Livewell, part of Plymouth Community Healthcare, promotes support and advice for a healthier life. They offer professional help across many aspects of public health including Stop Smoking Support, Weight Management, Physical Activity, Sexual Health, Drugs & Alcohol, Breastfeeding, Nutrition, Oral Health, Mental Health, Healthy Weight, Falls Prevention, Cancer Screening, Workplace Health, Communities & Schools, and Health Checks.

Livewell have created a health promotion resource catalogue which is available through the Plymouth City Council Library Service. Resources can be borrowed for healthcare events, education and promotions. The resources can be found on display at Plymouth Central Library but are available for delivery across all Plymouth libraries. The resources are listed on the library catalogue, which can be accessed online at [www.plymouth.gov.uk/libraries](http://www.plymouth.gov.uk/libraries) and there is a brochure in every library for reference. To borrow a resource you will need a Plymouth City Council Library Card and an information form must be filled out prior to loaning the item.

Images courtesy of GASP and Health Edco
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Stop Smoking

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.

Smokers 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.

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 a 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.
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.

Lump of Tar
Real lump of tar showing what it looks like before it is refined. Useful for events or displays.

Mr Gross Mouth
Shows the harmful effects smoking has on the mouth including gum disease, teeth staining and oral cancer. It includes two removable tongues. One depicts hairy tongue, and the other leukoplakia (white spots) and tongue cancer.

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

Puff Ciggy
Whilst light and easily packed into a box, when fully inflated, it stands 1.6M high and is 60cm in diameter on a solid base – providing an un-missable talking point wherever it’s placed. Comes complete with pump for easy inflation.

Tar Tainted Teeth
A sealed jar containing a model graphically illustrating the effect of smoking on the teeth and gums.
Tobacco Ingredients Display
This display shows some of the poisons and disgusting substances contained in cigarette smoke. The display measures 57cm by 8cm.

What's Your Poison?
(Display with Mini Jars)
A 3D interactive wood display board (approx. 65cm x 45cm) held upright in a wooden stand. It shows a giant cigarette with descriptions of 15 toxic chemicals in tobacco smoke and details of what these chemicals can do to the body. Alongside the description of each poison is a shelf with an object or a jar of something to represent the common uses of the toxin. There is a bag of cigarette butts for nicotine, a container with 'rat poison' containing arsenic, disinfectant with phenol, insecticide spray with acrolein, toilet cleaner with ammonia and a lighter with butane. It has a car, petrol pump and batteries for carbon monoxide, benzene and cadmium.

Lou Wheeze Lung Model
Lou-Wheeze has two flexible latex lung models. The attached pump inflates the healthy lung as normal, but the diseased lung struggles to expel air. Bellows pump and instructions are included.

Tobacco Smoke
This fascinating and eye-catching visual display represents some of the 4000 chemicals found in tobacco smoke. Designed by a creative collage artist, it contains a mix of chemicals in jars, insects, cars, objects and photos.

No Smoking

Quit Smoking

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.
Smoke Free Bunting
10 metre length of polythene bunting with a non-smoking sign.

Big Cig Costume
This cigarette costume has adjustable straps to allow it to be worn by people ranging from 5’2” to about 5’11” in height. The main body is leatherette, the top from fake fur and the face from black gauze, which allows good vision. Armholes allow ‘Big Cig’ to hand out leaflets, shake hands, slap on a giant nicotine patch etc.

Womb of Doom
The Womb of Doom model shows a uterus with a 15-week foetus with a tiny cigarette in its mouth as a reminder not to smoke during pregnancy.

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

What Mummy Does
With cigarette butts, pills, and beer bottle caps suspended in plastic, this model graphically illustrates how alcohol, tobacco, and other substances can cross the placenta and damage a foetus.

Foetal Doll with Placenta
Designed following consultation with midwives and nurses, this foetal doll is ideal for teaching all aspects of the birth process, especially in combination with the articulated pelvis ZJY-590-G.
Itty Bitty Smoker

Made of soft, realistic BIOLIKE 2™, this 3-D model of a 12-week-old foetus is a hard-hitting reminder that pregnant mothers have special responsibilities. 5cm.

Toxic Tobacco Truths Folder

Six lesson plans with dvd focus on the wider issues surrounding tobacco; individual, personal environment, and social and cultural environment. Suitable for children age 11-15 years.

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.

Smokefree Homes & Cars Packs

Kid’s activities and colouring pack for smoke free homes and cars. Suitable for children age 4-7 years.

A-Z Drugs Quit DVD

DVD is suitable for 14-19 year olds and helps to empower young people in decision making.

