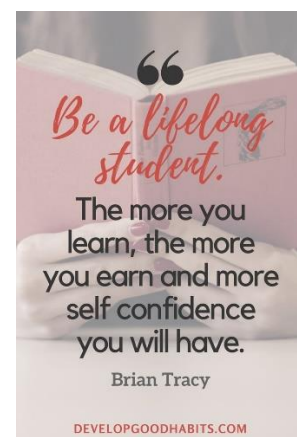


## Health & Social Care Enrich Your Knowledge!



### Films:

- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*
- **Hidden figures** – (PG) Anti-discrimination. *Care values*
- **Still Alice** – (12A) Story of a woman living with Alzheimer's disease. *Illness/Disorders*
- **My sister's keeper** – (12A) "The only way to save your daughter is to sacrifice her sister". Anna has never been given a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. *Relationships/family/Ethics*
- **Three identical strangers** – (12A) Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation. *Relationships/family*
- **Bohemian Rhapsody** – (12A) Freddy Mercury defies stereotypes and convention to become one of history's most beloved entertainers. *Lifestyle factors/social & cultural stereotypes*
- **Me before You** – (12A) A young and quirky woman becomes a caregiver for a wealthy young banker left paralysed from an accident two years earlier. *Life events/formal & informal care/disability*
- **The Children Act** – (12A) Adam Henry has leukaemia. His doctors want to perform a blood transfusion but his parents are Jehovah's Witnesses, and believe that having a blood transfusion is against biblical principles. *Illness/ethics/relationships*
- **Sorry we missed you** (15) Ricky and his family have been fighting an uphill struggle against debt since the financial crash. *Social & cultural factors/income & wealth/life circumstances*
- **The Upside** - (12A) The relationship between a wealthy man with quadriplegia and a recent unemployed ex-convict. *Disability/relationships*
- **To the Bone** – (15) Story of a young woman battling anorexia. *Diet/Appearance*
- **The Theory of Everything** (12A) The story of Stephen Hawking and his life following his diagnosis of a fatal illness. *Disability/Relationships*
- **The Blind Side** – 12A The story of Michael Oher, a homeless and traumatised boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman. *Social & cultural factors/income & wealth/life circumstances*
- **I, Daniel Blake** – 15 After having suffered a heart attack, a 59 year old carpenter must fight the bureaucratic forces of the system in order to receive Employment and Support Allowance. *Social and cultural factors/life circumstances*

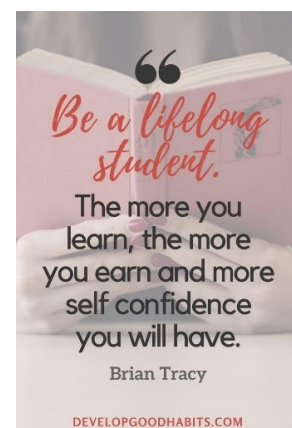


## Health & Social Care Enrich Your Knowledge!

### TV programmes:



- **Saving Our Nurses** – With a third of nurses looking for a new role, a new scheme based in a London hospital aims to cut the number of nurses leaving the profession. *Care values/Health care services*  
<https://www.bbc.co.uk/iplayer/episodes/m000jygi/saving-our-nurses>
- **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/life stages*
- **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/life stages* (especially socialisation skills)
- **Old people's home for 4 year olds** – Channel 4. How the company of 4 year olds helped to improve the mood, mobility and memory of the elderly. *Life stages.*
- **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child  
<https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events.*
- **Speech journey** – You Tube. <https://www.youtube.com/watch?v=jt7y1IM2iOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- **Mum, Dad, Alzheimer's and Me** – You Tube. Real life story investigating the care of Alzheimer's sufferers in the UK. <https://www.youtube.com/watch?v=LprTLaO1AF0> *Old age/disorders*
- **Louis Theroux, Extreme Love: Dementia** – **BBC 2** Sufferers and carers explore the struggle of living with dementia. *Disorders/formal and informal care*  
<https://www.bbc.co.uk/programmes/b01gvt26>
- **The restaurant that makes mistakes** – Channel 4. Volunteers living with some form of dementia run a pop up restaurant in Bristol. *Middle - Old age/disorders*
- **The big hospital experiment** – BBC. A group of volunteers embark on a social experiment, with a shortage of staff, how can they help on the frontline of the NHS? *Care values/Health care services*
- **Britain's hidden hungry** – BBC. Investigates the growing importance of charity foodbanks to thousands of hungry people across the UK by following the stories of three users of a foodbank. *Diet and appearance.*
- **Supersize v Superskinny** – Channel 4. Dieting and extreme eating lifestyles. *Diet and appearance*
- **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad"** Talks at Google. <https://www.youtube.com/watch?v=ggoRcxm5BUk> *Coping with life events*

