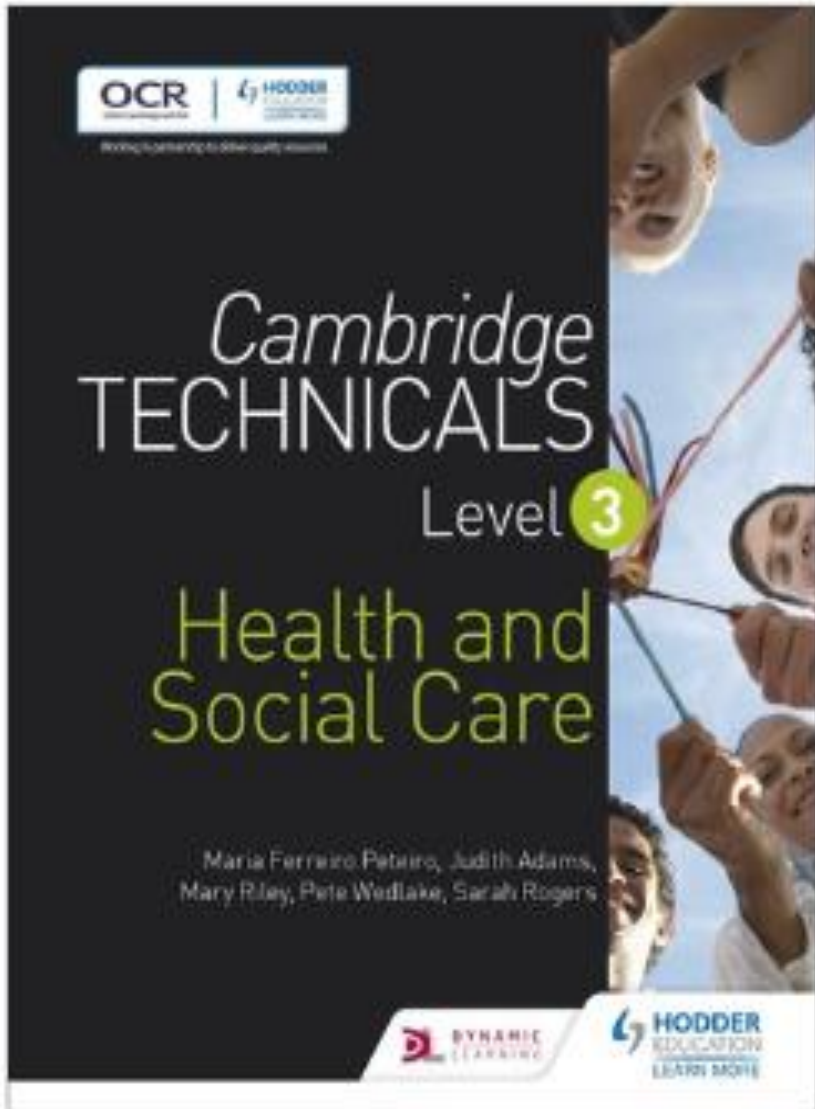


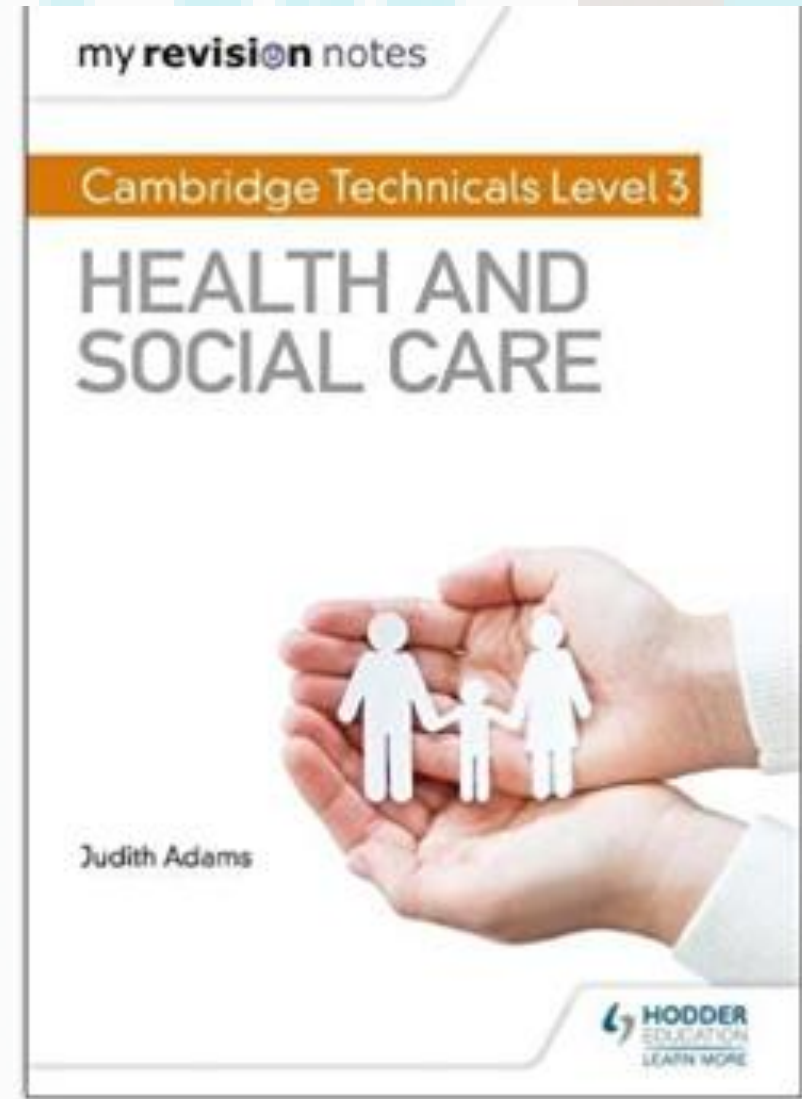
# **Spotlight on Health and Social Care**

