

‘The Aspiring Health and Social Care Scholar’

KS4/5



**CHELTENHAM
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SCHOOL**



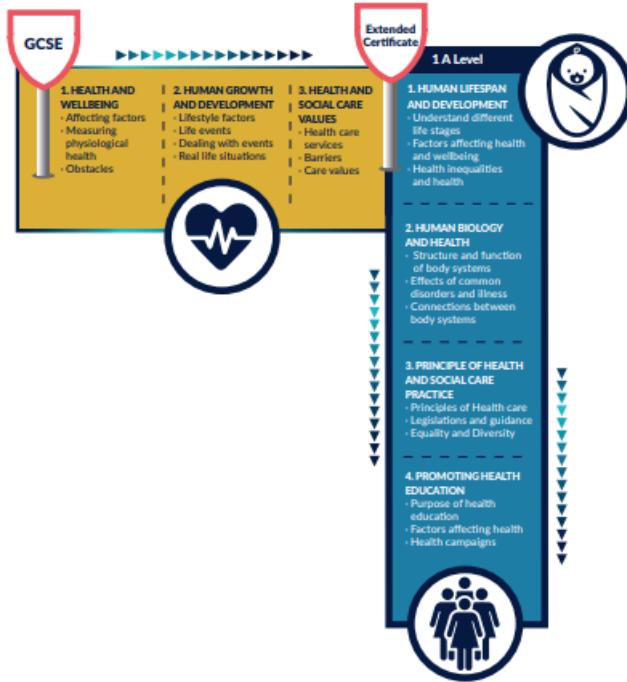
Inspiring lives through learning

'The Aspiring Health and Social Care Scholar'



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HEALTH AND SOCIAL CARE



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Welcome to the Department for Health and Social Care!

We're excited to introduce you to the new Pearson AAQ Level 3 Extended Certificate in Health and Social Care. This qualification offers a dynamic and engaging introduction to the essential knowledge, skills, and values needed in today's health and social care sectors.

Throughout the course, you'll explore key areas such as human lifespan development, working in health and social care, and meeting individual care needs. You'll develop critical skills including communication, empathy, teamwork, and problem-solving—vital for supporting people's wellbeing in a variety of settings.

This course is equivalent to one A Level and is designed to support progression to further study or employment. Many students go on to university to pursue degrees in nursing, social work, occupational therapy, midwifery, or psychology.

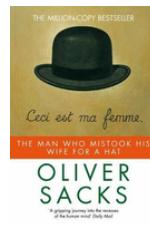
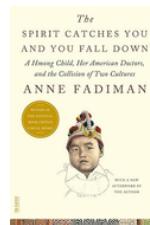
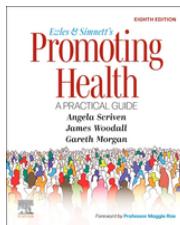
We look forward to supporting you on this rewarding journey as you build a strong foundation for a meaningful and impactful career in health and social care.

Mrs Clare Jaep-Evans
Head of Health and Social Care

Reading list



- **BTEC Nationals Health and Social Care Student Book 1 - Marilyn Billingham & Pamela Davenport** - A core textbook that covers key units of the Pearson Level 3 qualification, aligned with the specification.
- **Health and Social Care: AQA Level 3 - Mark Walsh & Ann Mitchell**
Offers a broad understanding of key topics such as safeguarding, legislation, and care values.
- **Promoting Health: A Practical Guide - Angela Scriven** - Provides insight into health promotion strategies and public health, useful for understanding wider societal roles in care.
- **The Spirit Catches You and You Fall Down - Anne Fadiman**
A compelling true story that highlights the importance of cultural awareness and communication in health and social care settings.
- **The Man Who Mistook His Wife for a Hat - Oliver Sacks**
A fascinating look into neurological case studies, relevant for students interested in mental health and human development.



Competitions



Medic Mentor - National Medical Essay & Art Competition

Though aimed at future medics, A-level Health & Social Care students can still enter essay or artwork categories focused on healthcare themes. Winners are published in national Mentor Magazine. Held four times a year.



HCPC Student Competition (Healthcare Professionals Council)

Primarily for university-level pre-registrants, but A-level students on early health programmes may contribute to learning session plans. Prizes include up to £300 vouchers

Listen and Watch



Podcasts



1. The Health & Social Care Podcast (by CACHE Alumni)

Aimed at students and professionals, this podcast discusses real-world care practice, safeguarding, legislation, and sector changes—perfect for linking theory to practice in your course.



