

What do I already know?

What police officers, firefighters, doctors and teachers are.

What 'help' means and how I can help my friends and family.

Some of the buildings in our local community, such as; shops, hospitals and schools

Some books to share

Superhero Like You

By Dr Ranj



People Who Help Us

By John Wood



Emergency

By Margaret Mayo



Important Words -

rescue – the act of helping someone out of a dangerous or unpleasant situation.

ambulance – a vehicle used to take people to and from hospital

fire – the hot, bright flames produced by things that are burning

hero – someone who has done something brave, new or good and who is admired by lots of people.

courage – making good choices in the face of fear or obstacles.

brave – making a choice to face fears.

Paramedics

A paramedic is a health care professional who works for the emergency services, usually in an ambulance. They help people who have been injured or become ill very suddenly.



Firefighters

Firefighters help to keep us safe. They put out fires using special equipment such as a hose. They wear a fire helmet and a fire suit. Firefighters also rescue people from accidents where it is difficult to get to the person.



Doctors and Nurses

Doctors and nurses help us when we are ill or injured. They find out what is making us ill and help us to get better again by giving us medicines or carrying out operations.



Coast Guard

The coast guard rescues people from the sea. These people might be on a boat that has broken-down or are lost at sea. They have special boats called lifeboats that zoom across the sea to rescue people.



Mary Seacole

Mary Seacole was a Jamaican nurse who went to the **Crimea** (in what is now **Ukraine**) when war broke out there. She was determined to help the wounded soldiers. She showed great courage and earned the respect of the men fighting in the war.

Mary Seacole nursed many people back to health during the cholera epidemic and the outbreak of yellow fever.

When the **Crimean War** broke out between Russian and British, French, and Turkish troops in 1853, Mary Seacole travelled to **London** to ask permission to go and nurse the soldiers in Crimea, but she was refused. Mary Seacole asked to join **Florence Nightingale** and her team of nurses, but again she was refused permission to go.

Mary Seacole did not give up, though. She paid her own travelling expenses to the Crimea. When she arrived she set up a business called the British Hotel near the battlefield. Through her business she sold food and drink to the soldiers. With the money she earned, she bought medicines and treated her patients on the battlefield, often nursing soldiers from both sides.

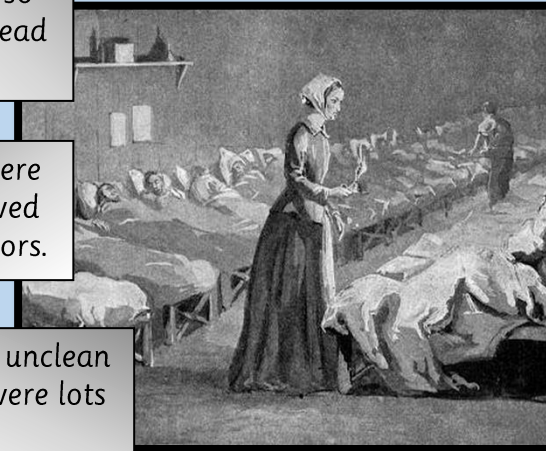


Hospitals in the Past

Lots of beds crammed into one room so germs spread quickly.

Women were NOT allowed to be doctors.

Dirty and unclean so there were lots of germs.



There was no soap and nurses and doctors did not wash their hands.

Nurses and doctors did NOT wear masks or gloves. Nurses wore long dresses.

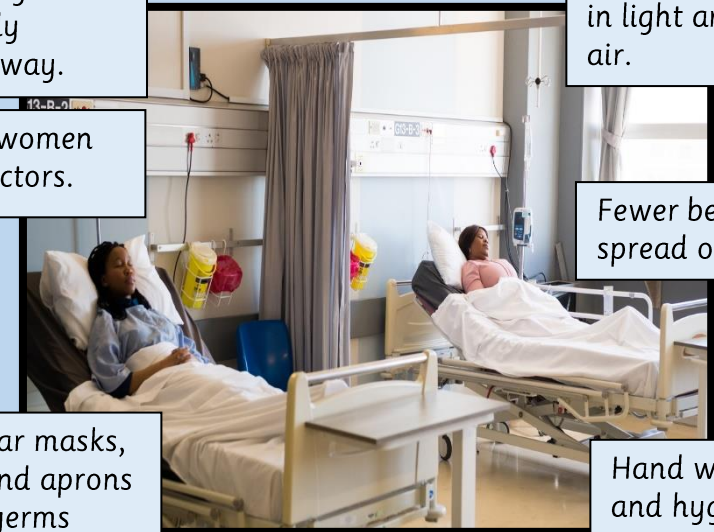
No windows or toilets.

Hospitals Now

Hospitals are very clean and germs are quickly washed away.

Men and women can be doctors.

Staff wear masks, gloves and aprons so that germs can't spread.



Big windows to let in light and fresh air.

Fewer beds, spread out.

Hand washing and hygiene is VERY important.