



# web directory



health information  
& resources service

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**0800 169 1441**

[www.nhsayrshireandarran.com](http://www.nhsayrshireandarran.com)

# Web Directory

This web directory has been collated by the Health Information and Resources Service (HIRS) with the help of relevant professionals and aims to provide helpful links to websites for people who are looking for health related information either for themselves or another person.

HIRS provide free internet access to members of the public and professionals. NHS Ayrshire and Arran do not accept responsibility for the content of any external websites

If you need further assistance please contact the Health Information and Resources Service.

**Telephone 01292 885927**

**[www.healthinfoshop.scot.nhs.uk](http://www.healthinfoshop.scot.nhs.uk)**

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# Alcohol

## **Drink Smarter - [www.drinksmarter.org](http://www.drinksmarter.org)**

Scottish Government website which promotes sensible drinking. Includes information specific to men and women and provides useful tips for cutting back.

## **Alcohol Focus Scotland - [www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)**

This is the national voluntary organisation for alcohol issues. Their work involves providing information and training on alcohol issues, raising awareness of alcohol-related problems, and working to influence national alcohol policy.

## **NOFAS-UK (Foetal Alcohol Syndrome) - [www.nofas-uk.org](http://www.nofas-uk.org)**

NOFAS-UK promotes public awareness about the risks of alcohol consumption during pregnancy with the goal of reducing the number of babies being born with Foetal Alcohol Spectrum Disorders. NOFAS-UK acts as a source of information to the general public, the press and to medical professionals. Includes details of helpline.

## **North, South and East Ayrshire Alcohol and Drug Partnerships**

**[www.north-ayrshire.gov.uk](http://www.north-ayrshire.gov.uk) [www.east-ayrshire.gov.uk](http://www.east-ayrshire.gov.uk)**

**[www.south-ayrshire.gov.uk](http://www.south-ayrshire.gov.uk)**

Local Alcohol and Drug Partnerships (ADPs) co-ordinate approaches to reduce alcohol and drug related harm in their locality area. Further information on the local ADP's can be found on the local authority websites.

## **The Lowdown - [www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)**

This is the place for information and confidential advice about health concerns you might have as a teenager.

# Bereavement

## **Cruse Bereavement Care - [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)**

Anyone can contact Cruse if they want to talk about a bereavement or know someone who has been affected by a death. Provides one-day bereavement and loss workshops for professionals.

## **Winston's Wish - The charity for bereaved children -**

### **[www.winstonswish.org.uk](http://www.winstonswish.org.uk)**

Winston's Wish is the leading childhood bereavement charity and the largest provider of services to bereaved children, young people and their families in the UK. Offers practical support and guidance to families, professionals and anyone concerned about a grieving child.

## **Ayrshire Sands is the local branch of the Stillbirth and Neonatal Death Charity - [www.ayrshiresands.co.uk](http://www.ayrshiresands.co.uk)**

SANDS provide support for parents and families whose baby is stillborn or dies soon after birth. They also campaign for improvements in care during pregnancy and for the mother when a baby has died.

## **Scottish Cot Death Trust - [www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org)**

Provides information on the prevention of cot death and also support and advice to bereaved families living in Scotland.

## **Touched by Suicide Scotland**

### **[www.touchedbysuicidescotland.org](http://www.touchedbysuicidescotland.org)**

A self help organisation which exists to meet the needs and break the isolation of those bereaved by suicide. Offers emotional and practical support to the bereaved.

# Cancer

## **Ayrshire Cancer Network - [www.ayrshirecancernetwork.org](http://www.ayrshirecancernetwork.org)**

Aim is to signpost those affected by cancer to focussed and appropriate information about help that is available locally and nationally. A helpful resource for cancer patients, their families and health professionals and also provides a single point of access to download and print various leaflets and publications.

## **Breast Cancer Care - [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)**

UK leading provider of breast cancer information and support. Scottish office provides information on staff, volunteers, and courses for women with breast cancer. The site also indicates the services available in Scotland including the prosthetic fitting service, working within the community and fundraising.

## **Cancer Help UK - [www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)**

Provides a free information service about cancer and cancer care for people with cancer and their families. It is not designed to provide medical advice or professional services as it is intended for educational use only.

