

# Alcohol

## Our most popular resources



These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

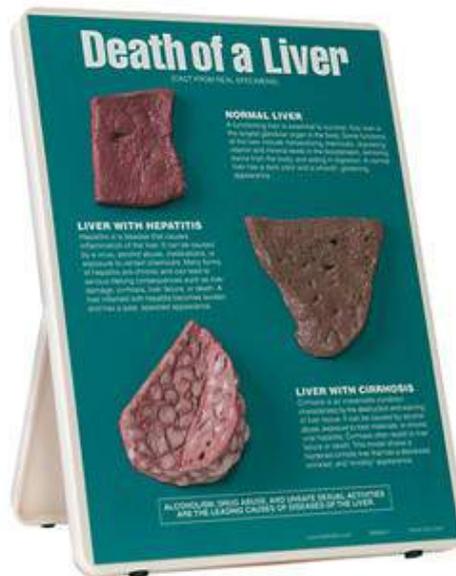
**Library and Health Promotion Resources,  
Lynfield Mount Hospital,  
Heights Lane,  
Bradford,  
West Yorkshire,  
BD9 6DP**



## Foetal Alcohol Syndrome Baby

**B38291, B48816**

The FAS Baby shows what could happen to a developing foetus if a woman drinks during her pregnancy. Includes an instruction booklet.



## Death of a Liver

**B32201**

Table top display board explaining the effects of alcohol on the liver. Three stages: normal liver, liver with hepatitis and liver with cancer.



## Abuse Booze and Lose

**B49017**

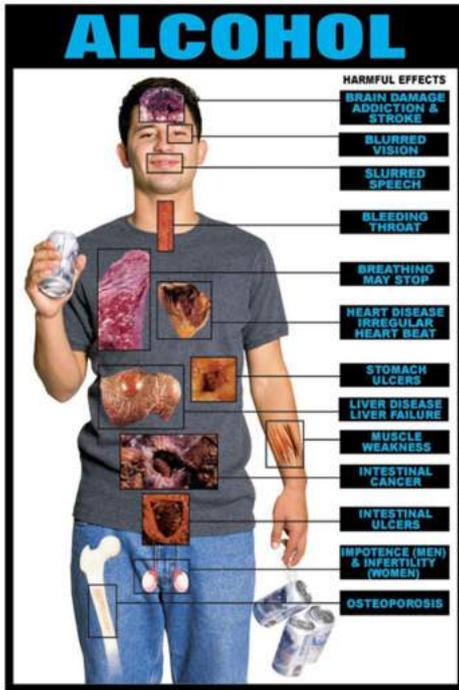
Set of nine plastic fake alcohol bottles. On close inspection each bottle label contains information about the adverse affects of drinking.



## Drinkwise Goggles

**B38273, B38276, B28713, B61196**

These goggles demonstrate the visual and co-ordination impairment when under the influence of alcohol. Kits vary, some have 2 sets, some have 1 set.



## Alcohol Poster

B48332 , B38308, B49483, B61486

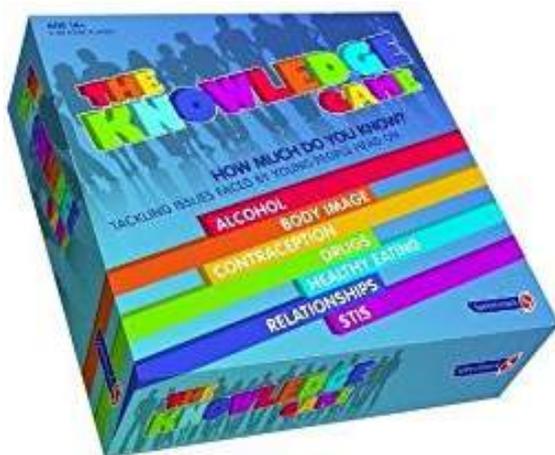
A2 size poster showing the potential harmful effects of long-term alcohol use on the body in graphic detail.



## Drugs and Alcohol Poster Pack

B38424, B60882

Poster pack aimed at teenagers outlining the risks associated with drugs and alcohol. Includes a poster of 2014 statistics on deaths due to alcohol and drugs.



