



**NHS Bristol
NHS South Gloucestershire**

Health Promotion Resource and Information Service

Improving health in Bristol and South Gloucestershire

Catalogue of leaflets and posters

October 2011

Leaflets and posters can be viewed and ordered online

www.avon.nhs.uk/kris

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New Leaflets & Posters

New Leaflets

A100	HIV and Sexual Health Charity for life
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C51	Let's be clear about Bowel Cancer
C54	Detecting Breast cancer
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DA25	Specialist violence and sexual abuse support services
DA26	Looking after your children during and after domestic abuse Easy read version
DA27	Do you recognise this person?
DA28	How to help a friend experiencing domestic violence and abuse (Easy read version)
DA29	Guide to Bristol's Specialist violence and sexual abuse
DA30	Stopping violence Programme - Bristol
FP56	Are you late? Information about unplanned pregnancy
HHS26	The Harbour therapeutic group – breast cancer
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MH57	Worried someone close to you is losing their memory
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N24	Help my child won't eat
N113	Cut down on salt
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N115	Food labels – credit card
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N117	Change 4 life recipe leaflet
N118	Ten top tips for a healthy weight – concertina leaflet
PA52	Cycling – ten short leisure routes around Bristol
PA53	Dancing in Bristol – Change 4 Life
PA54	Bristol Ramblers triangular city walk
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SEX28	Ask Brook about sex and alcohol
SEX29	Sex worth talking about – a healthcare professionals guide
SEX30	Sex worth talking about – a young persons guide
SEX31	Sex worth talking about – my relationship, my decision

SM95	Smoking – A young people’s guide to being smoke-free
SM96	The toxic truth about smoking inside your house
SM97	Be a non smoker – cut your cancer risk
WH7	Your guide to women’s health – PMS and Period pains

New Posters

C27P	Living a healthy life can reduce your cancer risk
C28P	Be clear on bowel cancer
C29P	Play safe in the sun
C30P	Skin cancer don’t get caught out – Female
C31P	Skin cancer don’t get caught out - Male
DA17P	Specialist violence and sexual abuse – support services
HS6P	This is no ordinary food – Schools food trust
MH17P	Worried someone close to you is losing their memory
N52 P	Danger watch out for salt
N53P	Ten top tips for weight loss
S29P	Preventing accidental poisoning
SM62P	Smoke inside your home and poisonous chemicals
SM63P	Second-hand smoke kills

Aids/HIV and Sexual Health (See STI/Sexual Health)

Alcohol

Leaflets

AL1	Thinking of getting p****d tonight? (Restricted 15 copies per order)
AL3	Alcohol quiz (1 copy per order - can be photocopied)
AL4	Alcohol unit calculator wheel (Restricted 10 per order)
AL22	Drunk – A young person’s guide to alcohol (Restricted 4 per order)
AL23	Young women & alcohol (Restricted 5 per order)
AL35	Drink less for more success
AL36	Young people binge drinking what can we do tips for parents & carers
AL43	How much will your next round cost you?
AL44	Alcohol (Restricted 20 per order)
AL45	Alcohol Misuse Service (Restricted 10 per order)
AL51	Addiction recovery agency – credit card - Bristol area
AL52	Alcohol and liver disease (Restricted 4 per order)
AL53	Are you looking after your liver? (Restricted 20 per order)
AL54	Cirrhosis of the liver (Restricted 4 per order)
AL55	My drink diary (Restricted 10 per order)
AL56	Alcohol, medication and older people (Restricted 10 per order)
AL61	Alcohol and stroke (Restricted 5 per order) Discontinued Available while stocks last
AL64	Drinking causes the damage you can’t see – talking to patients

AL65 (Doctors fact sheet) Restricted 5 per order
Drink smart – Alcohol self help guide

Posters

AL36P Think Drink Driving – How much will your next round cost you?
(Restricted 1 per order)
AL37P Think drink driving - £5000 Pint (A3 & A4) – (Restricted 1 per order)
AL38P Think drink driving – You're not driving anymore (Restricted 1 per order)
AL39P Alcohol Misuse Service (Bristol Area Only) (Restricted 1 per order)
AL48P Alcohol effects – could your drinking be putting your health at risk -
surgery poster
AL49P Alcohol effects –drinking causes damage you can't see - female
AL50P Alcohol effects - drinking causes damage you can't see - male

Ante/post natal

Leaflets

AN2 Motherhood your feelings (Restricted 5 copies per order)
AN10 Baby blues & Post-natal depression
AN14 Breastfeeding your baby – UNICEF (Restricted 10 copies per order)
AN15 Reduce the risk of cot death (**Currently out of print from dept of health) Sept 2011**
AN23 Bottle feeding – A4 factsheet
AN26 Off to the best start (Breastfeeding)
AN27 Breastfeeding and work
AN28 Folic Acid: An essential ingredient for making healthy babies
AN31 Understanding postnatal depression (Restricted 3 copies per order)
AN32 Real baby milk – The essential guide to breastfeeding in Bristol (Reprinted September 2011)
AN37 Results of new born blood spot screening – carrier of a gene for an unusual haemoglobin- sometimes called trait **Midwives only** (Restricted 5 per order)
AN38 Screening for down's syndrome in multiple pregnancy **Midwives only** (Restricted 5 per order)
AN39 Results of new born blood spot screening- carrier of a sickle cell gene sometimes called trait **Midwives only** (Restricted 5 per order)

Posters

AN13P Breastfeeding gives my baby the best start he deserves
AN14P Why is breastfeeding best for my baby and me?
AN15P Breastfeeding, it's a healthy choice for both of us
AN16P Life doesn't have to stop just because I breastfeed

- AN17P Breastfeeding a good start in life
- AN18P Weight conversion chart (converts grams and kilograms into pounds and ounces)
- AN19P I'm happy she's happy – Breastfeeding is the best decision I ever made!(Young mothers)
- AN20P I Breast feed Ashley because it's the best thing for him. (Young mothers)

Bereavement

Leaflets

- B1 Talking about bereavement (Restricted 10 copies per order)
- B2 What to do after a death in England and Wales (Restricted 10 per order)
- B3 Bereavement – help the aged
- B4 Coping with dying (Restricted 20 copies per order)
- B5 When someone dies (Restricted 6 copies per order)

Cancer

Leaflets

- C3 Cancer guide (Restricted 10 copies per order)
- C5 NHS Breast screening – The facts
- C7 Detecting skin cancer (how to spot the changes early)
- C8 Pocket full of facts (Restricted 20 copies per order)
- C12 Cervical screening – The facts
- C13 What your abnormal result means
- C15 Colposcopy examination
- C20 Testicular cancer (Spot the symptoms early) (Restricted 20 copies per order)
- C21 Be breast aware
- C23 Mouth cancer (Restricted 20 copies per order)
- C24 Bowel cancer (Restricted 20 copies per order)
- C25 Your breasts, your health – A quick guide to being breast aware (Restricted 20 per order)
- C30 Warning – Postcard
- C34 An easy guide to breast screening for women with learning disabilities (Restricted 5 per order)
- C35 An easy guide to cervical screening for women with learning disabilities (Restricted 5 per order)
- C36 Reduce the risk - bookmark
- C37 Detecting ovarian cancer – know what to look for
- C38 Preventing Cervical Cancer – Why screening is important
- C39 Spotting the signs of cancer – for men
- C40 Spotting the signs of cancer – for women
- C41 Bowel Cancer and other bowel problems – How to test if your symptoms might be serious (Restricted 20 per order)

- C42 Men – Could your symptoms be serious, Bowel cancer and other bowel problems (Restricted 20 per order)
- C43 Know your prostate – A guide to common problems (Restricted 10 per order)
- C44 Play safe in the sun stickers (sheet of 48 stickers) Restricted 1 per order)
- C46 Preventing gullet cancer (Restricted 20 per order)
- C47 What do you know about prostate cancer – information for African Caribbean men (Restricted 5 per order)
- C48 Being sunsmart can reduce your cancer risk (Restricted 20 per order)
- C49 Detecting lung cancer (Restricted 20 per order)
- C50 Know your prostate – a quick guide (Restricted 20 per order)
- C51 Let's be clear about Bowel Cancer (Restricted 10 per order)
- C54 Detecting Breast cancer (Restricted 20 per order)
- C55 Cool kids go under cover (Restricted 20 per order)
- C56 Skin cancer don't get caught out postcard – male (Restricted 20 per order)
- C57 Skin cancer don't caught out postcard – female (Restricted 20 Per order)
- C58 Breast m8s – Know and love your breasts – aimed at girls aged 11- 16) Restricted 30 per order)

Posters

- C2P Some moles are dangerous
- C3P Whose side are you on?
- C4P Kids cook quick (Boy)
- C8P Have you had yours yet (cervical screening)
- C9P Warning - sunburn
- C10P Open up to mouth cancer
- C12P Be breast aware
- C14P Waiting for a rainy day – cervical screening
- C15P Top of your list – cervical screening
- C16P Top of your list – cervical screening – (afro Caribbean)
- C17P Are you putting it off – cervical screening
- C18P It's time to look after yourself (Breast screening)
- C19P It's time to look after yourself (black) breast screening)
- C20P The Goss (cervical screening)
- C21P It's time to look after yourself (south Asian women – Breast screening)
- C22P Increase the appearance of wrinkles and the visible signs of ageing? Use a sun bed (female)
- C23P Increase the appearance of wrinkles and the visible signs of ageing? Use a sun bed (male)
- C25P You can't always see the signs(Bowel Cancer)
- C26P 60 or over – then take a seat (Bowel Cancer)
- C27P Living a healthy life can reduce your cancer risk
- C28P Be clear on bowel cancer
- C29P Play safe in the sun (Restricted 1 per order)

- C30P Skin cancer don't get caught out – Female
 C31P Skin cancer don't get caught out - Male
- M1P Talking balls (Restricted 1 per order)
 M5P Prostate cancer (Restricted 1 per order)

