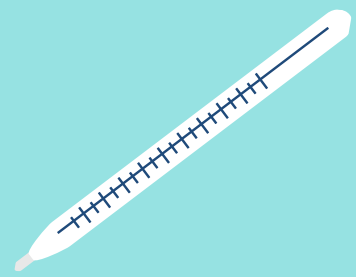
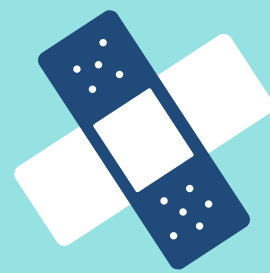


DIGITAL RESOURCES



These online tools are free to access and contain a range of reliable and trustworthy information. We put together a list of our favourite tools to promote better health.

1 THE NHS APP

·A simple and secure way to access a range of NHS services on your smartphone or tablet.
www.nhs.uk/nhs-app

2 NHS: BETTER HEALTH

·Tools and support to help people make healthy changes around losing weight, getting active, quitting smoking and improving your mental wellbeing.
www.nhs.uk/better-health/

3 PATIENT: HEALTH INFORMATION YOU CAN TRUST

·Clinical information, written and reviewed by an extensive network of doctors and healthcare professionals, helps people to feel better and live longer.
patient.info/

4 ST JOHN'S AMBULANCE: FIRST AID

·Easy to follow advice on a range of first aid scenarios, their website also includes further information.
www.sja.org.uk/get-advice/

5 NHS LIVE WELL

·Advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol
<https://www.nhs.uk/live-well/>

6 HEALTH TALK: STORIES OF HEALTH EXPERIENCES

·Real stories, collected by researchers to share information and personal stories about what it's like to live with a health condition.
healthtalk.org/

7 SWITCHBOARD – LGBT+ HELPLINE

·A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.
switchboard.lgbt/

8 ALZHEIMER'S SOCIETY: THE MEMORY HANDBOOK (A PRACTICAL GUIDE TO LIVING WITH MEMORY PROBLEMS).

·Practical support and information to help those living with mild memory problems.
www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook

Spotting FAKE news

Things aren't always what they seem. The internet and social media are full of a mixture of facts and opinions. Some of which can be misleading and harmful to individuals or communities. We've put together some top tips to spot fake news.

CHECK THE SOURCE

Click away from the story to look at the site and its contact information. Have you heard of them before? Do you recognise the URL or website? Is the source verified? If no to any of these, this information is most likely unreliable.

1



2

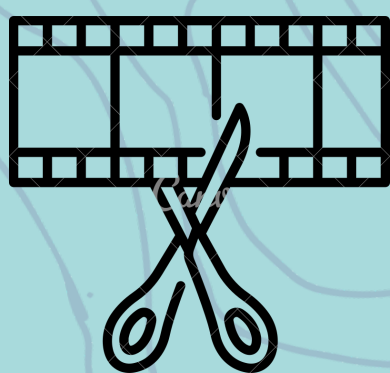
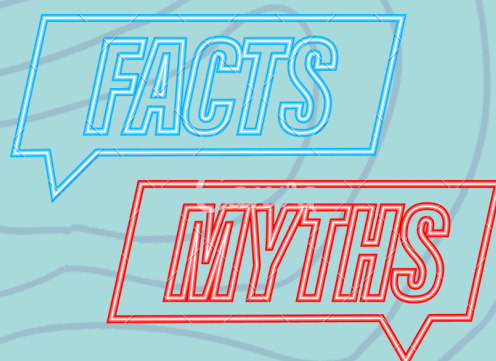
READ BEYOND THE HEADLINE

These don't always share the full story. Read the full story to the end and remember to check the dates- they could repost an old story that isn't relevant to current events.

CHECK THE FACTS

Does it sound unbelievable or too good to be true? Then it most likely is! If it is too bizarre it may even be a joke. (Check the site and author to be sure.) Check the facts with an official source: [Full Fact](#) or [GOV.UK](#)

3



4

DOES THE IMAGE OR VIDEO LOOK EDITED?

Check to see if the photo matches what the article is saying. You can also reverse image search to determine the source of the image.

LOOK OUT FOR ERRORS

Bad spelling, grammar mistakes and typos are clues that information could be false. Official news and guidance will always be carefully checked.

5

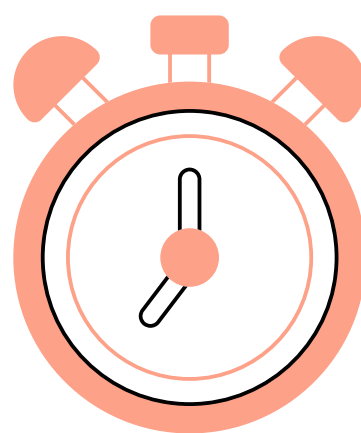


HEALTH LITERACY

Raising your awareness

WHAT IS HEALTH LITERACY?

We underestimate the time we use our devices! Make sure you set a timer or use your device's screen monitoring tools to help set up boundaries for use.

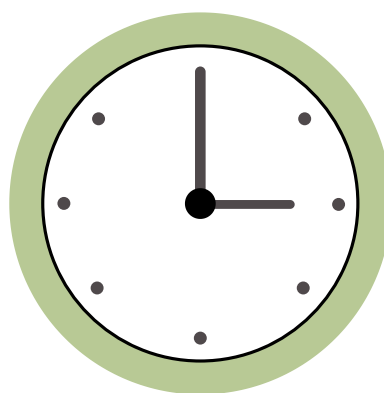


WHY IS IT IMPORTANT?

Just like you, your devices need a bedtime too. An hour before you go to bed, put your device away to give your brain and eyes a break from the blue light of the screen. Plus, it's a perfect time to read a book!

LOCAL STATISTICS

Our minds cannot multitask. Need to get your homework done but are distracted by videos? Put your device into focus mode and you can get your task done faster and have better concentration.



KEY DEMOGRAPHICS MORE LIKELY TO HAVE LOW HEALTH LITERACY

Connect with friends and family by being present in conversations and activities. Silence your phone and put it away so that you can put the most important people first in your life.

IMPACT OF POOR HEALTH LITERACY

Make meals a no phone zone! Great for connection and developing healthy eating habits. Being distracted can cause you to overeat since it takes at least 20 minutes for your brain to know that you ate.

