

WELLBEING AT YOUR LIBRARY

ONE YOU
PLYMOUTH

Livewell
Southwest

PLYMOUTH
CITY COUNCIL





Would you like One You Plymouth to support you at an event or any health and wellbeing sessions you are running?
Call 01752 437177 for more information.



One You Plymouth have created a collection of health promotion resources which are available through Plymouth City Council's Library Service. Resources can be borrowed for healthcare, education and promotion events and are available from any Plymouth Library.

The resources are listed on the library catalogue which you can view at www.plymouth.gov.uk/libraries.

To borrow a resource you will need a Plymouth library card.

If you would like more information about using the resources in the catalogue then please contact One You Plymouth

01752 437177 or oneyouplymouth@nhs.net

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BE SMOKE FREE



Tarmalade

The label describes how the contents of the jar include; one week's worth of tar-drenched butts with the not so delicate flavourings of 47 hazardous wastes, 5 pollutants, 69 carcinogens and over 200 toxins.



Smoker's Tar Pack

The 'tar pack' contains the amount of brown, sticky cancer causing tar that the average pack a day smoker takes into their lungs in just 4 weeks



Jar of Tar Large (20 per day)

The average 15 to 20 a day smoker takes about a mug full of brown, sticky tar into their lungs every year. The sight of the Smoker's Tar Jar has been enough to motivate smokers to stop.

BE SMOKE FREE



Jar of Tar (10 per day)

The 'Tar Jar' graphically demonstrates the amount of tar in tobacco smoke and helps to explain to smokers what causes cancer, bronchitis and emphysema. The sight of the Smoker's Tar Jar has been enough to motivate smokers to stop.



Clem's Phlegm

A sealed jar containing the equivalent amount of phlegm as would be coughed up by smoker with lung disease or Chronic Obstructive Pulmonary Disease or COPD, in about two weeks.



Smoker's Phlegm Pack

The 'ciggy pack' contains the amount of phlegm coughed up in just one day by a smoker suffering from COPD.

BE SMOKE FREE



Blood Vessel

The model has fat deposits on the wall of the artery and the red blood cells catch on the fat deposits as the blood flows. The model can be turned upside down like an egg timer to demonstrate the clogging effects on arteries.



Harry's Scary Tongue

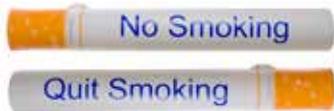
A fold out display with a giant tongue made of BIOLIKE 2™ portrays three scary conditions that can result from tobacco use: hairy tongue, leukoplakia (white spots) and tongue cancer.

BE SMOKE FREE



Tar Tainted Teeth

A sealed jar containing a model graphically illustrating the effect of smoking on the teeth and gums.



Inflatable Cigarettes

An invaluable prop with two messages: “Quit Smoking” on one side and “No Smoking” on the other. Includes hanging clips, cord and repair kit.

BE SMOKE FREE



Baby Bottles with Tar

A baby bottle filled with smoker's tar and cigarettes and butts. It illustrates how smoking when pregnant or smoking around babies and children is like making them drink or breathe the tar.

BE SMOKE FREE



Matching the Chemical to the Poison

Informative game to show the poisonous chemicals present in tobacco. Useful for lessons and small groups particularly secondary school.



SmokeSpin

Fun game! Spin the arrow and whichever 'effect' picture it lands on has a related question and answer to help you informally discuss the effects of tobacco smoking.



Inflatable Clever Catch Ball

Inflatable ball with questions relating to the dangers of smoking and smokeless tobacco. Answer sheet and play instructions included. Suitable for school years 4 - 8.

CHECK YOURSELF



Big Teeth

Model with lots of facts on keeping teeth healthy and instructions showing how to brush teeth properly.



Rotting Teeth in Sugar

Set of rotting teeth in a jar showing how sugar affects teeth.



Deluxe Occluded Artery

The display shows the differences between a healthy artery and one that is clogged with sticky, yellow plaque.

CHECK YOURSELF



Breast Prosthesis

Some women don't do regular breast self-examinations or have mammograms because they're afraid they'll 'find something'. This kit isn't just great for teaching techniques – it is also has the added effect of helping women feel empowered, replacing fear with confidence.



