Health Promotion Resource Centre

Drugs & Alcohol Resources Catalogue

The Health Promotion Resource Centre is a library service that provides FREE health promotion materials to people working within health, education and other professions. The resources support health promotion campaigns and activities, including training sessions.
Content

1) Guidelines and reports – Alcohol and Drugs

2 – 5) Practical Resources - Alcohol

6 – 9) Practical Resource – Drugs

10) Leaflets – Alcohol and Drugs

11) Posters – Alcohol and Drugs

12) Contacts
Guidelines and Reports – Alcohol and Drugs

Reducing Alcohol Harm: health services in England for alcohol misuse (*Department of Health*), Alcohol Treatment in Cheshire and Merseyside 2008/09 (*North West Public Health Observatory*)

There are a number of guides, reports and research documents on alcohol both national and local.

Health Professional and Students

Drug Strategy 2010 (*HM Government*), Wirral DAAT Annual Reports (*Drug and Alcohol Action Team*), Drugs: Know Your Stuff (*Frank*)

There are a number of national and local reports, guides and research in relation to drug statistics, education and strategies.

Health professionals and students
Practical Resources – Alcohol

What is a Unit? – 3 D Model Display

(Health Edco)

The five 3-D models in this display are designed to help people understand how many units are in popular alcoholic drinks. The beer glass, wine glass, whisky glass, cocktail glass and alcopop clearly demonstrate that the number of units can add up very quickly. Comes with a display board that contain further information.

Can be used at health events and education sessions.

Alcohol Calories Add Up Display

(Health Edco)

The six glasses in the display are labeled to show how many calories are in popular alcohol drinks and how many of those calories come from fat, carbohydrates and alcohol.

Can be used at health events and education sessions.
Practical Resources - Alcohol

**Pickled Liver**
*(Health Edco)*

This plastic specimen jar contains a bio like model of a cirrhotic liver floating beside a pickle.

Irreverent humor makes the serious point that alcohol abuse can lead to cirrhosis, a leading cause of death.

Can be used at health events and education sessions

**Impairment Glasses**
*(Health Edco)*

Wearers of these impairment glasses experience the visual distortion, loss of balance, and lack of control that alcohol can cause. No specific blood alcohol concentration is represented.

Can be used at health events and education sessions
Practical Resources – Alcohol

Code number: 13/AL/01/A

**Wasted DVD**  
*(Derwentside District Council)*

This hard hitting film made by young people for young people (13-18 years)

It explores the topical issues of underage drinking, anti-social behaviour, underage sex and peer pressure.

Included in this pack are worksheets which can be photocopied and teacher/group leader information and workshops sheets.

Code number: 09/AL/01/C

**Alcohol Dilemmas**  
*(Health Wise)*

This competitive card game for young people focuses on information about alcohol and explores the options in a wide range of alcohol-related situations.

The game can be used with groups of up to 12 young people aged between 14-25 years, and will appeal to a wide audience including trainers, teachers, youth workers and agencies working with young people.
Practical Resources – Alcohol

Hammered Teaching Pack
(Fast Forward Positive Lifestyles)

This resource manual will help people working with young people aged 10-25 years to deliver alcohol education programmes.

It contains a number of worksheet which can be photocopied including two quizzes (for 10-11 years and 11-15 year olds) and an information leaflet which doubles out as a poster.

Drunk in Charge of a Body 2 Teaching Pack
(Brook)

This teaching resource provides flexible learning packages that can be modified to suit different groups of young people at different stages of development. It enables professionals to demonstrate the link between sexual health and the effects of alcohol.

Young people aged 13 and over. Key Stages 3-4
Practical Resources - Alcohol

7 Alcohol Information Fact Sheets
(Liverpool JMU – Centre for Public Health)

7 Fact Sheets include: Tolerance and perceptions of drinking, Alcohol availability to underage drinkers, Cheaply available alcohol, Restricted drinking in public places, Strengthened action on drink driving, Licensing hours and Reducing alcohol content in drinks

For health professionals and students

Streetwise Booklet and CD ROM
(Drinkaware Trust)

An interactive alcohol education resource for pupils aged 11 - 16.

Streetwise is a classroom -based resource with an aim to present a balanced picture of how and why people drink alcohol. It acknowledges that alcohol is not necessarily 'bad' but that it can have serious and harmful effects when misused.

The pack includes a CD Rom and a booklet.
Practical Resources - Drugs

Drugs Box

(D & W )

Drug Awareness Box - includes 3 trays that look at all of the types of drugs. Descriptions of all drugs - appearance/methods/effects/street names/risks/others.

Also includes a CD ROM - drug awareness and content guide.

11 – 25 years

Code number: 05/DR/11/A

Drug Pics 1 Laminated A3 Workcards

(Headon Productions)

The pack illustrates legal and illegal substances, good and bad drugs and medicines. The pack includes lesson plans and activities, worksheets and 17 cards illustrating a wide range of substances legal and illegal each requiring pupils to identify the substance, consider the effects on the body, any medical uses, risks and the law regarding its use.

11 – 16 years

Code number: 05/DR/02/A
Practical Resources - Drugs

Drugs and Organs of the Body A4 Laminated Cards

The set of 8 colour coded cards drug card shows the affects certain organs of the body.

Includes legal and illegal substances, prescribed and over the counter medicines.

Can be used with the body board

11 – 14 years

Code number: 05/DR/04/C

Drug Facts Card Game (Health Wise)

This game involves the matching up of cards to find out information on 13 legal and illicit drugs.

The information covered includes what the drugs are, how they are taken, effects on the user, risks and legal status.

9 years – 16 years

Code number: 09/DR/03/A
Practical Resources – Drugs

Drug Warning Book – An Illustrated Guide for Parents, Teachers and Employers

*(Optima)*

Content:
* What is a drug
* types of drugs
* how drugs are taken
* dependence, tolerance and addiction
* the dangers of drug abuse
* warning signs

Medicines, Drugs and Poisons DVD

*(Viewtech)*

Children viewing this programme learn how to protect their bodies from dangerous substances by following the humorous adventures of Zork, an inquisitive space creature. They also learn to distinguish between helpful and harmful drugs and medications.

5 years – 11 years
Practical Resources - Drugs

Substance Misuse DVD
(BBC Active)

The DVD Plus Pack contains three programmes about substance misuse (Smoking, Alcohol and Drugs) from the BBC School Television series Focus. The programme can be used individually or as a series, with each encouraging PSHE 9 - 11 year olds to examine their beliefs, attitudes and values towards the misuse of substances.

Drug Education
(Educari)

This comprehensive teaching resource provides teachers with complete coverage of drug education. Key features include links to other curriculum areas, a structured description for each lesson, clear learning objectives & learning outcomes, homework & extension activities & support website.

Key stage 1 and 2
Leaflets – Alcohol and Drugs

Alcohol and Drugs Leaflets
Posters – Alcohol and Drugs
To book any of the Resources in this catalogue please call:
0151 630 8396 or 0151 630 8398

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For information on Health Promotion campaigns visit:

http://www.wirralct.nhs.uk