

Health Promotion Department

**HEALTH INFORMATION &
RESOURCES SERVICE**

LEAFLET LIST

(updated September 2021)

**Replaces all previous leaflet lists which should be destroyed
to avoid confusion.**

**When ordering please refer only to titles
and codes as listed.**

**Health Information & Resources Service
Health Centre
Springfield Road
Stornoway
ISLE OF LEWIS
HS1 2PS**

Tel. (01851) 701545

E-mail address wi.hirs@nhs.scot
Website address [www.wihb.scot.nhs.uk/our-services/health-
promotion-health-improvement-service](http://www.wihb.scot.nhs.uk/our-services/health-promotion-health-improvement-service)

IMPORTANT NOTES FOR USERS

Leaflet orders must be made in writing on the Leaflet Request Form (see back page).

Orders can be posted, emailed, or delivered by hand (contact details on front cover).

ORDERING QUANTITIES

Please do not request more than 20 of any item at a time as we only carry a limited supply. If you require additional copies please contact the Resources Library staff.

Please note that stocks are subject to availability and we reserve the right to limit quantities requested. A small number of materials are expensive and therefore limited supplies are available.

PROCESSING & DELIVERY

Resource requests are normally processed within 1 week of receipt. However, clients are reminded to allow additional time for delivery.

Once orders are complete they are despatched via the following methods:

Client collection
Internal mail
Post *(light envelopes only)*

If you are non-NHS, or based in a remote location, please let us know on the Request Form the most convenient hospital, GP surgery or school (if appropriate) where your order can be despatched to.

DISCLAIMER

Sexual Health and Substance Misuse topic materials have been coded to assess suitability for specific age groups. In the event of a student requesting leaflets for a project, literature will be forwarded to the project leader/teacher for them to assess suitability.

HEALTH TOPICS INDEX

BCP	Babyhood, Childcare & Parenting
CHR	Chronic Illness (Heart, Stroke, Cancer, Asthma, Diabetes)
COM	Communication & Methods
CDI	Communicable Disease (Influenza, HIV, AIDS)
CPN	Conception, Pregnancy & Newborn
HED	Health Education (Theory and Principles)
IMM	Immunisation & Screening
MEN	Mental Health
NUT	Nutrition
PHE	Public Health & Epidemiology (Theory & Principles)
SEX	Sexual Health, STI's & Relationships
SOC	Social Health & Inequalities (inc. Disabilities and Ethnicities)
SUB	Substance Use (Alcohol & Drugs)
TOB	Tobacco
WEL	Wellbeing (General Health)
YOP	Young People

Note. Titles listed as discontinued are still available until stocks are depleted.

CONTRACEPTIVE & PREGNANCY TESTING KIT SUPPLIES

The following supplies are available to order from HIRS.

Reference	Name	Pack Size	Size
CON.001	Pasante Regular	144 Clinic Pack	Nom. width 54mm
CON.002	Pasante Trim	144 Clinic Pack	Nom. width 49mm
CON.003	Safex Light Lube	Individually	5ml Sachets
CON.004	Pasante Unique Non Latex	3 pack	Nom. width 60 mm
CON.005	Pasante King Size	3 pack	Nom. width 60mm
CON.006	Pasante Extra Thick	Individually	Nom. width 54mm
CON.007	Passante Passion (Ribbed)	3 pack	Nom. width 52mm
CON.008	Pasante Taste (Flavours)	3 pack	Nom. width 52mm
CON.009	Pasante Regular	3 pack	Nom. width 54mm
CON.010	Pasante Trim	3 pack	Nom. width 49mm
CON.011	Pasante Halo Round Foil	Individually	Nom. width 54mm
CON.012	Pasante Female Condom (N/L)	Individually	50mm/70mm
CON.013	Pasante Love	Individually	Nom. width 54mm
CON.014	Pasante Red Ribbon	Individually	Nom. width 54mm
CON.015	Pasante Sensiva Non-Latex	Individually	Nom. Width 58mm
CON.016	Pregnancy Testing Kits	Individually	

HEALTHY START PREGNANCY VITAMINS & DROPS

- Healthy Start Vitamin Drops are available to order from HIRS.
- Pregnancy Vitamins are available to order by Maternity Ward and Midwives for inclusion in prenatal packs.

