

Health in 6 Boxes



- Roll out presentations to demonstrate health promotion activities
- 6 boxes
- For use by non-health professional presenters (easy use and scripted)
- For max 10 people per group/box
- Estimated sufficient resources for each DPG to use resource set once at a health focused event.
- On-going stock requirement will be responsibility of group using the resource set (ie once all disposable items have been used, each group will purchase on-going stock as needed for their event).

Total estimated costs £670 (for production of one set of 6 boxes).

Contributions agreed from DPGs £360.

Balance for funding £310

Box 1 – Personal Hygiene

- Instruction sheet
- Human body poster
- Laminated germs pictures x 30
- Roll of Velcro
- Timer toothbrush
- toothbrushes
- toothpaste
- bowls x 2
- bottle of water
- plastic cups
- paper towels



Box 2– Healthy Eating

- Fizzy drinks x 4 (mixed full and sugar free)
- Bag sugar
- Spoon
- Bowl
- Lard
- Food scales
- Plastic foods



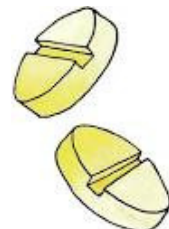
Box 3- Food Hygiene

- Poster of kitchen
- Laminated germ pictures x 20
- Roll of Velcro
- Laminated pictures of hand washing routine
- Bowl x 2
- Soap
- Hand towels



Box 4– Medications

- Laminated photos of syringe, ear dropper, tablets, cream
- Laminated photos of 4 Rights (medication, dosage, time, route)
- Photos for matching test



Box 5– Health Checks

- Balloon
- CD Player with batteries
- The Proclaimers 500 miles songs
- Relaxation CD



Box 6 – Digestive system

- Laminated digestive system
- Custard
- Bowl
- 400mm of 15mm tubing
- 15mm ball bearings x 5
- Paper towels



Play Your Health Right game show – Pre made DVD show to introduce session, box games and tie up with health action plan. Audience participation required.

