

HELSEBY

Sixth Form



Year 11 Sixth Form Transition Material

Health & Social Care

Congratulations on choosing to study Health and Social Care at Level 3

The information and tasks contained in this booklet will help you to research and prepare for your course when you start at Sixth Form Helsby in September. They will provide you with an overview of what to expect from your Level 3 studies and help you to develop a greater understanding of the subject.

This is by no means an exhaustive list but it will help you to start thinking about the subject and extra-curricular study and research.

Podcasts

- **Zoe Science & Nutrition podcasts** <https://zoe.com/learn/category/podcasts>
There are LOTS of podcast to choose from – all to do with nutrition and health. Choose and listen to any that interest you.
- **Anatomy & physiology for students podcast**
<https://open.spotify.com/show/6G7Ej4UKwW33jX1H3qgIFJ> Weekly lectures for students on human anatomy & physiology
- **28ish days later BBC podcast** <https://www.bbc.co.uk/sounds/brand/p0bvg9nm>
Explores and explains the menstrual cycle from both a scientific and social point of view, detailing its key role in reproduction
- **'Child' BBC podcast** <https://www.bbc.co.uk/sounds/brand/m001v4dd>
Looks at the beginnings of life and tells the story of a child from fertilisation to first birthday, through the lens of society, history and science.
- **Let's Talk Social Work** - <https://open.spotify.com/show/7b6aBsDacFcr2JJLPdLpG1>
The podcast from the British Association of Social Workers that discusses current issues in the field.
- **The Social Care podcast- sharing stories**
<https://open.spotify.com/show/3dJvuJnIeNWSZhjB1v8F6y> Social care workers discuss interesting issues relevant to social care. There are lots of episodes with a wide range of topics covered. Choose and listen to one that interests you.

Trips/Visits

- **Hospital** - Hopefully you won't be in need of a hospital but if you are visiting someone else in hospital – really pay attention to the different roles of each worker, and try to find posters of how they MUST put their PPE on and off.
- **Dentist / Doctor / optician etc.** - If you visit the dentist, GP or any other appointment – pay attention to the communication skills of the healthcare professional and consider the impact it has on you as a service user.

Reading

- **Our Stories: 75 Years of the NHS from the People Who Built It, Lived It and Love It**, Stephanie Snow and Adam Kay, 2023. – A beautiful and heat-warming collection of stories which tells the rich history of the NHS through ordinary people who have experienced it.
- **Our NHS: A History of Britain's Best Loved Institution**, Andrew Seaton, 2023

Films/Documentaries/TV

- **Help:** Drama set in a fictional Liverpool care home in spring 2020. A carer (Jodie Comer) who bonds with a patient (Stephen Graham) is put to the test in horrific circumstances as the Covid-19 pandemic hits.
<https://www.channel4.com/programmes/help>
- **One Born Every Minute:** A ground-breaking look at the drama and emotion of a maternity unit, from the perspective of the parents-to-be and the maternity ward staff
<https://www.channel4.com/programmes/one-born-every-minute>
- **Alex Brooker Disability and Me:** In this intimate and extremely personal documentary, comedian and TV presenter Alex Brooker examines his disability to acknowledge for the first time how much it impacts on who he is. Alex explores what it really means to be disabled in the UK today and comes face to face with the lives of disabled Brits around the country to see the reality of day-to-day life - from prejudice and lack of support to resilience, camaraderie and just 'being me'.
<https://www.bbc.co.uk/iplayer/episode/m000kqkf/alex-brooker-disability-and-me>
- **Between Life and Death:** Provocative documentary following the doctors who can now interrupt, and even reverse, the process of death. Filmed over six months in the country's leading brain injury unit (Addenbrooke's Hospital, Cambridge), it follows the journey of a man who, by only moving his eyes, is eventually asked if he wants to live or die. <https://www.bbc.co.uk/iplayer/episode/b00t3szs/between-life-and-death>
- **Surgeons at the Edge of Life:** Transforming patients' lives, at the cutting edge of medicine. Meet the world-leading surgeons pushing science - and the human body - to its limits. <https://www.bbc.co.uk/iplayer/episodes/b09m60sk/surgeons-at-the-edge-of-life>
- **Then Barbara Meet Alan:** The untold love story of two cabaret performers and disability rights activists who met at a gig, fell in love and became the driving force behind an unprecedented campaign of direct action that ultimately led to the passing of the 1995 Disability Discrimination Act. <https://www.bbc.co.uk/iplayer/categories/drama-and-soaps/featured>

Websites

- <https://www.ocr.org.uk/qualifications/cambridge-technicals/health-and-social-care/units/#level-3> - the OCR exam board website details the content for each unit of our course (Extended certificate = 'single' award and Diploma = 'double' award)
- <https://www.ucas.com/> - explore a variety of university courses that the level 3 leads to: health and social care; social care; nursing; midwifery; physiology; teaching; medicine; dentistry etc. etc.
- <https://www.scie.org.uk/> - The Social Care Institute for Excellence has a wealth of information and blogs around all sorts of social care topics - the number one go-to website for social workers
- <https://www.hse.gov.uk/> - the Health & safety executive - the official government organisation that oversees health and safety in the workplace has lots of information about the laws that govern many aspects of health and social care work.

Other Resources

- The revision guide for the examined units is definitely worth the investment: My Revision Notes: Cambridge Technicals Level 3 Health & Social Care, Hodder Education, 2018, ISBN 978-1510442306, Approximately £20