NHSWI INHOUSE PATIENT & HEALTH INFORMATION MATERIALS

Staff are reminded that they can also view/download a wide range of NHSWI approved inhouse patient and health information titles at: <http://wihbweb.wi.scot.nhs.uk/index.php/wi-intranet/inhouse-patient-information-leaflets/>

All titles have been produced by NHSWI staff in conjunction with patients/carers, and have been approved for use with patients/carers by the NHSWI Patient & Health Information Group (PHIG).

BCP – BABYHOOD, CHILDCARE & PARENTING

L/BCP/001	Ready Steady Toddler	NHS Health Scotland	2018
L/BCP/002	Fun first foods: an easy guide to introducing solid foods	NHS Health Scotland	2020
L/BCP/003	Feeding your toddler: giving your child a healthy balanced diet	Food Standards Agency	2004
L/BCP/004	Feeding Your Growing Child: giving your child a healthy balanced diet	Food Standards Agency	2004
L/BCP/005	Scottish Good Egg Guide to Keeping Your Child Safe at Home (Discontinued – last of stock remaining)	NHS Health Scotland	2013
L/BCP/006	Height Chart: Helping your child to avoid accidents at home	NHS Health Scotland	2017
L/BCP/007	Headlice: Facts, detection, treatment	NHS Health Scotland	2017
L/BCP/008	Asthma and My Child	Nat. Asthma Campaign	2014
L/BCP/009	Everyday Life with Type 1 Diabetes for Parents	Diabetes UK	2018
L/BCP/010			
L/BCP/011	Talking with your child about relationships and sexual wellbeing	NHS Health Scotland	2014
L/BCP/012			
L/BCP/013			
L/BCP/014	Food for Tots (Biadh dha clan bheaga): Helping parents and carers to make healthy choices for their toddler	NHS Western Isles	2016
L/BCP/015	Childhood Illnesses: Your guide	NHS Milton Keynes	2013
L/BCP/016			
L/BCP/017	Packed Lunch Ideas for Children Aged 1-5 Years: A guide to healthy lunches for young children	NHS Western Isles	2015
L/BCP/018	You and Your Baby 0-1 (Easy Read Folder)	NHS Health Scotland	2012
L/BCP/019	You and Your Little Child 1-5 (Easy Read Folder)	NHS Health Scotland	2013
L/BCP/020	Fun first foods: an easy guide to introducing solid foods (ARABIC version)	NHS Health Scotland	
P@H/01	Play@Home Baby - English (<i>HV's only</i>)	NHS Health Scotland	2019
P@H/02	Play@Home Baby - Gaelic (<i>HV's only</i>) (Discontinued – last of stock remaining)	NHS Health Scotland	2019
P@H/03	Play@Home Toddler - English (<i>HV's only</i>)	NHS Health Scotland	2019
P@H/04	Play@Home Pre-school - English (<i>EY Service only</i>)	NHS Health Scotland	2019

CDI – COMMUNICABLE DISEASE

L/CDI/001	Take Control: Giving your body the best chance to recover (Hepatitis C) (Discontinued – last of stock remaining)	NHS Health Scotland	2011
L/CDI/002	Meningitis Can Affect Anyone: Knowing the signs and symptoms can save lives	Meningitis Now	2014
L/CDI/003	Basic Facts about HIV	Sexual Health Sheffield	2014

