HEALTH IMPROVEMENT SERVICE
RESOURCE CENTRE
LEAFLET & POSTERS CATALOGUE
July 2015

Health Improvement Service Resource Centre
Epsom Drive Ashington Northumberland NE63 8BD

Web site: www.northumbria.nhs.uk/resources

Order E-mail: himpresources@nhct.nhs.uk

Information & Resources Coordinator – Ray Wood
Tel: 01670 84089   E-mail raymond.wood@nhct.nhs.uk
# LEAFLET & POSTER REQUEST FORM

Name __________________________________________ Date __________________

Occupation ____________________________________________________________

Address (Base) _________________________________________________________

Tel:____________________ E-mail:__________________________________________

NHS Collection Point ____________________________________________________

(eg. Epsom Dr / Hospital / Clinic / Health Centre)

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<tr>
<th>LEAFLET / POSTER</th>
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<td>Code Letter &amp; Number Eg: L03 A P17B</td>
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Please Print & Fax to: 01670 816796 or Post to: Health Improvement Service Resource Centre, Epsom Drive, Ashington, Northumberland  NE63 8BD
Health Improvement Service
Resource Centre

Serving Northumberland & North Tyneside

Resource Service
This is a free service for all NHS Northumbria Healthcare Staff and organisations in Northumberland

- Leaflets and Posters - for users to keep.
- Teaching Packs, DVDs and Equipment - for LOAN

Web site To see our web site, catalogue of leaflets & posters of which we provide, order form & links to a range of health sites please visit:

www.northumbria.nhs.uk/resources

Please Note: All resources (either free or costed to us) in the centre are constantly reviewed and this may result in a smaller selection and quantities available at times. Also, some materials for example, from the Dept. of Health are becoming harder to get in larger quantities and some are now only available as pdf downloads from Dept. of Health, FPA and FSA, etc. We will however, try to fill you request as much as possible. Certain topic areas e.g. Drugs & Sexual Health may have some resource material that may be inappropriate for some clients or groups. **It is the responsibility of professional users to select and use resources as appropriate to their client’s needs.**
How to order

• Online leaflet & poster order form.
  www.northumbria.nhs.uk/resources

• Send requests by email, fax or hard copy order forms
  E-Mail: himpresources@nhct.nhs.uk     Fax: 01670 816796

Post: Ray Wood  Information & Resources Coordinator
Health Improvement Service Northumbria Healthcare
Epsom Drive  Ashington  NE63 8BD

Please give full contact details. Sorry, but we can not take telephone orders for leaflets & posters.

Receiving your order.
There are two ways to receive your order.

1. Pick-up - directly from Health Improvement, Epsom Drive.

2. NHS Delivery - this is via NHS Community Stores vans or internal post
   Please note: This is to NHS premises only for example; Health Centres, Clinics, Hospitals etc in Northumberland & North Tyneside. If you are non NHS Northumbria Healthcare Staff in Northumberland, please contact your local health centre / clinic, etc to see if can have your order sent to them. If unsure, please call the resource centre.

We aim to process all orders as soon as possible, but please allow an adequate amount of time to place & receive your order, particularly if going by van. The time for processing is generally five to ten working days. However, subject to work load, staff sickness or annual leave, this may take longer at times.

Resource Centre Visitor Service
By appointment only -
If you wish to visit, contact Ray Wood at the centre on
Tel : 01670 840892     E-mail: raymond.wood@nhct.nhs.uk

Users collecting / returning booked resources can access building
Mon – Fri   8.30 – 5.30
Please ring first regarding times outside of these hours.

Thank you for your interest.
Ray Wood
Information & Resources Coordinator
### Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>Accident Prevention</td>
<td>(Safety information for parents &amp; carers of young children. Slips, trips &amp; falls guide for older people, Road safety.)</td>
</tr>
<tr>
<td>Additional Learning Needs</td>
<td>(Information booklets produced to help make better informed, healthy lifestyle choices including: men’s &amp; women’s health, sex, nutrition etc.)</td>
</tr>
<tr>
<td>Alcohol</td>
<td>(Advice &amp; facts about knowing how harmful drinking can be, units &amp; cutting down.)</td>
</tr>
<tr>
<td>Cardiovascular Disease &amp; Stroke</td>
<td>(Making changes to lifestyle, reduce the risk of developing heart conditions or stroke.)</td>
</tr>
<tr>
<td>Childcare &amp; Development</td>
<td>(Advice on illnesses, keeping your baby safe. talking &amp; holding baby &amp; coping with crying, potty training etc.)</td>
</tr>
<tr>
<td>Contraception</td>
<td>(Guides on choosing contraceptive methods for adults &amp; young people.)</td>
</tr>
<tr>
<td>Drugs</td>
<td>(Drugs &amp; driving, the risks, myths, effects and the law concerning legal &amp; illegal drugs.)</td>
</tr>
<tr>
<td>Elderly Health</td>
<td>(Guides for older people on health &amp; well-being, fit &amp; active, advice on health services, dementia.)</td>
</tr>
<tr>
<td>Immunisations &amp; Infectious Diseases</td>
<td>(NHS Immunisation information leaflet guides explaining why – how – when immunisations are given including; Flu, HPV, Measles &amp; Whooping Cough etc.)</td>
</tr>
<tr>
<td>Infant Nutrition</td>
<td>(information on breastfeeding, bottle feeding, starting on solid food, advice for dads and grandparents.)</td>
</tr>
<tr>
<td>Men’s Health</td>
<td>(Advice &amp; information on different aspects of men’s health: testicular &amp; prostate cancer, reducing size &amp; weight.)</td>
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<tr>
<td>Mental Health &amp; Emotional Wellbeing</td>
<td>(Information on keep your body &amp; mind healthy, lower stress etc.)</td>
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<tr>
<td>Nutrition</td>
<td>(Information &amp; ideas on eating fruit &amp; vegetables to help maintain a healthy lifestyle, recipes, advice on less sugar, fat &amp; salt.)</td>
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<tr>
<td>Oral &amp; Personal Health</td>
<td>(Dental health guides for adults. toddlers &amp; young children, importance of keeping your body clean.)</td>
</tr>
<tr>
<td>Personal Relationships &amp; Sex Education</td>
<td>(Puberty advice, periods, growing up - what’s it all about - love, sex &amp; relationships.)</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>(Advice for all ages on keeping healthy with physical activity, advice on tackling your weight.)</td>
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<tr>
<td>Pregnancy &amp; Birth</td>
<td>(Antenatal care, exercising while pregnant, foods to avoid, giving birth, post-natal depression.)</td>
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<tr>
<td>Sexual Health</td>
<td>(Information, help &amp; advice on sexual &amp; domestic assault, STIs, LGBT sexuality etc.)</td>
</tr>
<tr>
<td>Smoking</td>
<td>(Stop smoking advice, information on second-hand smoke. stop smoking before surgery, smoking fiction &amp; facts.)</td>
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<tr>
<td>Specific Diseases &amp; Long Term Conditions</td>
<td>(Advice on signs &amp; symptoms of cancers, arthritis, diabetes, how to live better with long-term pain etc. myths about sunbed tanning.)</td>
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<tr>
<td>Women’s Health</td>
<td>(Information leaflet guides on women’s health topics and encouraging women to attend for Screening, be aware of their bodies and adopt a healthier lifestyle.)</td>
</tr>
<tr>
<td>Miscellaneous - Workplace Health</td>
<td>(Eye health, healthy start resources, workplace health, etc.)</td>
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Accident Prevention

Leaflet

L03AA
HOW SAFE IS YOUR CHILD FROM A SERIOUS FALL?
A safety guide for parents & carers of young children, including windows, balconies, stairs & play equipment etc.

L03AF
ACCIDENTS TO THE UNDER 5'S
Keeping babies and young children safe

L03AP
OUT OF SCHOOL ACTIVITIES - LEADER'S NOTES
THINK! Education road safety activities book for out-of-school groups of 5-11 year olds. Notes can be used with other road safety materials available for teachers & parents. (Also free resources download accompanying this booklet from the THINK! Education site.)

L03B
BE BRIGHT & BE SEEN
Children's A5 road safety flyer with top tips on how to be bright & seen in winter.

L03BB
TALES OF THE ROAD (HIGHWAY CODE FOR YOUNG ROAD USERS)
Road safety for young people. (replaces Arrive Alive)

L03BZ
TODDLERS AND UP
Top safety tips for parents and carers of pre-schoolers

L03CB
YOUR CHILD & BUTTON BATTERIES
Flyer for parents about the nature of the risk, the sort of products involved & essential information on what to do if they suspect their child has swallowed one.

L03CC
CARBON MONOXIDE - (are you at risk?)
Carbon monoxide is a poisonous gas & can kill. Safety advice on central heating boilers, household fires & heaters etc.

L03CH
HOW SAFE IS YOUR CHILD AT HOME?
Accident prevention tips for parents & carers of children under 5.

L03CP
WHAT MIGHT POISON YOUR CHILD?
Safety guide for parents & carers of young children.

L03D
SLIPS, TRIPS & FALLS
A practical guide for older people and their carers.

L03DE
BABIES
Top safety tips for parents and carers of babies

L03DZ
IT'S FUN TO GO OUT BUT......
Accident prevention booklet for parents and carers of babies and young children. Restricted Resource Max 6
HOW SAFE IS YOUR CHILD FROM BURNS & SCALDS
Safety guide for parents & carers of young children.

5 - 7 S TOP SAFETY TIPS
As children grow they become more aware of the idea of danger, but not the consequences, especially when they are
distracted or excited. Safety tips for parents & carers of 5 to 7 year olds.

SEAT BELTS AND CHILD RESTRAINTS
'Think' leaflet on what you need to know about the law, selecting the right child restraint and advice on wearing seat belts
for pregnant women.

HEIGHT CHART
Growing up safe height chart, injury prevention for under 5s. NHS Northumbria Healthcare Accident Prevention leaflet.

HOW SAFE IS YOUR CHILD IN THE CAR?
Safety guide for parents and carers.

ROAD SAFETY ACTIVITY BOOK 2
Road safety activities relating to key stage 2.

HOME SAFETY CHECKER
AGE UK booklet with handy tips for older adults to prevent accidents in the home.

HOW TO USE A PUFFIN CROSSING
Safer for pedestrians...better for drivers

ROAD SAFETY MATTERS (3-5 YEARS)
Road education guidance for parents of children aged 3 - 5 years.

ROAD SAFETY MATTERS (5-7 YEARS)
Road education guidance for parents of children aged 5-7

ROAD SAFETY MATTERS (7-11 YEARS)
Road education guidance for parents of children aged 7-11

ROAD SAFETY EDUCATION (SECONDARY)
Guide for secondary school teachers to help plan & deliver road safety to 11 to 16 yrs.

JOURNEY PLANNER
Road safety journey from home to & from school activity for secondary school.