## **Bowel Screening - [www.bowelscreening.scot.nhs.uk](http://www.bowelscreening.scot.nhs.uk)**

Bowel cancer is the third most common cancer in Scotland after lung and breast cancer. Every year, almost 4,000 people are diagnosed with the disease. The Scottish Bowel Screening Programme invites all men and women in Scotland between the ages of 50 to 74 for screening every two years. The programme has been rolled out across Scotland and is now available in all NHS Boards.

## **Cancer Research UK - [www.cancerresearchuk.org](http://www.cancerresearchuk.org)**

For anyone who wishes to know more about the charity, about cancer, or how to play a part in their vision to cure cancer faster. A science and research website is available.

# Cancer

## **Lymphoma Association - [www.lymphoma.org.uk](http://www.lymphoma.org.uk)**

This association provides emotional support and information on a range of issues to anyone with lymphatic cancer and to their families, friends and carers. There is a helpline and a chatroom for young people with lymphoma.

## **Marie Curie Cancer Care - [www.mariecurie.org.uk](http://www.mariecurie.org.uk)**

Provides high quality nursing totally free and gives terminally ill people the choice of dying at home supported by their families. The site is for anyone looking for information about the charity's work with cancer patients and their families.

## **Macmillan Cancer Support - [www.macmillan.org.uk](http://www.macmillan.org.uk)**

Macmillan Cancer Support is an organisation that helps people to live with cancer by treating them as a whole person and not just a diagnosis. The site provides a cancer information centre, newsroom and information on Macmillan nursing and support services in different areas.

## **Mouth Cancer - [www.mouthcancer.org.uk](http://www.mouthcancer.org.uk)**

Part of the International Dental Health Foundation site, it aims to inform on all aspects of mouth (or oral) cancer. Co-ordinates National Oral Cancer Awareness Week.

## **Prostate Cancer Charity - [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)**

Informs on latest research, projects, resource materials and treatment. There is a helpline that is open Monday to Friday. Raises public awareness and political debate about services and support.

# Childcare/Parenting

## **BLISS - [www.bliss.org.uk](http://www.bliss.org.uk)**

A few new-born and premature babies need a little extra special care. Bliss is dedicated to ensuring that more babies survive and families get the support they need.

## **Contact a Family - [www.cafamily.org.uk](http://www.cafamily.org.uk)**

Provide information to families of disabled children. There is access to many helpline numbers and support groups.

## **Children 1st - [www.children1st.org.uk](http://www.children1st.org.uk)**

Works to give every child in Scotland a safe and secure childhood. This site gives information on protecting children from harm and neglect. It helps abused children and promotes children's rights and interests. Provides information for families that are under stress.

## **Miscarriage Association - [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)**

Provides support and information for those suffering the effects of pregnancy loss. There is a helpline and a UK-wide network of over 150 volunteer telephone contacts and 50 support groups. Produces leaflets, factsheets and audiotapes.

## **Ready Steady Baby - [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)**

Website designed to be a comprehensive online resource from the decision to start trying for a baby, through pregnancy, labour and birth up until 12 months old.

# Childcare/Parenting

## **Ready Steady Toddler - [www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)**

A hands on guide to help through the challenges and rewards of the toddler years.

## **Twins and Multiple Births Association - [www.tamba.org.uk](http://www.tamba.org.uk)**

A UK charity providing information and mutual support networks for families of twins, triplets and more. Tamba operates a freephone helpline.

## **UNICEF UK Baby Friendly Initiative - [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)**

This initiative is a global programme of UNICEF and the World Health Organisation. It works with the health services to improve practice so that parents are enabled and supported to make informed choices about how they feed and care for their babies. Provides training and information.

# Community

## **Ayrshire Health Partnerships**

**[www.ayrshirehealthpartnerships.org.uk](http://www.ayrshirehealthpartnerships.org.uk)**

This site is maintained by Ayrshire volunteers and the aim is to provide news, events and information on what is happening across Ayrshire and Arran regarding health and social care services. The website is intended to support Ayrshire and Arran's voluntary and community sectors and promote involvement opportunities in local health care services.

## **Young Scot - [www.youngscot.org](http://www.youngscot.org)**

Offers incentives, information and opportunities to people aged 12 to 26 to help them make informed choices, play a part in their community, and make the most of their free time and learning.

## **East Ayrshire Council - [www.east-ayrshire.gov.uk](http://www.east-ayrshire.gov.uk)**

On this site you can find information on Community, Housing, Job Vacancies, Education and Learning, Social Care & Health and Tourism, as well as other useful contact details for East Ayrshire.