Childcare

Leaflets

- CC2 Potty training – (Restricted 20 copies per order)
 CC5 Encouraging good sleeping habits (Restricted 5 copies per order)
 CC7 Preparation for school
 CC11 Handle with care (Restricted 20 copies per order)
 CC12 Stress a guide for parents (Restricted copies 10 per order)
 CC14 Baby fathers – New images of teenage fatherhood (Restricted 5 copies per order)
 CC16 The safest place
 CC19 Young father or about to become one (Restricted 5 copies per order)
 CC20 Baby Zone (Restricted 20 per order)
 CC21 Sharing a bed with your baby (Restricted 20 per order)
 CC22 Sleep on the back play on the front
 CC23 Kids in the middle (Restricted 10 per order)
 CC24 The rough guide to childhood illnesses (Restricted 5 per order)
(Discontinued while stocks last.)
 CC25 Encouraging better behaviour (Restricted 10 per order)

Posters

- CC1P Ryan & Catlin (Discontinued available while stocks last)
 CC2P Arbey & Alisha (Discontinued available while stocks last)
 CC3P Richard & Ceriese (Discontinued available while stocks last)
 CC5P Natalie 16yrs old, Ryley 7 months
 CC6P Rochelle 17yrs old, Amarni 6 weeks
 CC7P Natalie 16yrs old, Elicia 9 months

Contraception/FP

Leaflets

- FP1 **FPA** - After you've had your baby – Contraceptive choices
 FP3 **FPA** - Body works
 FP4 **4YP Bristol** - Contact for U – **Updated December 2010**
 FP5 **FPA** - Natural family planning
 FP6 **FPA** - IUD
 FP7 **FPA** - Diaphragms & Caps
 FP8 **FPA** - Combined pill
 FP9 **FPA** - Progestogen only pill

FP10	FPA - Male & Female sterilisation
FP13	FPA - Your guide to contraception
FP14	FPA - Male & Female condoms
FP15	FPA - Emergency contraception
FP16	FPA - Your guide to contraceptive injections
FP17	FPA - IUS
FP18	FPA - Is everybody doing it? (Restricted 10 copies per order)
FP21	FPA - Abortion (Restricted 5 copies per order)
FP22	All you ever needed to know about Emergency contraception (Restricted 5 copies per order)
FP23	Talking to doctors (Restricted 20 copies per order)
FP24	Pregnant & unsure (Restricted 2 copies per order)
FP27	FPA - Abortion – Your questions answered
FP28	FPA - Contraceptive patch
FP31	No worries – (South Gloucestershire PCT only) Updated December 2010
FP32	FPA - Your guide to contraceptive implant
FP34	Contraception choices – after having a baby (Restricted 5 copies per order) (For use by midwives only. To be used with under 19s)
FP35	Love sex life (for young people aged 16+)(Restricted 5 copies per order)
FP36	Talking to your child about sex and relationships (Restricted 4 copies per order)
FP37	Pregnant and don't know what to do (Restricted 15 per order)
FP39	4YP Bristol - sperm key ring
FP40	4YP Bristol - window sticker (Restricted 2 per order)
FP41	4YP Bristol - sheet of stickers (Restricted 2 per order)
FP42	4YP Bristol - Getting it on (condom guide) Updated December 2010
FP44	Roll with it (Restricted 5 per order)
FP45	Sex, Contraception, relationships and choice – a short guide for young women and young men.(Restricted 5 copies per order)
FP46	4YP Bristol - Do you think you are ready for sex questionnaire -
FP47	4YP Bristol - Do you think you are ready for sex questionnaire – credit card
FP48	FPA - The contraceptive vaginal ring
FP49	No worries – your guide to getting it on. Updated June 2011
FP50	Abortion and Religion - fact sheet (Restricted 3 per order)
FP51	FPA - Your guide to long lasting reversible contraception (LARCS)
FP52	4YP Bristol – Your guide to long acting contraception
FP53	Ask Brook about contraception (Restricted 5 per order)
FP54	Ask Brook about LARC (Restricted 5 per order)
FP55	Ask Brook about Emergency contraception (Restricted 5 per order)
FP56	Are you late? Information about unplanned pregnancy (Restricted 10 per order)

Posters

FP5P	Believe it or not now is exactly the right time to be thinking about contraception (Restricted 1 per order)
FP6P	4YP Bristol - Sexual health services
FP7P	4YP Bristol - free condoms for under 20 year olds
FP8P	4YP Bristol - confidentiality poster (restricted to 10 per order)
FP9P	4YP Bristol - Do you think you are ready for sex
FP10P	4YP Bristol - Emergency contraception
FP11P	4yp Bristol - Sexual health services that young people can trust
FP12P	4YP Bristol – I think I might be pregnant – a flowchart for professionals working with teenagers
FP13P	4yp Bristol - Bus Poster – contraception worth talking about (Restricted 10 per order)
FP14P	4yp Bristol - Cafe Poster – IUD - contraception worth talking about (Restricted 10 per order)
FP15P	4YP Bristol – Kitchen poster – Injections – contraception worth talking about (Restricted 10 per order)
FP16P	4YP Bristol – Living room poster – mum what’s the best contraception – contraception worth talking about (Restricted 10 per order)
FP17P	4YP Bristol – Mall poster – So are you still on the pill? No I’ve got an implant – contraception worth talking about (Restricted 10 per order)
FP18P	No Worries – South Gloucestershire area
FP19P	No Worries – Confidentiality promise

(See also section **STI / Sexual Health**)

Coronary Heart Disease

Leaflets

CHD4	Heart attack action
CHD5	What is a stroke?
CHD10	Preventing a stroke
CHD11	No fear (emergency life support skills for young people)
CHD12	Your heart’s health and Alcohol
CHD13	Your heart’s health and Angina
CHD14	Your heart’s health and Cholesterol
CHD15	Your heart’s health and High blood pressure (Hypertension)
CHD16	Your heart’s health and Healthy eating
CHD17	Your heart’s health and Physical activity
CHD18	Your heart’s health and Weight management
CHD20	Blood Pressure (Restricted 10 per order)
CHD21	Keep your heart healthy (Restricted 10 per order)
CHD22	When a stroke strikes act F.A.S.T
CHD23	When a stroke strikes act F.A.S.T – credit card
CHD24	COPD (Q&A)

CHD25 Reducing your blood cholesterol (Restricted 10 per order)

CHD12 – CHD18 These leaflets are for use with patients with known CHD, stroke, Circulatory problems or who have been identified as being at risk of developing these.

Posters

CHD2P When stroke strikes act F.A.S.T (available in 4 designs)

A – Woman – white

B – Woman – Asian

C – Man – black

D – Man - white

Dental Health

Leaflets

DH12 How close can you get (adults) (Restricted 15 per order?)

DH13 A guide to healthy teeth for your baby (0-2 years) (Restricted 15 copies per order)

DH14 A guide to healthy teeth for your child (3-5 years) (Restricted 15 copies per order)

DH15 A guide to healthy teeth for your school aged 5 – 12 years (Restricted 15 per order)

DH16 NHS dental services in England (Restricted 20 per order)

Posters

DH2P How close can you get (Restricted 1 copy per order)

DH4P Clean your smile (Restricted 1 copy per order)

DH5P Feed your smile (Restricted 1 copy per order)

DH6P Two minutes twice a day (Restricted 1 copy per order)

Dietician leaflets – After Nutrition section

Elderly – see - Older people

Violence against women and children - Domestic Abuse

Leaflets

DA1 Domestic violence - you don't have to live in fear

DA3 Bristol Domestic abuse Forum (BDAF) – Leaflet

DA4 BDAF – Credit card

DA5 BDAF – Window Sticker

DA6 Talking to children about domestic violence and abuse (Restricted to 10 per order)

- DA7 Feel Safe at home (Restricted to 10 per order)
- DA8 Whole Women (Restricted to 10 per order)
- DA9 The freedom support group for women – change your life!
(Restricted to 25 per order)
- DA10 An abusive person, a non-abusive person - postcard
- DA11 You can afford to leave (Domestic Abuse) Restricted 2 per order)
- DA12 How to restrain your violent impulses (Restricted 3 per order)
- DA13 Parenting during and after domestic violence and abuse (Restricted 20 per order)
- DA17 MARAC (Domestic Abuse) For Professionals
- DA18 Domestic Violence – information from victim support
- DA19 MARAC – Information for people at risk from domestic abuse
- DA20 Supporting someone experiencing domestic violence and abuse (Restricted 20 per order)
- DA24 Worried need to talk – keeping safe and strong (Restricted 5 per order)
- DA25 Specialist violence and sexual abuse – support services
- DA26 Looking after your children during and after domestic abuse
Easy read version – (Restricted 20 per order)
- DA27 Do you recognise this person (restricted 20 per order)
- DA28 How to help a friend experiencing domestic violence and abuse
(Easy read version – (Restricted 20 per order)
- DA29 Guide to Bristol’s Specialist violence and sexual abuse support services
- DA30 Stopping violence Programme –Splitz support Service Bristol
(Restricted 20 per order)

Posters

- DA1P Next link (Domestic abuse) Available A3 & A4)
- DA2P Domestic violence – You don’t have to live in fear
- DA4P Domestic abuse –BDAF
- DA6P Domestic abuse – there’s no excuse (Restricted to 1 per order)
- DA7P The freedom support group for women – change your life!
(Restricted to 5 per order)
- DA9P It’s not amusing – Don’t suffer in silence (Restricted 1 per order)
- DA10P Scared, petrified - Don’t suffer in silence (Restricted 1 per order)
- DA11P Please dad stop drinking - Don’t suffer in silence (Restricted 1 per order)
- DA16P Domestic violence affects men too – talk it over – **For Men**
- DA17P Specialist violence and sexual abuse – support services

Drugs

Leaflets

- DR1 Are you concerned about drugs (Bristol Area) (Restricted 5 copies per order)
- DR13 Are you concerned about drug or Alcohol Use (South Gloucestershire Area) (Restricted 10 copies per order)