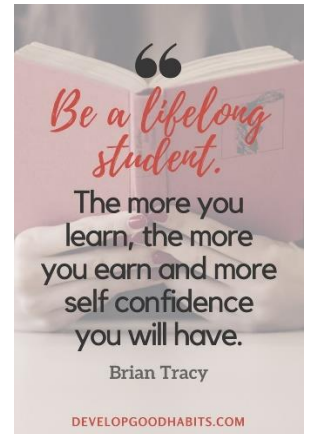


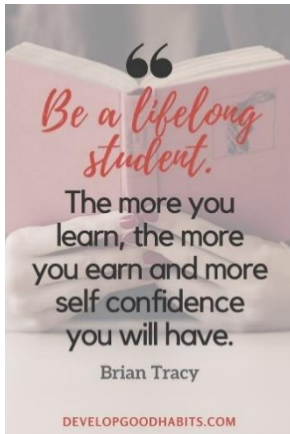
## Health & Social Care Enrich Your Knowledge!

### TV programmes:



- **Rio and Kate: becoming a step family.** Rio Ferdinand's fiancée Kate Wright integrates into the family as a step mum  
<https://www.bbc.co.uk/programmes/m000f9sg> *Coping with life events/family units*
- **Driven : The Billy Monger Story.** The remarkable story of 18-year-old Billy Monger as he attempts to become the first ever amputee to race competitively in a single-seater racing car  
<https://www.bbc.co.uk/programmes/p06qx4gt> *Life events (unexpected)*
- **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events/First Aid*  
<https://www.channel4.com/programmes/24-hours-in-ae>
- **Health before the NHS – The road to recovery**  
<https://www.youtube.com/watch?v=1y7zeZPfD8k> The shocking story of the health of Britain before the NHS. *Care values/health care services*
- **Care – BBC drama** <https://www.youtube.com/watch?v=1EJXDk-B8h0>  
*Discrimination/disability*
- **DIY S.O.S.** <https://www.bbc.co.uk/programmes/b006pnjk> Friends, family and local trades help to transform the homes of families with special needs across Britain.  
*Barriers to accessing services/physical barriers*
- **Crisis in Care: BBC Panorama** <https://www.bbc.co.uk/programmes/m0005jpf>  
Panorama reveals the failings of our social care system, as our population gets older and more of us need help with day-to-day living. *Old age/care services*
- **The Nine to Five with Stacey Dooley**  
<https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing> Stacey Dooley takes five teenagers to a care home for work experience. *Types of support/voluntary support/old age*
- **Katie Piper: My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/ lifestyle*
- **Call the Midwife** - *BBC life events/childbirth/formal support*
- **Jesy Nelson** - *BBC 3* Little Mix star Jesy Nelson goes on a journey of rehabilitation as she opens up about abuse she has suffered at the hands of cyberbullies.  
*Social/cultural factors that affect development*





## Health & Social Care Enrich Your Knowledge!

### Books :

David Pelzer, A Child Called It – *severe child abuse case*

David Pelzer, A Man Named Dave – *effects of childhood abuse*

Adam Kay, This is Going to Hurt – *secret diaries of a junior doctor*

Brian Conaghan, The Weight of a Thousand Feathers – *dilemma of a 17 year old*

Alex Michaelides, The Silent Patient – *psychological thriller*

Richard Shepherd, Unnatural Causes – *memoirs of a pathologist*

Malala Yousafzai, I Am Malala: The Girl Who Stood Up for Education and was Shot by the Taliban

