RESOURCES CENTRE LINKS IN WITH THE WELLBEING CENTRE TRURO

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.

RESOURCES OF THE MONTH

PUPPETS AT LARGE

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

10 October
WORLD MENTAL HEALTH DAY

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

Stress: Its all about getting the balance right POSTER—
This poster is a bright engaging way of looking at stress. It clearly demonstrates the importance of putting a balance between work, money etc and family, fun time. Order reference P22a.07

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

14-20 November
ALCOHOL AWARENESS WEEK

Heavy Drinking: how alcohol calories add up.
MODEL—The model is a unique way of looking at the content of your alcoholic drink. Containing six glasses of alcoholic drinks, fully labelled with the measure, units, total calories, fat, carbs and alcohol. Ref: 40.0071

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.