



DENBIGH SCHOOL

Subject

Health and social care AAQ

Subject Shopping List

Black pens
Pencils
Highlighters
Arch lever folders

Text books: Desirable but not essential.

Cambridge Level 3 Advanced National in Health and Social Care (AAQ) Student Book: [Amazon.co.uk: Lockyer, Alison, Wilson, Niki, Willis, Jennifer, Johnston, Vicki: 9780992900298: Books](https://www.amazon.co.uk/dp/9780992900298)

Suggest Reading and Activities

Reasons to Stay Alive – Matt Haig

An accessible and inspiring book about mental health, recovery and resilience.

Wonder – R.J. Palacio

A novel that explores disability, inclusion, empathy and kindness—key values in health and social care.

The Boy at the Back of the Class – Onjali Q. Raúf

Explores issues around refugees, inclusion and compassion, encouraging discussion about equality and diversity.

The Illustrated Mum – Jacqueline Wilson

A sensitive look at mental illness and its impact on family life.

Watch

Students could choose from:

- *24 Hours in A&E* (Channel 4)
- *Ambulance* (BBC)
- *Children's Hospital* (BBC)
- Selected episodes of *Hospital* (BBC)

These programmes show real healthcare professionals working together to care for patients.

Listen

- *BBC Inside Health*
- *The King's Fund Podcast* (choose an episode about the NHS or public health)

Read Online

Explore:

- NHS website (learn about careers and common health conditions)
- YoungMinds (mental health support for young people)
- BBC News – Health
- Skills for Care (find out about careers in social care)

Things to Find Out

Before September, see if you can answer these questions:

- What are the six NHS values?
- What is person-centred care?
- Why is communication so important in health and social care?
- What is safeguarding?
- What is equality and diversity?
- What jobs are available in the NHS and social care?
- What are health inequalities?