

## **Cystitis**

**18.02.001**

A set of two colourful A1 Posters, contains useful information and explains that "Cystitis is an inflammation inside the bladder. Over half the women in this country suffer from it at some time during their lives".Also explains; What are the symptoms? and how to help yourself.

## **Pre-menstrual Syndrome**

**18.02.002**

A set of two colourful A1 Posters, contains useful information and explains that "Many of the negative feelings like tiredness, bloated ness and irritability, which some women feel just before a period, can be part of pre-menstrual syndrome".Alsoexplains; What are the Symptoms? and how you can help yourself.

## **Preventing Stroke Display**

**05.02.001**

This Display Set explains what a stroke is and recommends the lifestyle changes that can be made in-order to reduce the risk of a stroke occurring. Copies of a leaflet entitled "What is a Stroke?" are available to support this display.

## **Vaginal Thrush**

**18.02.003**

A set of two colourful A1 Posters; contains useful information and explains that "Vaginal thrush is a common infection caused by a yeast called Candida albicans. This yeast usually causes no harm and is only a problem when it multiplies.Also explains; What are the symptoms? and how to help yourself.

### **Head Lice: Is There A Louse About?**

**18.03.003**

*East Sussex, Brighton & Hove Health Promotion*

This folding table-top display will enable you to inform others about the facts of head lice. What they are, how to get rid of them and how to help prevent them from returning.

### **Osteoporosis: Something Can Be Done**

**18.03.002**

This laminated flipchart can be used as a teaching aid and explains about Osteoporosis. Illustrates what normal bone looks like and what osteoporotic bone looks like. Lists which bones are most susceptible to fracture, describes how diet and exercise can help your bones.



### **Equipped For Life**

**18.04.005**

*Mary Horn, Randy Shively & John C Gibbs*

This game aims to teach adolescents to think and act responsibly through a peer-helping approach. A new approach for teachers working with anti-social adolescents and those with behaviour disorders. The game is based on the approach that pupils will help one another effectively once they are motivated through a positive group context and equipped with specific skills or providing mutual help. The game focuses on:~ Moral judgement~ Anger management/correction of thinking errors~ Social Skills This board game provides an easy and interesting way for pupils to learn about thinking errors, the destructive effect of these errors and how to correct them by replacing them with accurate thoughts and constructive responses.

### **It's A Question Of Health**

**18.04.001**

*Outset Publishing*

This board game deals with six important health - related subjects: Alcohol, Drugs, General Health, Nutrition, Personal Health and Contraception, Smoking. It is easy to use with individual players or teams - and fun to play, allowing teachers and young leaders to approach the subject of health education in a relaxed and informal way.



### **Target 4**

**18.04.004**

Target 4 consists of four separate yet complementary health promotion games specifically designed to meet the educational needs of people with learning disabilities. The focus of each game reflects one of the four targets outlined in the government initiative Our Healthier Nation. The four main areas are heart disease, cancer, mental health and accident prevention. The board games provide a fun, colourful and graphic route to assessing and improving knowledge about healthier food choices, safety in the home and community, as well as physical exercise and adopting pursuits that improve the quality of life. This pack also includes a guide for facilitators. Of particular interest to: direct care staff, primary healthcare staff, day centre staff, care homes, schools and community learning disability teams. Format: Four large game boards and playing pieces, instructions for each game (24pp) and a guide for facilitators, in a storage box.



### **The Healthy Way**

**18.04.002**

A booklet describing what people with learning disabilities think about the health care they receive. Includes an audio cassette and board game which can also be used as a poster.



## **The Relationship Game**

**18.04.003**

The aim of the game is to successfully negotiate the shared roles and responsibilities involved with living with someone in a relationship. This will involve players working together, making decisions and discussing their response to options, choices, dilemmas and events thrown up by life. The 'winners' are those players who manage to live together with some degree of equability and harmony and who manage to maintain a sense of personal worth and regard for themselves and their partner. At the end of the game, the players themselves decide who are the winners and losers. Designed for young people aged 14 upwards, it provides at least eight hours of curriculum material.



### **Head Lice: Pediculus Ridiculous**

**18.10.001**

Head Lice are the number one recurring problem in schools and dealing with head lice causes a great deal of stress and distress to parents, child and school staff. To assist schools in helping parents to prevent head lice and to effectively treat any infestation, this DVD has been produced to explain how to detect and treat head lice. An explanation is also given on how to 'wet-comb' and why treatment needs to continue due to the time delay in nits hatching into lice. Includes an A2 poster 'Lice are not nice'.

## **Backache**

**18.11.004**

This video explains backache and other back complaints, the importance of correct posture and demonstrates some simple exercises which can help prevent backache.

## **Head Lice Beware!**

**18.11.008**

A pilot video demonstrating Bug Busting, for schools and health centre. Useful to: \* explain the concept of Bug Busting to staff \* show to pupils in preparation for Bug Busting Day \* show to parents before their children start school \* lend to parents

## **Head Lice: A Guide For Schools**

**18.11.012**

This video explains how head lice spreads (and how they don't), how they can be properly diagnosed and recommends the simplest and most effective treatments. The cautious step-by-step approach is designed to minimise unnecessary public alarm or anxiety. The video is based on a new report commissioned by the Public Health Medicine Environmental Group, and compiled by Consultants in Communicable Disease Control. Supplied with five photocopiable fact sheets.

