

Unit 5

Getting started

- What is a GP? Are you registered with a GP?
- Have you been to your GP?
- What does healthy mean to you?
- How do you stay healthy?
- What happens when you go for a health check?

Skills

- What's the difference between 999 and the NHS 111 service? Have you ever used either of these numbers? What happened?
- Practise giving your personal details in pairs.
- How do you use the NHS online diagnostic tools?
- Are you able to make appointments by phone and online? What are the difficulties?

The local area

- Where is your local hospital? What is your impression?
- Where are the local GPs? Is it a good service?
- What other health services do you know about?
- What services can you get in your local pharmacy?
- What is a walk-in health centre? What is A&E? What's the difference? How long will you wait?

Around the UK

- How do you answer the question, "How are you?". What does it actually mean?
- What is covered by the NHS? Is anything not covered?

Around the world

- How does the healthcare compare in other parts of the world?
- What health problems exist in countries you have lived in? Are they different from the UK?

Staying safe

- When should you to go to A&E? When shouldn't you?
- How can you reduce stress?
- How can you avoid common health problems?
- What jobs or vaccinations do you think are necessary?

Health



Useful apps and websites

- www.youtube.com/watch?v=fTb_jCnbutk - calling fire brigade
- www.sja.org.uk/get-advice/
- www.gov.uk/help-nhs-costs
- www.nhsbsa.nhs.uk/nhs-low-income-scheme/hc2-certificates-full-help-health-costs
- www.nhs.uk/live-well/

Taking the topic further

- Is there anywhere you would like to visit?
- Make a poster to give important health information to people new to the area.

Social / Community

- What health advice would you give to someone who is new in your area?
- Which health experts would you like to invite to your conversation club and why?
- What would you like to find out more about? What questions would you ask?

Our rights and responsibilities

- How can you get help with prescriptions/dentist if you are on a low income?
- Have you had any trouble accessing healthcare in the UK?

Personal view

- What does it mean to be healthy?
- What does mental health mean to you?
- What is the connection between mental and physical health?
- What's important for keeping healthy?

Introduction to the topic

This topic has a lot of information covering emergencies, NHS services and general well-being. Interest and priorities will vary considerably. New arrivals may not know about which services are covered by GPs and which by hospitals and other services.



Session ideas at a glance

Welcome	If required, participants sign in or you record attendance on a register.
Opening chat/ circle time	Introductions for anyone new. General chatting. Anything to follow up or report back on from the previous session? Any news from anyone?
Getting started	Remind/tell new participants what the topic of the session is: Health . Choose one or more warm up activities linked to the topic. See next page for ideas on: Healthcare in the UK and Emergency phone numbers . Ask some questions to get the conversation started and find out which aspects of Health participants are most interested in talking about. (See mind map and next page for ideas).
Conversations	Plan to have 2 or 3 main conversations linked to this topic, possibly with supporting activities. See next page for ideas for: <ul style="list-style-type: none"> • Skills: What would you do if • Personal view: Dealing with stress • Staying safe: Keeping healthy If you have a large group and participants divide into small groups or pairs for each activity/conversation, finish each of these with the whole group reporting back and maybe discussing their ideas further together.
Closing chat/ circle time	Feedback about today's topic and conversations. Discuss any ideas for any follow up action or research for taking the topic further, e.g. visiting a medical centre, inviting a healthcare professional to speak to the group, learning some first aid. Share ideas and agree the main topic for the next session. Any reminders or important dates/events coming up?

Level of English: The unit includes activities for beginners and higher levels.

Things to consider: Depending on which aspects of health participants wish to discuss, you may want to invite a specialist to give information and answer questions, e.g. a St John's Ambulance or health advocacy worker, a first aider at your centre, or another health care professional. Do not give medical information or advice unless you are trained to do so.

In the **Dealing with stress** problem tree activity, lower level participants can use other languages to join the conversation and follow what is being written on the tree.