7 - 11 S TOP SAFETY TIPS
Learning to become more independent both in the home & outside is critical in a child's development. Advice on minimising
risks for parents & carers of 7 to 11 year olds.
Leaflet

L03SS
STRAIGHT OFF - STRAIGHT IN - STRAIGHT AWAY
NHS Northumbria Healthcare Accident Prevention flyer on the dangers of hair straighteners.

L03W
WAKE UP TO THE SIGNS OF TIREDNESS
'Think' leaflet with tips to help drivers overcome tiredness on long journeys.

Poster

P03AA
TEEN DISTRACTION: Keep your eyes on the road, not your phone
Teen - mobile phone road safety poster.

P03AY
I CAN CHOKE ON SMALL THINGS
CAPT Child accident prevention poster.

P03BH
CAR SEAT BELTS
Wear a seat belt road safety posters.

P03BY
I CAN EASILY FALL DOWN STAIRS
CAPT Child accident prevention poster

P03CY
WE CAN GET THROWN ABOUT IN THE CAR
CAPT Child accident prevention poster

P03D
KEEP YOUR KIDS OUT OF HOT WATER
Home accident prevention poster

P03DY
HOT DRINKS CAN HURT ME
CAPT Child accident prevention poster

P03FL
YOU SEE A LOT MORE FLOWERS IN THE COUNTRYSIDE
Rural roads safety poster

P03HH
GET OUT, GET THE BRIGADE OUT, STAY OUT!
How to survive a fire in your home.

P03J
SWITCH OFF BEFORE YOU DRIVE OFF
Mobile phones road safety poster

P03K
ACCIDENTS TO THE UNDER 5'S
Accident prevention advice on keeping babies & young children safe.
Poster

P03LL
WORKING SMOKE ALARMS SAVE LIVES
Home accident prevention information.

P03MM
STOP, LOOK, LISTEN, LIVE
Selection of posters for children on crossing roads.

P03MN
BE BRIGHT & BE SEEN
Road safety for children be seen in the dark or at night in winter.

P03NN
DRIVE TIRED & YOU MAY NEVER WAKE UP
Think! Driver fatigue road safety poster.

P03P
CYCLE SMART
Children’s road safety cycle poster

P03PH
ALWAYS WEAR A HELMET
Think! child cycle helmet safety poster.

P03PP
CYCLE HELMETS (X-RAY)
X-Ray skull picture road safety poster.

P03SF
HOW SAFE IS YOUR CHILD FROM A SERIOUS FALL?
Poster highlighting falls from windows, balconies & play equipment etc.

P03SS
STRAIGHT OFF - STRAIGHT IN - STRAIGHT AWAY
NHS Northumbria Healthcare Accident Prevention A4 poster on the dangers of hair straighteners.

P03TB
THINK BIKE. THINK BIKER
Think! poster on being aware of motorcyclists.

P03TT
ACCIDENT ALERT! HOW TO PROTECT YOUR GROWING BABY
CAPT Child accident prevention advice chart.

P03WH
WHAT HAPPENS IF I PRESS THIS?
CAPT Child accident prevention poster on under 10s causing house fire.

P03Y
YUMMY IS THAT MY DRINK?
CAPT Child accident prevention poster on under 5s burns and scalds.

P03YY
SPEED
Don't speed / speed limit posters.
Elderly Health

Leaflet

L07B
WHEN SOMEONE DIES
AGE UK GUIDE. Step by step advice guide for older people, about the emotional & practical aspects to do when dealing with bereavement.

L07C
CARE HOMES
AGE UK GUIDE. Advice for older people

L07CZ
WORRIED ABOUT YOUR MEMORY?
Advice about dementia

L07DE
UNDERSTANDING DEMENTIA - A guide for young people
For young people who have someone close to them, who has dementia. eg a parent, another relative or family friend. Booklet will help with understanding what dementia is, the effect of the illness on you, finding help & support.

L07DM
UNDERSTANDING DEMENTIA (MIND)
Mind booklet that looks at some of the possible causes of dementia. Tells you what can & can't be done to alleviate the condition. Expains where you can get further advice, information & how to access help.

L07EW
HAVE YOU GOT A SMALL APPETITE?
Leaflet on how to eat well with a small appetite, for older and/or frail adults.

L07FA
NHS HEALTH CHECK - DEMENTIA
Health Check Dementia leaflet explains the risk factors for some types of dementia & offers signposting to available support services.

L07FD
FACING DEMENTIA
Information booklet for people who have been told that they have dementia. How to live well with your diagnosis and it can effect on your life.

L07G
WINTER WRAPPED UP
AGE UK. Guide to keeping well and staying warm in winter. Provides advice on preparing for winter, staying healthy, making your home more energy efficient etc.

L07GH
GOING INTO HOSPITAL
AGE UK. Guide on things to consider before and during your stay and when preparing for discharge. Includes information on quality of care you should expect, eating & drinking, dignity & respect, consent etc.

L07H
HEALTH SERVICES UNDERSTANDING YOUR RIGHTS TO HEALTHCARE
AGE UK GUIDE. Health and well-being /Your access to health services

L07HL
HEALTHY LIVING - Maintaining a healthy body & mind
AGE UK GUIDE. General guide highlighting changes to consider to help health improvement.
Leaflet

L07I
STAYING SAFE
AGE UK GUIDE. Advice for older people on steps they can take to make them feel more secure both in the home and outside.

L07KS
KEEPING SAFE
AGE UK GUIDE. A guide to safety when someone with dementia lives alone

L07LG
LESBIAN, GAY BISEXUAL OR TRANSGENDER
AGE UK guide covers issues related to planning for later life, benefits & housing issues, civil partnership rights & taking care of yourself.

L07MW
MANAGING INCONTINENCE
AGE UK GUIDE. Commonly experienced problems and how to deal with them

L07N
STAYING STEADY
AGE UK GUIDE. Information & advice, whether you're fit and active, have mobility problems, or are worried about falling. Advice on improving strength, mobility & the anxiety that falling can have.

Poster

P07D
DEMENTIA
NHS Dementia poster

P07E
KEEPING OLD HEALTHY
Health advice for older people.
Additional Learning Needs

Leaflet

L09A
GUIDE TO GIVING UP SMOKING
Illustrated booklet for clients with additional learning needs.

L09B
EASY GUIDE TO BOWEL CANCER SCREENING
Mainly pictorial, easy guide leaflet made by and for men & women with additional learning needs.

L09D
GUIDE TO EXAMINING YOUR TESTICLES
How to check your testicles regularly for early signs of cancer. For clients with additional learning needs.

L09E
GUIDE TO EXAMINING YOUR BREASTS
How to check your breasts regularly for early signs of cancer. For clients with additional learning needs.

L09F
GUIDE TO HAVING A PERIOD
Having a period and what you need to know and do. For clients with additional learning needs.

L09G
GUIDE TO HAVING A HEALTHY HEART
The best ways to keep your heart healthy. For clients with additional learning needs.

L09H
MAN’S GUIDE TO KEEPING CLEAN
The best way to keep your body clean. For clients with additional learning needs.

L09HI
EVERYTHING YOU NEED TO KNOW ABOUT HIV (AIDS)
Information on how to keep safe & teach you about HIV - AIDS. For clients with additional learning needs.

L09HS
THINKING ABOUT SEX
Information on some things you need to think about, before you choose. For clients with additional learning needs.

L09HZ
GUIDE TO HAVING A SMEAR TEST
Advice for clients with additional learning needs.

L09I
GUIDE TO A HEALTHY MOUTH
How to keep your teeth and gums healthy. For clients with additional learning needs.

L09J
WOMAN’S GUIDE TO KEEPING CLEAN
The best ways to keep your body clean. For clients with additional learning needs.

L09P
GUIDE TO THE MENOPAUSE
For clients with additional learning needs.
Leaflet

L09S
HOW TO SHAVE
Information on how to have a dry/wet shave. For people with additional learning needs

L09SC
EATING WELL AND STAYING FIT - 1) BEING OVERWEIGHT
Advice on eating a good diet & taking exercise. For clients with additional learning needs.

L09SD
EATING WELL AND STAYING FIT - 2) CHOOSING WHAT YOU EAT AND DRINK
Information about the changes needed to help to lose weight. Advice for clients with additional learning needs.

L09SE
EATING WELL & STAYING FIT - 3) PLANNING YOUR MEALS
Advice on eating a good diet & why it is good to plan your meals. For clients with additional learning needs.

L09SF
EATING WELL AND STAYING FIT - 4) STAYING FIT & HEALTHY
Information on why taking lots of exercise keeps you fit & healthy. For clients with additional learning needs.
Personal Relationships & Sex Education

Leaflet

L11A
ALL CHANGE BOYS
Puberty advice for boys

L11B
LOVE STINGS
A beginner's guide to sexually transmitted infections

L11C
LOVE SEX RELATIONSHIPS
A comprehensive booklet for young people about love, sex and relationships together with important contact details.

L11G
ALL CHANGE GIRLS
Puberty advice for girls.

L11GS
GROWING UP 4 YOU SNAPPERS
Paper sheet quiz game for young people about growing up and experiencing puberty.

L11I
PERIODS - WHAT YOU NEED TO KNOW
Advice for girls on what to do when they start having periods.

L11J
4 YOU
Growing up - what's it all about - advice for both boys and girls.

L11NJ
LET'S GROW WITH NISHA AND JOE
Comic for children aged (6 - 7) to help with talking about growing up & understanding differences between girls' & boys' bodies. Also the idea that growing up is about changing relationships within a circle of friends and family.

L11O
4 GIRLS
Comprehensive guide for middle / high school girls about the physical development of the female body.

L11OS
GROWING UP 4 GIRLS SNAPPERS
Growing up 4 girls quiz sheets.

L11P
4 BOYS
Comprehensive guide for boys about physical development below the waist. eg: testicular cancer, masturbation, safer sex & STD's.

L11PC
ALL CHANGE - PARENTS & CARERS
Leaflet aimed at parents /carers of children & young people in Years 5-8 (aged 9-13). Gives information about the physical & emotional changes of puberty with suggestions on how to help young people through this time of their lives.
Leaflet

L11PS
GROWING UP 4 BOYS SNAPPER SHEETS
Quiz sheets for boys.

L11QB
GROWING UP 4 YOU QUIZ BOOK
Quiz sheet about growing up for young people experiencing puberty.

L11S
TALKING TO YOUR TEENAGER ABOUT SEX AND RELATIONSHIPS
Information and advice for parents to help them, when talking to their children about sex and relationships.

L11SE
UNDER 16 SEX WORTH TALKING ABOUT Z CARD
A fold out z card for under 16’s giving information on sex & relationships.
Contraception

Leaflet

L12A
IS EVERYBODY DOING IT?
A guide to contraception for young people.

L12B
CONTRACEPTIVE PATCH
Information about the Evra Contraceptive patch.

L12CV
CONTRACEPTIVE VAGINAL RING
Information about the Contraceptive vaginal ring from the FPA.

L12D
CHOOSING AND USING DIAPHRAGMS AND CAPS
Deals with barrier methods of family planning, level of effectiveness, who they are suitable for, how to use each device and where to obtain supplies.

