

8

Health

The proposed syllabus for this section is a 'menu' for ESOL learners working towards Entry Levels 1, 2 or 3. It is not exhaustive. Below is a suggested list of topics which could be studied under this section.

The items in bold are those which have teachers' notes and learners' activities associated.

■ **Children's health**

- Immunisation, pre-school jabs and immunisation at school
- Access to free health care, free prescriptions for children, dental checks
- When to call out the GP and when to attend the surgery

■ Teenagers' health

- Health information on smoking, drugs, drink
- Local sources of help, young people's clinics and so on

■ Women's health

- Well woman clinics, access to a female GP, antenatal care, breast screening, smears, contraception
- Information about local clinics and services for women

■ Finding a GP

- Going to the GP
- Making an appointment
- Taking a friend or interpreter

■ **Prescriptions, using a pharmacy, advice from a pharmacist**

- Using NHS Direct

■ Healthy eating

- General diet and well-being in a new culture, comparison with diet in learners' countries
- Access to halal, kosher and vegetarian foods

Sources of the material used in this section

The sources of the information that formed the basis for the childhood infections table and the quiz were the following Websites:

- Kids Health for Parents at www.kidshealth.org/parent/infections
- Dr Paul at www.drpaul.com/illnesses
- Vaccine information for the public and health professionals is at www.vaccineinformation.org/photos

General information on healthcare professionals was adapted from the *Health and Medicines Information Guide and Directory* published by the Association of the British Pharmaceutical Industry, available to download from www.askaboutmedicines.org

The current cost of prescription charges in Activity 8.3 was correct as of July 2005. The cost of medicines was taken from www.boots.com

Sources of other useful material

- Department of Health at www.dh.gov.uk
- Action for Sick Children at www.actionforsickchildren.org
- Teenage health information from Dr Ann's virtual surgery at www.doctorann.org
- Leaflets found in doctors' surgeries and on pharmacy counters.
- *The Health Act: An Introduction*. Department for Constitutional Affairs.
- *The Health Act: Guidance*. Home Office leaflet.
- *ESOL Skills for Life* learner materials. Available from DfES Publications. Tel: 0845 60 222 60; e-mail: dfes@prolog.uk.com
- Roffey, S. and Haenlein, C. (2005) Section B, Unit 3: 'Help with a Health Problem', in *Living in Britain: Accessing Information, Help and Advice in the UK*. Available from Avanti Books.
- *ESOL Pathfinder: ESOL Materials Pack*. Audio CD and CD-ROM. Tower Hamlets College, East London. Available from Tower Hamlets College ESOL Department. Tel: 020 7510 7510; www.talent.ac.uk. Choose ESOL Pathfinders. The CD-ROM contains Entry 1 materials on the topics of education, health and travel, developed for women learners in community classes.
- *Health Assessment* pack, ESOL Pathfinder project E2, Liverpool Community College. Available from Liverpool Community College. Tel: 0151 252 1515; email: esther.cosslett@liv-coll.ac.uk. The 'Health Assessment' pack is one of a number of packs developed as part of the Liverpool Pathfinder project.

Useful Websites

Website	Web address	Description
Aware Defeat Depression	www.aware-ni.org	Information on ethos and work of Aware. Contact details in different areas.
BBC	www.bbc.co.uk/a-z Search under 'h': – Healthy eating – Health over 50 – A-Z of children's ailments www.bbc.co.uk/health/complementary	Full alphabetical range of topics on the BBC site. The BBC has useful sites looking at all aspects of health.
Health and Care NI	www.n-i.nhs.uk	Information on a wide range of topics including GP practices, hospitals and trusts, dentists and advice on healthy living in Northern Ireland.
Health Promotion Agency	www.healthpromotionagency.org.uk	Wide range of health issues in focus. Useful links to other Agency websites.
Mind (Mental Health Charity)	www.mind.org.uk	Mind is the leading mental health charity in England and Wales.
NHS Direct Online (National Health Service)	www.nhsdirect.nhs.uk	The main national health site; looks at treatment/issues, for example smoking and HIV.
Northern Ireland Blood Transfusion Service	www.nibts.org	Official website giving information on how and where to donate blood, and on blood safety.
Northern Ireland Chest, Heart and Stroke Association	www.nichsa.com	News, events and contact details of related organisations.
RWH (Royal Women's Hospital)	www.rwh.org.au/wellwomens	Well women's Website with a online translation service available, for example into Somali, Russian, Chinese, and so on.