- DR21 Frank- HI postcard
- DR25 Polishing your nails (Restricted 5 copies per order) only for workers in contact with young people who are using solvents
- DR26 Tooting gas (Restricted 5 copies per order) only for workers in contact with young people who are using solvents
- DR27 Up 4 rent (Restricted 2 copies per order)
Only for people working with men selling sex on the streets
- DR28 Young carers (Restricted 5 copies per order)
- DR42 The stuff on cannabis - (Not for display racks limit 5)
- DR43 The stuff on cocaine (Not for display racks limit 4)
- DR44 The stuff on ecstasy (Not for display racks limit 4)
- DR45 The stuff on solvents (Not for display racks limit 4)
- DR46 What's the deal on grass- (For people working with cannabis users only - limit 2)
- DR47 The stuff on amphetamines (Not for display racks limit 4)
- DR48 The stuff on tobacco (Not for display racks limit 4)
- DR55 Cocaine what you need to know
- DR56 Gases, glues and aerosols

Posters

- DR2P Close up on drugs (A1)
- DR9P Drugs are illegal (A3)
- DR15P Frank – Drugs the facts A1 & A2

Family Planning (See Contraception/FP)

Health and Health Services

Leaflets

- HHS2 Health visitors at the forefront of the nation's healthcare
(Restricted 25 copies per order)
- HHS5 Help in your home
- HHS6 Heatwave
- HHS7 Health Promotion information leaflet
- HHS10 NHS Direct information leaflet "Were Here" (with credit card)
- HHS15 Access to health (South Gloucestershire)
- HHS16 Choices – your health, your choices – z card
- HHS17 What should a really good hospital look like – For young children
(Restricted 10 per order)
- HHS18 Access to healthcare abroad – EHIC card information
- HHS19 A guide to welfare benefits (South Gloucestershire)
- HHS20 Free NHS health check (ages 40 – 74)
- HHS21 NHS Direct Health advice and information – Easy read learning disabilities (Restricted 10 per order)
- HHS22 Free NHS Health check – **Easy read**
- HHS23 Questions to ask at the Dr's

- HHS24 Making healthy choices – NHS Bristol Health checks- A5 Card
 HHS25 The harbour – Counselling for adults with life threatening illness
 (Restricted 10 copies per order)
 HHS26 The Harbour therapeutic group – for people with breast cancer
 (Restricted 10 per order)

Posters

- HHS5P Harassment or bullying of young people is not tolerated
 HHS6P Harassment of lesbians, gay men & bisexuals is not tolerated
 HHS7P Sexual harassment is not tolerated
 HHS8P Harassment of older people is not tolerated
 HHS9P Harassment of disabled people is not tolerated
 HHS10P Racial Harassment is not tolerated

Healthy Schools

Posters

- HS1P Enjoy & achieve
 HS2P Positive contribution
 HS4P Stay safe
 HS5P Economic well being
 HS6P This is no ordinary food – Schools food trust

Hygiene

Leaflets

- HY1 Some of your bits ain't nice (Restricted 15 copies per order)
 (Restricted 1 per order)
 HY2 Wet, soap, wash (Restricted 10 per order)

Posters

- HY1P Some of your bits ain't nice
 HY2P Clean crusaders
 HY3P Stop germs spreading (hand washing)
 HY4P Coughs and sneezes spread diseases
 HY5P Catch it, Bin it, Kill it (A3 & A4) Restricted 1 per
 order) **Discontinued available while stocks last**

Learning difficulties/ Easy Read

- A95 Keep yourself healthy – Everything you need to know
 about HIV (Aids) Learning disabilities
 C34 An easy guide to breast screening for women with learning
 disabilities (Restricted 5 per order)
 C35 An easy guide to cervical screening for women with learning disabilities
 (Restricted 5 per order)

DA26	Looking after children during and after domestic violence and abuse (Restricted to 20 per order) Easy read
DA28	How to help a friend experiencing domestic violence and abuse (Easy read version)
HHS21	NHS Direct Health advice and information – Easy read/learning disabilities
HHS22	Free NHS Health check – Easy read
S54	I'm only a baby but (For parents with poor reading skills) learning disabilities/ easy read, (Restricted 3 copies per order)
S55	Now I can crawl... I can – For parents with poor reading skills learning disabilities/easy read (Restricted 3 copies per order)
SEX20	Girls all change (for learning difficulties) (Restricted 5 copies per order)
SEX21	Ready steady change (for boys with learning difficulties) (Restricted 5 copies per order)
SEX25	Keep yourself healthy – Thinking about sex (Learning disabilities)
SM16	Stop smoking, start living (learning disabilities) A4
SM19	Protecting babies & children from second hand smoke Learning disabilities)
SM89	Keep yourself healthy – Smoking (restricted to 6 per order)
WH4	Keep yourself healthy – A guide to having a period – Learning Disabilities (Restricted 5 per order)

Medical Conditions Leaflets

MC1	What is meningitis?
MC3	The back book (Restricted 1 copy per order)
MC5	Bladder & bowel weakness
MC8	Sickle cell and thalassæmia carrier status (Restricted 10 copies per order)
MC11	What every parent needs to know about headlice
MC12	What to do about threadworms
MC15	Watch your back (Restricted 15 copies per order)
MC18	Meningitis baby watch (Restricted 10 copies per order)
MC19	Meningitis symptoms (Restricted 10 copies per order)
MC21	Pandemic flu
MC26	Measure up are you at risk of diabetes? (Restricted 5 per order)
MC27	TB is curable (Restricted 10 copies per order)
MC28	Don't ignore the signs – Meningitis
MC29	Get well soon without antibiotics
MC30	Swine Flu
MC31	An introduction to osteoporosis (Restricted 5 per order)
MC32	Your children and bone health (Restricted 2 per order)
MC33	Overactive bladder syndrome - Men (Restricted 1 per order)
MC34	The enlarged prostate (Restricted 1 per order)

Posters

- MC2P Watch your back
- MC5P Meningitis baby watch
- MC7P Measure up are you at risk of diabetes?
- MC8P TB is curable
- MC9P Don't ignore the signs – Meningitis
- MC10P If a cold is making you feel under the weather, antibiotics
- MC11P Remember, antibiotics won't help your defences against a cold
- MC12P Unfortunately, no amount of antibiotics will get rid of your cold
- MC13P Pandemic flu (guidance for health care staff) Restricted 2 per order
- MC15P Swine flu vaccination clinics

Men's Health

Leaflets

Posters

- M1P Talking balls (Restricted 1 copy per order)
- M3P Men & smoking (Restricted 1 copy per order)
- M4P Sexual health (Restricted 1 copy per order)
- M5P Prostate cancer (Restricted 1 copy per order)
- M6P Men & alcohol (Restricted 1 copy per order)

Mental Health

Leaflets

- MH1 Insomnia (Restricted 7 copies per order)
- MH2 10 Tips to cope with stress (Restricted 25 copies per order)
- MH4 How to cope with loneliness (Restricted 3 copies per order)
- MH7 How to cope with panic attacks (Restricted 3 copies per order)
- MH8 How to look after yourself (Restricted 3 copies per order)
- MH9 Surviving working life (Restricted 3 copies per order)
- MH11 Understanding childhood distress (Restricted 3 copies per order)
- MH12 Talking about anxiety disorders (Restricted 5 copies per order)
- MH13 Take it easy (postcard) **Discontinued – available while stocks last**
(Restricted 10 copies per order)
- MH15 Depression, don't let it get you down (Restricted 15 copies per order)
Discontinued – available while stocks last
- MH36 Facing racial harassment: SARI could help (Restricted to 5 per order)
- MH39 How to look after your mental health (Restricted 10 per order)
- MH40 Dementia
- MH42 Understanding depression (Restricted 3 per order)

- MH43 Understanding the psychological effects of drugs (Restricted 3 per order)
- MH44 Understanding self harm (Restricted 3 per order)
- MH46 Anxiety (Restricted 20 per order)
- MH47 Depression (Restricted 20 per order)
- MH48 Low self esteem (Restricted 20 per order)
- MH49 Stress (Restricted 20 per order)
- MH50 How to cope with relationship problems (Restricted 3 per order)
- MH51 How to rebuild your life after a breakdown (Restricted 3 per order)
- MH52 How to parent when you're in a crisis (Restricted 3 per order)
- MH54 How to improve your mental well-being (Restricted 3 per order)
- MH55 Realising people's potential (Restricted 3 per order)
- MH56 The Mind guide to managing stress (Restricted 3 per order)
- MH57 Worried someone close to you is losing their memory (restricted 10 per order)
- MH58 How to cope with memory loss (Restricted 3 per order)

Posters

- MH2P Take it easy (**Discontinued available while stocks last**)
- MH13P Suffering racial harassment – SARI could help (Restricted to 1 per order)
- MH16P Ways to look after your mental health (Restricted to 1 per order)
- MH17P Worried someone close to you is losing their memory

Nutrition

Leaflets

- N1 Introducing solid food
- N6 Eat 5 Fruit and Veg (Restricted 5 copies per order)
- N13 Want to lose weight? (Restricted 25 copies per order)
- N16 Are you getting enough (Restricted 5 copies per order)
- N17 Eat wise - a young person's guide to healthy eating and managing weight (For one to one use) (Restricted 30 copies per order)
- N18 Guide to food labelling (Restricted 10 copies per order)
- N24 Help my child won't eat – **Back in stock** (Restricted 10 per order)
- N31 Feeding your growing Child (Restricted 20 copies per order) (**Discontinued available while stocks last**)
- N35 Just Eat more (5 a day)
- N46 Lose weight, feel great (Restricted 10 copies)
- N47 Healthy meal ideas (Restricted 10 copies per order)
- N48 Eating goals/ my progress (Restricted 10 copies per order)
- N49 Eating out & takeaways (Restricted 10 copies per order)
- N50 Understanding food labels (Restricted 10 copies per order)
- N51 Using convenience foods (Restricted 10 copies per order)
- N52 So you want to lose weight...for good (Restricted 5 copies per order) (A4book)