## The Knowledge Game

B48828

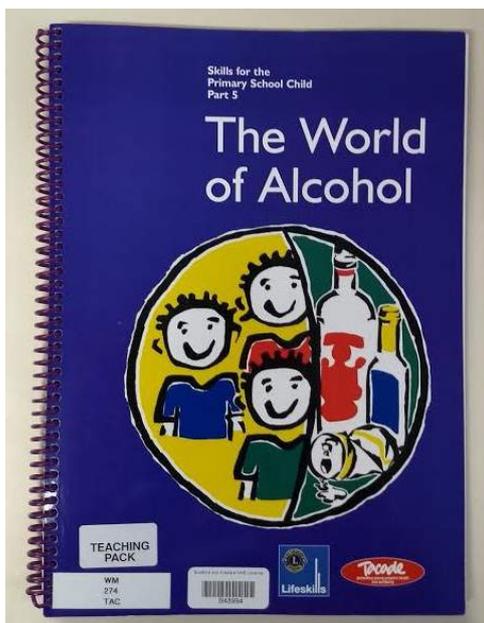
A board game tackling 7 issues faced by young people today including alcohol, drugs, contraception, relationships, STI's body image and healthy eating.



## Weigh Your Options—Alcohol drinks

B61311

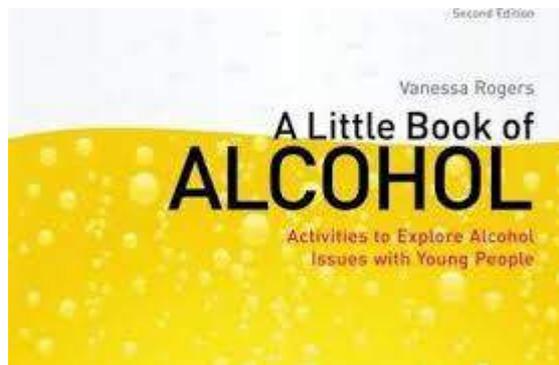
Resource highlighting potential weight gain due to consumption of particular alcoholic drinks. Four different weighted bags represent weight gain from regular drinking of beer, wine, whiskey and Pina colada.



## The World of Alcohol

**B48994**

A programme of alcohol education for KS2 9-11 year olds. It contains lesson plans, workshop activities and background information.



## A Little Book of Alcohol: Activities Exploring Alcohol With Young People

**B61729**

A teaching pack to help people aged 13-19 to understand the facts, issues and risks of alcohol. Full of activities including quizzes and role play games.



## BBC Just a Few Drinks—DVD

**B61140**

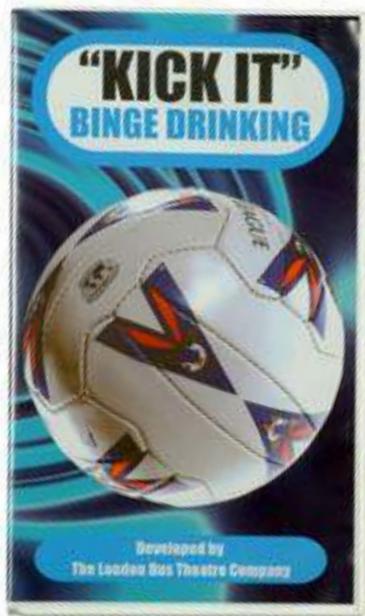
Four personal accounts by young people about drinking. Real people. Not actors.



## What is a unit? Alcohol Display

**B61306**

Physically and visually demonstrates the number of alcohol units in five different drinks. Kit contains 5 glasses of drinks in a carry case with serving tray and presentation notes.

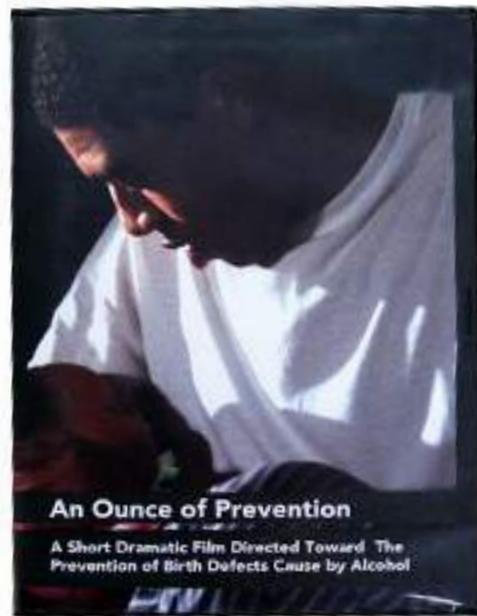


## 'Kick it' Binge Drinking

**B43576**

A DVD for teenagers and young adults with a strong anti binge drinking message.

Running time: 9 minutes



## An Ounce of Prevention

**B60881**

A DVD drama about Foetal Alcohol Syndrome. Aimed at appropriate health classes for adults and young people.

Running time: 17 minutes



## Alcohol

**B48506**

An interactive DVD and workbook suitable for people with learning difficulties about alcohol and drinking.

Running time: 20 minutes



## Get your Head Around It

**B29602**

DVD of short sketches & CD. DVD is a tongue in cheek expose on drug and alcohol issues for 13 to 19 year olds. CD contains four lesson plans.

Running Time: 9 clips, each between 2 and 5 minutes