L12E
EMERGENCY CONTRACEPTION
Gives information on contraceptive methods available in an emergency.

L12F
CHOOSING AND USING THE IUS
Information for women thinking about choosing IUS as a method of contraception. Written in a question and answer format, contains useful contact numbers.

L12G
ABORTION (your questions answered)
A comprehensive booklet on unplanned pregnancy & abortion.

L12GA
ABORTION (just so you know)
Illustrated booklet suitable for young people with information about abortion, attitudes, abortion procedures etc. Meets curriculum guidance for K S stages 3 & 4.

L12H
MALE AND FEMALE STERILISATION
This leaflet answers the questions - how effective is sterilisation?, who is it suitable for?, do you need your partners consent? and what if you change your mind?.

L12I
NATURAL METHODS OF FAMILY PLANNING
Explains natural methods of family planning, identifies their level of effectiveness & covers issues such as who are they suitable for, their proper use & where you can get help and advice.

L12J
BODYWORKS
A guide to the reproductive system in men and women, including reproductive organs, ovulation & periods, conception, contraception.

L12K
CHOOSING AND USING THE COMBINED PILL
Explains how the combined pill works using question and answer format. Discusses suitability, advantages & disadvantages; how to take the pill and what to do if pills are missed.
Leaflet

L12L
LONG ACTING REVERSIBLE CONTRACEPTIVES (LARCS)
Information on - contraceptive implants, contraceptive injections, IUDs and IUSs.

L12M
CHOOSING AND USING THE IUD
A well illustrated folded leaflet, giving full information about intra-uterine devices.

L12N
THE PROGESTOGEN ONLY PILL
Explains the difference in effect and usage between mini and combined pills. Identifies who it is suitable for and how to overcome/avoid any problems.

L12O
YOUR GUIDE TO CONTRACEPTION
Provides information on available methods of contraception, how they work, reliability, advantages and disadvantages. Explains where to obtain contraception and provides lots of information to facilitate choice.

L12P
CONTRACEPTION CHOICES - AFTER YOU`VE HAD YOUR BABY.
Discusses post-natal options for contraception, availability and how to access them. Also answers questions around post-natal sex, periods and breastfeeding.

L12Q
MALE AND FEMALE CONDOMS
Covers a range of issues connected with male and female condoms.

L12R
YOUR GUIDE TO CONTRACEPTIVE INJECTIONS
Advice and information about contraceptive injections.

L12RR
YOUR GUIDE TO CONTRACEPTIVE IMPLANTS
Advice and information about contraceptive implants.

L12S
YOU HAVE THE RIGHT
Guide to young people's rights in doctor's surgeries, health centres etc.

Poster

P12C
CONTRACEPTION CHOICES
NHS - worth talking about A4 size posters on information about a number of contraception choices available.
Pregnancy & Birth

Leaflet

L13BB
POSTNATAL DEPRESSION
Information for mothers who are experiencing post-natal depression, and for their families and friends.

L13CC
PREGNANT AND DON'T KNOW WHAT TO DO?
A guide to your options you have and where to go for help.

L13D
PREGNANCY
Who, why, what, when, where and how it all works. A young person's guide.

L13DP
KEEPING ACTIVE DURING & AFTER PREGNANCY
Explains benefits of staying active & advises what activities are safe & suitable; suggestions for making time for exercise before & after childbirth.

L13G
HEALTHY EATING FOR PREGNANCY
Advice for pregnant women on healthy eating during pregnancy.

L13H
SCREENING TESTS FOR YOU AND YOUR BABY
Dept of Health Screening Programmes improved version. One booklet covering both antenatal & newborn screening. Screening programmes are described in a standard question & answer format and easier for the public to compare the various tests and, crucially, to understand that some decisions are more complex than others.

L13HH
HEALTHY HABITS FOR BABY & YOU
Start 4 life booklet with tips & helpful advice for a healthy pregnancy & baby.

L13HP
HAVING A HEALTHY PREGNANCY BOOK (Restricted Resource)
TOMMY'S 96-page full-colour book, with helpful tips, advice & contains everything you need to know about antenatal care, exercising while pregnant, foods to avoid, giving birth & much more. Mainly intended for Midwifes & HVs (other professionals may order copies - please phone resource centre)

L13PY
THE YOUNG WOMAN'S GUIDE TO PREGNANCY (Restricted Resource)
From TOMMY'S, for young woman aged 16-19. 96-page full-colour book with helpful tips, advice & contains everything you need to know about antenatal care, exercising while pregnant, foods to avoid, giving birth & more. Mainly intended for Midwifes & HVs (other professionals may order copies - please phone resource centre)

Poster

P13BB
POSTNATAL DEPRESSION - YOU'RE NOT ALONE
Poster on symptoms & how to help yourself
Cardiovascular Disease & Stroke

Leaflet

L14AZ
HEART ATTACK
Including information on acute coronary syndrome. This booklet is for people who have had a heart attack or who have unstable angina, and their family and friends/carers.

L14B
PUT YOUR HEART INTO WALKING
Outlines benefits of walking and shows how to gradually increase walking power over time.

L14D
BLOOD PRESSURE
Information for people with high blood pressure, and for their family and friends.

L14E
MEDICINES FOR THE HEART
Outlines drug therapy in heart disease.

L14F
PHYSICAL ACTIVITY AND YOUR HEART
Information for people with heart disease or high blood pressure, and for their families and friends.

L14G
PHYSICAL ACTIVITY (What if my child has a congenital heart condition?)
Information & advice for parents & carers.

L14II
HEARTZCARD
Advice card for young people on how best to beat heart disease.

L14J
WHAT IS ANGINA?
Describes angina and outlines general advice for living with the condition.

L14JJ
CARDIAC REHABILITATION
Information for people who have been in hospital with a heart condition or who have had a procedure or treatment for their heart condition.

L14L
OPERATION FIX-IT
A large colour illustrated booklet for young children who are about to go into hospital for a heart operation. May also be of help for children about to undergo other types of operation.

L14M
CARING FOR SOMEONE WITH A HEART CONDITION
Information for people who live with, or are caring for, someone who has a heart condition.

L14PA
PERIPHERAL ARTERIAL DISEASE
What causes PAD and what you can do to prevent it from getting worse

L14PP
HEART HEALTH
The British Heart Foundation magazine
Leaflet

L14SS
WHEN STROKE STRIKES ACT F.A.S.T.
Vital information about strokes - the signs, rapid diagnosis, what a stroke is, treatment and care and the best way to reduce the risk.

L14X
REDUCING YOUR BLOOD CHOLESTOROL
Information for people with a high blood cholesterol level, and for their family and friends.

Poster

P14A
HEART ATTACK?
Poster showing the symptoms of heart attack.

P14J
STOP SMOKING - START LIVING
Look after your heart BHF poster.

P14SS
SUSPECT A STROKE? ACT F.A.S.T
Symptoms that can indicate a possible stroke.
Childcare & Development

Leaflet

L15B
TALK TO ME (It's never too soon to talk to your baby)
Information on talking and listening to your baby from birth.

L15CI
CHILDHOOD ILLNESSES
Guide for parents & carers with advice on symptoms, what to look for, where to go for help etc.

L15HA
CARING FOR YOUR BABY AT NIGHT
Guide for parents on sleeping with baby, if you are tired, baby is wakeful, feeding & reducing the risk of cot death.

L15HB
BUILDING A HAPPY BABY
Advice & information guide for parents, on getting to know your baby & setting up the foundations for strong relationship.

L15HC
HANDLE WITH CARE
Guide to keeping your baby safe. Advice on never shake a baby, holding a baby & coping with crying.

L15HH
BABY’S AGE IN WEEKS CALCULATOR
Disk age calculator

L15I
ENCOURAGING BETTER BEHAVIOUR
A practical guide to better parenting for parents and carers.

L15JK
WHY YOUR CHILD’S WEIGHT MATTERS (CHANGE 4 LIFE SHEET)
Double sided A4 sheet with information on why is a healthy weight important; and handy tips for a healthy family.

L15K
KEEPING YOUR COOL
Help & advice for parents on managing stress & anger.

L15P
POTTY TRAINING
Advice on when to start potty training, what to do, how to deal with problems, plus tips to make the process as easy as possible.

L15SS
SAFER SLEEP FOR BABIES
Sleeping guide for parents with help & information on how to keep baby safe and healthy.

L15V
HOME ALONE ADVICE FOR PARENTS
Practical guidance to parents about whether or not children should be left at home alone. Also advice on where to get further information.
Poster

P15AC
WEIGHT CONVERSION CHART
Weight conversion chart for babies and young children

P15B
TALK TO ME (It's never too soon to talk to your baby)
Information on talking and listening to your baby from birth.
Infant Nutrition

Leaflet

L16B
**THE FIRST FEED NATURES PROTECTION**
Small easy-read leaflet on breastfeeding for mothers, written by Northumberland infant feeding coordinators.

L16BP
**BREASTFEEDING POLICY (Parents Guide - Flyer)**
Parents guide to help mothers to breastfeed successfully.

L16D
**OFF TO THE BEST START**
Important information about feeding your baby

L16DR
**BREASTFEEDING A DADS ROLE**
Information for Dads on the benefits of breastfeeding and how fathers can help

L16H
**BREASTFEEDING AND WORK**
Information for employees and employers

L16I
**INTRODUCING SOLID FOODS**
Giving your baby a better start in life

L16K
**IS YOUR CHILD A FUSSY EATER?**
Some ideas & simple advice to help family mealtimes.

L16L
**GUIDE TO BOTTLE FEEDING**
How to prepare infant formula and sterilise feeding equipment to minimise the risks to your baby

L16M
**BREASTFEEDING INFORMATION FOR GRANDPARENTS**
Information for grandparents to help them support mothers to breastfeed

L16N
**BREASTFEEDING PEER SUPPORT INFORMATION**
Contact details for Trained Breastfeeding Peer Supporters in Northumberland.

L16YW
**YOUNG WOMEN & BREASTFEEDING**
Northumberland breastfeeding coordinators information leaflet on frequently asked questions for young Mums.

Poster

P16A
**BREASTFEEDING POSTERS**
Selection of different NHS posters promoting breastfeeding. (Will give one of each where possible.)

P16B
**THIS MUM KNOWS BEST (Skin to Skin)**
Breastfeeding poster on holding baby next to her skin.
Poster

P16BB
MUM KNOWS BEST (Maternity unit)
Young mother breastfeeding poster.

P16D
THIS DAD KNOWS BEST
Dad holding baby & supporting his partner in her decision to breastfeed.

P16H
MEN - WHAT DO THESE MEAN TO YOU?
Talk to your partner about breastfeeding.
Nutrition

Leaflet

L17A
WHAT'S IN YOUR LUNCH BOX?
Ideas for packed lunches for everyone & which supply a balance of foods for our nutritional needs.

L17AB
FOOD ACTIVITY CARDS
Large A4 size fruit & veg cards with infomation, pictures & quick quiz. Pack of 10 cards.