- N53 Fussing eating (Restricted 10 copies per order)
- N54 Food for thought vegetarian society
- N55 A parent & teenager guide to vegetarianism (Restricted 2 copies per order)
- N59 Food for life – **Contains eatwell plate** (Restricted 20 copies per order)
- N61 Your weight, your health (For consultation only restricted 10 copies per order)
- N62 Why weight matters (For consultation only restricted 10 copies per order)
- N65 Healthy start application form booklet
- N66 Salt and the health of your children (Restricted 15 per order)
- N67 It's never too late to reduce your salt intake (restricted 15 per order)
- N69 Salt and its effect on your health (Restricted 15 per order)
- N73 Why your Childs weight matters (Restricted 20 per order)
- N81 Healthier packed lunches (Aged 5 – 11 years)
- N82 Eatwell postcard (Various designs)**(Discontinued available while stocks last)**
- N84 Take control of your weight - aimed at very overweight people (Restricted to 10 per order)
- N85 Just eat more – (5 a day) z card
- N87 Top tips for top kids – Change 4 life
- N90 Salt and eating out guide (Restricted 15 per order) **(Discontinued Available while stocks last)**
- N91 Help stop childhood obesity (Restricted 5 per order)
- N92 Ramadan health guide – a guide to healthy fasting (Restricted 5 per order)
- N93 Change 4 life – window sticker (sheet of 8) (Restricted 1 per order)
- N94 Change 4 life – colouring in sheet
- N95 Simply using leaner mince – Spaghetti Bolognese recipe (Restricted 20 per order **(Discontinued available while stocks last)**)
- N96 Simply eating healthier snacks – saturated fat quiz (Restricted 20 Per order) **(Discontinued available while stocks last)**
- N97 Change 4 life sticker sheet (48 per sheet)
- N98 Healthy bones – facts about food (Restricted 5 per order)
- N99 Together we change 4 life (support guide) Limit 20 per order)
- N100 Snack swapper – Change 4 life
- N101 Building blocks for a better start in life – Start 4 life
- N102 Vitamin D – Important information for healthcare professionals (Restricted 10 per order)
- N103 Swap it, don't stop it
- N104 Eating well – keeping food fun and good for your heart (Restricted 5 per order)
- N105 Healthy start for first time pregnant women over 18 (Restricted 5 per order)
- N106 Healthy start for pregnant women under 18 (Restricted 5 per order)
- N107 Healthy start vitamins and why you need them (Restricted 5 per order)
- N108 Delivering a healthy start for pregnant women, new mums, babies and young children - **for health professionals** (Restricted 5 per order)

- N109 Help pregnant women, new mothers and children get their healthy start vitamins **For Health Professionals** (Restricted 5 per order)
- N110 Feeding the vegetarian child (Restricted 10 per order)
- N111 Food for the growing years (Restricted 10 per order)
- N113 Cut down on salt (Restricted 15 per order)
- N114 Salt made simple (Restricted 15 per order)
- N115 Food labels – credit card (Restricted 20 per order)
- N116 BMI Calculator (Restricted 30 per order)
- N117 Change 4 life recipe leaflet (Restricted 30 per order)
- N118 Ten top tips for a healthy weight – concertina leaflet (Restricted 20 per order)

Posters

- N8P Active on weight
- N11P The snack you can eat between meals (Restricted 1 per order)
- N12P You know when you've been mangoed (Restricted 1 per order)
- N13P Watch out, they taste curvy (Restricted 1 per order)
- N14P Have a break; have a kumquat (Restricted 1 per order)
- N15P Great ways to eat 5 a day (Restricted 1 per order)
- N17P Just eat more (fruit & veg) - 5 a day
- N18P Cut the saturated fat (Restricted 1 copy per order)
- N19P Balance of good health – Plate (Restricted 1 copy per order)
- N20P Healthy start – give your kids the best start in life (Restricted 1 copy per order)
- N23P Is your food full of it (salt) (A4 & A3)
- N24P Managing your weight – It's a question of balance (Restricted to 1 per order)
- N25P Healthier packed lunches (Restricted to 1 per order)
- N26P Healthy start – Free vitamins for you and your child (Restricted to 1 per order)
- N28P Beauty starts within (5 a day)
- N29P Hands up who wants are kids to live longer/
Time for a change – double sided poster (Restricted 1 per order)
- N30P Simply using leaner mince (A4 & A3)
- N31P Simply eating healthier snacks (A4 & A3)
- N32P Simply choosing lower fat dairy (A4 & A3)
- N33P Simply comparing labels (A4 & A3)
- N34P Simply using sunflower or olive oil instead of butter (A4)
- N35P Simply eating less pastry (A4)
- N36P Simply eating chicken without the skin (A4)
- N37P Simply trimming the fat off meat (A4)
- N38P Simply eating more balanced meals (A4)
- N39P Simply grating cheese (A4)
- N41P Change 4 life event poster
- N42P 8 ways to change 4 life

N44P	Salt – is your food full of it - cereal
N45P	Salt – is your food full of it – ketchup
N46P	Salt – is your food full of it – soup
N47P	Salt – is your food full of it – pasta sauces
N48P	Salt – is your food full of it – bread
N49P	All's well that starts well/Building blocks for a better start in life – start 4 life (Double sided poster)
N50P	Healthy start – women's vitamins
N51P	The great swaphon – change 4 life – double sided
N52P	Danger watch out for salt (Restricted to 1 per order)
N53P	Ten top tips for weight loss

Dietician leaflets (for one to one sessions with patients - only to be used by dieticians, Dr's and nurses)

DT1	Three steps to eating for a healthier heart (Restricted 25 per order)
DT2	Healthy eating with diabetes (Restricted 25 per order)
DT3	Healthy eating with diabetes –using traditional Asian foods (Restricted 10 per order)
DT4	Healthy eating with diabetes – The African Caribbean Way (Restricted 10 per order)
DT5	Healthy eating and impaired glucose tolerance (Restricted 10 per order)
DT6	Healthy eating and impaired glucose tolerance in pregnancy (Restricted 10 per order)
DT7	High fibre diet (Restricted 10 per order)
DT8	Do you have a small appetite? (Restricted 10 per order)
DT9	Have you got a small appetite – your guide to eating well (Restricted 5 per order)

Older people

Leaflets

ELD16	Staying steady – Age UK
ELD17	Active directory 60 +

Posters

ELD2P	Don't underestimate seasonal flu (A4 & A3)
ELD3P	Get your guide to keeping warm and well this winter
ELD4P	Aged 65 or over? Get your pneumo jab

Physical Activity

Leaflets

PA4	Keep fit while you sit
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PA9	Get active, stay active (Restricted 5 copies per order)
PA10	Get kids on the go (Restricted 10 copies per order)
PA19	Walk more, feel the difference (Restricted 10 copies per order)
PA20	Physical activity & angina (Restricted 15 copies per order)
PA26	Physical activity after heart attack (Restricted 15 copies per order)
PA32	Be active your way, every day – for older adults (Restricted 15 copies per order)
PA33	Feel good; keep moving – for older adults (Restricted 15 copies per order)
PA34	Walk in to work out
PA36	At least five a week (Restricted 15 copies per order)
PA39	Getting active in Bristol and South Gloucestershire for free (Restricted 10 copies per order)
PA43	Keep moving – Arthritis (can be used as a leaflet or a poster (Restricted 10 per order)
PA44	Playground games (Restricted 2 per order)
PA45	Get cycling (Restricted 20 per order)
PA46	Let's get Moving (for one – one use) (Restricted 5 per order)
PA47	Put your heart into walking (Restricted 10 per order)
PA48	Be active for life (Restricted 5 per order)
PA49	The Fun Wheel (Restricted 30 per order)
PA50	Let's dance – Change4life
PA51	Keep moving with Active Bristol
PA52	Cycling – ten short leisure routes around Bristol (Restricted 20 per order)
PA53	Dancing in Bristol – Change 4 Life
PA54	Bristol Ramblers triangular city walk (Restricted 30 per order)

Posters

PA1P	Exercise for life
PA3P	Human jungle – branch out (Restricted 1 copy per order)
PA4P	Try walking instead – Your way to health (Restricted 1 copy per order)
PA5P	Try walking instead – lift (Restricted 1 copy per order)
PA6P	Try walking instead – bus (Restricted 1 copy per order)
PA7P	Try walking instead – Queue (Restricted 1 copy per order)
PA8P	Feel good – keep moving – for older adults (Restricted 1 copy per order)
PA10P	At least five a week (Restricted 1 copy per order)
PA11P	Kids on the go

Safety and First Aid

Leaflets

S2	Getting over an accident – how to help your child (Restricted 10 copies per order)
S3	Santa's safe Christmas
S4	Play it safe (Restricted 10 copies per order)

- S6 Wayside warnings
- S7 Seat belts and child restraints
- S15 How to buy safe toys
- S17B Thinking about safety – 3 ½-5 years (Restricted 20 copies per order) (Discontinued while stocks last)
- S44 Fancy a cuppa (Restricted 20 copies per order)
- S49 Cigarette fires
- S51 Buy wise - Be safe
- S53 Fire safety in the home
- S54 I'm only a baby but (For parents with poor reading skills) learning disabilities/ Easy read) (Restricted 3 copies per order)
- S55 Now I can crawl... I can – For parents with poor reading skills/ Learning disabilities/ Easy read (Restricted 3 copies per order)
- S57 Second hand can cost lives (car seats)
- S59 Babies – Top safety tips for parents and carers (Restricted 20 per order)
- S60 Toddlers and up – Top safety tips for parents and carers of pre- schoolers (Restricted 20 per order)
- S62 How safe is your child in the garden? (Restricted 20 per order)
- S63 Make it safe – Reduce the risk from looped blind cords and chains (Restricted 15 per order)
- S64 Preventing accidental poisoning (Restricted 30 per order)

