

HIRS e-newsletter

Health Promotion Service

NHS Forth Valley

August 2013

Edition 1

www.nhsforthvalley.com/healthpromotion

Introduction and Welcome

Welcome to the first Health Improvement Resource Service (HIRS) e-newsletter – we plan to produce 3 newsletters per year to keep you up to date with developments within the service.

The headline news for HIRS is that the library has now moved from Stirling Community Hospital (SCH) to a new home at NHS Forth Valley's Central Supplies Department (CSD), Colquhoun Street, Stirling. This space is larger for the library which will make it easier for clients to view the wide range of resources on offer. It also means that all HIRS staff will be based together once again.

Those of you who have been registered with HIRS for a few years will remember 'Open Access Sessions'.

These are being relaunched as Look 'n' Book Sessions and will allow clients to come along to the library without an appointment. Session times are given later in the newsletter.

Other new developments are themed events and displays linking in with the seasons and campaign calendar.

I am pleased to say that the HIRS team are back up to full compliment – 1 full time Library Services Officer and 2 part time Assistant Library Services Officers. Scott, Margaret and Maureen's contact details are listed later in the newsletter.

HIRS is a valuable resource for your health improvement work and I would encourage you to come to the library and see the wide range of resources available to you – all free of charge.

Ann McLaughlin
Senior Health Promotion Officer

Contact Details - Who's Who?

HIRS Team Location

The HIRS Team are now based in the Health Improvement Resource Library at CSD in Stirling.

You can visit the Library to view resources and discuss your health information and resource needs, either by attending one of our new Look 'n' Book Sessions or by contacting us to make an appointment.

New Contact Details

Health Improvement Resource Service
NHS Forth Valley
Central Supplies Department
Unit 2
Colquhoun St
STIRLING
FK7 7PX

E-mail:
FV-UHB.HIRS-group-mailbox@nhs.net

Tel:
01786 433867

Fax:
01786 451156

Who's Who?

Scott Findlay
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01786 433867

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01786 433868

Maureen Santosh
Assistant Library Services Officer
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01786 433866

Resources Available

- borrowable resources, i.e. books, DVDs, models, games and teaching kits
- leaflet and poster samples for preview and ordering
- condom, femidom, dams and lubricant samples for preview and ordering

Registered clients may also search our resources and materials collections online at:

www.shelcat.org/vl

Look 'n' Book Sessions

Look 'n' Book Sessions

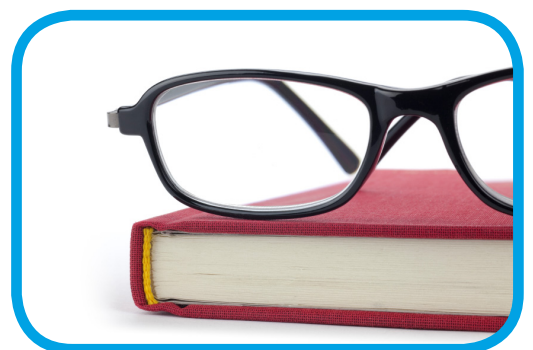
HIRS Look 'n' Book Sessions – start w/c 2nd September 2013

Tuesday afternoons	1.30 p.m. - 4.30 p.m.
Wednesday mornings	9.30 a.m. - 12.30 p.m.
Thursday mornings	9.30 a.m. - 12.30 p.m.

These sessions allow you to drop in to the HIRS Library without an appointment. A member of the HIRS Team will be on hand to assist you in selecting the right resources for your needs. You can place an order for leaflets, posters or condoms for collection at a later date and book borrowable resources. The Look 'n' Book Session times are also a good time for you to pick up resources previously ordered.

Outwith the Look 'n' Book Session times you can make an appointment with HIRS staff to discuss your resource needs at the library.

To book an appointment telephone 01786 433867.



Statistics

Statistics

HIRS stocks over 2300 individual resource items on health improvement related topics which are available either to borrow, or for distribution, to our 1386 registered clients.

Of these items, 409 are leaflet and poster titles or condoms which we distribute, by request, to our registered clients.

In the financial year 2012-13, HIRS dispatched 795 orders of leaflets and posters, consisting of a total of 164,151 items, and 102 condom orders consisting of 70,693 condoms.

And so far, in this financial year, figures are showing a healthy potential:

HIRS Consumable Resources (Leaflets & Posters) Issued 2013			
	April	May	June
Leaflets & Posters Issued	17769	17186	12789
No. of Orders	66	67	66
Condoms Issued	10390	19561	13475
No. of Orders	10	18	8

The HIRS Library stocks over 1900 borrowable resources, consisting of books, DVDs, teaching packs and display models which clients can pre-book.

In financial year 2012-13, loans and loan renewals averaged around 100 per month and the first few months of this year are presently showing discernable growth:

HIRS Library (Loans and Renewals) Issued 2013			
	April	May	June
Loans	105	98	16
Renewals	35	21	10

OK, that's enough of the number stuff for now, suffice to say that we would appreciate HIRS clients helping to keep figures healthy by using our service, so please contact or visit us at our new premises at CSD.

Ordering Processes

Reminder of Ordering Process

A reminder of the wide range of resources available to HIRS clients:

- Borrowable resources i.e. books, DVDs, models, games and teaching kits. Examples include models of smokey lungs, a full size plastic skeleton, drugs box with mock examples of what illegal drugs look like, condom demonstrators and healthy eating plate game
- Leaflets and posters on a wide range of health topic areas
- Sexual health consumables e.g. condoms, femidoms, dams and lubricant

Generally leaflet orders have a maximum cap of 40 of any one leaflet and 3 of any one poster per order, although some are less. If you are having a large event and require more of a particular publication please contact us and we may be able to support your request.

