









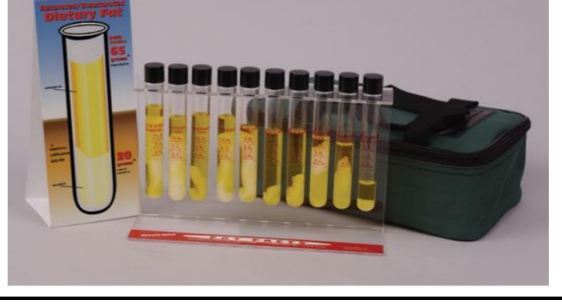

Healthy Working Lives: Bookable Resource Catalogue










The NHSGGC Employment and Health Team has a Resource Library which businesses can borrow resources from to raise awareness or support campaigns and activities in the workplace. Resources can be ordered by filling out our resources form (found on our website) and emailing it to HealthyWorkingLives@ggc.scot.nhs.uk, you can also call us: 0141 201 4860.




Please note: resources must be collected and returned to our office in West House, Gartnavel Hospital. We will be in touch to arrange suitable times for this.

Resource	Description	Picture
Alcohol Resources		
Beer goggles	One look through the beer goggles and you're under the influence of an eye-opening experience. The specially designed eyewear re-creates the visual distortion, loss of perception, and lack of control that impairs drunk drivers.	
What's in a unit? Display	Bring viewers' understanding of alcoholic units to the proper level. Each glass, shows how much of the beverage constitutes one unit as well as how many total units are in the glass. Resembling a serving tray, the display mat explains what a unit is and provides recommended limits of alcohol consumption for both men and women.	
Clever catch ball	Toss this ball (41-cm diameter) around as a way to break the ice and talk about substance abuse in a fun way that keeps your group actively engaged. Features more than 30 questions about how drugs and alcohol can affect health and lifestyle. Includes instructions and answer guide. A great classroom activity. Ages 10–13.	
Alcohol Activities: User Guidance	Pack detailing activities and how you can use resources.	
Alcohol Wheel (Unit/calorie calculator) Approx 5ft 6"	Oversized Alcohol Wheel which can be used to calculate and monitor alcohol consumption and units contained in each drink. You can order standard sized alcohol wheels by clicking on this text.	

Resource	Description	Picture
Healthy Eating Resources		
Fat Facts – Snack food Test Tubes	The calories in little snacks can add up quickly, especially when the snacks are full of fat. This set includes 10 test tubes containing simulated fat with labels identifying the calorie, fat, and cholesterol content of 10 popular snack foods. A fun way to get viewers thinking about their daily fat consumption.	
Fat Facts – Fast food Test Tubes	Fast food is often fat-filled food. This set includes 10 test tubes containing simulated fat with labels identifying calorie, fat, and cholesterol content of 10 popular fast foods. With fast-food being many people’s go-to resource at mealtime, the set is ideal for raising awareness about the high-fat, high-calorie content of many fast foods.	
Fat Facts – Mexican food Test Tubes	This set includes 10 test tubes containing simulated fat from Mexican food with labels identifying calorie, fat, and cholesterol content of 10 popular Mexican foods.	
Fat Facts – Vending Machine Foods Test Tubes	Grabbing a snack out of a vending machine may mean grabbing a snack full of fat and calories. This set includes 10 test tubes containing simulated fat with labels identifying calorie, fat, and cholesterol content of 10 popular vending machine items. Helps viewers make better choices when they need to grab a quick snack.	
Fat Facts – Saturated & Unsaturated Fat Test Tubes	Help understand the difference between saturated and unsaturated fats and why they need to limit their consumption of saturated fat. This set reveals the saturated and unsaturated fat content of 10 common foods. It also graphically shows the difference between saturated and unsaturated fat—the simulated saturated fat is thick and slow-moving while the simulated unsaturated fat flows easily.	
Sugar Facts Test Tubes	Raise awareness of the consumption of excess added sugar. Displaying sugar in grams, this set shows how much sugar is in 9 common foods. A great educational tool that helps viewers visualise just how much sugar they are consuming. Includes 10 test tubes, display rack, tent card, carrying case and handout.	

Resource	Description	Picture
Sodium Facts Test Tubes	Many people are unaware of the amounts of sodium they are consuming and how that affects their risk for high blood pressure and heart disease. This set raises awareness of the high sodium content in many common foods. Features 10 test tubes. Also includes display rack, tent card & informative handout.	
Artery Model	This model provides a visual of how plaque buildup harms cardiovascular health by comparing a healthy artery to one that is clogged. Turning the display over shows how easily blood cells travel through the clean artery, those in the clogged artery get stuck in cholesterol buildup, leading to a heart attack or stroke.	
The consequences of obesity 3-D Display	From serious health concerns, such as joint problems and gallstones, to life-threatening conditions, including type 2 diabetes and cardiovascular disease, the eight permanently affixed models in this display give a glimpse inside a body that is carrying an unhealthy amount of body fat.	
How to gain 5lbs in 4 weeks	Little things add up quickly—especially when they are calories. This simple display reveals that if the calories you consume exceed the calories you burn by 500 calories each day (about as many as in two soft drinks and a chocolate bar), you can gain 5 pounds (2.3 kg) in just one month!	
Unhealthy organ pack		

Resource	Description	Picture
Healthy Eating Pack	<ul style="list-style-type: none"> • 1 artery model • 1 Saturated and Unsaturated Fat Tubes • 1 Sugar Facts Test Tubes • 1 Sodium Facts Test Tubes • 1 How to gain 5lbs/2kg (delete appropriately) in 4 weeks 	
Tobacco Resources		
What is in tobacco smoke	This display brings to life the warning that tobacco smoke contains more than 4000 chemicals. For many of these there is no safe level of exposure. Features a selection of some of the toxins in tobacco smoke with objects to represent their common uses.	
What tobacco does to your mouth	Show the effects of tobacco use on the mouth - good visual aid.	
Giant Mr Gross mouth	Giant version of popular Mr Gross Mouth.	
Mr Gross Mouth Tobacco Juice Jar	Open wide and say, "Yuck!" A life-size model provides a uniquely impactful way to demonstrate the havoc wreaked by smokeless tobacco use. Model depicts cancer of the upper palate, tongue, mouth, and gums; inflammation and gum disease gums; cavities; and tooth loss.	
Smoking Clever Catch Ball	Measures 61cm diameter. Inflatable ball with questions relating to the dangers of smoking and smokeless tobacco. Answer sheet and play instructions included.	

Resource	Description	Picture
A years worth of tar	Jar shows how much tar would be taken in by an average smoker over the course of a year.	
Ten a day tar jar	Jar shows how much tar a ten a day smoker would take in over the course of a year.	
Cut in half lung	Shows the impact of tobacco use on a lung.	
Physical Activity Resources		
Yoga Mats	Encourage your staff to become more physically active and take up workplace yoga sessions or use for mindfulness classes.	
Mental Health		
Mental Health Resource Box	The box contains fun games and activities to help start a conversation around mental health. Includes a 'how-to guide' and links to additional resources.	