Posters

- S8P Thinking about safety 0 – 8 months
- S9P 8 months – 2years
- S10P 2 - 3½ years
- S11P 3½ - 5 years
- S13P Use your head
- S15P Pelican
- S19P Where there's smoke there's fire
- S21P Cycle safety
- S22P Accident alert (Restricted 1 per order)
- S25P Watch out even on roads you know
- S28P Accidents to the under 5's
- S29P Preventing accidental poisoning

Sex Education (see section STI/Sexual Health)

Smoking

Leaflets

- SM5 Tobacco, damaging the world and its people (Restricted 7 copies per order)
- SM12 I want to give up smoking but what about my weight
- SM16 Stop smoking this booklet will help you give up (learning disabilities) A4

- SM19 Protecting babies & children from second hand smoke Learning difficulties)
- SM38 Learning to stay stopped (Restricted 7 copies per order)
- SM44 Warning – smoking can seriously damage your smile (Restricted 10 copies per order)
- SM45 Staying smoke free for my baby, my family & me (Restricted 7 copies per order)
- SM51 Staying stopped after pregnancy (Restricted 5 copies per order)
- SM52 Blokes who smoke (Restricted 7 copies per order)
- SM54 Smoking facts for women (Restricted 10 copies per order)
- SM55 Coping with stress without a cigarette (Restricted 10 copies per order)
- SM65 It's so much easier since I quit (previously- Stop smoking start living)
- SM66 Quitting is all about finding what works for you (previously- Go it alone get support)
- SM67 One very good reason I need to quit this time (Previously- tried, try again)
- SM69 I'm quitting one day at a time (Previously Today, tomorrow)
- SM73 Smoke free wheel
- SM75 Bristol Smoke free – credit card
- SM76 Protect your family from tobacco smoke (South Gloucestershire area only) Restricted 10 per order)
- SM77 101 reasons not to smoke today (Restricted to 8 per order)
- SM78 We love our smokefree home postcard (Bristol area only)
- SM79 Smokefree homes for your children
- SM81 Smokefree Homes (Bristol area only)
- SM84 Thinking about stopping smoking - South Gloucestershire- Credit card
- SM86 Want to stop smoking? – You're up to 4 times more likely with us - Bristol NHS stop smoking service
- SM87 Your unborn baby needs protecting from smoking
- SM88 Every cigarette harms your baby
- SM89 Keep yourself healthy – Smoking – Learning disabilities (Restricted to 6 per order)
- SM90 Smoking and pregnancy – what you need to know
- SM91 COPD & Smoking (Nurses only – Restricted 10 per order)
- SM92 If you smoke, I smoke – window sticker (Restricted 5 per order)
- SM93 Stop smoking - how to quit for a healthy heart (Restricted 5 per order)
- SM94 Want to stop smoking – your 4 times more likely with us – South Gloucestershire stop smoking service
- SM95 Smoking – A young people's guide to being smoke-free (Restricted 20 per order)
- SM96 The toxic truth about smoking inside your house (Restricted To 30 per order)
- SM97 Be a non smoker – cut your cancer risk (Restricted 20 per order)

Posters

SM4P	Kiss a non-smoker
SM8P	Instead of a packet of cigs – Adult
SM10P	Pregnant? That's two good reasons
SM12P	Smoking reaches the
SM13P	Quit & grin (available whilst stocks last)
SM15P	Kissing a smoker is like snogging an ashtray
SM16P	Pack of lies
SM17P	You're stronger than they are – stop smoking
SM31P	Cucumber (Available while stocks last)
SM34P	Powder (Available while stocks last)
SM48P	More ways to get rid of cigarettes (available whilst stocks last)
SM49P	Smoker, stunner
SM51P	Don't choke your chicks (Restricted 1 per order)
SM52P	We are happy to be smoke-free (Restricted 1 per order)
SM53P	A dozen good reasons not to smoke today
SM58P	Every cigarette harms your baby
SM61P	If you smoke, I smoke – protect children from cigarette smoke
SM62P	Smoke inside your home and poisonous chemicals
SM63P	Second-hand smoke kills

STI and Sexual Health

Leaflets

A19	Vaginal infections (Thrush & bacterial vaginosis)
A23	Pubic lice & scabies
A25	Syphilis
A26	Trichomonas vaginalis
A28	Chlamydia
A29	Genital herpes
A30	Genital warts
A31	Gonorrhoea
A36	Sexual health where to go for help & advice
A48	HIV
A49	Hep B
A64	Love stings (Restricted 10 copies per order)
A65	Hepatitis information A, B & C (Restricted 20 copies per order)
A66	Protect your family from hepatitis information for drug users (Restricted 4 copies per order)
A67	Hepatitis A
A68	Hepatitis C
A69	Non specific urethritis
A76	Oral sex (Restricted 15 per order)
A77	Get screened now (chlamydia credit card) South Gloucestershire area only
A92	Hepatitis C – Are you at risk (Restricted 20 per order)

- A93 Safety on the streets (information for sex workers (Restricted 5 copies per order)
- A95 Keep yourself healthy – Everything you need to know about HIV (Aids) Learning disabilities (Restricted 2 per order)
- A96 National Chlamydia Screening programme – you may not know you have it
- A97 HIV/AIDS and safer sex
- A98 Ask Brook about STI's (Restricted 5 per order)
- A99 Ask Brook about Chlamydia (Restricted 5 per order)
- A100 HIV and Sexual Health Charity for life (Restricted 5 per order)
- A101 Fastest- 1 Hour Testing for HIV and STIs (Restricted 10 per order)

Posters

- A26P Going on holiday
- A40P Get screened now (Chlamydia) South Gloucestershire area only
- A41P Bristol sexual health centre
- A42P My girlfriend wants us to have a test (Chlamydia – worth talking about)
- A43P Do we really need a Chlamydia test? Chlamydia – worth talking about)
- A44P Chlamydia – is it really worth having a test? Women
- A45P Chlamydia – is it really worth having a test? Men

Sexual Health (Also refer to contraception)

Leaflets

- SEX1 4 Boys (Restricted 10 copies per order)
- SEX3 How to cope with doubts about your sexual identity (Restricted 1 copy per order)
- SEX4 Cool it (Restricted 12 copies per order)
- SEX7 Whatever turns you on (Restricted 12 copies per order)
- SEX8 4 Girls (Restricted 10 copies per order)
- SEX9 Periods - what you need to know (Restricted 10 copies per order)
- SEX10 Hairy bits – Boys (Restricted to 30 per order)
- SEX11 Hairy bits – Girls (Restricted to 30 per order)
- SEX20 Girls all change (for learning disabilities) (Restricted 5 copies per order)
- SEX21 Ready steady change (for boys with learning disabilities) (Restricted 5 copies per order)
- SEX23 Is this love? (A guide to good and bad teen relationships (Restricted to 12 per order)
- SEX24 Talking to your teenager about sex and relationships (Restricted 10 per order)
- SEX25 Keep yourself healthy – Thinking about sex (Learning disabilities) (Restricted 2 per order)
- SEX26 Talking with your child about sex and relationships (limit 20 per

- order)
- SEX27 What are you thinking, what are you saying
- SEX28 Ask Brook about sex and alcohol (Restricted 5 per order)
- SEX29 Sex worth talking about – a healthcare professionals guide – (restricted 20 per order)
- SEX30 Sex worth talking about – a young persons guide restricted 20 per order)
- SEX31 Sex worth talking about – my relationship, my decision restricted 20 per order)
- FP46 **4YP Bristol** -Do you think you are ready for sex questionnaire –
- FP47 **4YP Bristol** Do you think you are ready for sex questionnaire – credit card

Posters

- SEX1P Looking forward to the teenage years? (For parents)
- SEX2P Want help talking to your kids (For Parents)
- SEX3P Where would you prefer your child to find out about relationships and sex
- SEX4P What are you thinking, what are you saying

Vaccination and Immunisation

Leaflets

- V4 Pre-school immunisation & for 3 – 5 yr olds
- V5 A guide to immunisations for babies up to 13 months
- V8 Immunisation – What about reactions?
- V11 Teenage immunisation (school yrs 8 – 13 & 13 – 18 years)
- V16 TB, BCG vaccine and your baby
- V17 Immunisations at 12 and 13 months of age
- V18 The new HPV vaccine – Q&A sheet (A4 booklet)
- V19 All you need to know about the new HPV vaccine (12-13 year olds)
- V20 All that 17&18 year old girls need to know about the vaccine that helps protect against cervical cancer
- V21 Measles don't let your child catch it (MMR)
- V22 Are you fully immunised against mumps – in your late teens – or early twenties?
- V23 Measles – protect yourself from others – MMR vaccination – it's not just for children
- V24 Swine flu vaccination what you need to know
- V25 Swine flu vaccination – children over 6 months + under 5
- V26 Swine flu and pregnancy

Posters

- V9P Immunisation baby poster
- V10P Year 8 girls! Don't miss out on your HPV vaccine
- V11P HPV vaccination is now available for girls aged 17 and 18

- V12P Measles don't let your child catch it
 V13P Swine flu vaccination – what you need to know

Women's Health

Leaflets

- WH3 Pre-menstrual syndrome (Restricted 10 copies per order)
 WH4 Keep yourself healthy – A guide to having a period – Learning Disabilities (Restricted 5 per order)
 WH6 Female genital Mutilation (cutting) – information and help (restricted to 20 per order)
 WH7 Your guide to women's health – PMS and Period pains (Restricted 20 per order)