Breastology Bag Training Model

Use the six soft sculptured breast models in this handy tote bag to detect early breast cancer. Helpful in training women how to feel for lumps and to understand the difference among normal tissue, fibrocystic tissue, and breast lumps. Each model has instructions on the back and is 18cm diameter.

CHECK YOURSELF

TSE Starter Package

Provide comprehensive education and take-home information on testicular self-examination and testicular cancer with this package. Includes a Testicular Cancer and the Importance of TSE DVD, a Testicular Cancer flip chart, a realistic TSE Model and fifty wallet-size TSE mini pocket guides.



EAT WELL



Fat Chunk Model 5lb

The 5lb fat chunk model makes it easy to visualise the consequences of consuming more calories than your body uses, which leads to extra body fat. One pound of fat represents 3,500 calories.

Fat Chunk and Mighty Muscle Set

At odds for years our Mighty Muscles and Fat Chunks convene for a spirited debate. The sleek-shaped muscles quickly remind everyone that their "chunky" counterparts take up twice the space, though they weigh the same. In response, the Fat Chunks make a weak pitch for a life of treats and television, muttering that muscle is just too "dense" to understand. Set comes with tent cards and carrying cases.



EAT WELL

Vat of Fat



Explaining how excess calorie intake translates into weight gain is simplified with this graphic and informative display. The plastic jar contains approx. 450 grams of simulated fat, representing the amount of weight gained in 1 week by consuming an extra 500 calories per day.

Stomach Size Wise Model



A child will often eat whatever is on his or her plate, even if it's piled high with adult-size portions. As this set of models illustrates, children's stomachs are smaller, meaning that they require smaller meals with nutritious snacks in between. The adult stomach model has a capacity of 1,500 ml, while a model representing the stomach of a 2- to 6-year-old has only a 500-ml capacity. Informative tent card is 28 cm x 22 cm.

Food and Nutrition Clever Catch Ball



A durable ball with 96 questions designed to assist nutrition education in the classroom or playground. Included is a complete answer guide together with suggestions for play. Suitable for school years 4-8.

EAT WELL



Fat Vest

The effects of additional weight on a person's body are dramatically demonstrated with this teaching aid which simulates the 'look' and 'feel' of excess body fat. By inserting weights of varying increments into the vest's interior pocket, the wearer can experience the additional weight and limited range of motion associated with obesity



Eat Well Plate Interactive

Display based around the Eatwell plate splitting diet into the five main food groups. This resource helps to develop understanding of nutrition and healthy eating, whilst being large enough to use in small groups. *Please note food items not included.*

DRINK LESS



Spin the Bottle

Help users learn how alcohol can spin their life out of control. Featuring a mock bottle of whisky on the wheel, players land on various consequences of alcohol abuse.

Pickled Liver Model

Inside this sealed plastic specimen jar (11 cm x 19 cm), a lifelike BIOLIKE 2™ model of a cirrhotic liver floats beside a model of a pickled cucumber. The cirrhotic liver and the pickled cucumber share the same hobnail, greenish surface, making the serious point that alcohol abuse can lead to cirrhosis, a leading cause of death. Perfect for alcohol abuse prevention programmes.



What is in a Unit?

Designed to help people understand how many units are in popular alcoholic drinks. The beer, wine, whisky and cocktail glasses and alcopop bottle clearly demonstrate how the number of units can quickly add up. Each glass shows how much constitutes a unit and the total units in a glass.



DRINK LESS



Wheel of Misfortune

Create a fun, hands-on learning experience that provides young people with the knowledge and skills they need to make responsible decisions about drug and alcohol use. Interactive products include teaching notes that assist presenters in guiding pupils to develop healthy value judgments. Ages 11 - 18.

STRESS LESS



Self Esteem Game

Players make their way toward healthy self-esteem by learning positive affirmations and problem-solving skills.

Includes game board, spinner, four game pieces, die, 75 esteem cards, 25 problem cards, and instructions. For 2-4 players or teams. Age 8-Adult.