L17AD
SWAP IT DON'T STOP IT
Advice for adults on how to lose weight and feel healthy without giving up all the things you love

L17AF
FIND THE FRUITS
Artie Beats children’s activity sheet to find and colour in ten fruits.

L17AH
ARTIE’S 5-A-DAY HOOPLA CHALLENGE
Reusable colourful sticker activity sheet for under 7’s to encourage them to eat 5 portions of fruit and veg a day.

L17B
HEALTHY EATING
Nutrition advice for older people.

L17BM
BREAKFAST
Ideas about food to eat for breakfast and the importance of having a breakfast meal to start the day.

L17CF
CHANGE 4 LIFE - TOP TIPS FOR TOP KIDS
Eat well, move more, live longer. Fun, free and easy ways to get your kids happy and healthy

L17CT
COOKING FOR TOP KIDS
Recipe booklet for children & young people that can also be enjoyed by the whole family. Produced in association with Community Dieticians at Northumbria Healthcare /Change 4 Life.

L17E
EAT YOUR WAY TO 5 A DAY
Help & information on eating fruit & vegetables to help maintain a healthy lifestyle :- ideas, what is a portion? recipes.

L17EP
EATWELL PLATE
Colourful A4 sheet showing what proportion of your daily food should come from each group

L17F
SMALL CHANGES BIG BENEFITS
You can make a big difference to your fat and calorie intake just by making small changes to your eating habits.

L17FD
YOUR 5 A DAY FOOD DIARY
Small guide to help give portion size information you need to make sure you are getting your 5 a Day.
Leaflet

L17FF
**FAT SPREAD IT THIN**
Easy read advice on how to cut down on consumption of fats

L17FH
**EAT WELL**
Nutrition advice for your and your heart.

L17G
**GERMWATCH - IT CAME FROM THE CHOPPING BOARD**
Don't make your mealtime a horror story! FSA GERMWATCH 50s 'B movie' Sci-fi style leaflet on food poisoning & how to prevent it.

L17GM
**EATWELL - GOOD GRUB SNAPPER**
Quiz Snapper with 5 a day & eatwell plate theme.

L17H
**I'M HUNGRY**
Guide on healthy snacks, are they necessary, how snacking affects teeth, suitable drinks & food labelling. Includes simple suggestions on what children can eat as a healthy snack.

L17HP
**HEALTHY PACKED LUNCHES FOR CHILDREN**
Healthy ideas for children, parents, grandparents & carers. (Northumbria Healthcare leaflet)

L17I
**IRON IN YOUR DIET - Patient information**
NHSBT information leaflet on why iron is important, which foods are a good source of iron etc.

L17N
**GUIDE TO FOOD LABELS**
Explains what all the labels on pre packed food mean. What is high or low amounts of fat, sugar & salt.

L17NP
**BALANCED**
TAS booklet produced by young people in Northumberland to help other young people change and have a more balanced, healthy diet and get more active

L17O
**CUT THE SATURATED FAT FROM YOUR DIET**
Nutrition advice for reducing fat consumption - in the form of a wall chart.

L17P
**FOOD ALLERGY**
Information on food allergies and other unpleasant reactions to food.

L17R
**JUST EAT MORE FRUIT AND VEG CARD**
A pocket size card from Change 4 Life encouraging people to eat more fruit & vegetables. Reduce the risk of the two main killers in this country - heart disease and some cancers.

L17RC
**COOK FOR LIFE RECIPES**
Healthy recipes booklet produced in association with the Community Dieticians at Northumbria Healthcare NHS Foundation Trust as part of Change 4 Life.
Leaflet

L17RH
RAMADAN HEALTH GUIDE
Guide to healthy fasting, helping with EGs of foods that benefit & that harm, spirituality & food and more.

L17S
JUST EAT MORE FRUIT AND VEG LEAFLET
Encourages people to eat more fruit and vegetables to help reduce the risk of the two main killers in this country - heart disease and some cancers.

L17SF
SATURATED FAT MADE SIMPLE
Basic information about which foods are high in saturated fat.

L17TR
TASTER RECIPES
Change 4 life, be food smart booklet with easy ideas for tasty, healthier meals.

L17TT
HEALTHY LUNCHBOX
Information about choosing a balanced meal from the eatwell food groups, ideas for sandwich fillings, salad suggestions & comic strip guide to keeping food fresh & handling it hygienically.

L17VV
VEGETARIAN VITALITY - Are your missing out?
Tips & ideas to help eat a balanced, healthy vegetarian diet.

L17W
HASSLE FREE FOOD
Practical tips on healthy eating within a limited budget.

L17W
WATER - ARE YOU DRINKING 6 GLASSES A DAY?
Explains the importance of drinking lots of water.

L17X
FACTS NOT FADS - Simple Guide to Healthy Weight Loss
Designed for adults with a BMI of 25 & over, the plan will help manage the type & quantity of food that you're eating, to help you keep to the recommended amount of calories you need. Portion guides have sizes of common foods, to help eat well, choose a balance of healthy & enjoyable foods.

L17XR
JUNK LEAFLET (x-ray specs)
Booklet for young people on junk food and alternatives plus X-Ray specs!

L17YX
GOOD GRUB!
Comic style nutrition advice with all the key healthy eating / eatwell plate messages in one zigzag leaflet. Includes how well am I doing checklist for everyone to follow.

L17Z
SALT
Salt made simple. Information on the use of salt contained in food products; how much is too much etc.

L17ZA
SALT (SHAKE THE HABIT)
Leaflet giving help on reducing salt intake.
Leaflet

L17ZZ

SUGAR NOT SO SWEET
Easy read advice on how to cut down on the amount of sugar consumed

Poster

P17A
GOOD SNACK GUIDE
Advice on snacks with less sugar, fat & salt.

P17D
SALT
Advice on salt intake.

P17DD
PACK A HEALTHY LUNCHBOX
Information on healthy, balanced packed lunches.

P17GA
GERMWATCH - IT CAME FROM THE CHOPPING BOARD
FSA GERMWATCH 50s 'B movie' Sci-fi style meat & chopping board poster on food poisoning. Don't make your mealtime a horror story!

P17GB
GERMWATCH - HORROR OF THE UNWASHED HANDS
FSA GERMWATCH green hands 50s 'B movie' Sci-fi style poster on food poisoning.

P17GC
GERMWATCH - CURSE OF THE UNCOOKED
FSA GERMWATCH 50s 'B movie' Sci-fi style B-B-Q poster on food poisoning.

P17GD
GERMWATCH - TERROR STALKS THE FRIDGE
FSA GERMWATCH rocket fridge 50s 'B movie' Sci-fi poster on food poisoning.

P17H
JUST EAT MORE FRUIT AND VEG POSTER
NHS nutrition poster.

P17J
SUGAR
Advice on cutting down on sugar intake.

P17K
HAVE A BREAK HAVE A KUMQUAT
Fruit he healthy snack - Kumquat.

P17KK
DRINK FIT
Advice on top ten drinking tips.

P17KU
WHAT GOES INTO CRISPS GOES INTO YOU
Girl drinking cooking oil poster.
Poster

P17L
**FAT SPREAD IT THIN**
Advice on cutting down on fat intake.

P17M
**YOU KNOW YOU'VE BEEN MANGO'D**
Fruit the healthy snack - Mango

P17R
**THE SNACK YOU CAN EAT BETWEEN MEALS**
Fruit the healthy snack - Apple

P17SF
**SATURATED FAT POSTERS**
Selection of different posters with suggestions on cutting down on saturated fat intake.

P17SP
**THE GREAT SWAPATHON CHANGE 4 LIFE POSTER**
Double sided poster with unhealthy - healthy lifestyle swapping tips.

P17T
**WATCH OUT - THESE TASTE CURVY!**
Fruit the healthy snack - Bandana

P17TC
**TIME FOR CHANGE - EAT WELL, MOVE MORE, LIVE LONGER**
Double sided change 4 life poster
Men’s Health

Leaflet

L18A
TESTICULAR CANCER
Information about testicular cancer, warning signs and how to check yourself.

L18CC
MAN MINI MANUAL
A practical step-by-step guide to men's health in a service manual type presentation (Restricted Resource)

L18E
SIZE MATTERS
Easy read comic style booklet for men to inform how best to reduce weight concentrating on nutrition and with advice on exercise.

L18HM
HEALTHY MEN
Pocket-sized, fold-out leaflet covers twelve different health topics. Introduces lifestyle changes so men can improve their health now and for the future. Companion leaflet to "Healthy Women".

L18MM
MEN!- Mind Your Health
Comic style leaflet with advice on different aspects of men’s health - size/weight, smoking/impotence, drinking, back pain etc.

L18MS
MAN SEXUAL HEALTH MANUAL
Haynes men's health workshop manual, includes: Contraception, STIs, ED, impotence, Premature ejaculation, Cancer, Infertility etc.

L18OB
OVERACTIVE BLADDER SYNDROME
Haynes manual for men about the bladder

L18P
PROSTATE CANCER
Spot the symptoms, know the facts

L18PH
LIVING WITH HORMONE THERAPY
Information for men who are having hormone therapy for prostate cancer. eg. types of therapy, how they work & what the treatment involves.

L18RC
REDUCING CANCER RISK
What can men do to help control development of cancer.

L18S
SPOTTING THE SIGNS OF CANCER FOR MEN
Information on key signs & symptoms and getting them checked out by a doctor; screening for cancer.

L18TS
KEEP AHEAD OF THE GAME
A guide to testicular self examination
P18G
SIZE MATTERS MEN! - GET WEIGHT WISE
Advice on waist size and maintaining a healthy weight.

P18M
MEN - Do you have problems with your waterworks?
Over 50 and noticed any changes? Prostate cancer poster with information on symptoms to look out for.

P18P
PROSTATE CANCER
Poster highlighting that prostate cancer is the most common cancer in men in the UK.

P18TC
KEEP AHEAD OF THE GAME
Guide to testicular self examination.
Oral & Personal Health

Leaflet

L19A
SOME OF YOUR BITS AIN'T NICE
Highlights the importance of keeping your body fresh & clean, to have a bath or shower frequently, to change & wash clothes regularly. Also includes advice on spots and acne.

L19B
HOW CLOSE CAN YOU GET?
A dental health guide for adults.

L19C
CHILDREN'S TEETH AGED 3 TO 5 YEARS
Dental care for toddlers and young children

L19D
SMILE PLEASE SNAPPER
Snapper with what you need to know about looking after your teeth & mouth! Written with teens in mind but can be used by other ages.

L19E
THE GOOD TEETH GUIDE (for Parents-Carers of Children with Extra Needs)
Booklet to help those looking after children with extra needs to use simple routines to help prevent & deal with dental issues.

L19F
HAND WASHING
Easy read information on the importance and practicalities of effective hand washing

L19H
GUIDE TO HEALTHY TEETH FOR YOUR SCHOOL AGED CHILD
Dental care for Ages 5 - 12 years

L19HS
HAPPY SMILES
Oral health information for parents & carers of children with Down's Syndrome.

