, recovery, and supportive practice. Prioritising sleep, taking regular time to recharge, and practising self-care helps protect wellbeing, build resilience, and support continued compassionate, person-centred care.



Take a few deep breaths and slow down...
take things one task at a time...
Day by day ...it's going to be o.k.

Talk to your manager if feeling overwhelmed

If work feels overwhelming, don't struggle alone. Your manager is there to support you and can help put the right support in place.

- Adjust workload or priorities
- Access extra support or supervision
- Find solutions before stress builds

Speaking up early supports your wellbeing and the quality of care you provide.

Reflective Writing



A strong reflective account shows that you can think critically about your practice, link it to standards, and identify how you will grow professionally. It's about demonstrating that you can:

- Apply knowledge in practice
- Reflect on your actions and decisions
- Identify learning and development needs
- Show understanding of the SSSC Codes of Practice and SVQ standards



Keep It Personal and Practical

Real Life Experience's:

- Use your own voice — write as if you are talking to your assessor about what you did and learned.
- Base your reflections on real experiences, not hypothetical situations.
- Always protect confidentiality: avoid names or identifiable details of service users.

Use a Simple Structure



What happened?

- Describe the situation briefly.
- Include key actions you took, but keep it factual and concise.

So what did you learn?

- Explain what the experience taught you.
- Reflect on your skills, knowledge, attitudes, and professional values.
- Consider how the experience links to SVQ units and standards.

Now what will you do differently?

- Identify next steps for improvement.
- Mention any skills you plan to develop or strategies to try in the future.

[Link to SVQ Standards and SSSC Codes of Practice](#)



Scottish Social
Services Council

Assessors look for evidence that you understand professional standards:

- Promote dignity, respect, and rights of individuals
- Encourage choice and independence
- Work ethically and responsibly
- Demonstrate learning and development

Whenever possible, reference these standards in your reflections.

For example: "By encouraging the service user to make choices about their care, I applied the principle of promoting independence outlined in the SSSC Code of Practice 1.3 - Promote the rights of individuals to have control over their lives and make informed choices about their care or support."



Keep It Concise and Readable

- Use short paragraphs and clear language.
- Focus on one key experience per report.
- Include evidence of learning, not just descriptions of what happened.
- Ensure your writing is clear and professional.
- Check that your reflection shows learning, growth, and application of knowledge.
- Avoid writing like a diary – focus on insight and professional development.



Tips for Success

- Reflect honestly – assessors value insight more than perfection.
- Keep a log of experiences as you work; it makes writing reports much easier.
- Use examples to show how you applied skills or principles in real situations.
- Be mindful of confidentiality at all times.

Training Spotlight

Did you know SRS Skills also delivers health and social care training for individuals and employers?

- ✓ Basic Life Support
- ✓ Medication Awareness
- ✓ Moving & Handling
- ✓ Dementia Awareness
- ✓ Palliative & End of Life Care
- ✓ Catheter care
- ✓ Stoma Care
- ✓ Diabetes Awareness
- ✓ Recording of Outcome Focused Care
- ✓ Hydration & Nutrition
- ✓ Infection Prevention Control
- ✓ Personal Care



Scan the QR code to explore our training courses

We offer competitive pricing for individuals, employers and organisations. Whether you're booking a single learner or arranging training for your whole team, we'll provide a tailored quotation to suit your requirements.



Coffee Break Corner

Take five minutes to unwind with a few fun facts, a quiz and a puzzle before you head back to work or your studies.

Did you Know?

- 👉 Person-centred care means putting the individual at the heart of every decision, respecting their choices, rights and independence.
- ❤️ A simple conversation can make a real difference. Taking time to listen helps build trust and supports positive outcomes for those receiving care.
- 🛡️ Everyone working in social care has a responsibility to safeguard people from harm, abuse and neglect.

Coffee Break Quiz

How much do you know about Health & Social Care?



Which of the following is the MOST important principle when carrying out moving and handling?

- A. Complete the task as quickly as possible
- B. Always work without equipment
- C. Promote the individual's safety, dignity and independence
- D. Let the person do everything themselves

What does SPICT stand for?

- A. Supportive and Palliative Care Indicators Tool
- B. Scottish Palliative Information Care Team
- C. Support Planning and Individual Care Tool
- D. Safe Patient Intervention Care Training

Which SSSC Code of Practice principle encourages workers to promote people's rights to make informed choices about their care?

- A. Promote dignity and respect
- B. Promote rights and independence
- C. Maintain confidentiality
- D. Work as part of a team

Which organisation sets the Codes of Practice for social service workers in Scotland?

- A. NHS Scotland
- B. Care Inspectorate
- C. Scottish Social Services Council (SSSC)
- D. Qualifications Scotland

How did you score?



Scan the QR code to check your answers and learn why they're correct.

Visit: www.srs-skills.uk/news-and-updates



SRS Skills Word Search

CASSESSORLFPWTY
ONHEVIDENCEOXAR
MREFLECTIONRQME
PERSONCENTREDWS
ELEARNINGSVQMOP
TEAMWORKAIQBARE
EDIGNITYFCOCLKC
NGOBSERVATIONPT
CERTIFICATEPIRE
YPROFESSIONALSA
SUPPORTXYMZLICM
SAFEGUARDINGNTD
RESPECTHGFDOGLE
PRACTICEJKLMQNV
DEVELOPMENTR

Can you find these words?

ASSESSOR	LEARNING	REFLECTION
CERTIFICATE	OBSERVATION	RESPECT
DEVELOPMENT	PERSON CENTRED	SAFEGUARDING
DIGNITY	PRACTICE	SUPPORT
EVIDENCE	PROFESSIONAL	TEAMWORK

Challenge: Words may be hidden left to right, right to left, up, down and diagonally

Trusted by Care Providers Across Scotland



Whether you're looking to gain an SVQ, book training, or discuss your organisation's learning and development needs, we'd love to hear from you.

Contact Us Today:



07485 327870



www.srs-skills.uk



enquiries@srs-skills.uk