The **Staying safe: Keeping healthy** activity, encourages participants to share information, strategies and local knowledge, e.g. about foodbanks, free fitness classes etc. There may be someone you can invite to the group to talk about staying healthy and answer questions. Share useful websites such as <https://www.nhs.uk/live-well/>

Getting started: Healthcare in the UK

- Say or write 'Healthcare in the UK' on a board/flipchart. Ask participants to say one thing they associate with this, e.g. NHS, GP, clinic, check-up, etc. If they wish, they can draw/write this too.

Getting started: Emergency numbers

Resources and preparation: Print a set of cards for each small group.

- Give a set of cards to each small group to match the number and the meaning. Ask for volunteers to read cards aloud if there are any participants who are new to reading in English.
- As a whole group, discuss the differences between the numbers.
- Invite participants, if they are happy to, to tell each other if they have ever used these numbers – and share your own stories, too.

Skills: What would you do if ...

Resources and preparation: Project, display or print the pictures and description cards. Make sure you have someone who knows what to do in these situations to lead the discussion and answer questions. If someone in the group is medically qualified, they can co-lead.

- Ask participants to work in small groups to match the pictures and descriptions. They can help each other with any words they don't know or use a translation app.
- Ask a few questions, and encourage participants to add their own, e.g.
 - *What would you do in each situation? Discuss in your small group, then share.*
 - *What happens when you call 999? What information would you give? What will they ask you? Who has called 999? What first aid can you give?*
 - *In which situations might you call 111, go to A&E or call your GP? Can you explain?*

Personal view: Dealing with stress

Resources and preparation: This activity uses a participatory tool called a **problem tree** to talk about stress. See the example provided. Use a large piece of paper to draw an outline of a tree.

- Lead by checking that everyone understands what 'stress' means. Ask participants to give a few examples of stressful situations and when participants think stress is a big problem.
- Show the outline tree and label the trunk 'stress'. Ask the group to discuss 'causes' of stress and write examples as roots on the tree. Encourage participants to write text that is big enough for everyone to see, and scribe for anyone who is new to writing in English.
- Ask the group to move on to discussing 'consequences' of stress and write these in the branches. Review the tree together as a group. Track from causes to effects/consequences and ask for suggestions for action: "What can we do?" Participants record their suggestions as fruit. Try to make sure the suggestions come from the participants. They may suggest consequences while you are still on the causes stage – that's ok.
- Have a group discussion about follow up research and action.

Staying Safe: Keeping healthy

Resources and preparation: Print one or more sets of **Staying Safe: Keeping healthy** images and **How much ...? How many ...?** activity sheets.

- Introduce the topic by passing round or holding up the images. Ask for ideas about what is good or bad to keep healthy, e.g. too much sugar and salt is bad for you, fruit and vegetables are good for you, exercise is important, etc.
- Hand out the activity sheet or use the images. Ask participants to discuss and agree a daily amount for each item, i.e. 6-8 glasses of water; 5 a day (portions of fruit and vegetables); 30-60 minutes of exercise; 7-9 hours' sleep. Participants can use shared languages and report back in English.
- Ask participants to talk about some things they can do or change to help them keep healthy.

Getting started: Emergency numbers**999****Emergency**
(fire, police, ambulance)**101****Non-emergency**
number for the **police****111**National
non-emergency
medical number and
NHS advice**112****Emergency number**
(fire, police, ambulance) –
will work on any mobile
phone **anywhere in the**
world

Skills: What would you do if

Your friend fell down the stairs. She banged her head. She is unconscious.



A child has quite a high temperature.



A child spills boiling water onto himself.



You cut your finger chopping vegetables.

Skills: What would you do if



Your friend starts to choke on his food.



Your friend has a nut allergy. They realise some cake had peanuts in it.



You feel very unwell. You have a stomach upset and need to go to the loo a lot.

