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Issue 3

November 2018

Welcome to the Health Information and Resources e-newsletter. We hope it will keep you informed about developments in the resources service and that you find it useful.

Visit us at

Afton House, Ailsa Hospital, Dalmellington Road, Ayr KA6 6AB

Opening times

Monday to Friday, 9am – 5pm

Reservations

- Clare Connor, Resource Service Support Officer, 01292 885800, Clare.Connor@aapct.scot.nhs.uk
- Jen McKenzie, Resource Service Support Officer, 01292 885800, Jennifer.McKenzie@aapct.scot.nhs.uk
- Marion Park, Resource Service Support Officer, 01292 885927/5, marion.park@aapct.scot.nhs.uk
- Claire Phillips, Resource Service Support Officer, 01292 885927/5, claire.phillips@aapct.scot.nhs.uk

Other enquiries

Morag Kirk, Resources Co-ordinator, 01292 885926, morag.kirk@aapct.scot.nhs.uk



Have you visited the hotdesk area in our Resources Library?

The resources library has recently been updated with a new standing area for hotdesking which has three computers. There will also be a chair available if you prefer to be seated. The resources library is open Monday to Friday, 9am to 5pm and anyone is welcome to use the hotdesks. Why not have a look at our health information resources while you are here?

Ordering information

The Health Information and Resources Service (HIRS) has a number of delivery and collection points across Ayrshire and Arran. These include:

South:

Afton House, Ailsa Hospital
Girvan Community Hospital

East:

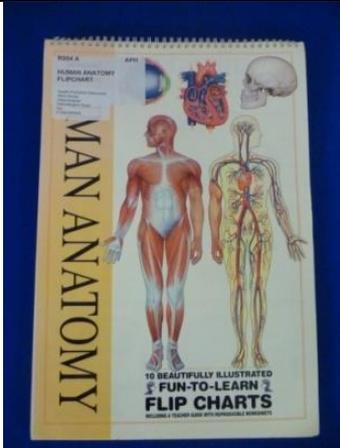
Central Clinic, Old Irvine Road Clinic, Kilmarnock
Cumnock Health Centre

North:

Ballot Road Clinic, Irvine
Three Towns Resource Centre, Saltcoats
Dalry Health Centre
Brooksby Medical & Resource Centre, Largs

Please note that if you are ordering from us and you wish to collect your order from one of our collection points, the date you order from is the date that the order is **DISPATCHED** from our office, **NOT** the date you will receive your order. Please leave plenty of time for your order to reach you. If you require something urgently and do not have enough time to use the internal delivery system, you can either collect the order from Afton House or telephone us and we will try to help you as best we can.

New resources

Anatomy/Physiology	
	<p>R954 Human Anatomy Flipchart</p> <p>Colourful flipchart stand showing various aspects of the human body. Covers skin, digestive system, teeth, ears, heart and brain etc.</p> <p>This can be borrowed for use with various client groups.</p>

Cancer

This little test could help save your life.



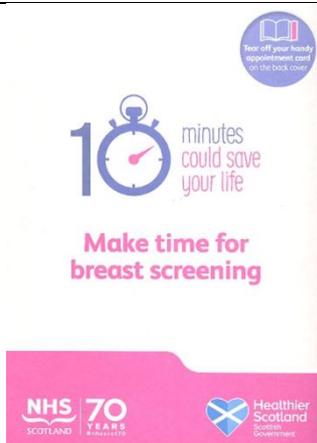
The bowel screening test:
What you need to know

- ✓ One sample
- ✓ Complete at home
- ✓ Results within two weeks



L760 This Little Test Could Save Your Life

This leaflet describes how easy the bowel screening test is to complete and how the test can save a life.



L1069 Make Time for This Test

This leaflet is a step by step guide of a breast screening appointment and how 10 minutes can save a life.

Communicable Disease



L690 Protect Your Child Against Serious Disease

Protect Your Child Against Serious Disease is an updated booklet for Health Visiting teams to give out to parents of 0-5 years children.