Counselling Ball Set

Our Counselling Balls have proven to be one of the most popular ways to teach children emotional, social and behavioural skills to help them succeed in school and in life - all while having fun! Whoever catches the ball reads and discusses the statement. The ball is then thrown to another member of the group, but not someone who has already caught the ball, keeping the group alert. Great activity for group counselling, playrooms, and classrooms which takes just a few minutes to use and instantly gets children talking and interacting in positive ways.

STRESS LESS

Emotional Health in a Jar Set



Open any one of these nine jars and inside you'll find 101 thought-provoking cards that are great for discussions writing exercises or icebreakers.

- Character reinforces positive character traits.
- Choices and Think Twice present fun unusual dilemmas to simulate thinking.
- Feelings features "feelings words" that participants can act out.
- Tools for Life include tips for resolving conflict and improving relationships and communication.
- Kids' Daily Dilemmas prepares young people to make good decisions in challenging situations.
- Teen Talk Guy Talk and Girl Talk prompt meaningful discussions based on the unique needs of each group.

READING WELL

Reading Well is a collection of books to help you understand and manage your health and wellbeing. The books are endorsed by health experts as well as people living with the condition. You can be recommended a title by a healthcare professional or you can visit your local library.



There are 4 book lists available:

- Reading Well for mental health**
- Reading Well for dementia**
- Reading Well for young people**
- Reading Well for long term conditions**

LIBRARY ACTIVITIES

Libraries offer a wide range of activities to support your health and wellbeing.

From book groups, film shows, craft sessions, creative writing and friendship groups there's always a chance to learn something new and connect with others.

Reading is a great way to relax and take yourself away from the stresses of everyday life. Libraries have Feel Better with a Book groups which give you the chance to hear great literature, short stories and poetry read aloud. The sessions are open to all and are a good way to improve your mental wellbeing.





LIBRARY ACTIVITIES

For anyone who has concerns about their memory, is living with dementia or is a carer or family member there are **Memory Cafés**.

These provide an opportunity to meet with others, share problems and have a go at a range of activities in a supportive environment.

If you're interested in **arts and crafts** there are a range of sessions from **knitting to pebble art** and **quilting sessions**, it's a great way to meet others in a friendly environment, de-stress and learn something new.

If you would like to get more active there are opportunities to take part in gentle exercise sessions, **guided walks** and **boccia** or **disability bowls**. Throughout the year we also offer **yoga**, **tai chi** and **Nordic walking** so look out for our free taster sessions.

For more information about the health and wellbeing activities offered visit your local library or check online at www.plymouth.gov.uk/libraries.

ONE YOU

ONE YOU COUCH TO 5K

The couch to 5k app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions.

ACTIVE 10

Just 10 minutes of brisk walking every day can benefit your health, improve the way you feel and reduce the risk of a number of long-term conditions such as heart disease and type 2 diabetes.

Active 10 quickly and simple shows you how many brisk 10 minutes walks you're doing and how to fit more into your day. Download it today to see how many Active 10s you've done.

ONE YOU DRINKS TRACKER

Drinking a bit to much can sneak up on you. Our free drinks tracker app makes it easy to keep an eye on the booze and take control with daily tips and feedback.





MOVE MORE

Being active is really good for your body, mind and health. Small changes can make a big difference.



STRESS LESS

Too much stress can take its toll. There's no quick-fix cure for stress, but there are lots of things you can do to stress less.



DRINK LESS

Choosing to drink less booze can bring lots of health benefits, from weight loss to a better nights sleep.



BE SMOKE FREE

Quitting smoking is the best thing you'll ever do! Find out how it will change your life for the better.



EAT WELL

What you eat is so important for your health and your waistline. Find out how to eat well and lose weight.



CHECK YOURSELF

A health check gives you personalised advice on keeping yourself healthy and active. Think of it as your health MOT.

HOW ARE YOU?

Our lifestyles can be more unhealthy than we think. Start the fight back to a healthier you. Take the One You quiz and see how you score.

More Information at www.oneyouplymouth.co.uk

ONE YOU

ONE YOU EASY MEALS

Our free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration.

NHS SMOKEFREE

Our smokefree app can help you stop smoking by providing daily support and motivation. If you stay smokefree for the 4-week programme you're up to five times more likely to stay quit for good. There's lots of other free support on offer- from emails, SMS and texts- so you can choose the support that's right for you.





Contact

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