Angie Thomas, The Hate U Give – *inequality, prejudice and police violence*

Michael Newton, Savage Girls and Wild Boys: A History of Feral Children

Ray Jones, The Story of Baby P: Setting the record straight

Hope Daniels, Tainted Love – *growing up in children's homes*

Jojo Moyes, Me before You – *love, disability and relationships*

Jen Pedro Roy, Good Enough – *recovering from an eating disorder*

Emma Healey, Elizabeth is Missing – *psychological thriller of an older woman living with memory loss*

Oliver Sacks, The Man who mistook his wife for a Hat – *stories of patients with neurological disorders*

Jennifer Niven, All the Bright Places – *two teenager struggling with mental illness*

Malorie Blackman, Pig Heart Boy – *powerful story of friendship, loyalty and family*

Meredith Russo, If I was your Girl – *Transgender and bullying*

John Green, The Fault in our Stars – *a story of love and terminal illness*

Dr Judith Rapoport, The Boy Who Couldn't Stop Washing: Experience and Treatment of Obsessive Compulsive Disorder – *the experience and treatment of OCD*

Paul Kalanithi, When Breath becomes Air – *autobiography based on a doctor with lung cancer*

Henry Marsh, Do No Harm: Stories of Life, Death and Brain Surgery

Rachel Lippincott, Five Feet Apart – *story of love illness*

Henry Marsh, Admissions – *life as a brain surgeon*

Christie Watson, The Language of Kindness: A Nurse's Story – *life as a nurse*

Suzi Brent, Nee Naw: Real Life Dispatches from Ambulance Control – *working in one of the most busiest control rooms*

Malorie Blackman, Noughts and Crosses – *a story of love and race relations*

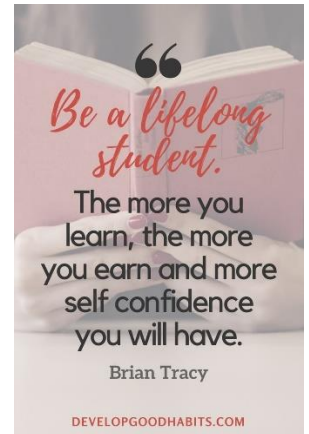
Melvin Burgess, Junk – *two runaway teenagers and drug addiction*

Alexander Masters, Stuart: A Life Backwards – *mental illness, crime and homelessness*

Clare Mackintosh, After the End – *love, marriage and parenthood*



## Health & Social Care Enrich Your Knowledge!



- **@doctors\_kitchen**  
Dr Rupj Aujla – impact of diet and lifestyle
- **@themindmedic**  
Psychiatrist Dr Sarah Vohra – how to deal with anxiety, the impact of social media on your mind
- **@foodandpsych**  
Psychologist Kimberly Wilson who believes nutrition is integral for good mental health
- **@drchatterjee**  
Dr Rangan Chatterjee – lifestyle medical movement which looks at how we can de-stress, eat, move and sleep our way to better wellbeing.
- **@dr.nikhil.chaudhary**  
Dr Nikhil Chauhary is an evolutionary anthropologist with insight into hunter-gatherer communities. His insightful posts offer deeper knowledge about what drives and motivates us in the modern day.
- **@freudandfashion**  
Psychiatrist Dr Vania Manipod with a passion for sharing mental health knowledge with her followers.
- **@kingsioppn**  
The Institute of Psychiatry, Psychology & Neuroscience at King’s College London is a hotbed of fresh new details and insight into all things mind and brain-related.
- **@shiringeramitri**  
Shirin Geramitri is a world class triathlete, dispensing Grade A thoughts on prepping, training and completing the challenges. She was also the first ever woman to represent her country, Iran, in a world triathlon competition.
- **@TheFoodMedic**  
Dr Hazel Wallace – NHS doctor and Nutritionist. An educational platform aimed at bridging the gap between traditional medical advice, nutrition and other areas of lifestyle. Also does podcasts with leading experts.