

New Leaflets

Please note - not all new leaflets are available on the MOPIL online order system yet. We are currently working on integrating the system for use across Gateshead, South Tyneside and Sunderland. If what you are looking for is not available to order on-line please do not hesitate to contact us by telephone.

Health Information News

Issue one, autumn 2008

A newsletter for those working to improve health in Sunderland, Gateshead and South Tyneside



Sunbeds – Your health under the spotlight – Women
Cancer Research UK



Sunbeds – Your health under the spotlight – Men
Cancer Research UK



Whats in your lunchbox – How to pack a healthy lunch
Milton Keynes PCT



Smoking – Young Peoples Pocket Guide to Being Smoke-Free



The Good Life – A Guide to Healthy Living for over 50s
Food Standards Agency



The Eatwell Plate
Food Standards Agency

The following leaflets are now available in Sunderland, Gateshead and South Tyneside:



Guide to Food Labelling
Beating Heart Disease Together
British Heart Foundation



Vegetarian Vitality – Are you missing out?
Milton Keynes PCT



Units and You - Alcohol Know Your limits
Dept of Heath



Encouraging Good Eating for Your Child
NHS South of Tyne and Wear



Encouraging Good Behaviour for Your Child
NHS South of Tyne and Wear



Encouraging Good Sleep for Your Child
NHS South of Tyne and Wear

We hope you have found this newsletter useful, if you have any comments or suggestions on how this newsletter could be improved please contact us.

Public Health Improvement Information Team

We are now working as an integrated team across Sunderland, Gateshead and South Tyneside. We can provide support in the form of advice on the most appropriate health information to use with your target audience.

Who can access us

Anyone working to improve health can access our team, this can include health service premises, schools, colleges, workplaces/business, community centres/community venues and voluntary organisations.

Members of the public, carers and patients can also use our online service to view and order leaflets. We can also be contacted by telephone or email for health improvement advice.

Information available

We can provide free loan of health videos, DVDs, teaching packs, models and games on a range of health topics including smoking,

nutrition, physical activity, sexual health, mental health and alcohol. You can access our online facility via the mopil link (see below) this will allow you to order leaflets and posters online. You will also be able to view a catalogue of DVDS, models etc. We also have a delivery service available and can deliver items ordered direct to you.



We welcome visitors, if you would like to visit us to browse through the health information available please contact us to arrange a visit. Alternatively If you would like a member of staff to visit you or your team to discuss how we can support your health information needs please do not hesitate to contact us.

Yvonne Hudson

Health Information Lead – Public Health

Contact us

For online leaflet orders go to: www.mopil.sunderland.nhs.uk

Email: resources@stpct.nhs.uk

Telephone: 283 1124 / 283 1125 / 283 1126

Address: Public Health Improvement Information Team
Based at Clarendon, Windmill Way, Hebburn, Tyne & Wear, NE31 2TH

Health campaigns 2008

If you would like to receive free material to help you promote health campaigns in 2008 please contact us to join our database of people promoting health across South of Tyne and Wear.

Meet the team



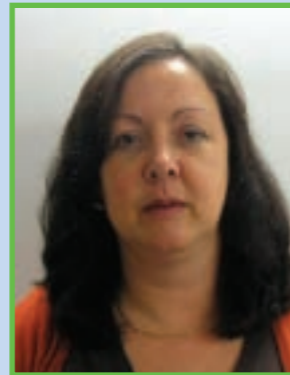
Yvonne Hudson
Health Information Lead - Public Health



Donna Lowdon
Resource/Health Information Assistant



Carole Owens
Resource/Health
Information Assistant



Debbie Wann
Resource/Health
Information Assistant



Jim Scaife
Delivery Driver/
Admin Support Worker

New health material

Here is a small selection of the health improvement materials available from us. To loan any of this material please contact us.

DVDs

DVD16-001 – Smoking in Pregnancy – Are You Ready to Quit?

Examines the dangers of smoking in pregnancy and includes interviews with young pregnant women who are seeking to quit smoking before their babies are born.

DVD13-008 – Fries with That? The Overweight Epidemic

This DVD is aimed at students

14+. Looks at why people are getting fatter, the risks of obesity and suggests healthier solutions to help individuals overcome the problem.

DVD14-001 – Exercise for Life

Suitable for students aged 13+, this DVD explores the need for regular physical activity explaining why it is important in terms of physical, social, emotional and intellectual health.

DVD13-009 – Understanding and Managing Diabetes within the African Caribbean Community

Insight into the different types of diabetes, signs and symptoms of diabetes, management of diabetes, including diet and exercise, insight into attending an annual review, the risks of smoking and drinking alcohol with diabetes, living with diabetes.

Training Packs

TPK06-033 – Talking Together – About Contraception

This pack contains two booklets. Book one is written for staff and parents working with young people who have learning disabilities. Book two is to help them understand their body, help them make choices about sex and contraception and raise awareness of sexually transmitted infections.

TPK12-100 - Mens Mental Health & Well-Being Training Pack

A practical guide for youth practitioners and organisations working with young men 16-35. The main aim is to raise awareness of mental health and wellbeing and encourage young men to develop a sense of autonomy by using simple awareness techniques to help them better manage their lives.

TPK13-037 – Breastfeeding for a New Generation

Video and teaching pack designed to be used with young people between the ages of 11 – 18 years. It's intended use is with groups in schools or any youth gathering or with individuals to promote breast feeding as the healthy modern option.



Models

MOD-034 – Alcohol What is a Unit

This display includes five alcohol glasses and bottles that illustrate how many units are contained in popular beverages. In each glass/bottle the amount in blue represents one unit of alcohol. Comes with laminated drinks tray to display the drinks.

MOD-056 – Harry's Scary Tongue Display Model

Provides a graphic look at what using tobacco does to the tongue, this display is a great way to encourage kids to say 'NO' to cigarettes and

smokeless tobacco.

MOD-057 – The Consequences of an Inactive Lifestyle

This 3-D display model graphically shows many of the negative health consequences of an inactive lifestyle. Includes, cancer, stroke, high blood pressure, diabetes, osteoporosis, heart disease, obesity & kidney stones.

MOD-073 – Salt Jars

Set of 22 jars demonstrating the salt content of various foods. Shows daily recommended maximum salt intake for babies up to one

year old, one to three year olds, four to six year olds, seven to ten years old and 11+ - adults.

MOD-063 - Saturated and Unsaturated Fats Test Tubes

10 test tubes containing simulated saturated and unsaturated fats found in a variety of food products.