**QE Library books and other resources to support you and help with your understanding of this subject. Titles may be borrowed using your student ID card.**

# Spotlight on Health and Social Care



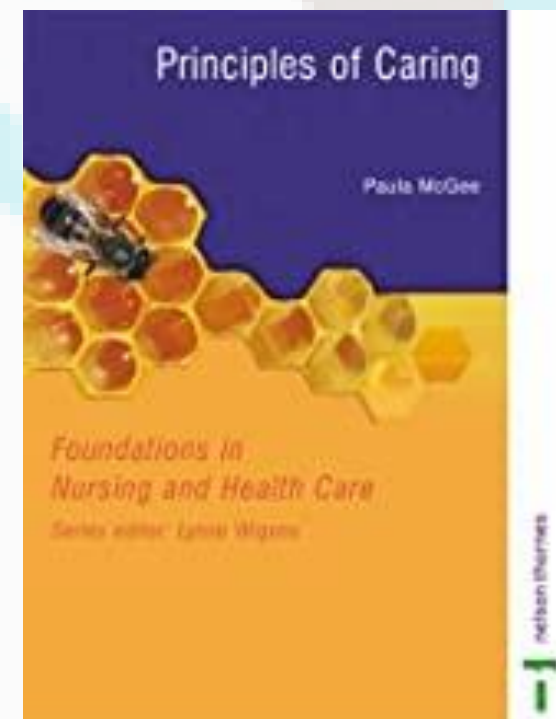
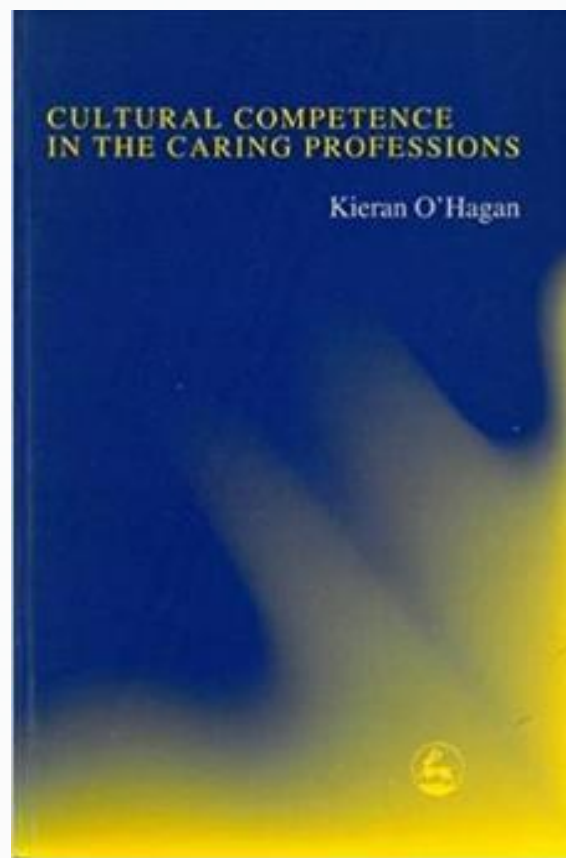
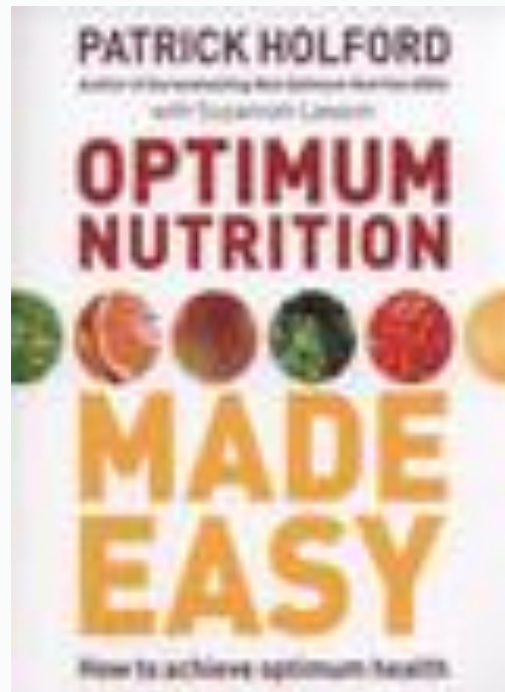
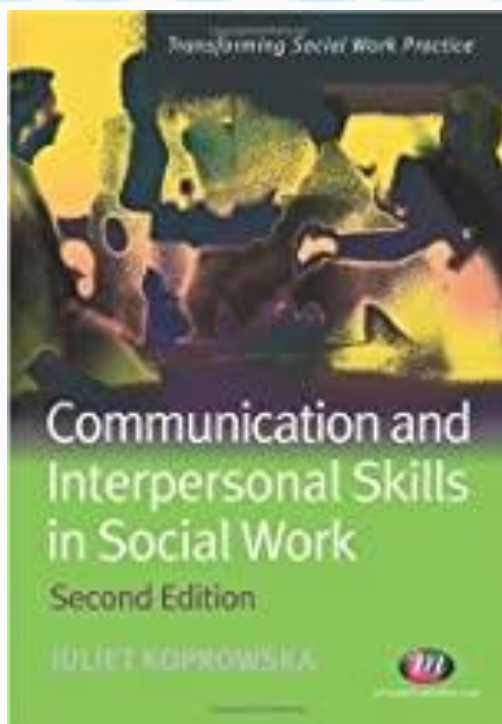
**We have copies of textbooks and revision guides where available.**