Personal view: Example 'problem tree'

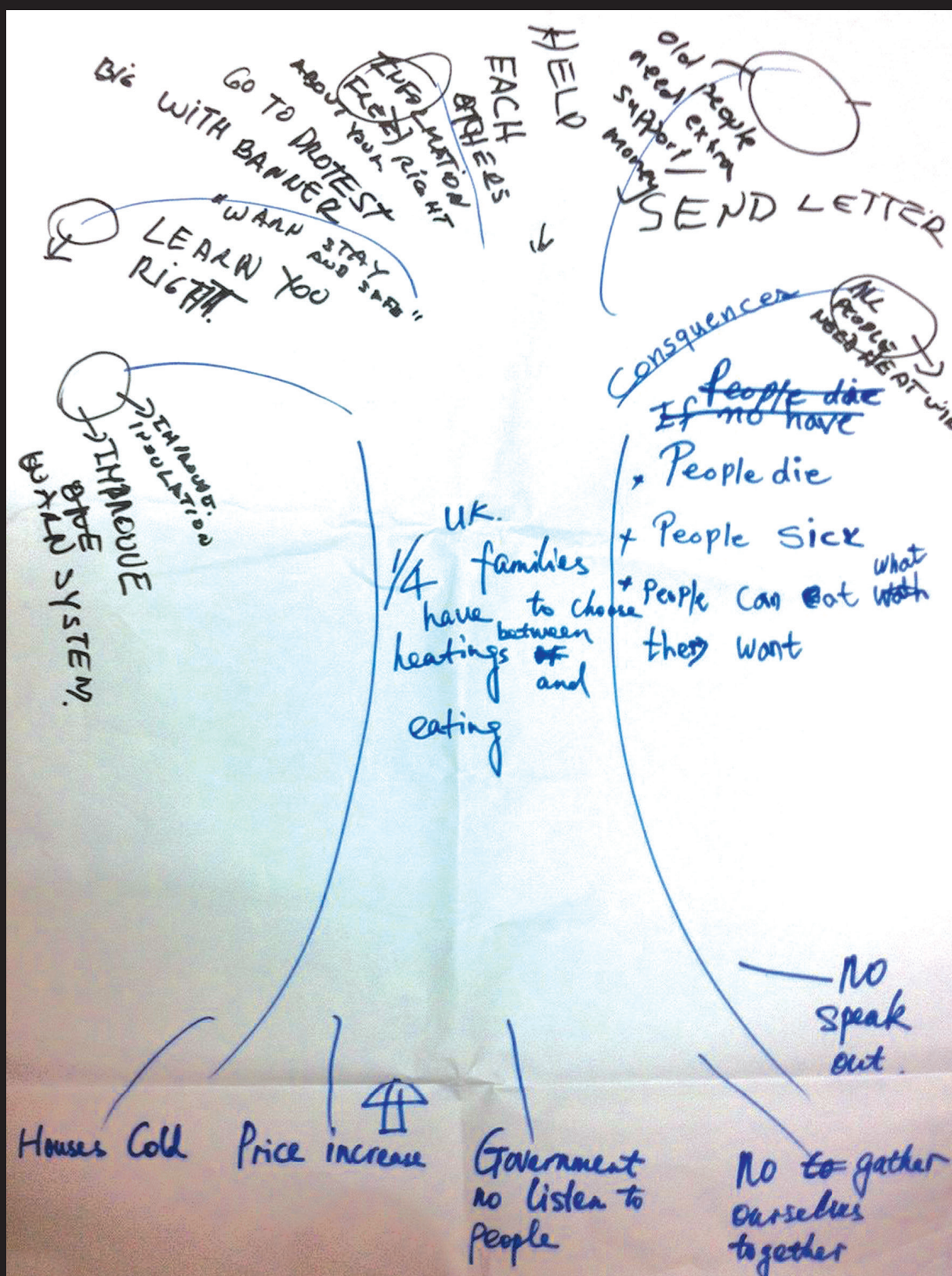


Image: Courtesy of English for Action.

Staying safe: Keeping healthy quiz



Image 3: Unsplash.com

Staying safe: Keeping healthy quiz



Image 3: Unsplash.com.

Staying safe: Keeping healthy

How many ...? How much ...?



Glasses of water



Minutes of exercise



Portions of fruit
and vegetables



Hours of sleep

Images 1-3: Unsplash.com.