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 FP39 **4YP Bristol** - sperm key ring
 FP40 **4YP Bristol** - window sticker
 FP41 **4YP Bristol** - sheet of stickers
 FP42 **4YP Bristol** - Getting it on (condom guide)
 FP46 **4YP Bristol** – Do you think you are ready for sex questionnaire
 FP47 **4YP Bristol** – Do you think you are ready for sex questionnaire credit card
 FP52 **4YP Bristol** – Your guide to long acting contraception
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 SEX8 4 Girls
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 SM77 101 reasons not to smoke today
- DH13 A guide to healthy teeth for your baby
 DH14 A guide to healthy teeth for your child
 DH15 A guide to healthy teeth – 5 – 12 years
 HHS19 A guide to welfare benefits (South Gloucestershire)
 N55 A parent & teenager guide to vegetarianism
 FP50 Abortion and Religion - factsheet
 FP27 Abortion – Your questions answered
 FP21 Abortion - FPA
 ELD17 Active directory 60 +
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 AL51 Addiction recovery agency – credit card - Bristol area
 FP1 After You've Had Your Baby – Contraceptive Choices

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AL52	Alcohol and liver disease
AL61	Alcohol and stroke
AL56	Alcohol, medication and older people
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DR1	Are you concerned about drugs (Bristol area)
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N47	Healthy meal ideas
N65	Healthy start application form booklet
CHD4	Heart attack action
HHS6	Heatwave
HHS5	Help in your home
N24	Help my child won't eat
N91	Help stop childhood obesity
SM20	Help Your Partner give up for life
A65	Hepatitis information A, B & C
A67	Hepatitis A
A49	Hepatitis B
A68	Hepatitis C
A92	Hepatitis C – Are you at risk
A48	HIV
S22	HIV/AIDS and Safer Sex
A100	HIV and Sexual Health Charity for life
AL43	How much will your next round cost you?
S62	How safe is your child in the garden?
S15	How to Buy Safe Toys
DH12	How close can you get
SEX3	How to Cope with Doubts about your Sexual Identity
MH4	How to cope with loneliness
MH58	How to cope with memory loss
MH7	How to cope with Panic Attacks

MH50 How to cope with relationship problems
 DA27 Do you recognise this person?
 DA28 How to help a friend experiencing domestic violence and abuse
 MH54 How to improve your mental well-being
 MH39 How to look after your mental health (Restricted 10 per order)
 MH8 How to look After Yourself
 MH52 How to parent when you're in a crisis
 MH51 How to rebuild your life after a breakdown
 DA12 How to restrain your violent impulses

SM12 I want to give up smoking but what about my weight
 N81 Ideas for healthier packed lunches (ages 5 – 11 years)
 SM92 If you smoke I smoke – window sticker
 V17 Immunisations at 12 and 13 months of age
 S54 I'm only a baby but
 SM69 I'm quitting one day at a time
 V8 Immunisation – what about reactions?
 MH1 Insomnia
 FP18 Is Everybody Doing It?
 SEX23 Is this love?
 N67 It's never too late to reduce your salt intake
 SM65 It's so much easier since I quit
 MH1 Introducing solid food
 FP6 IUD
 FP17 IUS
 N35 Just eat more (5 a day)
 N85 Just eat more – (5 a day) z card

PA4 Keep fit while you sit
 PA43 Keep moving (can be used as a leaflet or a poster)
 PA51 Keep moving with Active Bristol

CC23 Kids in the middle
 C43 Know your prostate – A guide to common problems
 C50 Know your prostate – a quick guide
 CHD21 Keep your heart healthy
 WH4 Keep yourself healthy – A guide to having a period – Learning
 A95 Keep yourself healthy – Everything you need to know about HIV
 (Aids)
 SEX25 Keep yourself healthy – Thinking about sex (Learning difficulties)
 SM89 Keep yourself healthy – smoking (Learning Difficulties)

C51 Let's be clear about Bowel Cancer
 PA50 Let's dance – Change4life
 PA46 Let's get Moving

SM38	Learning to stay stopped
DA26	Looking after your children during and after domestic abuse Easy read version
N46	Lose weight, feel great
FP35	Love sex life (for young people aged 16+)
A64	Love stings
MH48	Low self esteem
HHS24	Making healthy choices – NHS Health checks
S63	Make it safe – Reduce the risk from looped blind cords and chains
FP14	Male and Female Condoms
FP10	Male and Female Sterilisation
DA17	MARAC (Domestic Abuse)
V21	Measles don't let your child catch it (MMR)
V23	Measles – protect yourself from others – MMR vaccination – it's not just for children
MC26	Measure up are you at risk of diabetes?
C42	Men – Could your symptoms be serious, Bowel cancer and other bowel problems
MC18	Meningitis baby watch
MC19	Meningitis symptoms
AN2	Motherhood your feelings
C23	Mouth Cancer
AL55	My drink diary
A96	National Chlamydia Screening programme – you may not know you have it
FP5	Natural Methods
DA2	Next link (Domestic abuse)
C5	NHS Breast Screening - The Facts
HHS10	NHS Direct information leaflet “were here” (with credit card)
HHS21	NHS Direct Health advice and information – Easy read learning difficulties)
CHD11	No Fear
FP31	No worries
FP49	No worries – your guide to getting it on
A69	Non specific urethritis
S55	Now I can crawl... I can
SM67	One very good reason I need to quit this time
A76	Oral sex
MC33	Overactive bladder syndrome - Men
MC21	Pandemic flu
DA13	Parenting during and after domestic violence and abuse

SEX9	Periods - what you need to know
PA20	Physical Activity & Angina
PA21	Physical Activity & Asthma
PA26	Physical Activity after a heart attack
S4	Play It Safe
C44	Play safe in the sun stickers
PA44	Playground games
C8	Pocket full of facts
DR25	Polishing your nails
CC2	Potty Training
FP24	Pregnant & Unsure?
FP37	Pregnant and don't know what to
WH3	Premenstrual Syndrome (PMS)
CC7	Preparation for School
V4	Pre-school Immunisation & for 3 – 5 yr olds
S64	Preventing accidental poisoning
CHD10	Preventing a stroke
C38	Preventing Cervical Cancer – Why screening is important
C46	Preventing gullet cancer
MC7	Prevention and Treatment of Headlice
FP9	Progestogen Only Pill
C27	Prostate Cancer
A66	Protect your family from hepatitis information for drug users
SM76	Protect your family from tobacco smoke (South Gloucestershire area only)
SM19	Protecting babies & children from second-hand smoke
A23	Pubic lice & scabies
PA47	Put your heart into walking
HHS23	Questions to ask at the Dr's
SM66	Quitting is all about finding what works
N92	Ramadan health guide – a guide to healthy fasting
SEX21	Ready steady change (for learning difficulties)
AN32	Real baby milk – The essential guide to breastfeeding in Bristol
MH55	Realising people's potential (Restricted 3 per order)
C36	Reduce the risk - bookmark
AN15	Reduce the Risk of Cot Death
CHD25	Reducing your blood cholesterol
AN39	Results of Newborn blood spot screening – carrier of sickle cell gene
AN37	Results of new born blood spot screening – carrier of a gene for an unusual haemoglobin- sometimes called trait
FP44	Roll with it
A93	Safety on the streets (information for sex workers)

N90	Salt and eating out guide
N69	Salt and its effect on your health
N66	Salt and the health of your children
N114	Salt made simple
S3	Santa's Safe Christmas
N88	Saturated fat made simple
AN38	Screening for down's syndrome in multiple pregnancy
S7	Seat Belts and Child Restraints
S57	Second hand can cost lives (car seats)
DR21	Set of 7 frank postcards
FP45	Sex, Contraception, relationships and choice – a short guide for young women and young men.
SEX29	Sex worth talking about – a healthcare professionals guide
SEX31	Sex worth talking about – my relationship, my decision
SEX30	Sex worth talking about – a young persons guide
A36	Sexually Transmitted Infections
CC21	Sharing a bed with your baby
MC8	Sickle cell and thalassaemia carrier
N96	Simply eating healthier snacks – saturated fat quiz
N95	Simply using leaner mince – Spaghetti Bolognese recipe
C56	skin cancer don't get caught out postcard – male
C57	Skin cancer don't caught out postcard - female
`CC22	Sleep on the back play on the front
SM75	Smoke free – credit card
SM73	Smokefree wheel
SM81	Smokefree Homes
SM79	Smokefree homes for your children
SM90	Smoking and pregnancy – what you need to know
SM54	Smoking facts for women
SM95	Smoking – A young people's guide to being smoke-free
N100	Snack swapper – change 4 life
N52	So you want to lose weight... for good
HY1	Some of your Bits ain't Nice
DA25	Specialist violence and sexual abuse – support services
C39	Spotting the signs of cancer – for men
C40	Spotting the signs of cancer – for women
SM45	Staying smoke free for my baby, my family & me
ELD16	Staying steady – Age UK
SM51	Staying stopped after pregnancy
SM93	Stop smoking how to quit for a healthy heart
SM16	Stop Smoking this booklet will help you give up (learning difficulties)
DA30	Stopping violence Programme –Splitz support Service Bristol
MH49	Stress
CC12	Stress a guide for parents
DA20	Supporting someone experiencing domestic violence and abuse
MH9	Surviving Working Life

