

MECC Supporting Resources (leaflets, booklets, posters etc)

Smoking



There are various stop smoking campaigns throughout the year.

Health Harms/Stoptober all come under Better Health Quit smoking, resources such as posters, social media messaging and leaflets can be found on the [Public Health England Campaign Resource Centre](#). Resources are update all the time

[World No Tobacco Day](#) is on the 31st May every year and is organised by the World Health Organisation – resources change every year as does the theme

[No Smoking day](#) is on the second Wednesday in March every year and is organised by Today is the day – resources change every year as does the theme.

Alcohol Audit C sheet

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 or more times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

[Alcohol use disorders identification test consumption \(AUDIT C\)](#). This alcohol harm assessment tool consists of the consumption questions from the full alcohol use disorders identification test (AUDIT).



[Alcohol Change UK fact sheets](#) set out the latest evidence to help you find out more about alcohol.

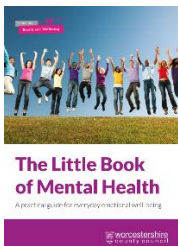
Mental Health



Better Health Every Mind Matters: Resources such as leaflets, posters and social media resources are available to download and order from the [Public Health England Campaign Resource Centre](#). Resources are update all the time.



[Five Ways to Wellbeing](#) poster – is available to download from the Worcestershire CC Mental Health and Emotional Wellbeing page (please note this is currently being updated).



[The Little Book of Mental Health](#) is available to download from the Worcestershire CC Mental Health and Emotional Wellbeing page.

READING WELL

Reading Well is a dedicated collection of books that provides information and support for managing mental health and wellbeing for children, young people and adults. Visit [Worcestershire Libraries Reading Well](#) to download the booklists.

Physical Activity



Better Health – Get Active: Resources such as leaflets, posters and social media resources are available to download and order from the [Public Health England Campaign Resource Centre](#). Resources are update all the time.



Strong & Steady Classes: designed for people who feel unsteady on their feet or have had a fall. The classes aim to improve strength and balance, and also to help people feel more confident when out and about. Download the [Strong and Steady Exercise information leaflet](#)



Worcestershire Health Walks: aim to improve the county's health and well-being by encouraging more people to become physically active through the simplest form of exercise, walking. [Download Worcestershire Health Walk Groups](#)



Physical Activity Guidelines: [Start active, stay active: infographics on physical activity](#). Infographics explaining the physical activity needed for general health benefits for different age ranges.

Healthy Eating/Weight



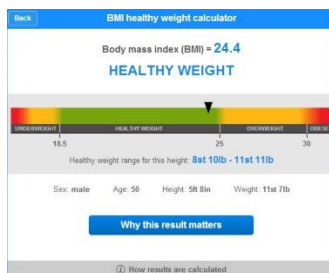
Better Health – Lose Weight: Resources such as leaflets, posters and social media resources are available to download and order from the [Public Health England Campaign Resource Centre](#). Resources are update all the time.



The [British Heart Foundation](#) has various leaflet and guides that can be downloaded or ordered.



[The Eatwell Guide](#) is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet.



[BMI healthy weight calculator](#) - Use this calculator to check your body mass index (BMI).

Healthy Ageing



NHS Health Check Leaflets can be download and ordered from [NHS Health Check - Leaflets](#)



[Living Well in Later Life Worcestershire - LifeCurve™](#) - leaflets can be ordered by emailing laterlife@worcestershire.gov.uk



Age UK Keep active and reduce your risk of falling booklet [Download the 'Staying Steady'](#)



Warmer Worcestershire thermometer cards. These can be ordered from Heather Dawes Community Energy & Resilience Project Manager, Worcestershire County Council HDawes@worcestershire.gov.uk