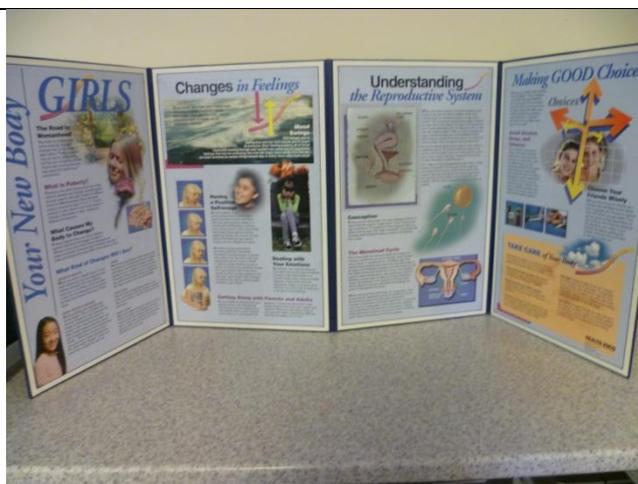
All early years immunisation teams will receive our new "You Have Been Brave" stickers and certificates to give to each child after immunisations.

Ready Made Table Top Resources



Z15 Headlice

This is a ready made table top display that provides information on head lice – what they are, how they spread and how they can be treated.



Z23 Puberty – Girls

This is a ready made table top display that provides information on puberty for girls and how their bodies change.



Z24 Puberty – Boys

This is a ready made table top display that provides information on puberty for boys and how their bodies change.

Better Health Hub



The Better Health Hub can provide patients, staff and visitors at Crosshouse Hospital help with health and wellbeing. This is a friendly, confidential service where there is time to ask questions and get information about health and wellbeing. The service is drop in Monday to Thursday 10am to 4pm and is located in main foyer of University Hospital Crosshouse, Kilmarnock Road, Kilmarnock, KA2 0BE. You can also telephone on 01563 825611 where an advisor will call you back during office hours to discuss your enquiry.



Breathing Space

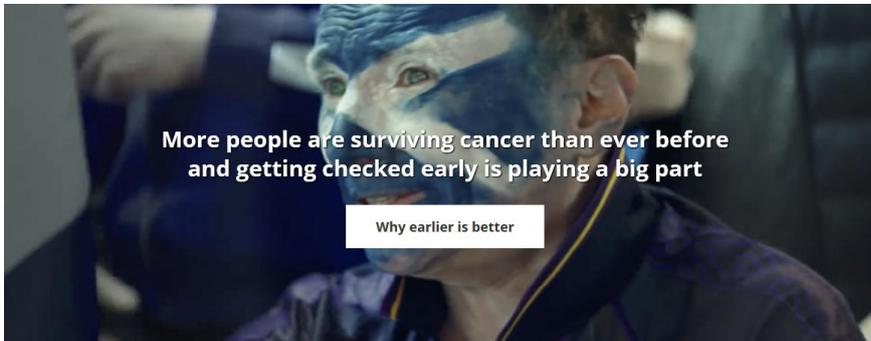
365 Brighter Days February 2018 – February 2019

NHS Ayrshire & Arran's Health Improvement Team, Department of Public Health is supporting Breathing Space with the roll out of their 365 Brighter Days Campaign. The campaign is a year long initiative to encourage everyone in Scotland to practice a positive outlook to life.

Ayrshire and Arran is the chosen health board area for this year's campaign which was launched in Troon on National Breathing Space Day. Follow the campaign on Twitter #365brighterdays.

Detect Cancer Early (DCE)

Look out for a new DCE TV advert which will hopefully help to reduce fear that may prevent people taking part in screening, or seeing their GP promptly with any health changes that they're concerned about.



"If you can survive Scottish football, you can survive getting checked for cancer, more people are surviving cancer than ever before and getting checked early plays a big part."



Click [here](#) to view the campaign (You will need YouTube access)

Getting checked early is one of the main reasons why more people are surviving cancer. That's why it's so important people know the signs and symptoms to look out for, and to contact their GP practice if concerned about any unusual changes to their body. It's probably nothing serious, but it's best to get checked. It's also important to take part in screening when invited too - it can often find cancer early before it can be seen or felt.

Additional information can be located [here](#)

Scotland's Public Health Priorities

Six public health priority areas have been identified for Scotland. The NHS, Scottish Government, local authorities and third sector partners will work together to deliver on these priorities over the next ten years, which aim to reduce health inequalities and improve healthy life expectancy. The priorities have been developed in response to actions set out in the 2016 Health and Social Care Delivery Plan.