# Spotlight on Health and Social Care

Books to support you in 'reading around' the subject.

Level 3



# Spotlight on Health and Social Care

and Social

Complete Issues

## Benefits of exercise

Physical activity and mental health

Research by the Sport and Recreation Alliance looked at the role of sport and physical activity in mental health. It interviewed 2,006 adults and found that:

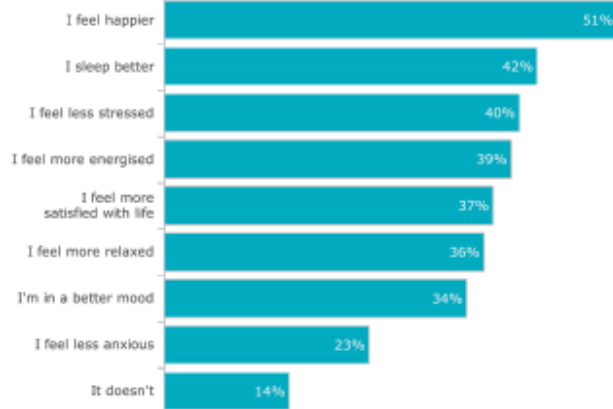
**32%** of people who are currently inactive would take up physical activity if they knew more about the mental health benefits.

**55%** said they took part in regular activity because it improved their mental wellbeing.



They were asked:

How does exercise make you feel better?

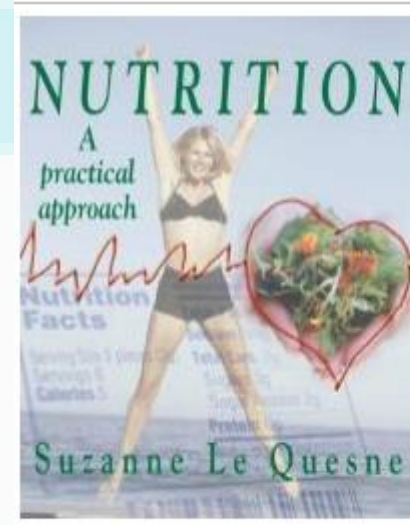


Source: Sport and Recreation Alliance www.sportandrecreation.org.uk

WHAT DO YOU THINK?

We can help with your research for your health and social care work. Simply contact us with your requirements-

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Could the future of therapy be in your pocket? From stress-busting apps to digital CBD, Kate Wills discovers a new generation of mobile technology that's transforming mental health care and says virtual reality is the next frontier

# Spotlight on Health and Social Care

## [Sector skills council for care and development](#)



## [The Guardian - Social Care](#)



**Some useful websites to support your studies for Health and Social Care.**

## [Community Care](#)



## [Equal Opportunities Commission](#)



## [Department of Health](#)

