

Dear Head, or To Whom It May Concern,

With great pleasure, we invite you to participate in our popular health education programme, Hands Up for Health! It is an innovative curriculum designed and delivered by the Simulation and Interactive Learning (SaIL) Centre, at Guy's and St. Thomas' NHS Foundation Trust. It uses hands-on simulation activities, set in a healthcare context and facilitated by real-life healthcare staff, to engage children and young people in health-related scenarios they can identify with.

The programme is being formally evaluated by the SaIL Centres' Research Team. Therefore participation in the programme will involve optional participation of young learners and teachers in the research study (*information sheets will be provided*). We hope that this will help us to develop and expand Hands Up for Health in the future.

### **Hands Up for Health is a fun and innovative means by which we bring healthcare to life!**



Year 10 Lambeth Academy Pupils  
Visit the SaIL Centre 10/02/2011



The SaIL Centre resembles a typical hospital environment and is home to several computer-controlled whole body manikins that breathe, talk, have heart and lung sounds, a measurable pulse rate, and can even be given drugs and fluids. The centre also has several part-body manikins and simulators, that are used to teach clinical and surgical skills such as of basic life support, blood-taking, suturing (stitching of wounds), and key-hole surgery.

This two-day programme is offered free-of-charge to all non-selective state schools and youth organisations within Lambeth and Southwark. Those enrolled on the programme receive half a day of Basic Life Support and First Aid Training, and half a day of 'Life Skills' training delivered at your venue; as well as one full day visit to the SaIL Centre.

Hands Up for Health aims to:

- Increase enthusiasm and knowledge of science and health;
- Promote well-being and strengthen 'life skills' for employability and positive health behaviours;
- Widen participation to healthcare careers.

If you wish to take part or would like more information, please email [beth.thomas@gstt.nhs.uk](mailto:beth.thomas@gstt.nhs.uk) or call 02071887188 ext. 52065. **Places are limited so please don't hesitate to register your interest** \*. We look forward to hearing from you!

**Dr. Beth Thomas**  
Outreach programme Manager

\* Hands Up for Health has a fixed-number of fully funded places available in each part of the Boroughs. All interested parties will be asked to submit a registration form agreeing to the terms and conditions of the programme. Places will be allocated on a first-come, first-served basis within each locality.