## **Heartworks**

**18.11.013**

HEARTWORKS, a lively video, activity sheets & practicals, is designed to help you delivery many areas of the curriculum at Key Stage 3 Science, Life and Living Processes & Environmental Studies 5-14 Life Science. It is especially useful in fulfilling the requirement to make science relevant to everyday life.VJ, Sharon, Abbie & Martin are all 13-15 year olds. They've been set a Media Studies project to 'sell' a healthy lifestyle to the rest of the class which involves them producing their ownvideo. It doesn't take long for the team to get interested in the subject (much to their amazement!) and they become engrossed in their research with experts from the world of medicine, sport, food & advertising.The video can be shown in its entirety or as three parts:PART 1: The HeartPART 2: Be Active Eat WellPART 3: Choices

## **Living Today**

**18.11.010**

*Speak-Up Self Advocacy*

Three videos in one, designed to help people with learning disabilities in their everyday lives. LIVING SAFELY designed to help service users understand the potential risks which exist when living independently. WHAT CAN I DO IF I'M ARRESTED? -explains what rights people have & what they should do if they are arrested. WHERE CAN I GO FOR HELP? -increases awareness of the range of local services that are available when dealing with personal problems.

## **Look After Yourself**

**18.11.014**

This video promotes health education by presenting events from the everyday lives of young children, combined with animation and picture books. The emphasis is on humour, music, animation and story. The programmes develop the themes of personal hygiene, food and nutrition, health-related exercise, safety and the psychological aspect of health education. Shows five 15 minute programmes; Keep Clean; Eat Well; Keep Fit; Keep Safe and Know How You Feel.

## Looking After Your Back

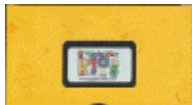
18.11.005

This video is a general guide to help avoid back problems. It shows how problems are caused, how correct posture can help and how to carry out everyday activities in a way which will cause least wear and tear on your back.

## Male Health & The Prostate

18.11.007

This is a video about male health and the prostate. It describes what benign prostatic hyperplasia (BPH) is, its causes and effects. The video displays people talking about the prostate and what problems can arise.



## The Healthy Bod Squad

18.11.001

*Goggleboxkids. [www.goggleboxkids.com](http://www.goggleboxkids.com) e: [rfl@rfl-ltd.com](mailto:rfl@rfl-ltd.com)*

The Healthy Bod Squad KS 1/2 This video is three 'dreadful tales' in one programme. Good natured black humour in the form of rhymes provides 'Dahlesque' commentary on the lives and fates of three Gogglebox kids: Stinky Simon who has personal hygiene problems, Lazy Laura who piles on the pounds through physical inertia, and Junk Food Javed who almost supports the whole of the fast food industry single-gutted. QCA ? Science Unit 1A Ourselves 2A Health and growth 3A Teeth and eating 4A Moving and growing 5A Keeping healthy Includes Accompanying A4 Notes & Photocopiable Sheets

## Weight Control Key Skills

18.11.006

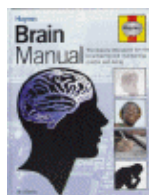
A combined video and booklet pack designed to support training in one-to-one work to develop dietary counselling skills. Demonstrates in primary care three key skills: open questioning, reflective listening and exchanging information with the patient.

## **Alternative Therapies**

**18.13.039**

*Editor: Craig Donnellan*

Complementary medicine includes many different techniques for treating a patient as is becoming increasingly popular. Half of all general practices in England now offer some access to complementary or alternative medicine. And according to one recent survey, one Briton in five now uses complementary medicine. However, some hard-line scientists argue that there should be no such thing as a complementary or alternative medicine. This book provides a useful up-to-date overview of the main treatments in complementary medicine and discusses their effectiveness. The information comes from a wide variety of sources and includes government reports and statistics, newspaper reports, features, magazine articles and surveys, literature from lobby groups and charitable organisations.



### **Brain Manual**

**18.13.005**

*Ian Banks*

This book looks at how the brain works, what effects the various inputs and outputs have, and what people can do to improve and maintain their own mental well-being and that of those around them. Recent research shows that simple things such as diet and exercise can have a profound effect on mood and memory. Similarly, crosswords and computer games need not be just pastimes, they can increase mental agility. And what happens when you meditate or visit a hypnotherapist? As usual, Jim Campbell's cartoons and Haynes technical illustrations complement the text to make this an entertaining as well as a thought-provoking read.

## **Caring: How To Cope**

**18.13.017**

*Janet Horwood*

This is an easy to use and comprehensive "dip into" book of practical information and emotional support. Drawing on carers' real life experiences and fully illustrated, this is a book that you can rely on to help you cope with the realities of caring.

## **Choosing Health**

**18.13.023**

This White Paper sets out the key principles for supporting the public to make more healthier and informed choices in regard to their health. The Government will provide information and practical support to get people motivated and improve emotional wellbeing and access to services so that healthy choices are easier to make. The chapters cover the following areas: Chapter 1: The time for action on health and health in equalities Chapter 2: Health in the consumer society Chapter 3: Children and young people - starting on the right path Chapter 4: Local communities leading for health Chapter 5: Health as a way of life Chapter 6: A health-promoting NHS Chapter 7: Work and Health Chapter 8: Making it happen - national and local delivery Annex A: Choosing Health? Consultation Annex B: Making it happen

## **Equal Opportunities Issues**

**18.13.025**

*Editor: Craig Donnellan*

Information gathered from a wide variety of sources to stimulate debate. Looks at sex discrimination both in the workplace and in education. Offers a useful starting-point for those who need convenient access to information about the many issues involved. Contains a list of organisations you may want to contact for further information. Includes a photocopiable study guide.