CHR – CHRONIC ILLNESS

L/CHR/001	Detect Cancer Early	NHS Western Isles	2015
L/CHR/002	"Coughing for three weeks?" Lung Cancer	Scottish Government	2012
L/CHR/003	Want to cut your cancer risk?	Cancer Research UK	2017
L/CHR/004	Spotting Cancer Early Saves Lives (credit-card size)	Cancer Research UK	2017
L/CHR/005	Testicular Cancer: How to spot the symptoms (Discontinued – last of stock remaining)	Cancer Research UK	2015
L/CHR/006	Spotting Cancer Early Saves Lives: Information for Men	Cancer Research UK	2017
L/CHR/007	Know Your Prostate: A quick guide (concertina cards)	Prostate Cancer UK	2014
L/CHR/008	Prostate cancer: guide for men who have just been diagnosed	Prostate Cancer Charity	2010
L/CHR/009	Know Your Prostate: A guide to common prostate problems	Prostate Cancer UK	2014
L/CHR/010	Diet, Activity and Your Risk of Prostate Cancer	Prostate Cancer UK	2014
L/CHR/011	Lumps Aren't the Only Sign of Breast Cancer	Scottish Government	2012
L/CHR/012	Spotting the Signs of Cancer for Women	Cancer Research UK	2014
L/CHR/013	Be Breast Aware: Lumps aren't the only sign of cancer	NHS Western Isles	2015
L/CHR/014	Breast Cancer: How to spot the symptoms and reduce your risk	Cancer Research UK	2015
L/CHR/015	Your Breasts, Your Health: Throughout your life	Breast Cancer Care	2014

L/CHR/016	Ovarian Cancer: How to spot the symptoms and reduce your risk (Discontinued – last of stock remaining)	Cancer Research UK	2013
L/CHR/017	Know Your Body: Spot Cancer Early – Cervical Cancer	Cancer Research UK	2018
L/CHR/018	Skin Cancer: How to spot the symptoms (Discontinued – last of stock remaining)	Cancer Research UK	2012
L/CHR/019	Let's Stay Safe in the Sun	Cancer Research UK	2017
L/CHR/020	Mouth Cancer: How to spot the symptoms and reduce your risk (Discontinued – last of stock remaining)	Cancer Research UK	2013
L/CHR/021	Enjoy food: helping families with diabetes shop, cook and eat	Diabetes UK	2019
L/CHR/022	Everyday Life with Type 1 Diabetes - Your Guide to Type 1 Diabetes	Diabetes UK	2019
L/CHR/023			
L/CHR/024	Everyday Life with Type 2 Diabetes – Your Guide to Type 2 Diabetes	Diabetes UK	2019
L/CHR/025	Type 2 Diabetes: Know your risk	Diabetes UK	2017
L/CHR/026	Asthma and Me: A guide to living with Asthma	Nat. Asthma Campaign	2014

CPN – CONCEPTION, PREGNANCY & NEWBORN

L/CPN/001	Bodyworks: Your guide to understanding reproduction	Family Planning Assoc	2011
L/CPN/002	Folic Acid: Before and during pregnancy	NHS Health Scotland	2011
L/CPN/003	Ready, Steady, Baby (<i>only available to Maternity</i>)	NHS Health Scotland	2019
L/CPN/004	My Pregnancy, My Choices (Easy Read Folder)	NHS Health Scotland	2013
L/CPN/005	You're Pregnant: Scans and Tests	NHS Health Scotland	08/2020
L/CPN/006	Your Baby! Tests Offered – what you need to know	NHS Health Scotland	08/2018
L/CPN/007	Alcohol and Pregnancy Don't Mix	Alcohol Focus Scot	2015
L/CPN/008	iQuit: Stopping smoking when you're pregnant	NHS Health Scotland	2016
L/CPN/009	Reduce the risk of cot death	Department of Health	2011
L/CPN/010	Off to a good start: all you need to know about breastfeeding your baby	NHS Health Scotland	03/2020
L/CPN/011	Breastfeeding and returning to work - off to a good start	NHS Health Scotland	2018
L/CPN/012	Formula Feeding: How to feed your baby safely	NHS Health Scotland	2012
L/CPN/013	Formula Feeding: How to feed your baby safely (Easy Read booklet)	NHS Health Scotland	2018
L/CPN/014			
L/CPN/015	RSB Pregnancy Wallets	NHS Health Scotland	
L/CPN/016	Your Pre-natal and Pregnancy Service Guide: A guide to classes, services and information available to pregnant women in the Western Isles	NHS Western Isles	2015
L/CPN/017	Pregnant? What you need to do next (Web2Print)	NHS Health Scotland	2014
L/CPN/018	Pregnant and don't know what to do? A guide to your options	Family Planning Assoc	2014
L/CPN/019	Your Guide to Contraceptive Choices – After you've had your baby	Family Planning Assoc	2017
L/CPN/020	Your Pregnancy, Your Choice: what you need to know after getting a higher-chance screening result for Down's syndrome, or Edwards' syndrome or Patau's syndrome	NHS Health Scotland	09/20