L19HT
THE PREVENTION AND TREATMENT OF HEADLICE
Advice on headlice detection, prevention, and treatments including the wet combing method and using lotions.

L19T
HEALTHY TEETH FOR YOUR BABY
A guide to healthy teeth for 0 - 2 year olds

L19WH
WASH YOUR HANDS ACTIVITY SHEET
Healthy Teddy activity colouring in sheet to promote germs / infections awareness with young children.
Poster

P19A
**ACID ATTACK!**
Comic style poster focusing on the impact of sugary & fizzy drinks on teeth - a primary concern for oral health.

P19B
**SOME OF YOUR BITS AIN'T NICE**
Poster on the importance of keeping your body fresh & clean, bath or shower frequently, change & wash clothes regularly.

P19F
**WASH YOUR HANDS - stop germs from spreading!**
Comic style instructions on how, why and when to wash your hands.

P19O
**KEEPING OURSELVES CLEAN POSTER NO 2 (BATH OR SHOWER)**
Simple advice for young children on washing body & hair, - can be coloured in.
Physical Activity

Leaflet

L22A
BE ACTIVE FOR LIFE
Over 50? keep your heart healthy with physical activity

L22AB
TIME TO BURN 100 CALORIES
Postcard with handy list on how long everyday actives can burn off 100 calories.

L22B
THINK BACK!
Advice on preventing back pain during activity, when working, lifting etc.

L22BA
BE ACTIVE YOUR WAY, EVERY DAY!
Encourages older adults in building physical activity into daily routines.

L22CS
CHANGE 4 LIFE KID’S ACTIVITY & COLOURING SHEETS
Colouring sheets for giving to parents with small children

L22CW
TAKING CONTROL OF YOUR WEIGHT
Booklet to help empower very overweight adults to find out about services and treatments which may help plus advice on tackling your weight

L22E
GETTING ACTIVE STAY ACTIVE
Enjoy being active and keep your heart healthy

L22EE
ARTIE BEAT LIKES TO PLAY
Early reader for 4 - 5s Parent to child picture and reading book for 2+ on ways to have fun and keep active.

L22F
GET MOVING
Why physical activity is so important & making it part of daily life is easier than toy think.

L22FW
CHANGE 4 LIFE FUN WHEEL
Activities for the family in a fun format

L22I
SPORTS INJURIES
Different types of sports injuries, their causes, recovery and prevention are outlined in this leaflet. A practical list of do's and don'ts when undertaking sport are included.

L22J
GET KIDS ON THE GO
Advice on encouraging children to exercise

L22K
FEEL GOOD KEEP MOVING
Mobility advice and chair - based exercises for the older adult.
Leaflet

L22KH
555 KEEP HEALTHY, FIT AND HAPPY
Information Flyer Eat 5 portions of fruit & vegetables every day. Do 5 thirty minutes sessions of moderate exercise every week. Do 5 things each day that make you happy.

L22LG
POCKET PLANNER
Let’s get active award pocket planner booklet, helps increase children’s amount of time being active.

L22MW
MANAGING YOUR WEIGHT IT’S A QUESTION OF BALANCE
Focus on your food & activity. Ideas to help reach your balance.

L22SF
SWIM FIT
Advice on the health benefits of swimming and encouraging people to swim.

L22U
UP & ABOUT (kids on the move)
Information on helping children & young people to be active everyday.

L22W
WALK FIT!
Advice on the health benefits of walking and suggestions on how to incorporate walking into you daily routine.

Poster

P22AA
DO YOU DO IT... 5 TIMES A WEEK?
How exercise can reduce your risk of cancer, diabetes, heart disease, stroke, high blood pressure, osteoporosis, stress, anxiety and depression.

P22B
TIME TO BURN 100 CALORIES
Poster with handy list on how long everyday activities can burn off 100 calories.

P22BB
BIZZY BREAKS
Physical activity break ideas for schools.

P22GM
GET MOVING HAVE FUN (60 mins a day)
Exercises ideas for primary schools.

P22J
MOVE IT
Advice on why physical activity is so important.

P22L
WHY WEIGHT MATTERS
Advice & tips on small changes that can make a difference.

P22P
SWIM FIT
Swimming exercises for all ages & abilities.
Poster

P22S
GO FOR 60 MINS A DAY
Exercises ideas for secondary schools.

P22WF
WALK FIT
Walk for better health poster, with tips on walking longer, faster & more often.
Mental Health & Emotional Wellbeing

Leaflet

L23A
FEELING ANGRY?
Information about anger for young people

L23BM
BULLYING WHY IT MATTERS
Explains what bullying is and how to help prevent it happening

L23C
IN SCHOOL STAY COOL
A practical, reassuring, easy to read booklet to help people to troubleshoot a range of middle - high school related problems.

L23CS
COPING WITH STRESS
A guide for employees

L23CZ
WORRIED ABOUT EATING PROBLEMS AND DISORDERS?
Information for young people

L23DD
R U SAD?
A guide for young people to what they can do when they are sad.

L23EA
ENTERING ADULTHOOD
Examines a wide range of topics for 16 - 18 year olds, associated with the transition from childhood to adulthood & suggests ways of coping.

L23EE
WHEN SOMEONE DIES
A young people's guide on how to cope when someone dear to you is gone.

L23FB
FAMILY BREAK-UPS
A young people's guide on how to cope when parents split up.

L23HH
HELP IS AT HAND
A guide to practical and emotional issues following suicide or sudden, traumatic death

L23KK
R U FRIENDS?
A young people's guide to making, keeping and helping friends.

L23L
STRESS
What stress is, what causes it, and how to deal with it.

L23LA
LOOK AFTER YOUR MENTAL HEALTH
10 Practical ways for everyone to look after their mental health. Simple changes to how you live doesn't need to cost a fortune or take up loads of time.
Leaflet

L23M
**R U WORRIED?**
A young people’s guide to what you can do when you’re feeling worried.

L23MC
**MY NAME IS CHRIS**
A boy and a girl tell their stories of bulimia and anorexia. Comic style booklet to raise awareness among young people aged 13 to 16

L23MF
**MYTH / FACT LEAFLET ABOUT MENTAL HEALTH PROBLEMS**
Mental health problems affect 1 in 4 people

L23MG
**IS YOUR MATE OFF HIS GAME?**
Get on the ball about mental health. A Time To Change men’s leaflet, all about how to talk to and support friends.

L23MJ
**MY NAME IS JESS**
Tells the story of a teenage girl experiencing anger. Comic style booklet to raise awareness among young people aged 13 to 16

L23MP
**MY NAME IS PETE**
About a teenage boy experiencing psychosis. Comic style booklet to raise awareness among people aged 13 to 16

L23O
**WORRIED ABOUT SELF-INJURY?**
Information for young people, about self-injury and how to find support.

L23PD
**TALKING ABOUT PERSONALITY DISORDERS**
Booklet for people diagnosed with personality disorders and for their families and friends. It may also be of interest to those working with people who have personality disorders

L23PP
**HAPPY?**
TAS booklet on emotional wellbeing, produced with the help of young people from Northumberland.

L23Q
**COOL HEADS**
Booklet designed for Teenagers on a wide range of topics and traumas likely to stress out young people.

L23SS
**STRESS AND YOUR HEART**
Information about the links between stress and coronary heart disease.

L23TD
**TEENAGE DEPRESSION  HOW DO YOU FEEL?**
Information for teenagers on why we get depressed, what are the signs of it & little ways to help yourself. With useful web links.

L23TM
**10 MINUTES TO CHANGE YOUR LIFE (Take time out)**
Short BHF booklet of ideas to help lower stress, keep your body & mind healthy. Includes planner to help pinpoint likely ‘danger spots’ for stressful situations & plan in some stress-busting activities.
Leaflet

L23TT
TEENAGERS! (when the going gets tough...try talking)
For parents or carers, but helpful to teenagers as well. Advice, information and useful contacts.

Poster

P23B
STRESS - GET THE RIGHT BALANCE
Clown poster

P23D
MYTH / FACT TIME TO CHANGE POSTER
1 in 4 people will experience some kind of mental health problems this year.

P23H
BULLYING DAMAGES PEOPLE - DON'T BE A BULLY!
Stop bulling poster

P23I
LEARN TO LIKE YOURSELF - BELIEVE IN YOUR STRENGTHS
Look after your mental health.

P23J
RELATIONSHIPS ARE STRESSFUL - LISTEN AND COMMUNICATE
Look after your mental health.

P23JJ
DON'T BOTTLE IT UP! - EXPRESS YOUR FEELINGS
Look after your mental health.

P23MF
TIME TO CHANGE MENTAL HEALTH DISCRIMINATION POSTERS
Celebrity anti discrimination posters

P23PS
POSITIVE STEPS FOR YOUR MENTAL HEALTH
Ideas stones poster.

P23SM
SEE ME I'M A PERSON JUST LIKE YOU
Mental health problems affect anyone.

P23SS
MY FRIENDS WERE GREAT WHEN I WASN'T
Supporting others with mental ill health.

P23T
RACISM DIVIDES UNDERSTANDING UNITES
Help each others mental health
Specific Diseases & Long Term Conditions

Leaflet

L25A
SKIN CANCER
Information leaflet on the main cause of skin cancer, how to spot the symptoms & protect yourself from sunburn.

L25B
SUNBURN CAN DOUBLE YOUR RISK OF SKIN CANCER
Sun smart information postcard.

L25BK
BLOOD IN PEE (Bladder & Kidney Cancer)
If you notice blood in your pee, even if it’s just once, tell your doctor. Bladder & Kidney Cancer information. NHS Let’s be clear campaign leaflet.

L25BN
BE CLEAR ON CANCER (...about bowel cancer)
Awareness of the signs and symptoms of bowel cancer. NHS Let’s be clear campaign ‘Tell your Doctor’ leaflet.

L25C
CANCER: EARLY DIAGNOSIS SAVES LIVES
Advice on the early signs & symptoms of cancers. NHS (North of England Cancer Network) Let’s be clear campaign leaflet.

L25CM
MOUTH CANCER
How to spot the symptoms of mouth cancer and reduce your risk.

L25CS
BE CLEAR ON CANCER (SKIN CANCER)
A change to a mole isn't the only sign of skin cancer. NHS Let’s be clear campaign ‘Tell your Doctor’ leaflet.

L25DA
DIET AND ARTHRITIS
How you can change your diet and lifestyle to help your arthritis

L25DH
DIABETES AND YOUR HEART
Basic information about coronary heart disease and why people with diabetes are more likely to get Coronary Heart Disease and what you can do to reduce your risks

L25F
BACK PAIN
Describes how back pain and back problems develop, how they can be treated and possible ways of preventing their recurrence.

L25FA
ASTHMA
General info for Asthma sufferers and their families

L25G
EATING WELL WITH TYPE 2 DIABETES
Eating advice for people with type 2 diabetes

L25HA
HEPATITIS A
Information and advice about Hepatitis A
Leaflet

L25JJ
MENINGITIS - DON'T IGNORE THE SIGNS
Information about the signs & symptoms of meningitis & septicaemia. NHS leaflet mainly aimed at teenagers / students.

