



Leaflets and Posters

The following are free resources available from the Health Improvement Service at St Martins Hospital. Small quantities of each (perhaps for reference or use on a display to promote to parents/carers etc) can be ordered and posted out to you with a fairly quick turn around time, especially for popular titles that are held in stock.

Should you wish to get a bulk order of any of the titles these will need to be collected at an agreed time and date upon ordering.

Ante/Postnatal

Leaflets

Baby blues and Post-Natal Depression
Off to the Best Start - Breastfeeding (NHS)
Bottle Feeding
Introducing Solid Foods

Posters (Breastfeeding)

Weight Converter (grams/kg pounds/ounces)
Breastfeeding Welcome stickers (self adhesive sheet of 6)

Sun Safety

Posters

Kids Cook Quick

Change4Life

Leaflets

Top Tips for Top Kids

Poster

Event poster (with space to write in your own event)
Colouring in sheet

Healthy Start

Leaflets

Healthy Start Application leaflet

Posters

Healthy Start poster

Immunisation

Leaflets

Measles
Pre-school Immunisation
Guide to Childhood Immunisations

Posters

Meningitis – don't ignore the signs

2016

Nutrition

Leaflets

Eat 5 Fruit & Veg a Day

Food Labels Shopping Guides (sugar, fat, salt content, etc)

Posters

5 a Day poster

Fuel for Living

Physical Activity

Leaflets

Get Kids on the Go

Safety and First Aid (Available through Health Visiting Office)

Leaflets

Babies /Top Safety Tips

Toddlers and Up /Top Safety Tips

Prevent Childhood Poisoning, Tidy up & lock away

Preventing Burns & Scalds

Posters

Prevent Childhood Poisoning, Tidy up & lock away

To order please contact:

Health Improvement Resources Centre, St. Martin's Hospital, Bath BA2 5RP

Tel: 01225 831494

Email: healthylifestyleservice@sirona-cic.org.uk

Email orders are preferable, please be clear about titles, quantities and your postal address