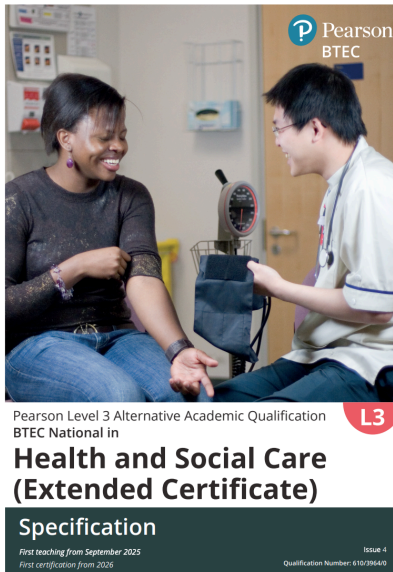


Health and Social Care- Head Start Activities



Dear Students,

Welcome to your Head Start Activities for **Health and social care**. Transitioning to Sixth Form is an exciting step and at Norbury High School for Girls, we are here to help you start strong. This Head Start booklet is designed to support your move into NHSG Sixth Form, giving you the chance to explore your chosen subjects, prepare for future success, and begin shaping your next chapter with confidence.

We look forward to working with you from September

Mrs Iheanacho

Course details:

- Title: Health and Social Care
- Level: 3
- Board: Pearson
- [Website:](#)
- NHSG Course information linked [here](#)

In these activities and ideas you will find not only opportunities to stretch your thinking but also to help you discover what you are passionate about, both inside and beyond the classroom

NHSG Sixth Form - Head Start

Listen to podcasts and talks, by subject experts and inspiring female leaders.

- [Medical Women Talking Podcast | Faculty of Medical Sciences](#)
- [Leading Ladies in Healthcare: Leadership and Career Tips for Women in Healthcare - Podcast - Apple Podcasts](#)
- [Leading from every seat – Health and Care Women Leaders Ep. 1 by NHS Employers](#)

Watch documentaries, interviews, or mini-lectures linked to your subjects to deepen your understanding.

- [Kate Garraway: Derek's Story review – a rallying cry for the UK's 10 million unsung hero carers | Television | The Guardian](#)
- [Rose Ayling-Ellis: Old Hands, New Tricks review — a bright idea to combat loneliness](#)

Read articles, essays, or books that challenge your thinking and expand your subject knowledge.

- Reflective Practice in Social Work. guides.library.lincoln.ac.uk
- Critical Thinking in Health and Social Care. uk.sagepub.com
- A Beginner's Guide to Critical Thinking and Writing in Health and Social Care. healthsense-uk.org+2mheducation.co.uk+2rcn.libguides.c

Visit local exhibitions, galleries, or workplaces that connect with your studies and open your eyes to future possibilities.

- [Wellcome Collection](#) - Free access to cutting-edge exhibitions connecting health, climate, and society.
- [Bethlem Museum](#) - Rich, patient-centred exploration of mental health history and art.

Go beyond the essentials, to explore big questions and wider issues. What are the big challenges facing your subject?

1. How is the UK's ageing population reshaping demand for health and social care?
 - As the number of over-65s rises, services like dementia care, long-term support, and palliative care face growing pressure.
2. Why do health outcomes vary so significantly across different social groups in the UK?
 - Inequalities in income, education, housing, and employment continue to shape people's health and access to care.
3. What are the causes and consequences of workforce shortages in health and social care?
 - The NHS and care sector face major staff shortfalls, made worse by burnout, high turnover, and post-Brexit immigration rules.
4. How do financial pressures affect the quality and sustainability of care services?
 - Despite more funding, rising costs, demand, and outdated infrastructure challenge the sector's ability to provide effective care.