IMM – IMMUNISATION & SCREENING

L/IMM/001	Protect your child against serious diseases (baby and child vaccines)	NHS Health Scotland	09/2020
L/IMM/002	What to expect after an immunisation – Babies and children up to 5 years	NHS Health Scotland	11/2018
L/IMM/003	What to expect after an immunisation – Young People	NHS Health Scotland	2019
L/IMM/004	Get Protected Against Cancers Caused by HPV (Academic Year 19/20)	NHS Health Scotland	2019
L/IMM/005	Hepatitis B Immunisation: For babies born to mothers with Hepatitis B	NHS Health Scotland	2017
L/IMM/006	Whooping Cough: Help protect your baby	NHS Health Scotland	2020
L/IMM/007	Protect your baby against TB	NHS Health Scotland	2021
L/IMM/008	Your Smear Test: After Treatment	NHS Health Scotland	03/2020
L/IMM/009	This little test could help save your life (Bowel Screening)	NHS Health Scotland	2017

L/IMM/010	"I choose to do it because it could save my life" Breast Screening	Scottish Government	2016
L/IMM/011	Make time for breast screening: 10 minutes could save your life	NHS Health Scotland	2018
L/IMM/012	Abdominal Aortic Aneurysm Screening Information	NHS Health Scotland	
L/IMM/013	Abdominal Aortic Aneurysm (A simple scan) Postcard	NHS Health Scotland	
L/IMM/014	Tuberculosis	NHS Health Scotland	

MEN – MENTAL HEALTH

L/MEN/001	Steps to deal with stress: a simple guide to stressing less and enjoying life more (Booklet)	NHS Health Scot	2018
L/MEN/002	Steps to Deal with Stress (Relaxation CD)	NHS Health Scot	2010
L/MEN/003	Steps to Deal with Stress (fold out z card)	NHS Health Scot	2016
L/MEN/004	Depression: You're not alone	Milton Keynes HP	2017
L/MEN/005	The Art of Conversation: A guide to talking, listening and reducing stigma surrounding suicide	NHS Health Scot/ Choose Life	2019
L/MEN/006	Coping with Dementia: Caring for someone in the mid to late stages of dementia	NHS Health Scot	2017
L/MEN/007	Understanding Dementia: a guide for young people	NHS Health Scot	2015
L/MEN/008	Living Well with Dementia	NHS Health Scot	2017
L/MEN/009	Eating Well with Dementia	Nutrition & Diet Resources UK	2017
L/MEN/010	Younger People with Dementia: Living well with your diagnosis	NHS Health Scot	2017
L/MEN/011	Worried about your memory?	NHS Health Scot	2018
L/MEN/012	Eating disorders (Discontinued – last of stock remaining)	NHS Health Scot	2015
L/MEN/013	Schizophrenia (Discontinued – last of stock remaining)	NHS Health Scot	2015
L/MEN/014	Self harm (Discontinued – last of stock remaining)	NHS Health Scot	2015
L/MEN/015	Attention Deficit Hyperactivity Disorder (ADHD) (Discontinued – last of stock remaining)	NHS Health Scot	2015