N103	Swap it, Don't stop it
MC30	Swine Flu
V26	Swine flu and pregnancy
V25	Swine flu vaccination – children over 6 months + under 5
V24	Swine flu vaccination - what you need to know
A25	Syphilis
MH13	Take it Easy (postcard)
N84	Take control of your weight – aimed at very overweight people
MH12	Talking about anxiety disorders
B1	Talking about bereavement
DA6	Talking to children about domestic violence and abuse
FP23	Talking to Doctors
FP36	Talking to your child about sex and relationships
SEX24	Talking to your teenager about sex and relationships
SEX26	Talking with your child about sex and relationships
V16	TB, BCG vaccine and your baby
MC27	TB is curable (Restricted 5 copies per order)
V11	Teenage immunisation (school yrs 8 – 13 & 13 – 18)
N118	Ten top tips for a healthy weight – concertina leaflet
C20	Testicular Cancer (Spot the symptoms early)
AL34	The big blue book of booze
FP48	The contraceptive vaginal ring
MC34	The enlarged prostate
DA9	The freedom programme support group for women – change your life
PA49	The fun wheel
HHS25	The Harbour
HHS26	The Harbour therapeutic group – for people with breast cancer
MH56	The Mind guide to managing stress
V18	The new HPV vaccine – Q&A sheet (A4 booklet)
CC24	The rough guide to childhood illnesses
CC16	The safest place
DR42	The stuff on cannabis
DR43	The stuff on cocaine
DR44	The stuff on ecstasy
DR45	The stuff on solvents
DR47	The stuff on amphetamines
DR48	The stuff on tobacco
SM96	The toxic truth about smoking inside your house
S17B	Thinking about safety 3 ½ -5 years
SM84	Thinking about stopping smoking South Gloucestershire -credit card
AL1	Thinking of getting P****d tonight?
SM5	Tobacco, Damaging the World and its People
S60	Toddlers and up – Top safety tips for parents and carers of

	pre- schoolers
N99	Together we can change 4 life (support guide)
N87	Top tips for top kids – Change 4 life
DR26	Tooting gas
A26	Trichomonas vaginalis (TV)
MH11	Understanding Childhood Distress
MH42	Understanding depression
N50	Understanding food labels
AN31	Understanding postnatal depression
MH44	Understanding self harm
MH43	Understanding the psychological effects of drugs
DR27	Up 4 rent
N51	Using convenience foods
A19	Vaginal infection Thrush & Bacterial Vaginosis
N102	Vitamin D – Important information for healthcare professionals
PA34	Walk in to work
PA19	Walk more feel the difference
MC15	Watch your back
N13	Want to lose weight?
SM86	Want to stop smoking? – You’re up to 4 times more likely with us – Bristol NHS stop smoking service
SM94	Want to stop smoking? – You’re up to 4 times more likely with us – South Gloucestershire NHS stop smoking service
SM44	Warning smoking can seriously damage your smile
C30	Warning - Postcard
S6	Wayside Warnings
C47	What do you know about prostate cancer – information for African Caribbean men
SM78	We love our smokefree home (postcard)
HY2	Wet, soap, wash
SEX27	What are you thinking, what are you saying
MC11	What every Parent Needs to Know about Head Lice
CHD5	What is a stroke?
MC1	What is Meningitis?
HHS17	What should a really good hospital look like – For young children
MC12	What to do about Threadworms
B2	What to do after a Death
C13	What Your Abnormal Result Means
DR46	What’s the deal on grass
B5	When someone dies
CHD22	When a stroke strikes act F.A.S.T
CHD23	When a stroke strikes act F.A.S.T – credit card

SEX7	Whatever Turns You On
DA8	Whole Women
N62	Why weight matters
N73	Why your child's weight matters
DA24	Worried need to talk – keeping safe and strong
MH57	Worried someone close to you is losing their memory
AN29	You and your baby 0-1 year (Learning Difficulties/ Easy read)
DA11	You can afford to leave (Domestic Abuse)
AL37	You can't calculate your alcohol limit so don't try
MC32	Your children and bone health
DR28	Young carers
CC19	Young father or about to become one
AL23	Young women & alcohol
SM87	Your unborn baby needs protecting from smoking
C25	Your breasts, your health – a quick guide to being breast aware
FP13	Your Guide to Contraception
FP16	Your guide to contraceptive injections
FP32	Your guide to contraceptive implant
SM66	Your guide to finding the right support
FP51	Your guide to long lasting reversible contraception (LARCS)
WH7	Your guide to women's health – PMS and Period pains
CHD12	Your heart's health and Alcohol
CHD13	Your heart's health and Angina
CHD14	Your heart's health and Cholesterol
CHD15	Your heart's health and High blood pressure (Hypertension)
CHD16	Your heart's health and Healthy eating
CHD17	Your heart's health and Physical activity
CHD18	Your heart's health and Weight management
A87	You're embarrassed to say condoms? Try saying 'pregnant'

Posters

S10P	2 – 3 ½ years
S11P	3½ - 5 years
N42P	8 ways to change 4 life
C26P	60 or over – then take a seat (Bowel Cancer)
FP13P	4yp Bristol - Bus Poster – contraception worth talking about
FP14P	4yp Bristol - Cafe Poster – IUD - contraception worth talking about
FP7P	4YP Bristol - free condoms for under 20 year olds
FP8P	4YP Bristol - confidentiality poster
FP9P	4YP Bristol - Do you think you are ready for sex
FP10P	4YP Bristol - Emergency contraception
FP15P	4YP Bristol – Kitchen poster – Injections – contraception worth talking about

FP16P	4YP Bristol – Living room poster – mum what’s the best contraception – contraception worth talking about
FP17P	4YP Bristol – Mall poster – So are you still on the pill? No I’ve got an implant – contraception worth talking about
FP6P	4YP Bristol - Sexual health services
FP11P	4YP Bristol - Sexual health services that young people can trust
FP12P	4YP Bristol – I think I might be pregnant – a flowchart for professionals working with teenagers
S9P	8 months – 2 years
S27P	Accidents to the under 5’s
SM53P	A dozen good reasons not to smoke today
ELD4P	Aged 65 or over? Get your pneumo jab
AL39P	Alcohol misuse service (Bristol area only)
S22P	Accident alert
N8P	Active on weight
N49P	All’s well that starts well/Building blocks for a better start in life – start 4 life
CC2P	Arby & Alisha
C17P	Are you putting it off – cervical screening
PA10P	At least five a week
N19P	Balance of Good Health – Plate
N28P	Beauty starts within (5 a day)
SM97	Be a non smoker – cut your cancer risk
C28P	Be clear on bowel cancer
FP5P	Believe it or not now is exactly the right time to be thinking about contraception
N116	BMI Calculator
AN17P	Breastfeeding a good start in life
AN13P	Breastfeeding gives my baby the best start he deserves
AN15P	Breastfeeding, it’s a healthy choice for both of us
A41P	Bristol sexual health centre
HY5P	Catch it, Bin it, kill it (A3 & A2)
N41P	Change 4 life event poster
A44P	Chlamydia – is it really worth having a test? (2 designs A - Pink –women B - Blue - men
HY2P	Clean Crusaders
DH4P	Clean your smile
DR2P	Close up on Drugs
HY4P	Coughs and sneezes spread diseases
SM31P	Cucumber
N18P	Cut the saturated fat
S21P	Cycle safety

N52P	Danger watch out for salt
DA4P	Domestic abuse – BDAF
DA6P	Domestic abuse – there’s no excuse
DA2P	Domestic violence
DA16P	Domestic violence affects men too – talk it over
SM51P	Don’t choke your chicks
ELD2P	Don’t underestimate seasonal flu (A4 & A3)
AL45P	Drinks of Britain – units they all add up
DR9P	Drugs are illegal (A3)
A43P	Do we really need a chlamydia test? Chlamydia – worth talking about)
HS5P	Economic well-being
HS1P	Enjoy & achieve
SM58P	Every cigarette harms your baby
PA1P	Exercise for life
DH5P	Feed your smile
PA8P	Feel good – keep moving
WH6	Female genital Mutilation (cutting) – information and help
DR15P	Frank – Drugs the facts A1 & A2
A40P	Get Screened now (Chlamydia) South Gloucestershire area
ELD3P	Get your guide to keeping warm and well this winter
SM59P	Give your baby the best start in life – ready to stop smoking
A26P	Going on holiday
N15P	Great ways to eat 5
HH S5P	Harassment or bullying of young people is not tolerated
HHS6P	Harassment of lesbians, gay men & bisexuals is not tolerated
HHS8P	Harassment of older people is not tolerated
HHS9P	Harassment of disabled people is not tolerated
N14P	Have a break, have a kumquat
C8P	Have you had yours yet
N26P	Healthy start – free vitamins for you and your child
N20P	Healthy start – give your kids the best start in life
DH2P	How close can you get
V11P	HPV vaccination is now available for girls aged 17 and 18
PA3P	Human jungle – branch out
AN20P	I breastfeed Ashley because it’s the best thing for him.(young mothers)
N25P	Ideas for healthier packed lunches
MC10P	If a cold is making you feel under the weather, antibiotics aren’t going to help
SM61P	If you smoke, I smoke – protect children from cigarette smoke

AN19P	I'm happy she's happy- Breastfeeding is the best decision I ever made (young mothers)
V9P	Immunisation baby poster
C22P	Increase the appearance of wrinkles and the visible signs of ageing? Use a sun bed (female)
C23P	Increase the appearance of wrinkles and the visible signs of ageing? Use a sun bed (male)
SM8P	Instead of a packet of cigs – adult
N23P	Is your food full of it (salt)
DA9P	It's not amusing – don't suffer in silence
C18P	It's time to look after yourself (Breast screening)
C21P	It's time to look after yourself (south asian women – Breast screening)
C19P	It's time to look after yourself (Breast screening) Black
AL12P	Just A Quiet Night In?
N17P	Just eat more (fruit & veg) - 5 a day
PA11P	Kids on go
SM4P	Kiss a Non-smoker
C4P	Kids cook quick (boy)
SM15P	Kissing a Smoker is like snogging an Ashtray
AN16P	Life doesn't have to stop just because I breastfeed
C27P	Living a healthy life can reduce your cancer risk
N24P	Managing your weight – It's a question of balance
V12P	Measles don't let your child catch it
MC7P	Measure up are you at risk of diabetes?
M6P	Men & Alcohol
M3P	Men & smoking
MC5P	Meningitis baby watch
SM48P	More ways to get rid of cigarettes
A42P	My girlfriend wants us to have a test (Chlamydia – worth talking about)
CC5P	Natalie & Ryley
CC7P	Natalie & Elicia
DA1P	Next link (Domestic abuse)
FP18P	No Worries
FP19P	No Worries – Confidentiality promise
C10P	Open up to mouth cancer
SM16P	Pack of Lies
MC13P	Pandemic flu