L25K
HALF OF ALL CANCERS COULD BE PREVENTED BY CHANGES TO LIFESTYLE
A small booklet highlighting the main lifestyle changes that could half the risk of cancer

L25KK
HEATWAVE
Guide to looking after yourself and others during hot weather

L25KM
KEEP MOVING
How a few simple exercises can make you feel better about yourself and your arthritis

L25L
BE CLEAR ON CANCER (LUNG CANCER)
NHS Lets be clear campaign 'Tell your Doctor' leaflet.

L25M
WHAT IS ARTHRITIS?
Looks at the causes, symptoms and treatments of arthritis and rheumatism, giving advice on a variety of aspects.

L25MC
MENINGITIS SYMPTOMS CARD
Small card with the common signs and symptoms of meningitis and septicaemia for all ages.

L25MS
MS: WHAT DOES IT MEAN FOR ME?
A positive and practical introduction to Multiple Sclerosis.
(Also available MS Explained, a more in depth booklet for Health Professionals / Carers. Max 1 per order.)

L25MT
MENINGITIS
Meningitis can affect anyone. Information & advice leaflet on the signs & symptoms for all ages.

L25PP
LIFESTYLE AND CANCER
Advice on how to reduce your risk of getting cancer by living a healthy life.

L25PT
THE PAIN TOOLKIT
NHS-endorsed booklet packed with simple practical advice on information & advice how to live better with long-term pain.

L25R
OSTEOARTHRITIS
Explains some of the facts about osteoarthritis and provides some advice and hints on coping with it.

L25RP
RAYNAUD’S PHENOMENON
Information booklet that explains the condition, some possible causes / treatments & how people can help themselves.

L25S
NECK PAIN
A stiff neck can affect almost anyone at any age and although usually mild it can be extremely disabling. This leaflet explains the problem and some possible forms of treatment.
Leaflet

L25SM
SUNBEDS MEN
Myths about sunbed tanning

L25SO
STOMACH & OESOPHAGUS CANCER
Heartburn most days for 3 weeks or more? NHS Lets be clear campaign ‘Tell your Doctor’ leaflet.

L25SW
SUNBEDS WOMEN
Myths about sunbed tanning

L25TO
IN CONTROL? TYPE 1 DIABETES
A TAS booklet produced by young people from Northumberland, Tyne & Wear working with the Northumberland Teenage Health Demonstration Site & Newcastle RVI Diabetes. Explains how young people can control their diabetes and insulin.

L25TS
DIABETES SO WHAT? DVD
A young person friendly THS DVD on diabetes, filmed & directed by Reuben Adraham.

L25U
PREVENTING BOWEL CANCER
How to reduce your risk

L25UD
EATING WELL WITH TYPE 1 DIABETES
Advice on how to eat well for people with type 1 diabetes

L25V
RHEUMATOID ARTHRITIS
Explains some of the facts about the nature of the disorder and outlines some of the main treatments available.

L25VV
PAIN AND ARTHRITIS
Information from the Arthritis Research Campaign

L25W
OSTEOPOROSIS
A comprehensive booklet on all aspects about osteoporosis

L25WW
SUN FACTS THE BURNING ISSUES
Sun safety advice

Poster

P25A
MENINGITIS DON'T IGNORE THE SIGNS

P25B
SUNBURN FADES, SUN DAMAGE LASTS
Sunsmart poster on skin damage from sunburn.
**Poster**

P25BB
**BOWEL CANCER 60+ (USE THE TEST KIT)**
Advice on getting a free bowel cancer test kit. NHS Bowel Cancer Screening Programme

P25BN
**BE CLEAR ON CANCER (...about bowel cancer)**
Awareness of the signs and symptoms of bowel cancer. NHS Lets be clear campaign 'Tell your Doctor' poster.

P25D
**DIABETES - WHAT TO LOOK FOR!**
What is diabetes information poster with main symptoms to look out for.

P25F
**SUNBURN CAN DOUBLE YOUR RISK OF SKIN CANCER POSTER**

P25LC
**BEEN COUGHING FOR 3 WEEKS? (Lung Cancer)**
Lung Cancer NHS Lets be clear campaign 'Tell your Doctor' poster.

P25SC
**SKIN CANCER**
A change to a mole isn't the only sign of skin cancer. NHS Be Clear on Cancer poster.

P25SM
**MALE SUNBED POSTER**
Highlights the health risks from using sunbeds.

P25SO
**STOMACH & OESOPHAGUS CANCER POSTER**
Heartburn most days for 3 weeks or more? NHS Lets be clear campaign 'Tell your Doctor' poster.

P25SW
**FEMALE SUNBED POSTER**
Highlights the health risks from using sunbeds.

P25Y
**KIDS COOK QUICK**
Picture emphasising that children burn more easily & asks parents to keep them covered.
Immunisations & Infectious Diseases

Leaflet

L26B
A GUIDE TO PRE-SCHOOL IMMUNISATIONS
A guide for parents of children 3 - 5 years old. It explains all about the immunisations that are given to children before they start school, why they need them & what side effects they might have. NHS Immunisation information leaflet.

L26C
IF YOU COULD GET PREGNANT
Act now to protect against German Measles, NHS Immunisation information leaflet.

L26EE
GUIDE TO IMMUNISATIONS UP TO 13 MONTHS OF AGE
Childhood immunisations up to 13 months, NHS Immunisation information leaflet.

L26F
FLU VACCINATION
General NHS Flu Immunisation information leaflet. Who should have it and why. Includes information for children and pregnant women

L26FC
PROTECTING YOUR CHILD AGAINST FLU
NHS Flu Immunisation information leaflet for parents of children aged 2 to 13 (year 8 at school)

L26FP
FLU, YOUR PREGNANCY AND YOU
What you need to know and do to protect yourself and your baby. NHS Flu Immunisation information leaflet.

L26HP
YOUR GUIDE TO THE HPV VACCINATION
All you need to know about the new HPV vaccine that protects against the commonest causes of cervical cancer

L26I
IMMUNISATION FOR YOUNG PEOPLE IN SCHOOLS
Information about immunisation for young people in school years 8 to 13. NHS Immunisation information leaflet.

L26MC
THINKING OF GETTING PREGNANT?
Make sure you’re protected against German measles. NHS Immunisation information leaflet.

L26ME
MEASLES (don't let your child catch it)
MMR vaccination information for parents with young children. NHS Immunisation leaflet.

L26MH
MEASLES (protect yourself, protect others)
MMR vaccination - not just for children. NHS Immunisation information leaflet for older children, teenagers & adults.

L26P
CHILDHOOD IMMUNISATIONS FOR PREMATURE BABIES
A quick guide to childhood immunisations for the parents of premature babies. NHS Immunisation information leaflet.

L26WP
WHOOPING COUGH AND PREGNANCY
Your questions answered on how to help protect your baby. NHS Immunisation information leaflet.
Leaflet

L26Z
IMMUNISATIONS AT 12 AND 13 MONTHS OF AGE
NHS Immunisation information leaflet for parents.

Poster

P26B
CATCH IT BIN IT KILL IT - GERMS SPREAD EASILY
Cough & sneeze /stop germs spreading NHS information poster

P26D
COUGHS AND SNEEZES SPREAD DISEASES - STOP GERMS SPREADING
Help stop germs spreading.

P26HP
HPV VACCINATION
Arm against cervical cancer poster

P26ME
MEASLES (don't let your child catch it)
NHS Immunisation MMR vaccination poster.

P26MM
IF YOU COULD GET PREGNANT
Act now to protect against German Measles.

P26WP
WHOOPING COUGH & PREGNANCY
Information to help protect your baby.
Alcohol

Leaflet

L27A
ALCOHOL UNIT CALCULATOR WHEEL
Drinkaware calculator wheel showing both units of alcohol and calories in alcoholic drinks

L27AD
DON'T LET DRINK SNEAK UP ON YOU....
....how to catch it out and cut back. Change 4 Life advice booklet on cutting down on alcohol.

L27AY
ALCOHOL & YOU (Know the Facts, Count the Units)
For people of all ages, facts about knowing how harmful drinking can be, lifestyle, units etc.

L27B
BIG BLUE BOOK OF BOOZE (Restricted Resource)
Hard hitting "street level" information aimed at clients with alcohol problems. HIMP Team only. (other professionals may order single copies - please phone resource centre)

L27C
CHEERS YOUR HEALTH
Alcohol advice aimed at young people

L27CS
CHEERS YOUR HEALTH SNAPPER SHEETS
Quiz game sheet on alcohol aimed at young people

L27D
SURVIVAL GUIDE TO DRINKING
Aimed at young people. How to have a good night out without too much pain the morning after.

L27DL
DRINK LESS ALCOHOL CUT YOUR CANCER RISK
Information leaflet on link between alcohol & cancer, reducing the risk & units in common drinks.

L27E
ALCOFACTS
A guide to sensible drinking

L27GD
HOW TO GO OUT DRINKING WITHOUT GETTING BEATEN UP
Advice on dealing with a range of situations that could lead to violence

L27KA
YOUR KIDS AND ALCOHOL
Facts and advice to help you take the right approach

L27L
HOW MUCH WILL YOUR NEXT ROUND COST YOU?
Advice for the motorist on drinking and driving. 'Think' drink driving leaflet.

L27W
WASTED
THS Alcohol booklet for young people, produced by young people in Northumberland with the "Your Welcome" project
Leaflet

L27Y
YOUR DRINKING & YOU
Self-help booklet based on the 'Drink-Less' Programme, with facts on alcohol & how to cut down.

Poster

P27A
ALCOHOL & YOU
Know the facts, count the units

P27AB
ALCOHOL & BREAST CANCER - THINK TWICE
BALANCE poster highlighting the increase risk of developing breast cancer through alcohol intake.

P27C
ALCOHOL is a GROUP 1 CARCINOGEN, LIKE TOBACCO
BALANCE alcohol campaign highlighting cancer risk, showing a glass of lager with cancerous lump at the bottom.

P27D
DRINK DRIVING POSTERS SELECTION
Assorted selection of 'Think' drink driving posters. Will give one of each per order where possible.

P27DC
DRINK DRIVING - CRIMINAL CONSEQUENCES
'Think' posters - locked up / drink driving & face the criminal consequences.

P27DH
DRINKING TOO MUCH CAN SERIOUSLY AFFECT YOUR JUDGEMENT
Anti drink & violence poster

P27E
BINGE
Poster with facts & stories of the effects of binge drinking.

P27EF
ENOUGH ACTION ABOUT ALCOHOL (female)
Selection of 'enough action about alcohol' posters featuring women's stories. (over 18)

P27EM
ENOUGH ACTION ABOUT ALCOHOL (male)
Selection of 'enough action about alcohol' posters featuring men's stories. (over 18)

P27ET
THINK YOU'RE OLD ENOUGH TO DRINK ALCOHOL?
Enough action about alcohol poster - Chloe's story. (under 18s)

P27G
DRINKING CAUSES DAMAGE YOU CAN'T SEE
Male /Female posters illustrating the hidden damage on the body. (1 of each given.)