**Focus On Tuberculosis**

**18.13.002**

*Tuberculosis Section, Health Protection Agency  
Centre for In*

Focus on Tuberculosis is the first annual surveillance report that brings together surveillance information on the occurrence of tuberculosis in England, Wales, and Northern Ireland from multiple sources. It provides a comprehensive overview of current trends in the numbers of tuberculosis cases, drug susceptibility, treatment outcome, and outbreak surveillance. The report is based on national surveillance of tuberculosis from 2000 to 2005 but has a particular emphasis on 2005 which is the most recent year for which complete data are available. The report provides a detailed picture of the disease in England, Wales, and Northern Ireland and examines recent trends. It provides a baseline for the assessment of the effectiveness of the measures being implemented to strengthen control of tuberculosis in this country. The report is an important source of information for the public and professionals and gives an insight into the extent of the current problem with tuberculosis and the

**Hea Guide To Complementary Medicine  
And Therapies**

**18.13.015**

*Anne Woodham*

Do you want to find out more about complementary medicine but don't know where to start? This comprehensive and objective guide to the range of alternative therapies avail- able in the UK will tell you everything you need to know from the best therapies for the most common ailments to how to find a reliable practitioner.



**Health Poverty Index: An Atlas Of  
Indicators For The South East**

**18.13.045**

*Liz Rolfe, Jo Watson*

The atlas provides a map of the South East region for each of the 26 indicators in the Health Poverty Index (HPI). The maps illustrate variations in the relative national rank of each local authority in the South East by quintile. This report was prepared in response to a request from the Government Office for the South East as an aid to inform Local Area Agreement (LAA) negotiations between local authorities and partners. Local Area Agreements cover the area of one or more local authorities and focus on a collection of goals across a range of services which can relate to either national or local priorities.



**Health Profile Of England 2007**

**18.13.046**

The Health Profile of England is intended to be of use to public service professionals and officials within the local community - such as local councillors and primary care trust directors of public health - who are in a position to exert influence over the planning, commissioning, procurement and delivery of public health programmes. But the document will also be of interest to a much wider audience - anyone with an interest in the profile of health and health determinants in this country.



## **Hepatitis C In England**

**18.13.001**

*Andrea Mann*

This is the second annual report on Hepatitis C from the Health Protection Agency, summarising current knowledge of the infection and the action being taken to tackle it.



## **Hepatitis C In England: 2007**

**18.13.009**

This year's report provides an update on progress towards the Hepatitis C Action Plan. The number of newly diagnosed cases of hepatitis C infection in England in 2006 was 10% higher than in 2005, suggesting that diagnosis is increasing. Between 2002 and 2006 there has been an almost ten-fold increase in the number of hepatitis C tests carried out in specialist drug services. In addition, testing at GP surgeries has continued to remain high.



## **Hgv Man**

**18.13.043**

*Dr Ian Banks*

this is not a diet book. Instead, following the tried and tested Haynes formula, there are detailed explanations of how the relevant parts of the body work, what happens if you're seriously overweight, and plenty of hints and tips on what to do about it. There is also a light-hearted History of Gluttony, a look at bizarre diets from previous eras, some encouraging news about what losing weight can do for your sex life, and some surprising

facts (and fallacies!) about what's really in your food.

## **Lifestyle And Its Impact On Health**

**18.13.004**

The Association of Public Health Observatories has published this report aimed at supporting all those engaged in implementing the Public Health White Paper - and improving the health of the population - by bringing together summary information on seven risk factors and four diseases which are key causes of ill health and death in England. Information about their impact on health what can be done to tackle them and relevant national targets is summarised alongside graphs presenting the latest data, trends or geographical comparisons. Alongside the third report in the Indications series, the Association of Public Health Observatories has published an update of the projects full list of indicators at regional level. "Unpalatable message needs to be heard" is the headline in a News Release from the Public Health Group North East to highlight the publication of Lifestyle and its Impact on Health by the Association of Public Health Observatories.

## **Living Happily Every After**

**18.13.037**

*Dr Bob O'Connor*

Most people want to believe that being together and loving each other are all that's needed to live happily every after. If you understand what really loving each other means, it can be all you need. But first you must understand what love is, then make it happen. Dr Bob O'Connor draws on his long experience of working with couples and families to show how problems with sex, money, household chores and child raising are often caused by the need for power and control. Living Happily Ever After incorporates a series of self-assessment 'Tests' and 'things to Talk About' on issues such as: ~ Am I still in love with my partner? ~ Giving and getting ~ Sexuality and sexual preferences ~ What do you want from the relationship? ~ Is there really a way to solve our problems? By learning more about your own needs and desires and those of your partner, you will be able to help each other change and develop as your lives unfold.

## Living With Hepatitis C

18.13.022

*Richard English & Dr Graham Foster*

This self-help guide is a partnership between a writer who has hepatitis C and a leading medical specialist involved in its treatment. This guide is particularly strong on the psychological aspects of coping with hepatitis C, and with its extensive comments from others who are HCV-positive, it offers impartial and sensible advice that will help anyone with hepatitis C to live life to the full again.

## Managing Weight

18.13.019

Managing Weight is a useful reference for health and other professionals working with overweight or obese clients. It provides information, references and suggestions for further reading about weight management. Each section suggests different activities which allow you to check your current knowledge, reflect on your own approach to helping clients and extend your learning.



## Our Health, Our Care, Our Say: A New Direction For Community Services

18.13.003

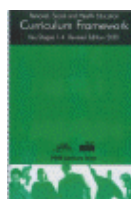
The Our health, our care, our say White Paper sets out a vision to provide people with good quality social care and NHS services in the communities where they live. NHS services are half way through a 10 year plan to become more responsive to patient needs and prevent ill health by the promotion of healthy lifestyles. Social care services are also changing to give service users more independence, choice and control.



## Our Health, Our Care, Our Say: A New Direction For Community Services

18.13.044

This White Paper sets a new direction for the whole health and social care system. It confirms the vision set out in the Department of Health Green Paper, Independence, Well-being and Choice. There will be a radical and sustained shift in the way in which services are delivered, ensuring that they are more personalised and that they fit into people's busy lives. We will give people a stronger voice so that they are the major drivers of service improvement.