S15P Pelican
 DA11P Please dad stop drinking – Don't suffer in silence
 C29P Play safe in the sun
 SM34P Powder
 SM10P Pregnant? That's two good reasons
 S29P Preventing accidental poisoning
 M5P Prostate cancer

 SM13P Quit & Grin

 HHS10P Racial harassment is not tolerated here
 MC11P Remember, antibiotics won't help your defences against a cold
 SEX3P Respect yourself
 CC3P Richard & Cerieese
 CC6P Rochelle & Amarni
 CC1P Ryan & Caitlin

 N48P Salt – is your food full of it – bread
 N44P Salt – is your food full of it – cereal
 N45P Salt – is your food full of it – ketchup
 N47P Salt – is your food full of it – pasta sauces
 N46P Salt – is your food full of it – soup
 DA10P Scared, petrified – Don't suffer in silence
 SM63P Secondhand smoke kills
 M4P Sexual health
 N32P Simply choosing lower fat dairy A4 & A3
 N33P Simply comparing labels A4 & A3
 N36P Simply eating chicken without the skin A4
 N31P Simply eating healthier snacks A4 & A3
 N35P Simply eating less pastry A4
 N38P Simply eating more balanced meals A4
 N37P Simply trimming the fat off meat A4
 N39P Simply eating grating cheese A4
 N30P Simply using leaner mince A4 & A3
 N34P Simply using sunflower or olive oil instead of butter A4
 C30P Skin cancer don't get caught out – Female
 C31P Skin cancer don't get caught out - Male
 SM62P Smoke inside your home and poisonous chemicals
 SM49P Smoker, stunner
 SM12P Smoking Reaches the Heart
 HY1P Some of Your Bits ain't Nice
 C2P Some Moles are Dangerous
 DA17P Specialist violence and sexual abuse – support services
 HS4P Stay safe
 HY3P Stop germs spreading (hand washing)
 MH13P Suffering racial harassment? SARI could help

V13P	Swine flu vaccination – what you need to know
M1P	Talking balls
MH2P	Take it Easy
MC8P	TB is curable
N53P	Ten top tips for weight loss
AL36P	Think Drink Driving – How much will your next round cost you ?
N1P	The eatwell plate
DA7P	The freedom support group for women – change your life!
C20P	The Goss (cervical screening)
N51P	The great swapathon – change 4 life – double sided
N11P	The snack you can eat between meals
AN12P	The Start Of Something Special
HS6P	This is no ordinary food – Schools food trust
AL37P	Think drink driving -£5000 pint
AL36P	Think drink driving – How much will your next round cost you ?
AL38P	Think drink driving – You’re not driving anymore
C15P	Top of your list – cervical screening
C16P	Top of your list – cervical screening – afro Caribbean
PA4P	Try walking instead – Lift
PA5P	Try walking instead – Bus
PA6P	Try walking instead - Queue
DH6P	Two minutes twice a day
HHS13P	Under 18 – know your rights at the Dr’s
MC12P	Unfortunately, no amount of antibiotics will get rid of your cold
S13P	Use your head
C14P	Waiting for a rainy day – cervical screening
SEX2P	Want help talking to your kids
C9P	Warning
S25P	Watch out even on roads you know
N13P	Watch Out, They Taste Curvy
MC2P	Watch your back?
MH16P	Ways to look after your mental health
SM53P	We are happy to be smoke-free
AN18P	Weight conversion chart (converts grams and kilograms into
MH17P	Worried someone close to you is losing their memory
	pounds and ounces)
SEX4P	What are you thinking, what are you saying
CHD2P	When a stroke strikes act F.A.S.T
S19P	Where there’s smoke there’s fire
SEX3P	Where would you prefer your child to find out about relationships
	and sex
C3P	Whose Side are you on?
AN14P	Why is breastfeeding best for my baby and me?

V10P	Year 8 girls! Don't miss out on your HPV vaccine
C25P	You can't always see the signs(Bowel Cancer)
N12P	You know when you've been mangoed
SM61P	You smoke I smoke
SM17P	You're stronger than they are – stop smoking

Ethnic minority leaflets and Posters

Listed below are the ethnic minority leaflets that we currently stock. We are unable to carry a large quantity of ethnic language leaflets & posters but we have listed a number of website addresses that you might find useful.

Language code

Albanian = **AL** Arabic = **A** Bengali = **B** Chinese = **C**
 Cantonese = **CA** English = **EN** Farsi = **F** French = **FR**
 Gujarati = **GJ** Greek = **G** Hindi = **H** Italian = **I** Kurdish = **K**
 Polish = **P** Portuguese = **PO** Punjabi = **PU** Somali = **S** Spanish = **SP**
 Tamil = **TA** Turkish = **T** Urdu = **U** Vietnamese = **V**
 Welsh = **W**

Leaflets

Ante/post Natal

E/AN15 Reduce the risk of cot death **B, H, G, GJ, C, V**
 E/AN22 Breastfeeding **B, C, GJ, PU, U**

Cancer

E/C5 NHS Breast Screening – The facts **B, GJ, PU**
 E/C12 Cervical screening – The facts **B, GJ**

Coronary heart disease

E/CHD10 Preventing a stroke **B, GJ, H, PU, S, U**
 E/CHD13 Heart Start **B, GJ, H, PU, C, S, A,**

Domestic Abuse

E/DA1 Loves me, loves me not (Domestic violence)**GJ, U, C, H, T, V, W**
 E/DA2 Bristol Domestic Abuse Forum leaflet **AL, B, C, H, PU, U, S, H**
 E/DA1P Bristol Domestic Abuse Forum – Poster **AL, B, C, H, PU, S**

Drugs

E/DR19 Talk to frank – Help line credit card **A, B, C, E, S, GJ, PU, U**

Elderly

E/ELD7 Avoiding slips, trips & broken hips **GJ, PU, U, C**

Medical Conditions

www.diabetes.org.uk/languages

MC17 Measure up are at risk of diabetes **B, GJ,H, PU**

E/MC23 Healthy eating for the south Asian community (Diabetes) **B, GJ, H, PU, U**

E/MC27 TB is curable (all languages are on same leaflet) **AL, B, C,EN , F, GJ, TA, T, U**

E/MC28 Swine Flu **A,B,C,GJ, PU,U**

Mental Health

E/MH17 Suffering racial harassment S.A.R.I could help **B, C,E, FR, GJ, H, I, K, PU, SP, S,T,V U,**

Nutrition

E/N3 Balance of good health **B, GJ, U, C, S**

E/N4 Healthy start – **B, S , U**

E/N4P Healthy Start poster **B, S, U**

Safety

E/S48 Get across the road in safety (7-10 years) **B, GJ, PU, U**

E/S49 Get across the road in safety (0-6 years) **B, GJ, PU, U**

Smoking

E/SM1 Asian quit line **GJ, H, U**

E/SM5 The NHS Asian tobacco helpline card **EN, G, H, U, B**

Vaccination

www.healthinmylanguage.com

Women's Health

E/WH6 Female Genital Mutilation **FR, S**

Useful Websites

www.healthinmylanguage.com – Has information in the following languages

Arabic, Bengali, British sign language, Chinese, English, French

Hindi, Latvian, Lithuanian, polish, Portugese, Punjabi, Russian, Spanish and Urdu

<http://translate.google.com/#>

This website translates what you type in one box and then you choose which language you want it converted to.

www.dh.gov.uk (Translated material that can be downloaded from the

Department of Health)

www.food.gov.uk

Search for publication in other languages

www.nhslocal.nhs.uk/home

www.better-health.org.uk/resources/weblinks/harpweb

(Health for Asylum seekers & refugees portal)

www.nhsdirect.nhs.uk

Alcohol

www.alcoholconcern.org.uk

www.drinkaware.com

Ante natal/Post natal

www.fsid.org.uk/ - Cot death

www.apni.org -Postnatal depression

www.breastfeedingnetwork.org.uk

Bereavement

www.crusebereavementcare.org.uk

Cancer and Sun Awareness

www.cancerresearchuk.org

www.sunsmart.org.uk

Child Care

www.nspcc.org.uk/

www.barnardos.org.uk

www.fatherhoodinstitute.org/

www.parentlineplus.co.uk

Coronary Heart Disease

www.bhf.org.uk

www.stroke.org.uk/

www.bpassoc.org.uk/Home

Contraception

www.fpa.org.uk/Information

www.4ypbristol.co.uk

www.youthunltd.com

Carers and Elderly

www.carersuk.org/Home
www.youngcarers.net
www.ageuk.org.uk/

Dental

www.bda.org

Drugs

www.talktofrank.com
www.homeoffice.gov.uk/drugs

Domestic Abuse

www.bdaf.org.uk

Hygiene and head lice

www.e-bug.eu/lang_eng/eng_home.html
Website about hygiene and hand washing

www.chc.org
Information about head lice and bug busting

Information for people with learning difficulties

www.easyhealth.org.uk

Mental Health

www.youngminds.org.uk
www.mind.org.uk
www.samaritans.org.uk
www.b-eat.co.uk – Eating disorders

Nutrition

www.eatwell.gov.uk
www.nutrition.org.uk
www.foodafactoflife.org.uk
www.vegsoc.org
www.nhs.uk/change4life

Physical Activity

www.bhfactive.org.uk/
www.whi.org.uk

Safety

www.capt.org.uk
www.rospa.org.uk

Sexual Health

www.fpa.org.uk
www.4ypbristol.co.uk
www.youthunltd.com
www.tht.org.uk -Terence Higgins Trust
www.lgf.org.uk - lesbian and gay foundation

Smoking

www.nosmokingday.org.uk/organisers/downloads.htm

This website has useful information, quizzes, fact sheets that can be downloaded all year round.

www.smokefree.nhs.uk

Vaccinations

<http://www.dh.gov.uk/en/Publichealth/Information/index.htm>

Women's Health

www.menopausematters.co.uk
www.pms.org.uk