NUT – NUTRITION

L/NUT/001	Check the Labels	Comic Company	2017
L/NUT/002	Healthy Eating: How to get the balance right	Milton Keynes HP	2019
L/NUT/003	Vegetarian vitality: are you missing out?	Milton Keynes HP	2006
L/NUT/004	What's In Your Lunchbox? How to pack a healthy lunch	Milton Keynes HP	2009
L/NUT/005	Men and food: eating for good health	Food Stand. Agency	2004
L/NUT/006	Taking Control of Salt: To reduce your risk of heart and circulatory diseases	British Heart Foundation	2018
L/NUT/007	Eat Well: A guide for older people in Scotland	Age Scotland	-
L/NUT/008	Diet and the Menopause	Nutrition & Diet Resources UK	2014
L/NUT/009	Taking Control of Saturated Fats: To reduce your risk of heart and circulatory diseases	British Heart Foundation	2018
L/NUT/010	Eat better to reduce your risk of heart and circulatory disease	British Heart Foundation	2018
L/NUT/011	10 Top Tips For a Healthy Weight	Cancer Research UK	2017

SEX – SEXUAL HEALTH, STI's & RELATIONSHIPS

L/SEX/001	Longer Lasting Contraception – your guide to sexual health and wellbeing	NHS Health Scotland	2019
L/SEX/002	Your guide to contraception	FPA	2015
L/SEX/003	Abortion – your questions answered	FPA	2014
L/SEX/004	Contraceptive Implant	FPA	2016
L/SEX/005	Diaphragms and caps	FPA	2015
L/SEX/006	IUS, The	FPA	2014
L/SEX/007	IUD, The	FPA	2015
L/SEX/008	Combined pill, The	FPA	2011
L/SEX/009	Progestogen-only pill, The	FPA	2014
L/SEX/010	Contraceptive Injections	FPA	2015
L/SEX/011	Emergency Contraception	FPA	2015
L/SEX/012	Contraceptive Patch	FPA	2005
L/SEX/013	Vaginal Health (Discontinued – last of stock remaining)	NHS Health Scot	2009

L/SEX/014	Genital Warts (Discontinued – last of stock remaining)	NHS Health Scot	
L/SEX/015	Chlamydia (Discontinued – last of stock remaining)	NHS Health Scot	2016
L/SEX/016	Genital Herpes (Discontinued – last of stock remaining)	NHS Health Scot	2009
L/SEX/017	Gonorrhoea (Discontinued – last of stock remaining)	NHS Health Scot	2000
L/SEX/018	Basic Facts about STI's	Sex. Health Sheffield	2014
L/SEX/019	Sexually Transmitted Infections: Where can I go to get tested	Brook Publications	2009

SOC – SOCIAL HEALTH & INEQUALITIES

L/SOC/001	Living with Cancer: what is cancer?	NHS Health Scotland	2005
L/SOC/002	Do I need a Smear Test? (Discontinued – last of stock remaining)	NHS Health Scotland	2007
L/SOC/003	Guide to having a Smear Test (Discontinued – last of stock remaining)	NHS Health Scotland	2006
L/SOC/004	Guide to having a healthy heart, A	NHS Health Scotland	2002
L/SOC/005	Guide to examining your breasts, A	NHS Health Scotland	2009
L/SOC/006	Guide to examining your testicles, A	NHS Health Scotland	2010
L/SOC/007	Guide to a healthy mouth, A	NHS Health Scotland	2003
L/SOC/008	Woman's guide to keeping clean, A	NHS Health Scotland	2005
L/SOC/009	Man's guide to keeping clean, A (Discontinued – last of stock remaining)	NHS Health Scotland	2005
L/SOC/010	Guide to the Menopause, A	NHS Health Scotland	2009
L/SOC/011	Guide to having a period	NHS Health Scotland	2009
L/SOC/012	How to Shave	NHS Health Scotland	2009
L/SOC/013	Choosing What You Eat and Drink	NHS Health Scotland	2011
L/SOC/014	Planning Your Meals (3)	NHS Health Scotland	2011
L/SOC/015	Staying Fit and Healthy (4)	NHS Health Scotland	2011