## Personal, Social And Health Education. Curriculum Framework

18.13.030

*PSE Advisory Team*

Designed to provide support to those managing, co-ordinating and teaching Personal, Social and Health Education (PSHE). This document will provide assistance in planning and developing a coherent and progressive PSHE curriculum and will support teachers in delivering high quality PSHE to pupils in all Key Stages. In view of mounting evidence that successful learners have well developed personal and social skills, this Curriculum Framework offers a strong contribution to school improvement and effectiveness. This local framework builds on the National Curriculum 2000 materials for PSHE and citizenship.



**Personal, Social And Health Education.  
Schemes Of Work**

**18.13.029**

*PSE Advisory Team*

This Scheme of Work has been designed to provide support to those managing, co-ordinating or teaching Personal, Social and Health Education (PHSE) and Citizenship in the primary school. It is a medium term planning tool which breaks down the broad curriculum framework for PSHE into detailed sequence of linked units of work for every year. Each unit sets out the learning objectives under three headings:~ Areas of knowledge and understanding.~ Personal and social skills~ Attitudes and personal qualities.

**Population Matters**

**18.13.026**

*Editor: Craig Donnellan*

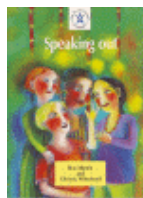
Information gathered from a wide variety of sources to stimulate debate. Examines world population growth. Offers a useful starting-point for those who need convenient access to information about the many issues involved. Contains a list of organisations you may want to contact for further information. Includes a photocopyable study guide.

**Racism Issues**

**18.13.024**

*Editor: Craig Donnellan*

Information gathered from a wide variety of sources to stimulate debate. Looks at the issues of racism in the community, at work and in sport. Offers a useful starting point for those who need convenient access to information about the many issues involved. Includes a list of organisations you may want to contact for further information.



**Speaking Out**

**18.13.035**

*Ros Martin & Chrissie Whitehead*

Assertiveness can help women develop the confidence and skills they need to influence their own and others' health - from talking about sex with their parents to challenging discrimination. This book shows women how to plan, adapt and run courses for groups, drawing on a variety of activity and discussion exercises. A separate section brings together exercises for groups from black and ethnic minority communities. This book will be of interest to assertiveness trainers and facilitators working with women.

**The Big Book Of Health**

**18.13.042**

A 'show-and-tell' A3 book for 7 to 11 year olds. Follow Bob and Lucy as they investigate how to keep their teeth, bones and bodies healthy. With the help of the specialists they give you their healthy hints on how to look after your teeth and bones, eat a healthy diet and also explain the benefits of exercise.

**The Pennell Report On Women's Health**

**18.13.020**

The Pennell Initiative for Women's Health was set up in January 1997. Its purpose is to raise awareness of, and address, the issues which impact on the health of women from the start of menopause to old age. This report addresses three main groups- women and professionals who advise them; and policy-makers who make decisions which impact on their lives and health.

**Total Wellbeing: The Whole Treatment For The Whole You**

**18.13.038**

*Dr Hillary Jones & Dr Brenda Davies*

Total Wellbeing shows how we can achieve optimum health both in body and in mind by showing us all the available options. Looking closely at the whole range of common health and emotional problems, for arthritis and allergies, infertility to irritable bowel, bereavement to back pain, the authors give authoritative advice on the types of treatment available and which ones work best. They include:~ essential advice on the basics of good living and the components of good health.~ the full range of orthodox and alternative approaches~ a combined approach that produces the best possible solution.~ sample case histories that illustrate each problem Set out in an easy-to-use A-Z format, Total Wellbeing transforms our ideas about medicine and healing.

**Well Being**

**18.13.036**

This Illustrated Encyclopaedia of Well-Being brings you the means to nurture yourself through all the life stages, enabling you to take responsibility for your health, happiness, and spiritual life. This book aims to teach you how to balance orthodox and complementary approaches to common ailments and conditions, with comprehensive chapters on:~ Whole Body Well-Being~ Men's Health and Well-Being~ Women's Health and Well-Being~ Children's Well-Being~ Restoring Well-Being~ Maintaining Well-Being~ Lifestyles and Well-Being~ Well-Being, Mind, Body and Spirit~ Therapeutic Well-Being



**Working With Kosovar/albanian Patients**

**18.13.006**

*Dr Philip Matthews & Dr Fahri Seljmani*

This book has been written to help health professionals work with Albanian speaking clients. It is a result of a collaboration between a practising GP and a medically trained native

Kosovar. It is not intended to replace trained interpreters, who remain the ideal, and whose help is particularly necessary for dealing with complicated problems.



**Young People In East Sussex, Brighton And Hove**

**18.13.034**

This report summarises the Health Related Behaviour Survey 2004, findings from over 3,000 young people aged 14-15 years across East Sussex and Brighton and Hove. The survey covers many aspects of the lives of young people today and focuses on both their physical and mental health. Some of the questions concern relationships, self-confidence and problems while others provide insights into nutrition, fitness and leisure time activities. There is a substantial section on knowledge use and attitudes towards drugs, both legal and illegal.

**Blueprints: Health Education Key Stage  
1 - Photocopiable Pupil Resources**

**18.15.006**

*John Lloyd & Ron Morton*

This book is a practical and comprehensive resource for health education and PSE which covers all National Curriculum requirements at Key Stages 1 & 2. For each Key Stages there is a highly-illustrated teacher's resource book and book of related photocopiable pupil activities. This Pupil's Copymaster Book provides 96 photocopiable activity sheets for use alongside the key Stage 1 Teachers Resource book [18.15.006]. Blueprints Health Education:~ covers every learning objective for Curriculum Guidance 5: Health Education through hundreds of child-centred activities~ delivers health education across the whole curriculum~ can be used as a complete whole-school health education programme with structure and progression or as a flexible ideas bank~ provides at-a-glance coverage of National Curriculum learning objectives throughout~ has in-built assessment~ has been written by highly experienced primary health educators and teachers.

