

## Who are the HealthAmbassadors?

Hello! We are a group of Young Carers who have been meeting with different health professionals to gather information about being healthy. We helped create this leaflet and a DVD so we could share what we have learned with other young people.

We hope that you find our leaflet useful!

The Health Ambassadors



## SexualHealth

Sexual health is something that is personal to each individual when the time is right for them. It is important to make sure you keep yourself and your girlfriend/ boyfriend safe by:

### Protecting yourself

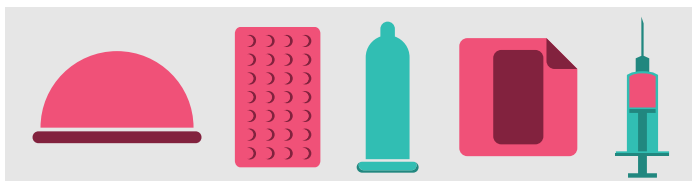
Protection is used to stop people getting Sexually Transmitted Infections (STIs) which can be passed on through having sex.

Here is a list of some STIs which can be spread if no protection is used:

- HIV
- Chlamydia
- Syphilis
- Gonorrhoea
- Hepatitis
- Genital warts

There are many different types of contraception (protection) that you can use, these include;

- Caps
- Condoms (female/ male)
- Contraceptive implant
- Combined pill
- Contraceptive patch



## SexualHealth

If you would like more information/ advice about sexual health and contraception, here are some places you might find useful:

**NGY Myplace - 29-31 Castle Gate, NG1 7AR**

Tel: 0115 704 3114 Website: [www.ngymyplace.co.uk](http://www.ngymyplace.co.uk)

**The Health Shop - 12 Broad Street, Hockley**

Tel: 0115 9475414

**NHS Direct - Confidential health advice and information**

Tel: 0845 4647 Website: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### Being in a healthy relationship:

A healthy relationship is a relationship in which you feel happy and safe.

Some signs that a relationship is not healthy:

- Being hurt physically or emotionally
- Being forced to do things you don't want to do
- Being told to stop seeing your friends or family
- Feeling threatened, controlled or scared

If you feel unsafe in your relationship, speak to an adult that you trust.

For more information on healthy relationships:

**Brook: Free sex/relationship advice for young people**

Tel: 08000 185023 Website: [www.brook.org.uk](http://www.brook.org.uk)



**NHS**  
Nottingham City  
Clinical Commissioning Group

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**Web:** [www.aycnottingham.co.uk](http://www.aycnottingham.co.uk)

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## HealthAmbassadors



## Smoking

Smoking is bad for a person's health and has many risks including;

- Cancer
- Heart disease
- Lung disease
- Shortening your life by 10 years or more

Smoking costs a lot of money; a smoker will spend roughly £548 a year on cigarettes.

Smoking can affect physical appearance by turning teeth and hands yellow but also affects a person internally, especially their lungs:



Smoking is very addictive - once someone starts smoking, it can be extremely difficult to stop.

The image to the left shows one healthy lung and one affected by smoking.

For Information, advice and support around smoking and quitting smoking please visit:

**New Leaf** - Text LEAF to 80800  
[www.stopsmokingwithnewleaf.co.uk](http://www.stopsmokingwithnewleaf.co.uk)

**ASH (Action on Smoking and Health)** [www.ash.org.uk](http://www.ash.org.uk)

## General Health

Having good health is about balancing what we eat and how active we are.



It is advised that we eat five pieces of fruit and veg a day and have eight glasses of water!

Exercise improves our physical health and is also good for a healthy mind!

The NHS recommends that we get at least an hour of physical activity every day, such as walking, cycling, playground activities or running.

If you would like more information, support or advice regarding your health, here are some services that might be useful:

**NHS- Healthy eating advice:** [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

**NGY Myplace- Health and wellbeing support Website:**  
 Tel: 0115 704 3114 Website: [www.ngymyplace.co.uk](http://www.ngymyplace.co.uk)

**Nottingham City Council- Leisure centres in Nottingham:**  
 Tel: 0115 915 5555 Website: [www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

## Emotional Wellbeing

To keep ourselves emotionally healthy it is important to pay attention to all of our different feelings and emotions.

Signs that we might need some help with our emotional wellbeing could be:



Ways that we can help ourselves to feel better emotionally are:

regular exercise, taking up a new hobby, talking to a friend or someone we trust, being creative, getting enough sleep, eating healthily, taking time to relax.

If you would like more information, support or advice regarding your emotional wellbeing, here are some services that might be useful:

**KOOTH- Free online support and counseling for young people:** [www.kooth.com](http://www.kooth.com)

**Child Line- A free telephone counseling service for children and young people.**

**Tel:** 0800 11 11 **Website:** [www.childline.org.uk](http://www.childline.org.uk)