Type of resource	Online or downloaded?	Level/adaptability
Short, fairly simple text.	Online fact sheets on depression.	E1+
Healthy eating is part of the sports site so has lots of pictures of healthy people and sporting activities. Health over 50 is mainly text based, but colourful.	Online or download the 'jargon buster' on healthy eating, which has short non-complex text describing such things as carbohydrates, calories, and so on.	E1+
Short, fairly simple text giving information on how to make your own herbal teas, breathing techniques, and so on. Also, information on traditional medicine from other cultures and countries.	Downloadable materials available.	Ranges from E1–L1
Mainly short texts with concise information and useful links to practices, hospitals, etc.	Some downloadable information available on infectious diseases.	Useful both as a teachers' resource and for learners themselves. E1+
Text -based mainly with information on Agency publications.	Short, online press releases which could be useful for class discussion/project work.	E2+
The campaign guide has pictures and information about current campaigns.	/Information/Factsheets – Downloadable factsheets on a multitude of different topics.	E2
/SelfHelpGuide/SHGAlphaIndex.aspx for a simple A–Z of common problems and solutions.	/SelfHelpGuide/SHGBodyKey.aspx – a pictorial search engine. Image of the human body; click on different parts of the body.	E1+
Short text with some pictures . Useful FAQ section and stories of those helped by blood transfusions. Useful interactive map.	Easy to use online search for blood donation locations.	E1+
Mainly text -based. Some interactive maps.	Interesting, downloadable articles on topics such as stress and exercise.	E2+
Information about women's health issues.	Online fact sheets in many languages.	E2+

All details were correct at time of publication

8.1 Children's health

Entry 1	Entry 2	Entry 3
Take advice from a table of information on infections. (Rt/E1.2)	Compare learners' own experiences of infection with a table of information. (Rs/E2.1)	Raise awareness of specialist vocabulary relating to health. (Rw/E3.1)

Suggested procedure (Entry 3)

- If possible, elicit the meanings of the words 'infection' and 'treatment'. It may be necessary to give some variations, for example 'infect', 'infected', 'infectious', and so on. Ask learners if they have children, and what ages they are. Ask learners if they can say anything about childhood infections. Take, or give, a few examples of these, writing the names of the infections on the board. (Be careful not to anticipate answers to quiz questions though!) Give out the quiz, and ask learners to work through in pairs, choosing or guessing answers.
- Do not check answers – instead give out the table of information, and ask learners to read through to check their answers to the quiz or to change their minds.
- Now check quiz answers referring, where appropriate, to the infections table. New vocabulary should be written on the board in a relevant context.
- Now ask learners to discuss/compare which of the infections their own children have had, or they themselves experienced in childhood. What treatments or remedies did they use?

Differentiation

- *There is lots of tricky vocabulary in this section, so bilingual dictionaries and/or translator help would be very useful.*
- *The table of infections could be cut up so that learners receive information on one infection only and make it into a jigsaw reading.*
- *Group learners according to whether they have children or not (or pair learners with children, with learners who don't have children).*

Language points

Integrate the following specific language points:

- lexis surrounding infections, symptoms and treatments;
- metaphors surrounding health/sickness vocabulary – cure, remedy, treat a problem, recover from a setback, and so on;
- imperative forms and associated functions (lots of them in the text – and very common in doctor talk).

Extension activities

- Make a mindmap of other important health vocabulary.
- Ask learners to compare experiences of using the health service.
- Find video/listening material illustrating doctor–patient interactions.
- Ask learners to compile a similar table of common adult infections.
- Ask learners to brainstorm and list qualities needed by a good doctor/nurse/midwife/surgeon/patient.
- Ask learners to discuss what types of food are good when you are ill – you could start by giving the example of chicken soup as a cure-all.

Children's health

8.1

Right or wrong?

Work in pairs. Read through the questions on childhood infections. Do you think the sentences are right or wrong? Put a tick (✓) or cross (✗) next to each sentence. Discuss your answers with the rest of the class.

1. When someone says that they have German measles, it means they have rubella.
2. You should tell the doctor immediately if you think your child has whooping cough.
3. Your child can still go to nursery or school if they have chickenpox.
4. When measles first appear inside the mouth they look like little red spots.
5. Rubella can harm pregnant women.
6. Head lice fly from one dirty head to another.
7. You don't need to worry if your child gets earache when they have measles.
8. If you have chickenpox and your scabs get itchy, you should give them a good scratch.
9. You can only be immunised against rubella.
10. Mumps make your neck swell up.