HIRS commit to dispatching your complete order (NHS only) or have your order ready for collection within 10 working days of receiving your order however it is usually quicker than this.

Registered clients can complete an order form and return it by:

Email:

FV-UHB.HIRS-group-mailbox@nhs.net

Fax:

01786 451156

Post:

HIRS Orders
Health Improvement Resource Service
NHS Forth Valley
Central Supplies Department
Unit 2
Colquhoun St
STIRLING
FK7 7PX

Online search: www.shelcat.org/vl



New Resources Focus

Teaching Kits

Mental Health

That's Not Me: Young People's Mental Health Education Pack/NHS Borders.

Pack for use with the film 'That's Not Me', included on DVD, which raises sensitive questions about teenage mental health and suicide.

The print materials provide background information which is important to have available when the video is shown to young people.

Pack also includes exercises and group work to explore and reinforce issues raised by the film. For use with pupils in S4 and above.

Code: MEH 63/K1, MEH 63/K2

Nutrition

What's for dinner? by NHS Forth Valley Department of Nutrition and Dietetics

This is an interactive resource to develop skills and knowledge to save money, making a meal from what may seem to be 'nothing' and reducing food waste.

Code: NUT 99/K1, NUT 99/K2

Sex & Relationships Education

Teaching SRE with confidence in primary schools: sex and relationships.

This CD-ROM contains a compilation of lessons, resources and whiteboard materials for Primary 1-6.

Code: SEX 03/D

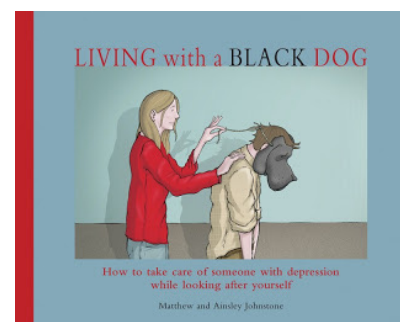


Books

Mental Health

Living with a black dog: how to take care of someone with depression while looking after yourself by Matthew and Ainsley Johnstone.

Code:
MEH 71/B1, MEH 71/B2

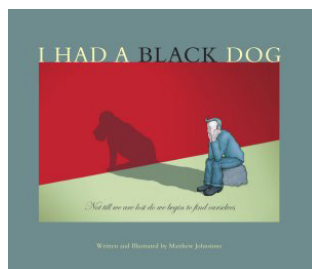


New Resources Focus

Books Continued

Mental Health

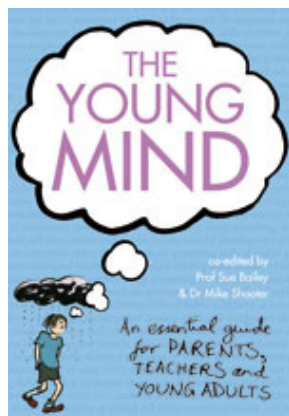
I had a black dog: his name was depression written and illustrated by Matthew Johnstone.



Code: MEH 72/B1, MEH 72/B2

The Young Mind, co-edited by Sue Bailey and Mike Shooter

Mental health experts provide invaluable information and guidance for concerned parents, teachers and young adults.

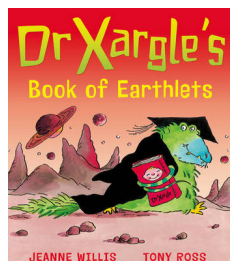


Code: MEH 73/B

Sexual Health

Dr. Xargle's Book of Earthlets by Jeanne Willis

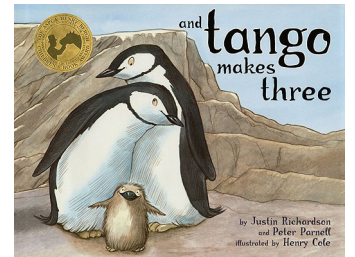
Dr Xargle, our friendly alien teacher, begins to teach his class about humans and babies.



Code: SEH 193/B

And Tango Makes Three by Justin Richardson

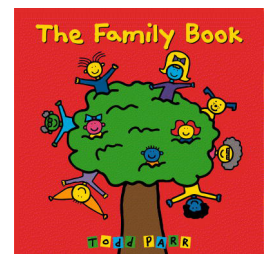
Roy and Silo are male penguins in the zoo. When they try to 'hatch' a stone the keeper gives them an abandoned egg to look after which they then become parents to.



Code: SEH 186/B

The Family Book by Todd Parr

This book celebrates all kinds of families and shows how each is special in its own way.



Code: SEH 189/B

Campaigns/Dates for the Diary

Dates for the Diary

Some health campaigns produce specific resources. HIRS also have a wide range of materials that can be ordered to support events – please order at least 2 weeks in advance of your display/event to ensure you receive resources in time.

Foetal Alcohol Spectrum Disorder Awareness Day

9th September 2013
www.nofas-uk.org



Sexual Health Week

10th - 16th September 2013
www.fpa.org.uk



World's Biggest Coffee Morning

27th September 2013
www.macmillan.org.uk/coffee



Mouth Cancer Action Month
October 2013
www.dentalhealth.org



Breast Cancer Awareness Month
1st - 31st October 2013
www.breastcancercare.org.uk
www.cancerresearchuk.org/



World Aids Day
1st December 2013
www.worldaidsday.org



Stay Informed

Keep In Touch

Help us keep in touch with you about new resources, events and changes to the service by telling us when your details change.

Tell us about the following:

- Name change
- New address
- New e-mail address
- New telephone number

You can do this by telephoning us on 01786 433867

or

email:
FV-UHB.HIRS-group-mailbox@nhs.net

Next Edition

The next edition of the HIRS e-newsletter will reach you during January.

Features in this edition will include:

- What difference has the new location made?
- A case study – what do people do with all these leaflets?
- Statistics Update