**Blueprints: Health Education Key Stage  
1 - Teacher's Resource Book**

**18.15.007**

*John Lloyd & Ron Morton*

This book is a practical and comprehensive resource for health education and PSE which covers all National Curriculum requirements at Key Stages 1 & 2. This book is a highly-illustrated teacher's resource book, there is also a book of related photocopiable pupil activities [18.15.006] available for loan. This Teacher's Resource Book provides activities for Key Stage 1. Blueprints Health Education: ~ covers every learning objective for Curriculum Guidance 5: Health Education through hundreds of child-centred activities~ delivers health education across the whole curriculum~ can be used as a complete whole-school health education programme with structure and progression or as a flexible ideas bank~ provides at-a-glance coverage of National Curriculum learning objectives throughout~ has in-built assessment~ has been written by highly experienced primary health educators and teachers.

**Blueprints: Health Education Key Stage  
2 - Photocopiable Pupil Resources**

**18.15.008**

*John Lloyd & Ron Morton*

This book is a practical and comprehensive resource for health education and PSE which covers all National Curriculum requirements at Key Stages 1 & 2. For each Key Stages there is a highly-illustrated teacher's resource book and book of related photocopiable pupil activities. This Pupil's Copymaster Book provides 96 photocopiable activity sheets for use alongside the key Stage 2 Teachers Resource book [18.15.009]. Blueprints Health Education:~ covers every learning objective for Curriculum Guidance 5: Health Education through hundreds of child-centred activities~ delivers health education across the whole curriculum~ can be used as a complete whole-school health education programme with structure and progression or as a flexible ideas bank~ provides at-a-glance coverage of National Curriculum learning objectives throughout~ has in-built assessment~ has been written by highly experienced primary health educators and teachers.

**Blueprints: Health Education Key Stage  
2 - Teacher's Resource Book**

**18.15.009**

*John Lloyd & Ron Morton*

This book is a practical and comprehensive resource for health education and PSE which covers all National Curriculum requirements at Key Stages 1 & 2. This book is a highly-illustrated teacher's resource book, there is also a book of related photocopiable pupil activities [18.15.008] available for loan. This Teacher's Resource Book provides activities for Key Stage 2. Blueprints Health Education: ~ covers every learning objective for Curriculum Guidance 5: Health Education through hundreds of child-centred activities~ delivers health education across the whole curriculum~ can be used as a complete whole-school health education programme with structure and progression or as a flexible ideas bank~ provides at-a-glance coverage of National Curriculum learning objectives throughout~ has in-built assessment~ has been written by highly experienced primary health educators and teachers.



### **Don't Sit! Get Fit!**

**18.15.028**

*Phil Peirce*

Photocopiable teacher resource to help contribute to the development to health, active lifestyles in children. Features: \* emphasis placed on incorporating fitness into the daily school routine; \* detailed background information on each section: physical fitness, organising the fitness programme, fitness activities, food and fitness, testing and evaluation; and \* information on phases of physical development, curriculum links, instructions for dance routines and games and assessment proformas also provided.



### **Fuel Poverty And Health**

**18.15.050**

*Dr Vivienne Press*

The aim of the Fuel poverty and health toolkit is to improve the quality of life, to reduce morbidity and avoidable winter deaths, and to reduce winter strain on the NHS, by encouraging strategic planners and health professionals, in partnership with local authorities, to devise and implement well targeted local strategies to reduce fuel poverty. It is aimed at strategic planners, National Service Framework coordinators and leads, primary care professionals and those working on fuel poverty strategies in local partnerships. The Fuel poverty and health toolkit contains: ~Fuel poverty and health: A guide for primary care organisations, and public health and primary care professionals ~Fighting fuel poverty: Helping people stay warm (a leaflet for health professionals to view) ~An easy-to-use client referral form (ideal to photocopy)

### **Getting Personal 1**

**18.15.019**

*Denna Haydon, Pat King, Christine Moorcroft*

Getting personal is an exciting new scheme that addresses all aspects of personal, social and health education. It aims to develop understanding, rather than dictate. Each pupil activity begins with an every day context presented as a large photograph, illustration or picture story. The Teachers' resources book provides background information, ideas for introducing and developing each topic plus supporting photocopiable activity sheets. For children aged 7-9.

### **Getting Personal 2**

**18.15.020**

*Denna Haydon, Pat King, Christine Moorcroft*

Getting personal is an exciting new scheme that addresses all aspects of personal, social and health education. It aims to develop understanding, rather than dictate. Each pupil activity begins with an every day context presented as a large photograph, illustration or picture story. The Teachers' resources book provides background information, ideas for introducing and developing each topic plus supporting photocopiable activity sheets. For children aged 9-11.

### **Getting Personal Pack**

**18.15.017**

*Deena Haydon, Pat King & Christine Moorcroft*

Getting Personal is an exciting new scheme that addresses all aspects of personal, social and health education. A complete pack of teacher, pupil and display resources comprising of; an 80 page teacher resource book with photocopiable activities; six large posters; workcards for group and individual activities and display materials and more, all packed in a carry case. Aimed at children aged 5-7.



### **Head Lice**

**18.15.047**

This folder is packed with useful information about head lice (pediculosis); factsheets;

photos; Word Search; cartoon book to colour in; Information and activity booklet.

## **Health & Self**

**18.15.010**

This pack contains four books plus a teachers handbook, provides a comprehensive framework for health education in the 1990s. Includes safety, nutrition, drugs, dental health and sex education.