P27J
DON'T LET DRINK SNEAK UP ON YOU
Change 4 life alcohol advice campaign.
Poster

P27S
ARE YOU THINKING ALCOHOL? YOU NEED TO GET SORTED
SORTED contacts poster.

P27UN
ALCOHOL UNITS WALLCHART
Could your drinking be putting your health at risk? Information on units & health.
Drugs

Leaflet

L28A
CANNABIS AND TOBACCO
Comic strip style information for young people about cannabis and tobacco

L28CD
DAVID THE MAN WITH THE TRANSPARENT HEAD
Mental health and Cannabis - the story of David

L28CN
COCAINE
Advice for people taking cocaine or thinking about trying cocaine

L28DD
DRUG & DRIVING
'Think' drug driving card or leaflet.

L28ET
TOO DAMN HOT!
Comic style info about the risks of death from heatstroke when taking ecstasy. Aimed at hard to reach clients

L28EZ
RAVING MAD MARTHA
Mental illness and Ecstacy - the story of Martha

L28HH
HEALTHY HIGHS
Comic style information / DIY fold-up minibook for young people for ideas of getting a healthier high than by using drugs.

L28K
DOES YOUR CHILD KNOW MORE THAN YOU?
Facts about drugs for parents

L28KK
JASON THE PSYCHONAUT
Mental illness alcohol and other drugs - the story of Jason

L28LH
LEGAL HIGHS, LETHAL LOWS (what you need to know)
Most young people in Northumberland are not taking legal highs or using illegal drugs. Information on risks, myths effects and the law concerning legal drugs.

L28MC
MCDERMOTT'S GUIDE TO COCAINE (Restricted Resource)
Aimed at hard to reach clients usually those already involved with drugs. NB for older teens as some of the material may offend.

L28ME
EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS....
....for those who can't be bothered reading for longer than 10 minutes. Aimed at young people, to make informed decisions.

L28O
BIG BLUE BOOK OF DRUGS
Hard hitting "street level" information aimed at clients involved with drugs
**Leaflet**

L28R
DO YOU NEED TO GET SORTED?
The SORTED helpline for advice and help on drugs and alcohol

L28SZ
A MAN CALLED GOD
Mental illness heroin and crack - the story of a man called God - in heaven and hell

**Poster**

P28AZ
IF YOU SNIFF IT, YOU'LL SNUFF IT!
A4 Volatile substance abuse poster. (Can)

P28BZ
SNIFF OF DEATH?
A4 Volatile substance abuse poster. (Reaper)

P28D
GAS, GLUE & SOLVENTS -- LET ME CHILL YOU OUT FOR GOOD!
Drugs warning poster.

P28DD
DRUG DRIVING
Selection of 'Think' drug driving posters. Will give one of each where possible.

P28E
CANNABIS SMOKE DA WEED GO TO SEED
Drugs warning poster.

P28LH
LEGAL HIGHS, LETHAL LOWS
Most young people in Northumberland are not taking legal highs or using illegal drugs. Poster with contact information on legal drugs.

P28P
ARE YOU THINKING DRUGS? YOU NEED TO GET SORTED
SORTED contacts poster.
Smoking

Leaflet

L29A
STOP
THS stop smoking booklet produced by young people in Northumberland working with the Northumberland Teenage Health Demonstration Site.

L29AS
ASTHMA AND SMOKING
Asthma & tobacco don't mix! This goes for smoking & exposure to secondhand smoke. This leaflet explains how smoking can make the symptoms of asthma more severe & harder to control, but how reduce the risks.

L29BS
BLOKES WHO SMOKE
Men and smoking - fiction and facts

L29CC
10 TOP REASONS TO STAY SMOKE FREE
Targeted at young people. Reasons not to smoke eg: cash, complexion, health, fitness & long life.

L29CD
READY RECKONER INFO WHEEL
Wealth and health wheel. How much will you save & how quickly will your health improve?

L29CE
SMOKING KILLS YOUR LOOKS
Ten facts about tobacco & attractiveness + Quit Tips

L29D
YOUR PREPARATION PACK
Stop smoking pack to help take your first step to a smokefree life, with make a plan & increase your chances booklets.

L29DD
BIG BLUE BOOK OF SMOKING
Hard hitting "street level" advice for at risk young people

L29FA
SMOKEFREE FAMILIES
Protect your family. Keep your car and home smokefree

L29FF
FRIGHTENING FACTS ABOUT SMOKING
Hard hitting easy read booklet about smoking and it's effects

L29GU
GIVING UP: Our Stories
Small fold out z card with people from across Northumberland, sharing their own experience of quitting smoking. From NHS-Northumberland Stop Smoking Service.

L29H
SMOKEFREE SECONDHAND SMOKING BOOKLET
Find out how to get some breathing space. Guide to the who, what, where, when & why of second-hand smoke.

L29J
STOP BEFORE YOUR OP
Explains to smokers awaiting surgery why & how they should stop smoking as soon as possible. Smoking increases the risks of complications during & after surgery. Smokers need higher levels of anaesthesia & have higher risks of post operative chest infections.
**Leaflet**

**L29M**
**OVER 80% OF CIGARETTE SMOKE IS INVISIBLE**
Smokefree Second-hand Smoke leaflet, highlighting the hidden dangers of smoking in your home or car.

**L29P**
**HOW YOUR PET IS AFFECTED BY CIGARETTE SMOKE**
Northumbria Healthcare information leaflet on how second hand smoke can put your pets health at risk to smoke related illnesses.

**L29PB**
**BEING A PARENT STARTS RIGHT NOW**
Partners Leaflet. Protecting your child from the dangers of cigarette smoke. Smokefree / Start4Life

**L29PM**
**BABY ON THE WAY, QUIT TODAY**
Mums - To - Be Leaflet. What you need to know about smoking & pregnancy. Smokefree / Start4Life

**L29PP**
**NEWS FOR DADS**
Advice to help fathers and their partners to give up smoking. For clients with additional learning needs.

**L29SH**
**SHISHA & HOOKAH SMOKING (Not a Safe Alternative)**
There is a common myth that smoking shisha or hookah is a safe alternative to smoking cigarettes. This leaflet sets out the evidence & shows how harmful the use of water pipes are to health.

**L29SS**
**SMOKEFREE SNAPPER**
Quiz Snapper emphasising smokefree messages.

**L29T**
**NORTHUMBERLAND STOP SMOKING SERVICE CARDS**
Contact details for the Northumberland Stop Smoking Service for people who want help to quit smoking.

**L29TT**
**SMOKEFREE STOP SMOKING BOOKLET (easier since I quit)**
Smokefree quitting for good guide to making the break & live life without smoking. Advice, support and 4 - step planner.
(Also see L09A - Illustrated booklet for clients with additional learning needs.)

**L29UU**
**RELAPSE BOOKLET (quitting for good)**
Smokefree guide for relapsed smokers to try again to stop smoking and quitting for good.

**L29W**
**WHAT'S IN TOBACCO SMOKE?**
Discover what chemicals are in tobacco smoke, where they come from and what damage they do. Max 20 copies per order

**L29Y**
**STOP SMOKING WITHOUT GAINING WEIGHT**
Practical tips to help you stop smoking and maintain your weight.

**L29YK**
**HOW DO YOUNG KIDS AFFORD TO SMOKE?**
Beermats highlighting the sale of illegal tobacco to young children.

**L29YY**
**SUPPORT GUIDE (your way)**
Smokefree 'what works for you' guide, to finding the right support to stop smoking your way.
Poster

P29A
KISSING A SMOKER IS LIKE SNOGGING AN ASHTRAY
Girl with cigarettes ends in her mouth.

P29FA
SMOKEFREE FAMILIES POSTER
Keep your home smoke smokefree.

P29HC
OVER 80% OF CIGARETTE SMOKE IS INVISIBLE
Second-hand smoke poster highlighting the hidden dangers of smoking in your home or car.

P29HT
HAIRY TONGUE
Voted No1 most off-putting health effect of smoking.

P29JJ
QUIT SMOKING FOR YOUR CHILDREN AND GRANDCHILDREN
Boy copying granddad smoking by putting his finger in his mouth. Targets parents and grandparents who smoke.

P29JX
SMOKER’S TAR
Demonstrates how much tar a smoker takes into the lungs by smoking a pack a day for one month, a year & 10 years.

P29KA
SMOKING SHEEP POSTER
Don't smoke, be yourself.

P29P
DON'T LIGHT UP AROUND YOUR PETS
Northumbria Healthcare information poster on second hand smoke and pets health.

P29PS
SMOKING AND PREGNANCY SELECTION OF POSTERS
Smokefree selection of posters highlighting the damages of smoking in pregnancy.

P29Q
SECONDHAND SMOKE KILLS
A Smokefree poster on dangers of secondhand smoke.

P29QN
1 OUT OF EVERY 2 LIFE-LONG SMOKERS DIE FROM DISEASES DUE TO SMOKING
Do you fancy these odds? Names on list poster.

P29RR
POT POURRI OF PUFFING POISONS / WHAT’S IN CIGARETTE SMOKE
Two complimentary posters on what is in cigarettes and cigarette smoke. (Will give one of each where possible.)

P29SM
SO SHE SAID
(Stop smoking poster targeting young women.) A woman rants about her friend, who stopped smoking & has more money etc.
Poster

P29WS
WHEN YOU SMOKE SO DOES YOUR BABY
Smoke 20-a-day at home - baby smokes 120 a year. Baby bottle filled with cigarette butts & tar with smoke curling out of the top.

P29WT
SMOKER STUNNER - STOP SMOKING, GET FITTER, FRESHER AND HEALTHIER
Smokefree couple kissing poster.

P29YY
PERFUME WON'T HIDE IT
Girl with cigarettes ends in her hair.
Women’s Health

Leaflet

L31A
CERVICAL SCREENING
Explains what cervical screening is and why all women should have the test. (NHS screening leaflet)

L31AA
HAVING A SMEAR TEST
An illustrated booklet about having a smear test aimed at clients with additional learning needs. (NHS screening leaflet)

L31BB
50 OR OVER? BREAST SCREENING IS FOR YOU
An illustrated booklet about breast screening for women aged 50 or over. For clients with additional learning needs. (NHS screening leaflet)

L31BC
TAKING CARE OF YOUR BREASTS
Illustrated mini-guide shows you what breast changes to look & feel for, whatever age, size or shape. Ideal small leaflet to promote breast awareness in the community.

L31C
BREAST MATES - KNOW AND LOVE YOUR BREASTS
A comprehensive booklet aimed at young girls about their breasts, from Breast Cancer Care.

L31DD
OVARIAN CANCER (Feeling bloated most days for 3 weeks?)
Information about ovarian cancer and know what to look for. NHS Lets be clear campaign ‘Tell your Doctor’ leaflet.

