The Information and Resource Centre has forged new links with the Truro Wellbeing Centre as part of its ongoing commitment to service improvement.

This new link allows the Information and Resource Centre a platform to support communities at a more localised level. The Wellbeing Centre will receive up-to-date health promotion information on a variety of health related subjects. This collaboration also provides a stage to promote the brilliant work carried out by the Health Promotion Service as a whole.

The Truro Wellbeing Centre was developed by Volunteer Cornwall and partners. It aims to find the right support for needs by bringing together health professionals, statutory, voluntary and community sector organisations and individuals to help improve health and wellbeing within the local community.

The Resource Centre is keen to develop links with groups across Cornwall and Isles of Scilly. If you would like to link in with the service, contact the team on 01209 313218.

This resource should come with a warning -

Using puppets with young children can be seriously addictive! ! !

From introducing your bight and fun puppets (Ben and Mary) to the class, Linda Bentley takes you through all of the essential stages, KS1, KS2 and KS3.

There are suggestions for the best ways to present your puppets to children as well as tried and tested recommendations from collecting together a selection of props to setting up your own puppet-shoots!

The book even comes with it's own set of support materials - a series of photographs to use as a stimulus for discussion as well as cartoon sheets for the children to fill in.

Once you've read and absorbed the many ides in this book, you'll wonder why you'd never thought of puppets before!

For new additions please see overleaf. A full list of new resource can be found on www.healthpromcornwall.org and follow the links to the virtual library.
Supporting resources for upcoming health events

**Operation Fix-It**

*Large book for children*

This colourful, bright and attractive book in large print follows Tom as he goes into hospital for an operation. Tom loved the presents, once there, he felt shy, nervous and unsure about what was going to happen to him. Read this book to find out how Tom got on, the friend he made and the difficulties he faced.

**Exercise & Calorie Guide**

*(laminated chart)*

This bright, colourful laminated chart is a quick and easy reference, listing the number of calories burned when performing common activities.

**Dr Gray’s Walking Cure**

This small book explains how walking a little more each day helps you look better, feel better and reduces the risks and effects of disease. Walking is a simple, free and medically, by far, the best prescription for the 21st century.

**Survival guide to a night out**

This attractive, compact credit card sized folding leaflet holds all the information a young person needs when facing a night out drinking. The leaflet includes getting ready, units, out and about, hangover and for those times when things may go wrong, emergency contact numbers.

To view all our latest resources, visit our website at [www.healthpromcornwall.org](http://www.healthpromcornwall.org) and follow the links for our library.

**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.

**Coping with stress GAME**

*A card game which has been thoughtfully designed to teach 6-12 year olds specific emotional behavior and social skills. Designed for two to four players. To book this game, use reference number 22B.65*

**Remember—for further supporting resources, please visit out website.**

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](http://www.healthpromcornwall.org). To view our entire online resource catalogue, please follow the links to the Virtual Library.