## **Health Education For Key Stages 3 & 4**

**18.15.013**

*Graham Davies & Elizabeth Williams*

This resource comprehensively reflects and addresses the relevant requirements of the National Curriculum in the Science Orders and in particular, the advice given in the NCC Curriculum Guidance 5. Organised into the nine components, as in CG5, the handbook presents health education as a cross-curricular theme and provides extensive activities and discussion issues on photocopiable sheets for pupils between the ages of 11 and 16. All the assignments are supported by overview sections for the teacher which offer advice on pupil outcomes, methods(s) of teaching and appropriate links to other areas of the curriculum. A full introduction explores the general area and links all aspects of CG5 to specific parts of the handbook. Detailed advice is provided elsewhere on assessment and evaluation and further resources. The book covers the following aspects of Health Education:~ Substance use and misuse~ Family life education~ Health related exercise~ Personal hygiene~ Sex e

## **Health For Life 1**

**18.15.004**

Health for Life 1 will help you and your colleagues plan a health education programme that is tailor-made for your school. Based on a broad, holistic approach to health, it will help you meet the specific needs of your pupils, their parents and community. It is a practical, planning guide containing photocopiable worksheets, and a set of Action Planners, for use in discussion between teachers, parents and health professionals. Contains over 100 age-specific, illustrated classroom activity outlines for use with children 4-11. Its wide range of suggested teaching strategies will enable you to link health with skill development in other areas of the curriculum, and involve pupils' families. There is also an accompanying book: Health for Life 2, available from the Resources Centre for loan [18.15.005]. Health education in the primary school. A teacher's guide to three key topics: The world of drugs, Keeping myself safe, me and my relationships.

## **Health For Life 2**

**18.15.005**

Health for Life is a two-book programme that provides you with both a guide to planning for health education programme that is right for your school, and a wealth of classroom activities to help you implement it. Health for Life 2 will be invaluable to teachers who want to explore these three sensitive health topics with their pupils:~ The World of Drugs~ Keeping Myself Safe~ Me and My Relationships It contains:~ an informative introduction to each topic~ over 100 age-specific classroom activities~ a range of cross-curricular teaching strategies which help you to fulfil National Curriculum requirements~ Scope and Sequence Charts and Action Planners to help you plan your programme~ Photocopiable Family Worksheets for pupils to take home Health for Life follows on from Health for Life 1: A teacher's planning guide to health education in Primary school [18.15.004]

### **Health: Book 1**

**18.15.036**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at Ages 5-6 year olds [Year1].

### **Health: Book 2**

**18.15.037**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at Ages 6-7 year olds [Year2]

### **Health: Book 3**

**18.15.038**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at Ages 7-8 year olds [Year3]

### **Health: Book 4**

**18.15.039**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at Ages 8-9 year olds [Year4]

**Health: Book 5**

**18.15.030**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at Ages 9 - 10 year olds [Year 5].

**Health: Book 6**

**18.15.031**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at 10 -11 year olds [Year 6].

**Health: Book 7**

**18.15.032**

*Jenni Harrold*

Designed to complement Values Education Series and to provide complete coverage of the PSHE curriculum. Health is a practical series to help develop awareness of physical, social, emotional and sexual health features:~ each page linked to PHSE and Science curriculum~ answers and teacher information page included~ provides knowledge and skills pupils need to develop a balanced lifestyle ~ variety of factual and open-ended activities~ activities include: exercise; healthy eating; hygiene; first aid; medicines; safety; smoking; alcohol; drugs; strangers; sex education; myself; feeling; goals; values; decisions; respect; stress; family friends; peer pressure; bullies; community and the media. Aimed at 11 -12 year olds [Year 7, Secondary]



**Healthy Teddy**

**18.15.012**

Set of 8 laminates containing Healthy Teddy colouring and activity sheets. Lovely clear images to colour in or make into a Healthy Teddy display. Ideal to photocopy and great fun for children. Healthy Teddy:~eats an apple~eats a carrot~drinks from a cup~drinks water~jumps~runs~skips~plays ball~sits in the shade~wears sunglasses~wears a t-shirt~wears a hat~brushes teeth~brushes twice a day~has clean paws~has clean paws (different image).

**I Am, I Know, I Can**

**18.15.023**

Completely revised and updated this teaching pack will enable primary school teachers to address the Framework for Personal, Social and Health Education and Citizenship. It is written in an accessible, practical style to enable teachers to key into the lesson with minimum preparation. The materials are easy to use and will meet the needs of teachers and their children. This pack includes: + 57 lessons organised under four broad areas:~ Developing confidence and responsibility and making the most of their abilities~ Preparing to play an active role as citizens~ Developing a healthy, safer lifestyle~ Developing good relationships and respecting the differences between people.+ an Introductory section setting the context, linking to assemblies and guidance documents, and providing an overview of the core activities with a planning tool to assist use.+ Setting the classroom climate and ethos lesson plans+ 3 workshops for teachers, parents and whole school staff.



**Lifestyle Choices: Lower Primary**

**18.15.044**

Lifestyles choices lower aims to increase children's awareness of healthy lifestyles, helping them to develop positive habits that will stay with them into adulthood. Divided into four sections: \* A healthy lifestyle\* A healthy diet\* Exercise and fitness\* Self-management



**Lifestyle Choices: Middle Primary**

**18.15.045**

Lifestyles choices middle aims to increase children's awareness of healthy lifestyles, helping them to develop positive habits that will stay with them into adulthood. Divided

into four sections: \* A healthy lifestyle\* A healthy diet\* Exercise and fitness\* Self-management



**Lifestyle Choices: Upper Primary**

**18.15.046**

Lifestyles choices upper aims to increase children's awareness of healthy lifestyles, helping them to develop positive habits that will stay with them into adulthood. Divided into four sections: \* A healthy lifestyle\* A healthy diet\* Exercise and fitness\* Self-management

**Look After Yourself: Activity Book**

**18.15.021**

*Ron Morton & John Lloyd*

This activity book offers ideas and activities that will be useful in supporting programmes in the Look After Yourself video [18.11.014]. They may also be used independently. Contents: Keep Clean; Eat Well; Keep Fit; Keep safe; Know How You Feel.