Smokefree Bingo Game

Informative, interactive - and great fun! Classic bingo game for primary age children to raise awareness about the effects of tobacco on health and environment. Cards have pictures on one side and concise but effective info / messages on the reverse.
Tobacco & the Environment Display

Tobacco doesn’t just damage smokers, it also damages the environment. This 3D boxed display provides an insight into how tobacco pollutes air, water & soil and causes deforestation, fires and litter.

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.

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. Suitable for children age 11-15 years.

Young People Poster Pack

A great selection pack of five popular posters aimed at young people.

Young People Leaflet Pack

A great selection pack of leaflets aimed at young people.
Healthy Weight

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.

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. Designed in the USA.

Eatwell Plate Floormat with Cards
The Food Standards Agency Eatwell plate floor mat is an easy to use interactive display to show people how they should balance items on their plate.
Printed Eatwell Plate Floormat
The Food Standards Agency Eatwell plate floor mat is an easy to use interactive display to show people how they should balance items on their plate.

Healthy Snacks Basket
Showing primary school age children healthy options for snacks.

Are you Weight Wise?
Pull Up Banner
Small changes mean big benefits. A great banner up for stalls and conferences and appeals to a wide audience.

The Big Heart Book
A bumper classroom resource for the Foundation Stage and Key Stage One. It includes photocopiable activity sheets, and covers science, health education and literacy.

Portion Size Bowl
A bowl showing portion size for use when discussing weight management.
Oral Health

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.

Health Checks

Deluxe Occluded Artery
This display shows the differences between a healthy artery and one that is clogged with sticky, yellow plaque.

Healthy Hearts Kit
The Healthy Hearts Kit contains freestanding training aid, training manual, USB stick (printable handouts), Eatwell plate mat, food cards, heart poster, DVD’s, personal goal sheets, and waist measure.
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 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.

TSE Starter Package

Provides 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.

Some basic free training may be required in order to use the breast prosthesis, breastology bag, and testicular kit correctly, which can be arranged with the Livewell team.

Please contact the Livewell Team on 01752 437177 or livewell@nhs.net for more information.
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.

Alcohol Calculator & Measure Glass
Alcohol calculator and unit measure guide glass - shows beer, wine, spirits – from drinkaware.

Drug & Alcohol Clever Catch Ball
The Clever Catch™ ball includes more than 30 questions on how drugs and alcohol affect the body, relationships and lifestyle. A great way to introduce an often difficult topic.

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.

Pickled Liver Model
This plastic specimen jar contains a BIOLIKE 2™ model of a cirrhotic liver floating beside a pickled gherkin. Irreverent humour makes the serious point that alcohol abuse can lead to cirrhosis, a leading cause of death. (Size 12 x 20cm)

D.W. Eyes Kit (with Goggles)
Wearers of the D.W. eyes goggles experience the visual distortion, loss of perception, and lack of control that make drunk drivers so dangerous. Game kit includes two pairs of D.W. eyes goggles, instructional DVD, Wreck Your Life game, teacher / group leader’s guide with reproducible handouts, and 25 x 16-page booklets.
Drug & Alcohol Classroom Package

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.

Classroom Package includes:
- Wheel of Misfortune™ Game
- Smashed & Trashed™
- Disposable Glasses (25)
- Interactive Nights Out 2 CD-ROM
- Drugs, Alcohol, & Tobacco Teaching Twisters Book
- Drugs, Alcohol, & Tobacco Situation Cards
- Drug Awareness Guide Chart

Exercise Clever Catch Ball

Have fun with this colourful ball that has 98 questions related to health and fitness printed on its surface. Comes with answer sheet and instructions. Ages 11 - 14. 41-cm diameter.

Seesaw

Encourage physical activity with children and have some fun with the children’s seesaw.

Space Hopper with Pump

Encourage physical activity with children and have some fun with the children’s space hopper.
**Young People**

**Dance Hoop**
Dance Hoop with DVD to give a total body workout. Have some fun with cardio.

**Organ Tunic**
The Organ Tunic visually demonstrates the organs of the body using a set of realistic, Velcro organs. Tunic and healthy organ set includes: the tunic, 9 fabric organs, embroidered pelvis & backbone, 3D ribcage, set of 7 labels and a reference sheet. (Size 60 x 36cm)

**Sexual Health**

**Condom Demonstrator Set**
Three condom demonstrators to show how to use a condom. Leaflets and condoms provided.
Mental Wellbeing

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
Catch emotional, social, and behavioural skills. Great for use in counselling sessions or classrooms these counselling balls instantly get participants talking and interacting in positive ways. Comes in a set of seven. 20-cm diameter.

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.
For further information about using health promotion resources please contact the Livewell team and we will be happy to help.

Tel. 01752 437177
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Supporting people to be Safe, Well and at Home