2. Made of Stronger Stuff (BBC Radio 4)

Dr. Xand van Tulleken and psychologist Kimberley Wilson explore the human body and mind, connecting physical and mental health in an accessible, engaging way—ideal for units on human lifespan development and wellbeing.



3. Social Care Perspectives (SCIE)

Produced by the Social Care Institute for Excellence, this podcast dives into adult and child social care, person-centred approaches, and care ethics—useful for topics on care values and professional practice.



4. Inside Health (BBC Radio 4)

Covers current health topics, medical research, public health issues, and the NHS—great for building wider awareness of healthcare systems and contemporary challenges.



5. Mental Health Foundation Podcast

Focuses on mental health promotion, prevention strategies, and lived experiences—highly relevant to the mental health and wellbeing aspects of the qualification.

Listen and Watch



Films/YouTube/TV



Hospital (BBC)

A behind-the-scenes look at the NHS in action. Highlights real-life decision-making, funding challenges, and patient care, aligning with understanding service provision and policy.



Old People's Home for 4 Year Olds (Channel 4)

An inspiring experiment that brings together pre-school children and elderly care home residents, exploring intergenerational relationships and emotional wellbeing.



Panorama: Undercover in the Care System

Investigative documentary examining issues of abuse and neglect in care homes—essential for understanding safeguarding and professional responsibilities.



Mental Health and Me (BBC Three)

Real-life stories of young people experiencing different mental health conditions. Relevant to mental health units and promoting empathy and awareness.



The Dementia Diaries

Follows people living with dementia and their carers, helping students understand neurodegenerative conditions and person-centred care.

Listen and Watch



Social media

@SkillsForCare (Twitter/X & LinkedIn)

- Shares updates on adult social care careers, training, and apprenticeships. Great for exploring progression routes and professional development.

@MindCharity (Instagram, Twitter/X, Facebook)

- Offers mental health campaigns, real-life stories, and support resources. Useful for understanding emotional wellbeing and mental health awareness.

@NHS (Instagram, TikTok, Twitter/X)

- Posts healthcare advice, career profiles, public health campaigns, and NHS news. Helps students stay informed about real-world health practice.

@CareTalkMag (Twitter/X & LinkedIn)

- Features stories from across the care sector, updates on policies, and positive care practice. Encourages understanding of values-based care.

Facebook Group:

Health and Social Care Students UK

A community for sharing resources, asking questions, and getting assignment support from other students across the country.

Work Experience and Events



Health and Social Care plays a vital role in supporting individuals across all stages of life, from infancy to old age. It promotes physical, emotional, and social wellbeing, ensuring people receive the right care in times of need.

This sector is essential for maintaining a healthy society and providing support to the most vulnerable. Studying Health and Social Care helps students understand the values of dignity, respect, and equality in delivering person-centred care.

Work experience is equally important, offering students the chance to apply their knowledge in real-world settings. It helps develop essential skills such as communication, teamwork, and empathy while gaining insight into professional responsibilities and challenges.

Work placements also boost confidence, enhance CVs, and support future applications to university or employment. Experiencing the sector first-hand reinforces classroom learning and helps students confirm their career path within health and social care.

Work Experience and Events



Social Work University Taster | Springpod

Irene looks at the shocking case of Victoria Climbé - what happened, the intervention and failings of the social worker, and the eventual outcome of the case.



Work Experience at GHFT | Gloucestershire NHS

Work experience to gain first-hand insight into the healthcare environment, develop essential professional skills, and explore career paths with the county's largest employer.



Jobs & Courses | The King's Trust

The King's Trust provide 16 to 30-year-olds with free training courses, mentoring, and funding to help them find a job in healthcare.



South West Health and Care Career Pathways

Getting some confidence and experience in working in a team and caring for people.



A home you'll love to live in | OSJCT

The Order of St John's Care Trust is a good place to look for elderly care work placements.

Healthcare Science Careers | Virtual Work Experience

Virtual Work Experience programme with engaging content to introduce you to the various healthcare science careers plus pathways into a healthcare science career with NHS England!



The Careers Team at Bournside deliver regular Inspire Breakfast Lectures. Open to students in Year 10 - 13, these business-focused breakfasts invite speakers from all corners of industry to share their professional experiences and valuable insights with Bournside students over breakfast; opening our eyes to the opportunities available across many industry sectors.

[Take a look at upcoming speakers and reserve your space here.](#)



