

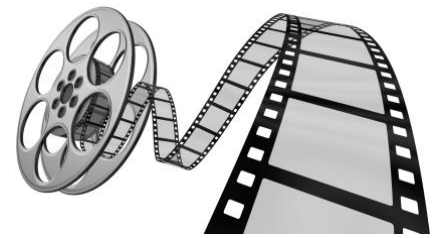
Programmes to watch and books to read linked to **Health & Social Care**

Films:

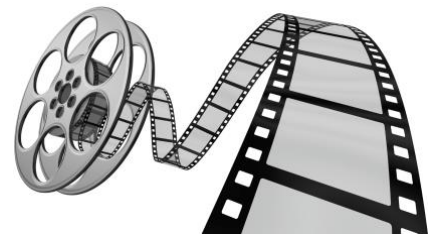
- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*
- **Hidden figures** – (PG) Anti discrimination. *Care values*
- **Still Alice** – (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*
- **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*
- **To the bone** – (15 Netflix) Eating disorders/anorexia *Diet and appearance*
- **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*

TV programmes:

- **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/lifestages*
- **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/lifestages* (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. *Lifestages*.
- **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=jt7y1IM2jOM> 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 Alzheimers 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 carers*



- <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=qgoRcxm5BUk> *Coping with life events*
 - **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*
 - **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*



Books :

David Pelzer, A Child Called It
Davide Pelzer, A Man Named Dave
Adam Kay, This is Going to Hurt
Brian Conaghan, The Weight of a Thousand Feathers
Alex Michaelides, The Silent Patient
Richard Shepherd, Unnatural Causes
Malala Yousafzai, I Am Malala: The Girl Who Stood Up for Education and was Shot by the Taliban
R J Palacio, Wonder
Angie Thomas, The Hate U Give
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
Jojo Moyes, Me before You
Jen Pedro Roy, Good Enough
Emma Healey, Elizabeth is Missing
John Holt, How Children Learn
John Holt, How Children fail
Oliver Sacks, The Man who mistook his wife for a Hat
Tessa Livingstone, Child of our Time
Jennifer Niven, All the Bright Places
Malorie Blackman, Pig Heart Boy
Meredith Russo, If I was your Girl
John Green, The Fault in our Stars
Dr Judith Rapoport, The Boy Who Couldn't Stop Washing: Experience and Treatment of Obsessive Compulsive Disorder
Paul Kalanithi, When Breath becomes Air
Henry Marsh, Do No Harm: Stories of Life, Death and Brain Surgery
Rachel Lippincott, Five Feet Apart
Henry Marsh, Admissions
Bill Bryson, The Body: A Guide for Occupants
Christie Watson, The Language of Kindness: A Nurse's Story
Suzi Brent, Nee Naw: Real Life Dispatches from Ambulance Control
Malorie Blackman, Noughts and Crosses
Melvin Burgess, Junk
Alexander Masters, Stuart: A Life Backwards
Torey Hayden, Just Another Kid
Clare Mackintosh, After the End