Priority 1

A Scotland where we live in vibrant, healthy and safe places and communities

Priority 2

A Scotland where we flourish in our early years

Priority 3

A Scotland where we have good mental wellbeing

Priority 4

A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs

Priority 5

A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all

Priority 6

A Scotland where we eat well, have a healthy weight and are physically active

A copy of Scotland's Public Health Priorities can be accessed [here](#) Our Public Health team have produced a short clip which can be accessed on YouTube by clicking [here](#) **(You will need YouTube access)**

Oral Health Promotion Team – Resource Update

The Oral Health Improvement Team are in the process of developing a new Oral Health Resources Brochure to promote the resources we have available to learn more about oral health. The brochure will provide pictures and descriptions of the resources and these will be provided free on loan from Health Information & Resources Service, Afton House, Ailsa Hospital, Ayr.

We are also developing guidance notes for use with oral health resources packs. This is to provide suggestions on how best to use resources in a class room or larger group setting covering a range of children's abilities and age groups. We hope to have both of these ready and available for use in the near future.

16 Days of Action to End Violence Against Women



**MEN WORKING
TO END VIOLENCE
AGAINST WOMEN**

The 16 Days of Action campaign takes place every year in countries all over the world, beginning on the 25th November, International Day for the Elimination of Violence Against Women, until Human Rights Day on the 10th December. The campaign aims to raise awareness of Violence Against Women (VAW) and is an important opportunity to call for changes at international, national and local levels to make women and children safe from abuse.

While Gender Based Violence disproportionately affects women and girls, it can also affect men and boys. Abuse can take place in any setting; including homes, workplaces, schools and communities.

White Ribbon Scotland is the Scottish campaign which aims to end male violence against women. The campaign raises awareness, promotes discussion and provides information and resources to support personal and collective action amongst men. NHS Ayrshire & Arran Board has signed up to the White Ribbon campaign pledging 'never to commit, condone or remain silent about men's violence against women.'



Across NHS Ayrshire and Arran, we have been raising awareness of Gender Based Violence and encouraging staff to explore how they can support 16 Days of Action. During 16 Days of Action we will be providing information stalls for staff, visitors and patients and providing the opportunity for them to sign the White Ribbon Pledge.



Further Information and Support:

Further Information:

- To find out more about the White Ribbon Campaign please visit: <http://www.whiteribbonScotland.org.uk>.
- To find out more about 16 Days of Action Events within NHS A&A contact: Sharon Hardie by emailing Sharon.Hardie@aapct.scot.nhs.uk

Support:

- If you would like support in regards to the information within this article please contact:

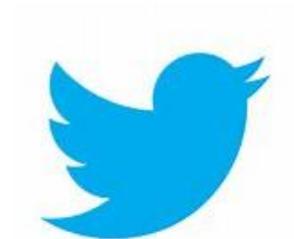
East Ayrshire Women's Aid – 01563 536 001

North Ayrshire Women's Aid – 01294 602 424

South Ayrshire Women's Aid – 01292 266 482

National Domestic Abuse Helpline (24 Hour) – 0801 2000 24

Twitter



NHS Ayrshire & Arran's Public Health Department is now on Twitter!

You can follow us on: [@PUBLICHEALTHAAA](https://twitter.com/PUBLICHEALTHAAA) for the latest campaigns, training dates, health improvement messages and more.

Campaigns

We have developed a health campaigns calendar for 2018 and we are currently producing next years! Hard copies are available to order by calling 01292 885927.

Month	Campaign	Website
November	16 Days of Action White Ribbon Scotland	www.whiteribbonscotland.org.uk
December	1 st World Aids Day	www.worldaidsday.org
January	Cervical Cancer Prevention	www.jostrust.org.uk
February	Childrens Mental Health Week	www.childrensmentalhealthweek.org.uk
March	No Smoking Day	www.healthinfoshop.scot.nhs.uk
April	World Immunisation Week	www.who.int

For you

We will be delighted to hear any comments or suggestions you may have about the services we provide, our resources and our newsletter. Please feel free to contact:

Morag Kirk

Resources Co-ordinator

01292 885926

morag.kirk@aapct.scot.nhs.uk

