



HOW CAN WE HELP THE NHS?

What should I already know?

- What a doctor is
- What a nurse is
- I can go to hospital when I am really poorly

- Who I can ring in an emergency

Florence Nightingale

Florence Nightingale is a famous British nurse who lived from 1820-1910. She helped to make hospitals more sanitary places and wrote books about how to be a good nurse. Much of what we know about clean, organised hospital conditions today is thanks to Florence's hard work and research. She began her nursing career during the Crimean War and campaigned for better hospital conditions for the wounded soldiers there.



Mary Seacole

Mary Seacole is another famous nurse. The Jamaican healer, faced unfairness and discrimination as a black woman when she tried to volunteer as a nurse during the **Crimean War** (1854-56). When the British turned down her offer of help, she decided to go to the Crimea independently. She set up a British Hotel near the frontline to provide comfort and supplies to the army. She rode nearly every day to the battle front to give out medicines and nurse the injured and dying.

NHS

- The NHS stands for the National Health Service.
- It is the health service that everybody in the UK can use when they become poorly or injured, to help them to get better.
- It is 'free at the point of use', which means people can be treated for free when they are poorly.
- It is paid for through taxes, which is money that UK adults pay to the government.
- It includes doctors, nurses, surgeons, ambulance drivers, opticians, paramedics, midwives (who help to deliver babies), psychologists and all sorts of other people whose job it is to make sure people stay healthy.
- It started in 1948, as the government believed that everyone should be able to get healthcare - no matter how much or little money they had.
- Before the NHS, people would usually have to pay to get help if they got ill.



Research

- What can you find out about the NHS?
- Can you find out about any other famous medics/ doctors/ nurses? Why are they famous? What did they discover?
- Can you find out about any famous Victorians?

Key Vocabulary

Word	Definition
Hospital	a place providing medical and surgical treatment and nursing care for sick or injured people.
Nurse	a person trained to care for the sick
Doctor	a person who is qualified to treat people who are ill
Volunteer	a person who freely offers to undertake a task
Crimea	A region in Russia
Health	the state of being free from illness or injury
Government	the group of people with the authority to govern a country
Paramedic	a person trained to give emergency medical care to people
Medicine	a drug or other preparation for the treatment or prevention
Campaigned	work in an organized and active way towards a particular goal

Skills

- Look at similarities and difference between the past and now
- Understand more about the Victorians as a time period
- Recognise why people did things, why events happened and what happened as a result
- Use a source – observe or handle sources to answer questions about the past on the basis of simple observations.