SUB – SUBSTANCE USE

L/SUB/001	Alcohol and You: Know the facts count the units	Milton Keynes HP	2017
L/SUB/002	Daily Diary: Your guide and record to success	NHS Health Scot	2016
L/SUB/003	Making a Change: Positive steps to change your drinking	NHS Health Scot	2018
L/SUB/004	Drinks Calculator	NHS Health Scot	2019
L/SUB/005	ABI Measuring Cups	NHS Health Scot	
L/SUB/006	You, Your Child & Drugs	NHS Health Scot	2013
L/SUB/007	Know the Score about Cannabis	Know the Score	
L/SUB/008	Know the Score about Ecstasy	Know the Score	

TOB – TOBACCO

L/TOB/001	How to stop smoking and stay stopped	NHS Health Scot	2019
L/TOB/002	Be Smoke Free: Cut your cancer risk	Cancer Research UK	2013
L/TOB/003	Stop smoking without gaining weight	GASP	2008
L/TOB/004	Cigars and health: the facts	GASP	2007
L/TOB/005	We can help you stop smoking: We can help stop passive smoking (DVD)	NHS Health Scotland	2008

WEL – WELLBEING

L/WEL/001	Change for the Better: Your lifestyle pocket guide	Milton Keynes HP	2011
L/WEL/002	Understanding Blood Pressure: To reduce your risk of heart and circulatory disease	British Heart Foundation	2018
L/WEL/003	How I've reduced my blood cholesterol	British Heart Foundation	2017
L/WEL/004	Vitamin D and you: important health information for everyone	NHS Health Scotland	2020
L/WEL/005	Up and About: Taking positive steps to avoid trips and falls	Ageless & NHS Health Scotland	2019
L/WEL/006	Understanding Your Weight: To reduce your risk of heart and circulatory diseases	British Heart Foundation	2018
L/WEL/007	Cystitis (Discontinued – last of stock remaining)	NHS Health Scotland	2010
L/WEL/008	Premenstrual Syndrome (PMS) and Period Pains	NHS Health Scotland	2010

	(Discontinued – last of stock remaining)		
L/WEL/009	Healthy Men: Advice and tips for a healthier lifestyle	Milton Keynes HP	2019
L/WEL/010	Healthy Women: Advice and tips for a healthier lifestyle	Milton Keynes HP	2019
L/WEL/011	Get Active... Your Way, Every Day! Activity Wheel	NHS Health Scotland	2013
	(Discontinued – last of stock remaining)		
L/WEL/012	Get Active... Your Way, Every Day! (Discontinued – last of stock remaining)	NHS Health Scotland	2013

YOP – YOUNG PEOPLE

L/YOP/001	4 You: Growing Up – what's it all about?	FPA	2016
L/YOP/002	Girls/Boys: Looking Ahead	Brook Publications	2008
L/YOP/003	Periods: what you need to know	FPA	2016
L/YOP/004	4 Girls: A below-the bra guide to the female body	FPA	2009
L/YOP/005	Some of your bits ain't nice	Milton Keynes HP	2015
L/YOP/006	Cool Heads: stress central (Discontinued – last of stock remaining)	NHS Health Scotland	2015
L/YOP/007	Talking with your teenager about relationships and sexual wellbeing	NHS Health Scotland	2014
L/YOP/008	4 Boys: a below-the-belt guide to the male body	FPA	2006
L/YOP/009	Love, Sex and Relationships	FPA	2014
L/YOP/010	Is everybody doing it?	FPA	2014
L/YOP/011	Love Stings: A beginner's guide to Sexually Transmitted Infections	FPA	2014
L/YOP/012	R U sad? A guide to what you do when you're sad	NHS Health Scotland	2010
L/YOP/013	When someone dies: how to cope when someone dear to you is gone	NHS Health Scotland	2011
L/YOP/014	R U worried? A guide to what you can do when you're feeling worried	NHS Health Scotland	2009
L/YOP/015	R U friends? A guide to making, keeping and helping friends	NHS Health Scotland	2011
L/YOP/016	Family break-ups: A guide to how to cope when parents split up	NHS Health Scotland	2008

RESOURCES REQUEST FORM



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- Please do not request more than 20 of any item at a time.
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Are you collecting order from HIRS? ☐ Yes ☐ No

DELIVERY ADDRESS[illegible]

Signature: _____ Date: _____

[illegible]