

Manchester Health Information
and Resources Library
Health and Wellbeing Service
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Leaflet List

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www.mhsc.nhs.uk/services/library-services

Alcohol

Face up to drink...alcohol can affect your family life (Manchester)
Change4Life – Drink Sneaks up on you
Your Drinking and You
Drink Smart
Alcohol/ Drugs Wheel

Cancer

Be Clear on Cancer: Know 4 Sure
Be Clear on Cancer: Bowel Cancer
Be Clear on Cancer: Lung Cancer
Be Clear on Cancer: Ovarian Cancer
Be Clear on Cancer: Bladder Cancer
Be Clear on Cancer: Breast Cancer
Be Clear on Cancer: Skin Cancer
Bowel Cancer
Breast Cancer
Live a Healthy Life – Cut Your Cancer Risk
Oesophageal (Food Pipe or Gullet) Cancer
Prostate Cancer
Skin Cancer
Taking care of your breasts
Ten Top Tips for a Healthy Weight
Reducing Cancer Risk – what men can do
Spotting the Signs of Cancer – for Men
Spotting the Signs of Cancer – for Women
Testicular Cancer
Your breasts your health
Watch Your Weight Cut Your Cancer Risk

Child Health

Babies top safety tips
Breastfeeding Off to the Best Start
Does Your Son or Daughter have a Long-Term Condition? (Flu Vaccination)
Don't Ignore the Signs – Meningitis
Guide to Childhood Immunisations for Babies up to 13 Months of Age
Healthy Start – with Application Form
Introducing Solid Foods
Guide to Bottlefeeding
Immunisations between 12 and 13 Months of Age
Measles- Don't let your child catch it
Meningitis signs and symptoms card
Pre-school Immunisations – A Guide to Protecting your baby against rotavirus

Protecting your child against flu 14/15
Toddlers top safety tips
Some of Your Bits Ain't Nice
TB, BCG Vaccine and Your Baby
TB, The Disease, Its Treatment and Prevention
Thinking of getting pregnant? German measles
Top tips for top kids
Your Guide to Growing Up (Boys...)
Your Guide to Growing Up (Girls...)

Parenting

A.Mann's Guide to being a Dad

Dental Health

Good Teeth Guide for Children

General Health

Free NHS Health Check
NHS Health Check- Dementia
Healthy Men
Healthy Women

Nutrition

Change4Life – Taster Recipes
5 a Day Z Card
Change4Life - Sugar Swaps
Vitamin D and Sunlight (Manchester)

Sexual Health

Abortion
After You've Had Your Baby
Bodyworks: Understanding Reproduction
Combined Pill
Contraception
Contraceptive Implants
Contraceptive Injections
Contraceptive Patch
Contraceptive Vaginal Ring
Diaphragms and Caps
Emergency Contraception
IUD
IUS
Long Acting Reversible Contraceptives

Male and Female Condoms
Male and Female Sterilisation
Natural Methods
Pregnant and Don't Know What to Do?
Progestogen-only Pill
Looking After Your Sexual Health:
Chlamydia
Genital Herpes
Genital Warts
Gonorrhoea
HIV
Non-Specific Urethritis
Pubic Lice and Scabies
Syphilis
Thrush and Bacterial Vaginosis
Trichomonas Vaginalis

Where to get tested for STIs in Manchester card
A-Z Sexual Health & Harm Reduction
(a directory for frontline staff working in Manchester)
Over 50's Sexual Health Guide (2nd edn.)

STI fact sheets (Manchester 2013)

HIV
Syphilis
Chlamydia
Gonorrhoea
Genital Warts
Genital Herpes

Hepatitis fact sheets (Manchester)

Hepatitis A
Hepatitis B
Hepatitis C

Contraception fact sheets (Manchester 2014)

Contraceptive injection
IUD
IUS
Diaphragm/ Cap
Emergency contraception
Implant
Female Condom
The Combined Pill
Progestogen-only pill
Natural Family Planning
Male Condom
Vaginal Ring
Sterilisation

Contraceptive patch

Smoking

Baby on the Way, Quit Today – for mums-to-be Smokefree
Being a parent starts right now – for partners Smokefree
Get well sooner leaflet
It's so much easier since I quit
Secondhand Smoke leaflet (purple)
Secondhand Smoke info pack (Manchester)
Smokefree Health & Wealth Wheel
Smokefree Homes/ Chemical Soup (Manchester)
Smokefree Pregnancy (Manchester)
A guide to stopping smoking for people experiencing mental health problems (Manchester)
Stop Smoking Service Flyer (Manchester)

*limited stock

Please note that from 1st April 2015 the Family Planning Agency (FPA) will be producing new digital-only versions of their leaflets.

The FPA will no longer be producing paper versions of their leaflets for free.

As a result when the remaining stock of these leaflets is gone we will no longer stock print copies at the library. This will affect the italicised leaflets in the Sexual Health Section above.

If you have any queries please contact the library (0161 248 1769 or Library.Services@mhsc.nhs.uk)

We apologise for any inconvenience this may cause.

Last updated 25/06/15