RESOURCE CENTRE HIGHLIGHTED IN NATIONAL REPORT

Alcohol Concern has commissioned a report titled: ‘Right Time, Right Place’ Alcohol-harm reduction strategies with children and young people.”

The report uses the Health Promotion Resource Centre as a case study, stating: “an innovative regional health promotion library highlights a practical way in which these barriers to delivering IBA with young people can be overcome.”

This is a fantastic achievement and champions the service which is valued highly by its clients throughout Cornwall and Isles of Scilly.

This report is available to loan or in PDF format from the Resource Centre.

WELCOME TO FULL-TIME STAFF MEMBER

The Resource Centre welcomes Geraldine as the new full-time front of house. She has previously worked with the centre on a part-time basis for over two years.

Geraldine is looking forward to assisting the clients in delivering effective health improvement messages. She is also keen for clients to recommend any resource and or leaflets which are not already stocked and may be beneficial for other clients.

Hps.library@icspct.cornwall.nhs.uk

RESOURCE OF THE MONTH

‘Drunk and Disorderly Goggles’

This is a fantastic resource which has been developed by Micheala Dudley who is the Young Persons Alcohol Worker.

Drunk and Disorderly has been specifically designed to stimulate the destructive physical effects of drinking too much.

The goggles simulate reduced alertness, slowed reaction time, confusion, double vision etc.

The goggles offer a very realistic simulation of alcohol impairment, taking into account differing levels of light & units.

There are two sets available, the first (Hoops) has been designed for less mobile clients. The second (skittles) is more physically engaging.

To book this resource please go to our online booking page.

To see our latest resources please see overleaf.
New Additions

Headlouse Model

This is a fantastic visual aid that can be used in conjunction with other head lice resources (i.e. leaflets and the Bug Buster head, both of which are available through the resource centre). The model measures 20cm from head to tail and 17cm wide from leg to leg. An information leaflet is located within the base of this model.

The Pain Toolkit Leaflet

The is a beautifully illustrated booklet aimed at people aiming to manage persistent pain. It is informative with tips and skill to help manage pain.

Cook4life Recipe Cards

This is a lovely bright and colourful expandable leaflet for all the family. This is from the Change4Life campaign with yummy healthy recipes. It includes clear step by step instructions with tips for tasty alternatives.

A closer Look at Tobacco

This is a bright and colourful resource which identifies potentially harmful precursors of tobacco use. It highlights the common progression of tobacco addiction. It also comes with an informative, reproducible handout.

COMING SOON

The Food Label Game

Plate It Up—the food portion toolkit.

The Emotional Wellbeing Toolkit

Key Stage 1 & 2

Ready Or Not Virtual Babies

Keep checking our online booking page for these resource plus many more!

SUPPORTING RESOURCES FOR UPCOMING HEALTH EVENTS

1 to 7 August

WABA World Breastfeeding Week

The Benefits of Breastfeeding—This thoughtful DVD has been developed to inspire women to attempt breastfeeding, highlighting the importance of seeking help if difficulties occur.

Leaflets include:

* Essential Guide to Breastfeeding in Cornwall
* + many more

1 to 30 September

Let’s Talk Baby Month

Infant Parent Play & Communication—This excellent DVD looks at each stage of infant/parent communication and its development from conception to the age of three. With great supporting footage, the program shows how babies communicate what they want, need and feel from the womb onwards.

Great for use in schools for child development classes and for health professionals to use with parents.

For further supporting resources, please visit our website.

In addition to those resources highlighted above, the Resource Centre holds a vast selection of resources covering a huge variety of Health Promotion topics. To access the full list of Health Event please visit www.healthpromo.cornwall.org. To view our entire online resource catalogue, please follow the links to the Virtual Library.