RESOURCE CENTRE WELCOMES IT’S NEWEST ARRIVALS

The HPS Information and Resource Centre are delighted to announce the arrival of our ‘Ready-or-not Tots’

The virtual babies are a fantastic, realistic resource which simulates a baby’s varying needs.

The doll comes with four different 48 hour programmes. These include a realistic number of times the baby must be attended to in various ways. One of these programmes simulates the higher demands of a drug affected baby.

Students use the worksheet to record the time and type of care given. This is then compared with the master template for that programme. If the baby is dropped, hit etc an abuse light will come on. Each baby comes fully equipped with a child car seat, changing bag, changing mat, spare change of clothes and baby carrier. This additional equipment enables a more rounded experience allowing a more realistic insight into the demands of parenthood.

Search ready-or-not on our online booking page today.

RESOURCE OF THE MONTH

The Food Label Game

The Food Label Game (ref: 15B.79) has been developed by the Health Promotion Resource Centre to demonstrate the importance of understanding food labeling.

Stage 1—A Powerpoint presentation is shown to educate the participants about both food labeling and the traffic light system.

Stage 2 — The participants use a selection of food labels to find the per 100g nutritional information. Using the traffic lights cards, the information can then be rated either high, medium or low.

Stage 3 — This stage allows the participants to discuss their findings and allows them to evaluate how the information may influence their future choices.

To see our latest resources, please see overleaf.

NEW COOKALIFE RECIPE'S

Recipe Cards

This leaflet is packed full of healthy, yummy recipes. With bright colorful pictures and easy to follow instructions, it also includes tips for healthy alternatives.
New Additions

Change4life

Snick Swapper

A fun and easy to use wheel to help choose healthier snacks, breakfasts and puddings. Simply put one card in the wheel and turn to see ideas for swapping snacks for healthy, tasty food and drink. Part of the change4life campaign.

Lancet

4 Part Obesity Report

This four-part series critically examines what we know about the global obesity pandemic, its drivers, its economic and health burden, the physiology behind weight control and maintenance, and what science tells us about the kind of actions that are needed to change our obesogenic environment and reverse the current tsunami of risk factors for chronic diseases in future generations.

Kick It

Binge Drinking DVD

This is a short, sharp DVD that hits the mark about the dangers of binge drinking. Based around the theme of soccer techniques, this DVD delivers a powerful anti-binge drinking message for both boys and girls.

Guidance on infection control in schools and other childcare settings

A colourful informative poster giving guidance on infection control and good hygiene practice in schools and other childcare settings. Explains symptoms of childhood illnesses and infections, recommended quarantine periods and whether to seek treatment.

COMING SOON

Plate It Up

The food portion size toolkit.

The Emotional Wellbeing Toolkit

Key Stage 1 & 2

The Skin Scanner

Helps to highlight sun damage on the face.

SUPPORTING RESOURCES FOR UPCOMING HEALTH EVENTS

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 it’s 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.

For further supporting resources, please visit our website.

1 to 31 October

Breast Cancer Awareness Month

This is a beautifully presented leaflet containing information on breast cancer, what to look for, early detection, screening, risks, HRT, the pill, obesity, alcohol.

This leaflet about risk factors for women who have not had breast cancer and aims to help you understand more about the latest research into breast cancer risk factors.

For the full range of supporting materials, leaflets, posters, models etc, view our online booking page.

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