**My Body**

**18.15.015**

Since the My Body project was launched in 1983 it has become recognised as a significant contributor towards good health education in schools. This new edition builds on the project's success. The philosophy remains the same, but the content and approach have been updated to bring the project into line with the National Curriculum attainment targets and more open-ended activities have been included. The materials now place more emphasis on a positive view of health education and environmental issues. This pack contains 60 double-sided information and activity cards pupil's cards. My Body: Teachers Guide also available to loan form resources [18.15.016].

## My Body: Teachers Guide

18.15.016

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## Osteoporosis

18.15.026

This resources/information pack contains useful information about Osteoporosis from the Department of Health, Health Education Authority and the National Osteoporosis Society.

## Personal & Social Education & Cross-curricular Themes: Year 10

18.15.002

*Edited by Jackie Hill, Jill Todoff, Cathy Rushforth*

This new and comprehensive PSE programme is the ideal tool with which to raise students' confidence and enable them to develop inter-personal, social and communication skills, vital in preparing students for adult life. The programme is spiral, allowing students to revisit themes, and is based around the cross curricular themes of Citizenship, Environment Health, Careers, Economic/Industrial Awareness. The programme is modular in presentation. Each module contains module objectives, methodology and resources as well as lesson plans, teacher's information and photocopiable pages. The programme has been written, trialled and revised in secondary schools, to ensure its relevance to students, teachers and the curriculum. It has been enjoyed and valued by students and praised by OFSTED. Includes photocopiable material for students and teachers. Provides full support for specialist and non-specialist teachers. Written, trialled and revised in secondary schools. In line with National Cu

## Personal & Social Education & Cross-curricular Themes: Year 11

18.15.003

*Edited by Jackie Hill, Jill Todoff, Cathy Rushforth*

This is a comprehensive programme which helps students develop inter-personal, social and communication skills, and prepares them for adult life. The study programme is based around the cross-curricular themes of citizenship, environment health, careers and economic and industrial awareness. The programme is modular in presentation. Each module contains module objectives, methodology and resources as well as lesson plans, teacher's information and photocopiable pages. The programme is spiral in arrangement, allowing students to revisit themes.

## **Personal & Social Education & Cross-curricular Themes: Year 7**

**18.15.001**

*Edited by Jackie Hill, Jill Todoff, Cathy Rushforth*

This is a programme covering a wide range of cross-curricular themes and moral issues which include citizenship, friendship, bullying, equal opportunities, drugs, safety, health and bereavement. Each module lists objectives, methodology and resources required for each lesson.

## **Personal & Social Education & Cross-curricular Themes: Year 8**

**18.15.029**

*Edited by Jackie Hill, Jill Todoff, Cathy Rushforth*

This comprehensive PSE programme is a useful tool with which to raise students' confidence and enable them to develop interpersonal, social and communication skills needed in adult life. The programme is spiral, allowing students to revisit themes, and is based around the cross curricular themes of Citizenship, Environment Health, Careers and Economic/Industrial Awareness. The programme is modular in presentation. Each module contains module objectives, methodology and resources as well as lesson plans, teacher's information and photocopiable pages. The programme has been written, trialled and revised in secondary schools, to ensure its relevance to students, teachers and the curriculum and includes photocopiable material for students and teachers. It should provide full support for specialist and non-specialist teachers.

## **Personal, Social And Health Education: Key Stage One**

**18.15.040**

This teaching pack has been developed by a multi-disciplinary group of experts as part of an overall educational strategy to improve awareness in hygiene and health in schools. It is structured to include a wide range of teaching methods to enable the child to build on their achievements. Teachers will find it clearly laid out with instructions for planning sessions, and ideas for content. The subject matter includes oral hygiene, hand hygiene, healthy eating, and drugs, along with education on sexual and relationships. The handouts quizzes for testing knowledge, and "Well Done" certificates, are excellent and appropriate for children aged 4-7 years (Key Stage 1).

## **Personal, Social And Health Education: Key Stage Two**

**18.15.041**

This teaching pack has been developed by a multi-disciplinary group of experts to provide structured lesson plans that use a wide variety of teaching methods and activities for children aged 7-11 years. The subject matter covers the main areas of the PSHE curriculum at Key Stage 2, with teaching sessions on smoking, alcohol and drugs, physical well-being, emotional health and sex and relationship education. The pack contains worksheets that you can photocopy for use in the classroom and certificates that you can award to the children who participate in the lessons.

### **Skills For Life**

**18.15.011**

*A Lions/Tacade Partnership Programme*

The Skills for Life programme includes:~ a Core Manual that supports Senior Management and PSHE and Citizenship coordinators to develop a whole school approach to personal and social development~ Lesson plans: lesson covering aspects of Personal development, Belonging, Needs, Rights and Responsibilities, Dealing with situations and Risk taking. 80 lessons for 14-16 year olds.The Department of Education and Skills supported an evaluation of the programme. This concluded that ' the material was very well received by schools; it was seen as comprehensive and practical, with useful classroom activities'.

### **Skills For The Primary School Child: Part 1**

**18.15.035**

This pack has four components:~ THE MANUAL: this provides a rationale, background information and guidelines on personal and social education with a focus on child protection.SCHOOLS' WORKSHOPS: containing ten workshops for whole school staffs and the community.PARENT'S WORKSHOPS: containing six workshops for schools to use with parents and people at home.LESSON CARDS: 20 cards containing activities for teachers to use with children. The activities are built around group work and co-operative learning and explicit links with the National Curriculum are identified in each lesson.