## **Council for Voluntary Organisations East Ayrshire (CVO)**

**[www.cvoea.co.uk](http://www.cvoea.co.uk)**

The CVO (E.A.) Ltd exists to represent the voluntary sector, to assist organisations in East Ayrshire to come together for common purposes and to enable local people to gain access to the decision making processes which affect their community.

# Community

## **North Ayrshire Council - [www.north-ayrshire.gov.uk](http://www.north-ayrshire.gov.uk)**

On this site you can find information on Community, Housing, Job Vacancies, Education and Learning, Social Care & Health and Tourism, as well as other useful contact details for North Ayrshire.

## **The Ayrshire Community Trust**

### **[www.theayrshirecommunitytrust.co.uk](http://www.theayrshirecommunitytrust.co.uk)**

The Ayrshire Community Trust's mission is to promote, support, develop and connect groups and individuals to create resilient communities through volunteering, social enterprise and lifelong learning.

## **South Ayrshire Council - [www.south-ayrshire.gov.uk](http://www.south-ayrshire.gov.uk)**

On this site you can find information on Community, Housing, Job Vacancies, Education and Learning, Social Care & Health and Tourism, as well as other useful contact details for South Ayrshire.

## **VASA Voluntary Action South Ayrshire**

### **[www.voluntaryactionsouthayrshire.org.uk](http://www.voluntaryactionsouthayrshire.org.uk)**

This site has lots of helpful information on volunteering, community events, funding, outreach services and many more, as well as useful links to other sites.

# Coronary heart disease/stroke

## **Chest, Heart, Stroke Scotland - [www.chss.org.uk](http://www.chss.org.uk)**

Provides advice, care and support to people who have been affected by chest, heart and stroke illnesses.

## **British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)**

Plays a leading role in the fight against heart disease by funding research, providing support and information to patients with heart problems, educating the public and promoting training in emergency life support skills.

## **Different Strokes - [www.differentstrokes.co.uk](http://www.differentstrokes.co.uk)**

A charity set up by younger stroke survivors for others similarly affected. Aims to promote active self help and mutual support. Provides an information pack and newsletters.

## **National Stroke Organisation - [www.stroke.org](http://www.stroke.org)**

Provides information on stroke through support, education and information for people and families affected by stroke.

## **Heart UK - [www.heartuk.org.uk](http://www.heartuk.org.uk)**

Provides information and advice on the prevention of and risks associated with high cholesterol.

# Disability: Learning/Physical

## **British Institute of Learning Disabilities (BILD) - [www.bild.org.uk](http://www.bild.org.uk)**

Committed to improving the quality of life for people in the UK with a learning disability. The services and information BILD provide helps develop organisations and people who provide support to people with learning disabilities.

## **Carers UK - [www.carersuk.org](http://www.carersuk.org)**

This charity is set up to help the millions of people who care for family or friends. The help provided enables carers to get the best for the person they care for, make the most of their income, keep healthy themselves, and campaign for change and more.

## **Foundation for people with learning disabilities**

### **[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)**

Aims to break down the economic and social barriers and prejudices that people with learning disabilities face throughout their lives, as well as providing information, resources and services that can help them lead fuller, more independent lives.

## **Scottish Consortium for Learning Disability - [www.sclld.org.uk](http://www.sclld.org.uk)**

The Scottish Consortium for Learning Disability is a charity that is made up of 12 Partner Organisations who have joined together with funding from the Scottish Government to help people make the changes set out in "We want good health the same as you".

# Disability: Learning/Physical

## **Enable** - [www.enable.org.uk](http://www.enable.org.uk)

ENABLE Scotland campaigns for a better life for children and adults with learning disabilities. They support people who have learning disabilities and their families to live, work and take part in their communities.

A growing range of person centred services are provided and are designed to be flexible and adapt to the needs of the people using these services.

## **Mencap** - [www.mencap.org.uk](http://www.mencap.org.uk)

A UK charity that works with people with a learning disability, and their families and carers. The site provides access to information, advice and support. The pages are easy to use. In addition, it has a Browsealoud site for those who cannot read.

## **Disability Rights UK** - [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Disability Rights UK was formed through a unification of Disability Alliance, Radar and National Centre for Independent Living. Aim is to be the largest national pan-disability organisation led by disabled people.

