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 promotes 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 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 the 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 bright and fun puppets (Ben and Mary) to the class, Linda Bently 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-shows!

The book 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.

For new resources please see overleaf. A full list 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 behaviour and social skills. Designed for two to four players. To book this game, use reference number P22a.07

To book the 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

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

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

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.

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 and follow the links for our library.