L31G
NHS BREAST SCREENING - Helping you decide
NHS Breast Screening leaflet explains the screening process, the benefits and risks of breast screening to allow women to make a personal decision about whether to attend.

L31H
THE COLPOSCOPY EXAMINATION
Information for women who have been asked to come for a colposcopy examination. (NHS screening leaflet)

L31J
BREAST IMPLANTS
Information for women considering breast implants.

L31JJ
BREAST IMPLANTS & BREAST SCREENING
A short guide with information on mammography for women with implants. (NHS screening leaflet)

L31L
BE BREAST AWARE
Information and advice on breast awareness. (NHS screening leaflet)

L31M
WHAT YOUR ABNORMAL RESULT MEANS
Information on what it means when you have had an abnormal result from your cervical smear test. (NHS screening leaflet)

L31N
BREAST CANCER
How to spot the symptoms & reduce your risk. Why screening for breast cancer is important.
L31P
HEALTHY WOMEN
Pocket-sized fold-out leaflet covers different women’s health topics and encourages women to attend for screening, be aware of their bodies and adopt a healthier lifestyle. Companion leaflet to "Healthy Men"

L31R
CERVICAL CANCER
How to spot the symptoms & reduce your risk. Why cervical screening is important.

L31S
SPOTTING THE SIGNS OF CANCER - FOR WOMEN
Information on finding cancer early, which can make a real difference on treatment.

L31WH
WOMEN AND HEART DISEASE
Booklet looking at the facts, stats & risk factors for heart disease in women & how to reduce your risk of suffering from the disease.

Poster

P31A
BREAST SCREENING (50+)
'Eye' & 'Look after yourself' posters reminding women over 50 that they are entitled to regular screening.

P31B
YOUR BREASTS, YOUR HEALTH
Breast Cancer Care poster illustrating the message, whatever your age, size or shape it’s important to look after your breasts by being breast aware.

P31C
THINGS YOU'D RATHER DO....
....but cervical screening saves 4,500 lives every year.
NHS Cervical Screening Programme posters. (Will give one of each where possible.)

P31D
BREAST AWARENESS
Breast awareness tips on knowing what to look & feel for.

P31OC
OVARIAN CANCER
Highlighting having persistent abdominal pain. Cancer NHS Lets be clear campaign 'Tell your Doctor' poster.
Sexual Health

Leaflet

L32A
SPERM FACTS
Information about sperm, what is it, where does it come from, what affects it etc.

L32AB
DO YOU KNOW IF YOUR TEENAGER IS IN AN ABUSIVE RELATIONSHIP?
Help and practical advice on abuse, rape & sexual assault issues. (Home Office campaign)

L32AC
THIS IS ABUSE CARD
Home Office teenage rape prevention campaign business cards.

L32AG
GRACE
GRACE (Northumberland Sexual Violence Project) Information leaflet for women over 16, who live, study & work in Northumberland. Services offered, helpline & contacts.

L32AR
GRACE (Card)
Rape, sexual assault / abuse helpline information for women from Tyneside & Northumberland. Credit card size.

L32BB
HEPATITIS C
A comprehensive booklet about Hepatitis C

L32C
HIV
Information about HIV and AIDS

L32DD
HEPATITIS B
Comprehensive information about Hepatitis B

L32DV
DOMESTIC VIOLENCE
A booklet in 2 sections. For men involved in domestic violence and for men affected by domestic violence

L32ER
EXPECT RESPECT
A leaflet for children and young people about healthy relationships, showing respect to others and what to do if you are experiencing abuse.

L32GA
SO GAY? SO WHAT?!
Addresses the issues around LGBT sexuality. TAS booklet produced with the help of young people from Northumberland. Pocket size edition.

L32H
GENITAL HERPES
Information about genital herpes (HSV) for both men and women.

L32HH
LOVE SEX LIFE
Love, sex, sexuality, relationships. Aimed at young adults - men, women, bisexual, gay, lesbian, straight, those who don't want to do it & those who have done it a lot / a little / not at all.
Leaflet

L32KW
KEEP IT WRAPPED UP!
Using condoms to help prevent STIs flyer. Your sexual health is important no matter what your sexuality / gender.

L32LB
LES BI SEXY AND HEALTHY
Everything you need to know, but didn't want to ask! Health and wellbeing information for lesbian / bisexual women

L32LL
SEXUAL HEALTH FOR WOMEN
Up to date information and advice on a wide range of sexual health affecting women matters

L32NN
GONORRHOEA
Information about gonorrhoea for both men and women

L32NS
NORTHUMBERLAND SEXUAL HEALTH SERVICE
Northumbria Healthcare information leaflet on the help available from the Northumberland Sexual Health Service.

L32OO
SEXUAL HEALTH FOR MEN
Up to date information and advice on a wide range of sexual health matters affecting men.

L32OS
ORAL SEX
Information about oral sex, the risk of catching & passing on infection, how to get tested & treated if you think you have an infection.

L32PM
PICK ME UP!
Contraception and sexual health information and advice for young people in Northumberland

L32PP
GENITAL WARTS
Information on Genital warts for both men and women.

L32QQ
SYPHILIS
Information for men and women on Syphilis. How Syphilis can effect pregnancy

L32RR
CHLAMYDIA
Information for men and women on Chlamydia

L32S
SYPHILIS IS BACK
Syphilis, signs, symptoms, diagnosis, testing and prevention

L32TT
THRUSH AND BACTERIAL VAGINOSIS
Information about Thrush and Bacterial Vaginosis for men and women.

L32VV
NON-SPECIFIC URETHRITIS
Information for men about non-specific urethritis (NSU) an inflammation of a man's urethra
Leaflet

L32XX
TRICHOMONAS VAGINALIS
Information for men and women on the infection - Trichomonas Vaginalis (TV)

L32ZZ
PUBLIC LICE AND SCABIES
Pubic Lice symptoms, transmissions and treatment

Poster

P32AA
I’LL GIVE YOU ONE (FEMALE)
Female poster on preventing S.T.I.S by using condoms.

P32AB
ABUSE IN TEENAGE RELATIONSHIPS
Home Office abuse campaign posters on teen abuse relationships. ('hit', 'dream boyfriend', 'pretty' & 'tart' - will give one of each where possible.)

P32AR
WHO CAN I TALK TO?
GRACE A4 size poster. Rape, sexual assault / abuse helpline information for women from Tyneside & Northumberland.

P32C
CHLAMYDIA
Chlamydia - Dept. of Health 'Worth talking about' campaign posters.

P32CH
CHLAMYDIA YOU DON'T KNOW IF YOU HAVE IT!
Gremlin poster

P32DD
C CARD POSTER
Condoms / Chlamydia screening - confidential advice & support and contact details

P32EE
I’LL GIVE YOU ONE (MALE)
Male poster on preventing S.T.I.S by using condoms.

P32H
HIV - WHY SHOULD I GET TESTED?
HIV WAKE UP- get tested regularly poster.

P32HH
I’VE GOT CHLAMYDIA (MALE)
Male essential wear condom poster.

P32KR
KNOW YOUR RIGHTS AT THE DOCTORS - CONFIDENTIALITY & THE UNDER 18S
Information on confidentiality & young people.

P32KW
SOME PACKAGES ARE BEST WRAPPED UP!
Using condoms to help prevent STIs - various essential wear condom A4 size posters. Your sexual health is important no matter what your sexuality / gender.
Poster

P32ME
MESMAC YOUNG PEOPLE'S GUIDE TO SEXUAL, MENTAL & GENERAL HEALTH
MASMAC poster with information on health, relationship, useful links & contacts.

P32PP
I'VE GOT GONORRHOEA (FEMALE)
Female essential wear condom poster.
Leaflet

L33B
**HEALTH ADVICE FOR TRAVELLERS ABROAD**
How to get medical treatment & stay healthy while you are on holiday abroad. How to get reduced-cost, sometimes free, medical treatment in Europe.

L33DF
**ALCOHOL AND DRUGS IN THE WORKPLACE**
Developing an alcohol and drugs policy in the workplace

L33DW
**DISCRIMINATION AT WORK - IT'S SO OVER**
New laws mean you don't have to put up with grief over your sexual orientation.

L33EI
**EYES ARE IMPORTANT**
Advice and information on how you can help yourself to keep good eye health.

L33FA
**PHYSICAL ACTIVITY IN THE WORKPLACE**
Why and how to promote physical activity at work.

L33FW
**FIT FOR WORK**
Stay healthy at work advice fold out leaflet / poster from The Chartered Society of Physiotherapy

L33HC
**FREE NHS HEALTH CHECK**
Helping you to prevent heart disease, stroke, diabetes and kidney disease

L33HT
**NHS HEALTH TRAINERS**
Want to live a healthier lifestyle? Information leaflet on the Northumbria Healthcare, Health Improvement Health Trainers Service in Northumberland.

L33HV
**HEALTHY START VITAMINS & WHY YOU NEED THEM**
Healthy Start Scheme leaflet. Advice on Folic Acid, Vitamin A, C & D. How to apply for free vitamins.

L33I
**HEALTHY START FOR YOU AND YOUR FAMILY**
Free milk, fruit, vegetables and vitamins for you and your family. Application form included

L33M
**POCKET MISSIONS**
Health at work booklet on missions to be active, eat & think well & be heart healthy.

L33MS
**AT WORK WITH MS**
Information and advise about managing life and work with Multiple Sclerosis.

L33SC
**THE SELF CARE TOOLKIT**
Information & advice for people who live with persistent health conditions
Leaflet

L33SF
SUPPORTING A SMOKE-FREE WORKING ENVIRONMENT
Workplace health and smoking

L33WA
WORK AND ARTHRITIS
If you have arthritis, the decision to keep working or return to work in the future will need a lot of thought. AR information & answers booklet.

L33WJ
WORK-RELATED JOINT DISORDERS
Action that requires you to move your body in an unnatural way, involves heavy weight or is repeated often could lead to you developing J D symptoms. AR information & answers booklet.

L33Y
PROMOTING MENTAL WELLBEING IN THE WORKPLACE
Workplace mental health

L33YW
YOU'RE WELCOME?
TAS DVD resource developed by young people for health professionals instigating You're Welcome accreditation, or engaging with young people. Restricted Resource - health professionals only.

Poster

P33DF
NO DELIVERY THIS MORNING DUE TO DRIVER FATALITY
200 road deaths & serious injuries happen to someone at work. Road safety reminder for business & driver employees.

P33HS
HEALTHY START
Selection of Healthy Start ‘how to get free vitamins’ posters.

Health Improvement Service Resource Centre
Epsom Drive Ashington Northumberland NE63 8BD
Information & Resources Coordinator – Ray Wood Tel: 01670 840892
E-mail raymond.wood@nhct.nhs.uk
Web site: www.northumbria.nhs.uk/resources Order e-mail: himpresources@nhct.nhs.uk
Health Improvement Service Main Admin Office Tel: 01670 811972 Fax: 01670 816796