The Information and Resource Centre launch
FREE WiFi and Twitter

The Information & Resource Centre is delighted to announce the arrival of our WiFi access.

This new service allows our clients to research, work and study in a comfortable and friendly environment. Accessing the Wi-Fi couldn’t be easier. Simply come along to our Resource Centre, search for wireless networks and log on. If that wasn’t easy enough, you won’t have to re-register the next time you want to use it. Not only can you get ‘hands on’ with our catalogue of Health Promotion resources, view our extensive list of leaflets and posters, but now, you can also access items only found on the internet. So if you are a student looking for somewhere to study or trying to research a health promotion topic, why not come along and get started today?

The Information and Resource Centre would like to invite all members to follow us on Twitter @hps irc. This exciting development allows us to provide clients with a ‘virtual notice board’ providing information on new resources, leaflet, posters etc in real time.

If you would like any further information about our new services, 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.healthpromcomwall.org

SEPTEMBER

Sexual Health Week
17th to 23rd September

World Heart Day
29th September

OCTOBER

Breast Cancer Awareness Month

Back Care Awareness Week
8th to 12th October

Off to the best start (Breastfeeding)

Leaflet reference: L15C.01
Breastfeeding leaflet produced by UNICEF and Department of Health. Contains information on after your baby is born, how to breastfeed, protection, signs that your baby is feeding well, breastfeeding tips, try not to give a dummy, expressing milk, storing milk, colour of baby stools and

Sex and Consequences Game
Loan Resource ref:28A.57
An innovative way to teach about the possible consequences of sex, this dynamic game encourages players to think about their actions. Players are rewarded for knowing facts about STIs, pregnancy and sexual activity, they are also faced with possible situations and decisions concerning sex. The large game board is great for working in large groups. For 2 to 8 players or teams. Age 12 years to adult.

Essential Work and Cancer Toolkit (The)

Reference: 31A58A
The Essential Work and Cancer Toolkit, has been produced to help employers support people with cancer, and their carers, in the workplace. The toolkit will give employers a better understanding of the physical, emotional and financial impact of a cancer diagnosis, practical guidance on how to manage employees with cancer and information on how people with cancer are protected by the Equality Act.

Spine Disorders Model with Muscles
Reference: 40.0087
This anatomical model features spinal curvatures that are colour-coded. It includes occipital bone and cerebellum, circle of Willis, vertebral artery, spinal nerves with sciatic nerve, right brachial plexus, and 1st and 2nd ribs, sacroiliac ligaments. Several spinal muscles are featured. This Spine Disorders Model with Muscles comes with a stand included.
Artie Beat’s Picnic (small book)
Ref: 15D.0035A B/C


Carbs and Cals (54 Flashcards)
Ref: 15A.93

Carbs & Cals flashcards are a visual guide to carbohydrate and calorie counting. The pack contains 54 durable cards showing photographs of popular food and drink items. One side of each card displays the food or drink portion, and the reverse clearly shows the amount of carbohydrate and calories in that portion. Carbohydrate counting is an important part of diabetes management, particularly for Type 1 diabetes and these flashcards provide an invaluable tool for anyone engaged in this process. For people with Type 2 diabetes or those trying to lose weight, the flashcards are also a great resource in learning about the calorie counting process. They take out the guesswork and time spent weighing food by showing the calorie content in each food photograph.

Understanding Health, third edition.
Ref: 17A.0048

Understanding Health introduces students to the social determinants of health and the importance of health equity. It examines public health, primary health care health promotion and disease prevention. The new structure of the book easily guides students through the concepts covered. It begins by discussing the over-arching principles of health and health promotion and continues on to explore how health status and the determinants of health are measured. The book equips the students to explore the theories and helps them to understand how to put them into practice.

Visit us at www.healthpromcornwall.org for more new additions.

COMING SOON

My Pregnancy My Choice
Mindfulness Meditation

Healthy Hearts Kits
Plus many more
See website for details.

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.