



St Benet Biscop Sixth Form

Personal Development

Health and Social Care

1. News Reports

BBC iPlayer <https://www.bbc.co.uk/iplayer>

News articles/videos:

NHS News <https://www.england.nhs.uk/news/> (daily)

BBC News <https://www.bbc.co.uk/news/topics/ceynl49pyywt> (daily)

Sky News <https://news.sky.com/topic/health-10206> (daily)

2. Websites

Tutor 2u <https://www.tutor2u.net/hsc> - health and social care news and discussions.

Simply Psychology <https://www.simplypsychology.org/> - human development theories and discussions.

NHS blogs <https://www.england.nhs.uk/blogs/>

Social Care Institute for Excellence <https://www.scie.org.uk/e-learning> - Free online learning courses .

*To seek wholeness through faith, quest and learning, to become what
God intends us to be.*



3. MOOCs (Massive Open Online Courses)

https://www.futurelearn.com/search?filter_type=course&q=health%20and%20social%20care

An Introduction to Leading with Kindness and Compassion in Health and Social Care - The King's Fund

Develop your understanding of how to lead with compassion and kindness within the health and social care sectors.

Introduction to Social Care: What is Social Care?- The Open University

Develop an understanding of social care and the role it plays in supporting the independence and wellbeing of those needing care.

The Power of Data in Health and Social Care - University of Strathclyde

Discover the power of data for individuals and organisations working in health and social care.

Starting Out in Health and Social Care Research -Midlands Partnership University NHS Foundation Trust

Get step-by-step guidance on every stage of the research process to kickstart your career in health and social care research.

Self Care and Wellbeing: A Practical Guide for Health and Social Care - The University of Edinburgh

Learn practical self care exercises to manage stress and improve your wellbeing so you can care for others effectively.

Care Home Nursing: Changing Perceptions - University of Dundee

Challenge your opinion of what it's like to be a care home nurse and understand their importance and varied responsibilities.

Additional courses can be found at www.futurelearn.com

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4. Books

Five Feet Apart – Justin Baldoni

A pair of teenagers with cystic fibrosis meet in a hospital and fall in love, though their disease means they must avoid close physical contact.

Handle With Care: Confessions of an NHS Health Visitor - Rachael Hearson

Health Visiting is one of those professions that most people think is a bit of a non-job. 'You just sit on sofas and drink tea, don't you? It's not like you're a real nurse, in hospital.'

Well, Health Visitors are real nurses, with at least three years' training, and they are out there, on their own. No back-up team or support structures to call for help if they're in a dicey situation. No warm lights, tea breaks spent chatting in the canteen, nobody else to ask, 'is this okay, what do you think?'

Girl Interrupted - Susanna Kaysen

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital to be treated for depression. She spent most of the next two years on the ward for teenage girls in a psychiatric hospital renowned for its famous clientele - Sylvia Plath, Robert Lowell, James Taylor and Ray Charles.

A clear-sighted, unflinching work that provokes questions about our definitions of sane and insane, Kaysen's extraordinary memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers.

Paulina & Fran - Rachel Glaser

A gorgeous book of nerve endings, Rachel B. Glaser's Paulina & Fran manages to capture the rawness and restlessness of youth, friendship, and artists in the making. She gets to the bone of those quixotic, beautiful years when everything matters, most things hurt, and you have no idea exactly who you are.

The Cared For - Craig Henry

Approximately 16 million people in the UK are admitted into hospital every year; each patient has their own story to tell. In this book, Henry depicts his journey through the public and private healthcare systems over the course of a year. Nothing is held back as Henry describes his addiction to pain medication, what it's like to be temporarily paralysed and the reality of being completely reliant upon the kindness of others. He observes the people and situations through the highs and lows of hospital life - and what it is truly like to live inside the healthcare system.

Many Different Kinds of Love: A story of life, death and the NHS - Michael Rosen

Michael Rosen wasn't feeling well. Soon he was struggling to breathe, and then he was admitted to hospital, suffering from coronavirus as the nation teetered on the edge of a global pandemic.

What followed was months on the wards: six weeks in an induced coma, and many more weeks of rehab and recovery as the NHS saved Michael's life, and then got him back on his feet. Throughout Michael's stay in intensive care, a notebook lay at the end of his bed, where the nurses who cared for him wrote letters of hope and support. Embarking on the long road to recovery, Michael was soon ready to start writing about his near-death experience.

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Contented Dementia: 24-hour Wraparound Care for Lifelong Wellbeing - Oliver James

Written by a clinical psychologist, Oliver James, this book aims at balancing the needs of both carer and sufferer so that both can have an as high quality of life as possible. It does this by examining the different stages of the condition, from the random and inconsistent memory losses to much more significant decline. Oliver James translates this into accessible carer information by introducing the SPECAL method (Specialised Early Care for Alzheimer's), which rests on links past memories and daily routine elements in the here and now. Dotted with lots of real-life examples, it's a good book for family members looking to interact positively with their loved one with dementia.

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