### **Skills For The Primary School Child: Part 2**

**18.15.024**

This pack provides valuable additional material, highly relevant to current thinking and practice in primary education. It is a particularly appropriate support for teachers wishing to develop positive attitudes in children about themselves, other people and the community at large. The lesson cards are written for junior school aged children but they can be adapted for use by teachers of 4-7 year olds.This pack contains 32 lessons on PSHE and Citizenship, including:~ 5 lessons on sexualhealth and relationships (building relationships, puberty)~ 5 lessons on citizenship (bullying, keeping safe in the community)~ 5 lessons on the environmental education (water, waste disposal)~ 2 lessons on HIV/Aids~ 5 lessons on Careers Education and Guidance~ 5 lessons on Economic and Industrial Understanding

### **Your Good Health**

**18.15.022**

This set of twelve illustrated booklets uses both text and illustrations to give advice and information on how to stay healthy and what to do if you are ill. The booklets have been prepared by health professionals working closely with groups of serviceusers. The topics covered reflect Department of Health guidance & priorities for health improvement.~ Eating and Drinking~ Exercise~ Breathe Easy~ Alcohol and Smoking~ Looking after your teeth~ Seeing and Hearing~ Sex~ If you are ill~ Getting Older - Feeling Good~ Using Medicine Safely~ Coping with Stress~ Epilepsy~ Pregnancy and Childbirth.



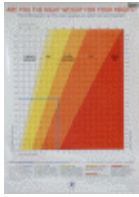
### **Your Threadworm Action Pack**

**18.15.048**

*Pripsen*

The Threadworm Action Pack is full of useful resources to help raise awareness about the importance of good hand hygiene in preventing threadworm. The pack includes: ~An A3 handwashing poster~A classroom activity booklet~A handwashing star

chart. Also included in the Threadworm Action Pack is a limited supply of stickers and handy wet wipes.



**Are You The Right Weight For Your Height?**

**18.16.013**

*Health Education Authority*

You can use this chart to check if you are the right weight for your height. But remember this information is only a guide and it's aimed at healthy adults. It isn't suitable for children, young people or older people.



**Hypertension**

**18.16.005**

*Anatomical Chart Co*

Defines blood pressure and hypertension. Discusses types, causes and common symptoms of this condition. Defines and illustrates the potential complications of hypertension which affect the brain, eye, blood vessels, kidney and the heart. Size is 20" W by 26" H. For more information about our chart mounting styles



**Maintaining A Healthy Weight**

**18.16.007**

*Anatomical Chart Co*

Briefly describes a healthy diet plan and provides further detail on physiological hazards that accompany low-carbohydrate diets. Lists strategies for diet planning and contains suggestions and tips for physical activity. Shows how to calculate BodyMass Index (BMI) and contains a chart showing acceptable weights based on BMI. Discusses the unique risks of apple- and pear-shaped fat distribution. Explains calories and how to calculate your total daily energy needs. List calories burned by various activities from basketball to walking. Lists problems associated with overweight and underweight.

Size is 20" W by 26" H.



**Risks Of Obesity**

**18.16.008**

*Anatomical Chart Co*

Defines obesity and provides detail on how body fat is measured through the Body Mass Index (BMI). Lists causes of this serious condition and points out the organs affected within the body. Details treatments for obesity and includes a special section which explains the prevalence and seriousness of childhood obesity. Size is 20" W by 26" H.



**Size Matters: Who Says Size Doesn't Matter?**

**18.16.010**

A full colour A2 laminated poster aimed at men, highlights some of the health risks associated with being overweight;~ snoring, Sleep apnoea~ cancer of the oesophagus~ diabetes~ gallstones~ infertility~ high blood pressure, stroke~ angina, coronary heart disease~ cancer of colon & rectum, cancer of kidney~ joint pain, osteoarthritis. Being overweight or obese seriously adds to your health risks. Losing just 10% of your weight can improve your health.



**Size Matters: Men! Get Weight Wise**

**18.16.011**

This full-colour A2 poster highlights helpful information about how your can reduce your waistline.



**Size Matters: Watch Your Waist Size**  
**18.16.002**

A full colour A2 laminated poster aimed at men, shows the following information. Men! Get Weight Wise ~ Watch your waist size A waist measurement over 37" (94cm) puts you health at risk (over 36"/90cm for Asian men). The risk is height if your waistline is over 40" (102cm). ~ Small changes can lead to big benefits ~ Make starchy foods part of meals ~ Supersize your vegetables and fruit ~ Downsize your high calorie food and drinks, and limit fast food ~ Eat regular, balanced meals, including breakfast ~ Be active, more often, every day ~ Think long term, not quick fix



**Understanding Hepatitis**  
**18.16.004**

*Anatomical Chart Co*

Defines viral hepatitis and the types of hepatic viruses that cause this disease: Hepatitis A, B, C, D, E, and recently discovered viruses G and TTV (Transfusion Transmitted Virus). Talks about modes of transmission and illustrates the complications of hepatitis. Illustrates the anatomy of the liver, pancreas and surrounding structures, including veins and arteries. Shows 3 liver biopsies: normal, mild hepatitis and moderate. Lists the signs and symptoms which progress by stages. Size is 20"W by 26" H.



**Understanding Hypertension**  
**18.16.006**

*Anatomical Chart Co*

Defines hypertension and its causes, as well as blood pressure. Lists common symptoms and healthy lifestyle choices. Illustrates the effects of hypertension in the blood vessels, heart, brain, eye, and kidneys. Size is 20" W by 26" H.



**Understanding Osteoporosis**  
**18.16.003**

*Anatomical Chart Company*

This laminated poster explains about Osteoporosis and its effects, can be used as a teaching aid and/or a source of reference. Measures 20" x 26".

