



Health Promotion Leaflets

From Berkshire Health Promotion Resources
PRICE LIST 2010



All of our leaflets are produced and edited by health professionals in that field of work

Click any leaflet image to view a PDF preview
(250KB approx. each, Internet connection required)

TO ORDER - Please see page 3 for Order Form

Video - Getting Up From a Fall



Video: DVD or VHS
8min 16:9 widescreen

Click image to watch preview clip

Aimed at older people, and others who are vulnerable to falling. Starts by explaining a simple step-by-step method of how to get up from the floor.

£15



Then goes on to explain the best things to do if you can't get up, and finally looks at planning ahead - how to prepare your self, and your home, to make things safer if you were to have a fall.

You Can Get Fit While You Sit!

A3 folded twice

Details a series of gentle exercises, aimed at older people, that can be performed sitting in a chair. They help improve flexibility, strength and posture.



12p

Each exercise has an illustration and a step-by-step description.

Easy Weaning

A5 12 pages

Gives all the basic advice that any parent needs to know about weaning their child onto solid food, and is fully compatible with the current guidelines.



12p

Written in simple clear language it explains about the process, possible problems that may be encountered and gives advice to get round them. The centre pages have an easy-read chart detailing what is best to give your child at each stage.

Sleeping Through

A5 4 pages

Explains the importance of sleep and what a normal sleep pattern is for children of different ages.



10p

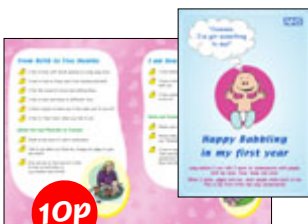
Then goes on to explain a simple step-by-step system for getting young children into a normal sleep pattern.

Happy Babbling

A5 4 pages

Explains the stages of a baby's speech development in their first year.

It details what sort of things interest them at each stage and has suggested activities that help with the development.



10p

Happy Talking

A5 4 pages

Similar to the Happy Babbling leaflet, this explains the stages of development of children's speech from one year to two years. Gives ideas of activities and games to help with development.



10p

Physical Activity

A5 4 pages



9p

Explains why physical activity is important and how much you should be doing. Goes on to give some practical and easy ways to increase the amount you are doing, either by extra activities or just in your every-day life. Also has a chart on the back to record your progress.

Healthy Lunch Boxes

DL - A4 folded twice



8p

This leaflet gives practical tips to parents for putting together a healthy, but still attractive, packed lunch for children. It explains how to maintain a balanced meal with different ideas on making them child-friendly.

Eat Well Be Healthy

A5 12 pages



14p

Introduces the idea of the Balance of Good Health and why it is important. Goes on to explain each section in detail including portion sizes of common foods in the group.

Tips for Healthier Asian Cooking

A5 16 pages

Urdu/English and Punjabi/English versions



14p

This booklet gives practical examples of how to alter some traditional Asian meals and recipes to make them healthier.

Two versions are available - Urdu and Punjabi. Both also include the English translation.

Healthy Eating for Primary School Children

A5 12 pages



14p

Introduces the idea of the Balance of Good Health and why it is important. It then goes on to explain each group in detail giving some 'child-friendly' examples for each.

Defeating Depression

A5 28 pages



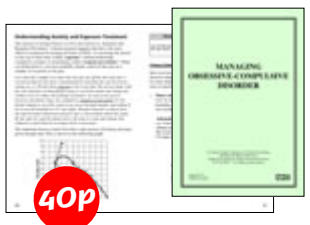
40p

Starts by explaining what depression is and how to understand what is really going on. This is the start to tackling it.

It then goes on to explain the importance of physical activity and gives advice on how you can be more active. The last section details how the way you think about things can increase or decrease the depression with practical ways to change your thinking.

Managing OCD

A5 28 pages



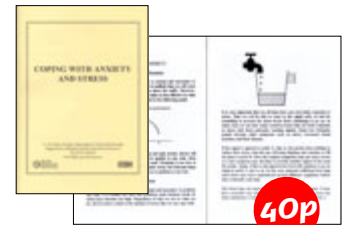
40p

A practical self-help guide to coping with obsessive-compulsive disorder. Explains where many of the rituals and worries stem from and how certain patterns of thinking can cause them to escalate.

The practical help describes ways to tackle the unhelpful thinking and troublesome worries.

Coping with Anxiety and Stress

A5 24 pages



40p

Explains what stress is and how to spot the symptoms. Goes on to give advice and self-help tips on reducing your levels of anxiety, e.g. by spotting situations that cause particular problems and then modifying the way you approach them.

Order Form

Delivery address:

Invoice address:

Contact name: _____ **Contact tel.:** _____

Contact email: _____

Item code	Title	Quantity	Unit Price
L/161/1/1	Coping with Anxiety and Stress		40p
L/154/1	Defeating Depression		40p
L/162/OCD	Managing OCD		40p
L/109/EWBHPR	Easy Weaning		12p
L/041/HBIMFY	Happy Babbling		10p
L/040/HT	Happy Talking		10p
L/113/BHP	Healthy Eating		14p
L/113/PSC	Healthy Eating for Primary School Children		14p
L/113/HLB	Healthy Lunch Boxes		8p
D/204/1/1	Getting Up From a Fall - DVD		£15
D/204/1/1-V	Getting Up From a Fall - VHS		£15
L/204/8175	You Can Get Fit While You Sit!		12p
L/113/TFHACU	Tips For Healthier Asian Cooking - Urdu		14p
L/113/TFHACP	Tips For Healthier Asian Cooking - Punjabi		14p
L/041/STNTAB	Sleeping Through		10p
L/103/BHP01	Physical Activity		9p

Please send to:

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