

About HIRS

HIRS is a drop-in service available on Mondays 2pm-4.30pm, and Tuesdays-Fridays 10.30am-12.30pm and 2pm-4.30pm. HIRS offers a wide range of health related materials, available free of charge to those living and working within the Western Isles.

Information and materials complement work in many settings eg. schools and colleges, workplaces, health service, voluntary organisations and communities.

Health Topics Index

Materials are available on the following topics: Babyhood, Childcare & Parenting; Chronic Illness; Communication & Methods; Communicable Disease; Conception, Pregnancy & Newborn; Health Education; Immunisation & Screening; Mental Health; Nutrition; Public Health & Epidemiology; Sexual Health, STIs and Relationships; Social Health & Inequalities; Substance Use; Tobacco; Wellbeing; Young People.

Loan Materials and Equipment

Loan materials and equipment can be booked by contacting HIRS or returning a completed HIRS Request Form.

Those using the HIRS loan section must first register and be issued with a Client Registration Number. Registration is simple and takes only a few minutes.

Orders and Personal Requests

Client orders are despatched within 5 working days, and can either be collected, or forwarded to the client's nearest GP Surgery or Hospital for collection.

Personal requests for contraceptives or pregnancy test kits can be posted discreetly to an address, without the individual having to register as a client.

Contact Us

Health Information & Resources Service
Stornoway Health Centre
Springfield Road
Stornoway
Isle of Lewis HS1 2PS



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www.promotionswi.scot.nhs.uk



HIRS Western Isles

Keep up to date with HIRS on Facebook

 **HIRS Western Isles**

Note. Please note HIRS stocks are subject to availability and we reserve the right to limit quantities requested.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Written by: Health Information & Resources Service, NHSWI.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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NHS Western Isles

Health Information & Resources Service (HIRS)

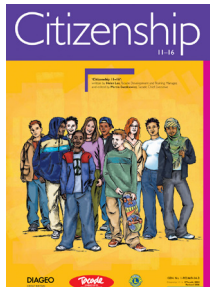


A guide to the health information, resources and support available from HIRS

Teaching Aids

A selection of teaching aids are available for loan.

Teaching aids provide detailed lesson plans and useful activities.



Books & DVDs

A wide range of books and DVDs are available for loan. Many titles will be of particular interest to those undertaking health courses.



Models

A variety of models are available for loan to promote health messages.

Models include hand hygiene lamps, giant toothbrush, jar of tar and visual displays.



Healthy Start

Healthy Start children's vitamins and pregnant women's tablets are available free from HIRS. Items are also available from GP Surgeries, health visitors, midwives, nurseries and croileagans.



Contraceptives

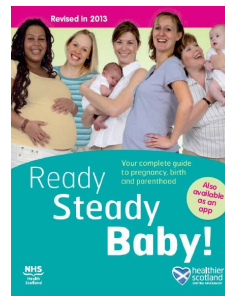
Condoms and lubricant are available free of charge, and can be collected discreetly from HIRS.

Items can also be posted out discreetly on request.



Leaflets & Booklets

Leaflets and booklets are available on a variety of topics. These include mental health, chronic illness and wellbeing.



Computer Access

Free Wi-Fi public access computers are available at HIRS.

Computers are available only for those sourcing health information or undertaking health projects.



Pregnancy Test Kits

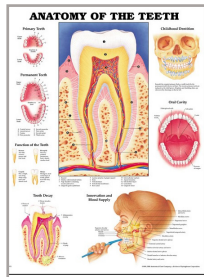
Pregnancy Testing Kits are available free of charge, and available to collect discreetly from HIRS.

Items can also be posted out discreetly on request.



Anatomical Charts

Anatomical charts are available for loan. Topics include cancer, teeth, asthma, cholesterol, digestive system, eye, and brain.



AV Equipment

A range of audio-visual (AV) equipment is available for loan. This includes: powerpoint projectors, clamp lights, flipcharts, and OHP screens. Items are available for training, courses and conferences only.



Display Boards

Table-top and floor-standing display boards are available for loan.

Clients are advised to book these items in advance to avoid disappointment.



Project Boxes

Childminding project boxes and Older People project boxes are available for loan.

Each box contains games, toys, soft play and reminiscence items.

