Happy 2013 to all our clients

The Information and Resource Centre would like to wish all its clients a very happy 2013.

Have you been thinking about some New Year’s resolutions? This time of year is good to reflect and think about ways you can improve your life.

At the Information and Resource Centre, we are well placed to support people throughout Cornwall and Isles of Scilly with such resolutions. With a vast catalogue of free resources and information at your fingertips, your New Year’s resolutions have never been so easy.

We have some fantastic leaflets including:
- Losing weight.
- Healthy eating.
- Increasing physical activity.

Stopping Smoking
Understanding alcohol

The Information and Resource Centre also holds some great resources:
- Healthy recipe books
- Heart monitors for activity
- Pedometers

So why not take a look at our catalogue today, it is available online 24 hours a day at www.healthpromcornwall.org and follow the links to the Information and Resource Centre.

If you would like any further information or to make a comment, please contact the team on 01209 313218

UPCOMING HEALTH EVENTS AND SUPPORTIVE RESOURCES

For a full list of Health Events and supporting resources, please visit our website: www.healthpromcornwall.org

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<th>JANUARY</th>
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<td>Cancertalk Week</td>
<td>Bug Busting Day</td>
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<td>21st - 25th January</td>
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<td>National Heart Month</td>
<td>Think About Sex Day</td>
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Clearon Cancer

Reference: L03A.26

This brilliant little leaflet has been produced by the Peninsula Cancer Network. It comes in a very useful credit card sized foldout leaflet. It is full of practical information about why early diagnosis is so important, what to look out for both men and women. The information is clear and easy to understand.

Bug Buster Head

Reference: 40.0070

This model is to demonstrate how to wet comb hair to remove head lice. Leaflets and three types of combs, conditioner and shampoo in the pack. Please ensure that when returning this item it is clean and dry.***CLIENT FEEDBACK**** 9/10 Thank You! 22/9/2011

Simply Comparing Labels

Reference: P15.04

An engaging A4 poster giving the image of a pack of biscuits with their ingredients under a magnifying glass. This poster highlights the importance of comparing food labels as a way of reducing saturated fat intake.

The Guide

Sexual Health Advice in Cornwall

Reference: L18.10

An essential guide for young people who are having or considering having sex. This small booklet covers: reasons for having sex or not having sex, relationships, the law, confidentiality, pregnancy worries, unprotected sex, gay, lesbian, trans gender identity, Sexually Transmitted Infections, Chlamydia, Sexual Health & Contraception Clinics in Cornwall and Isles of Scilly etc.
Ball Basics (A quick guide to testicular health and testicular cancer (Leaflet)
Ref: L03B.22

A great little pocket size leaflet with tips on how to check your testicles for changes and warning signs. Early detection will mean simpler, more effective treatment with fewer side effects. Has information about non-cancerous conditions, testicular pain, testicle terminology and testosterone. Leaflet is designed to get younger males to check for signs of cancer.

Early Years Emergency Healthcare Toolkit
(Role play with Amber & Lance)
Ref: 04A.66

Welcome to the Early Years Emergency Healthcare Toolkit. This wonderful toolkit is for children in the early years foundation stages (EYFS) aged three to five years. Its objective is to provide young children with a basic understanding of healthcare services; It has been developed around the understanding that effective teaching and learning in the EYFS has three characteristics: playing and exploring; active learning; and creating and thinking critically.

Ref: L03A.27

Did you know that UK men have a 16% higher risk of cancer than women? Experts are not certain why, but they think that lifestyles may play a part. Cancer is not just down to fate. We have control over many of the things that affect our chances of developing cancer. In this leaflet you can find out how to reduce the risk. Living healthily is not a cast iron guarantee, but it can stack the odds of avoiding cancer in your favour.
Visit us at www.healthpromcornwall.org for more new additions.

Information Update

Catch up with our daily Tweet at: @Hps_sirc
and Facebook page messages at: Cornwall & IOS IRC, Information & Resource Centre

If you have any recommendations, comments or events you would like to appear in our next edition, please email: katie.hall@ciospct.cornwall.nhs.uk or you can contact us on: 01209 313419/ 313218

Resource of the month

Carbs & Cals & Protein & Fat

Booking reference: 15A.94

Carbs & Cals & Protein & Fat Flashcards are a visual guide to carbohydrate, protein, fat and caloric counting. The pack contains 54 large durable cards showing photographs of popular food and drink items. One side of each card displays the food or drink portion, and states the prepared/cooked weight below the image. The reverse of the card shows the same photograph, but also clearly shows the amount of carbohydrate, calories, protein and fat in that portion. The flashcards contain items from the following categories: Bread, Breakfast, Cakes & Bakery, Desserts, Drinks, Eggs & Cheese, Fruit, Meals, Meal Accompaniments, Meat, Chicken & Fish, Potatoes, Rice, Pasta & Grains, Sauces & Spreads, Snacks, Takeaways, and Vegetables & Pulses.
Book today, call 01209 313218 or go to www.healthpromcornwall.org.

Need more information?

Why not visit www.healthpromcornwall.org for the latest Health Promotion Service information, which includes:

- Latest resources
- Health Campaign calendar
- Health Promotion Training Courses
- Health Promotion Service news

Visit the Resource Centre to study, research and work in a comfortable, friendly environment with FREE WiFi access.