## **Momentum Scotland** - [www.momentumscotland.org](http://www.momentumscotland.org)

Works in partnership to enable and empower disabled and excluded people to identify and achieve their goals. Includes people who have had brain injuries, mental health problems, prisoners and ex-offenders. Helps people to remain active citizens by assisting in providing employment, support services and community rehabilitation.

# Disability: Learning/Physical

## **National Deaf Children's Society - [www.ndcs.org.uk](http://www.ndcs.org.uk)**

Provides emotional and practical support through a helpline and a network of trained officers and family support workers. There is also an advocacy and information service. Campaigns for improvement in services for deaf children.

## **Royal National Institute of the Blind People - [www.rnib.org.uk](http://www.rnib.org.uk)**

The UK's leading charity offering information, support and advice to over 2 million people with sight problems. Supplies "talking books", and trains blind people to use braille and computers. Campaigns for equal rights for people with sight problems. There is a helpline available.

## **Action on Hearing Loss - [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)**

The largest charity representing the 9 million deaf and hard of hearing people in the UK. Helps to improve their quality of life by campaigning and lobbying, providing information, training, educating deaf children, employment programmes, care services, research and supplying equipment.

## **Deafblind Scotland - [www.deafblindscotland.org.uk](http://www.deafblindscotland.org.uk)**

Aims to help deafblind people in Scotland live as rightful members of their own communities and to encourage and support contact between deafblind people and sighted hearing people. Deafblind Scotland also work in partnership with statutory and other agencies to improve the quality of life of deafblind people to raise awareness of both the needs and potential of deafblind people.

# Disability: Learning/Physical

## **Sense - [www.sense.org.uk](http://www.sense.org.uk)**

Sense is a national charity that supports and campaigns for children and adults who are deafblind. Provides tailored support, advice and information as well as specialist services to all deafblind people, their families, carers and the professionals who work with them. Also supports people who have a single sensory impairment with additional needs.

## **Scottish Dyslexia Trust - [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk)**

A directory compiled to assist those with an interest in specific learning disabilities (Dyslexia). Includes advice for parents, schools and education authority contacts, further and higher education, help for adults, teacher training programmes and research. Contains links to other sites.

# Drugs

## **Know the Score - [www.knowthescore.info](http://www.knowthescore.info)**

Information and facts on drugs in Scotland. Focuses on young people. Excellent resources for young people, parents and professionals. Includes A to Z of drugs, how to open up and get help, latest information and local areas.

## **Crew 2000 - [www.crew2000.org.uk](http://www.crew2000.org.uk)**

Ensures that people have the best information available in order to make up their own mind about whether they should or shouldn't use drugs. The website points out the dangers in using drugs and if people are still intent on using them suggests ways to use which may be safer than others.

## **Scottish Families Affected by Drugs - [www.sfad.org.uk](http://www.sfad.org.uk)**

Aims to support families affected by drug misuse and raise awareness of the issues affecting them. Provides contact details of helpline.

## **Scottish Drugs Recovery Consortium - [www.sdrconsortium.org](http://www.sdrconsortium.org)**

The Scottish Drugs Recovery Consortium provides national direction and coordinates action to promote the recovery of individuals, family members and communities from drug problems and addiction in Scotland.

## **Re-Solv - [www.re-solv.org](http://www.re-solv.org)**

National charity solely dedicated to the prevention of solvent and volatile substance abuse (VSA). Site includes a helpline, interactive training and statistics.

# Ethnicity

## **Ayrshire Chinese Information and Advice Centre** **[www.accn.wetpaint.com](http://www.accn.wetpaint.com)**

Established in 2006 to promote the social welfare and improve life conditions for the Ayrshire Chinese population. The centre has been working closely with the local Health Promotion Team and specialist clinics to raise awareness of health topics affecting Chinese and aims to help the community to make positive change for a healthy lifestyle.

## **Ayrshire Central Mosque - [www.al-huda-kilmarnock.org.uk](http://www.al-huda-kilmarnock.org.uk)**

The Mosque was erected in 2009 and located in Kilmarnock, Ayrshire. The site provides information on services, facilities and activities within the Mosque. It has a library facility which contains resources on Islamic cultures.

## **Health Scotland - [www.healthscotland.com](http://www.healthscotland.com)**

This website contains a section on advancing equality in health and how protected characteristics can affect health, policies and legislation. The resources section of the website includes publications translated into alternative languages.

## **Health in my Language - [www.healthinmylanguage.com](http://www.healthinmylanguage.com)**

This site lets you find information about health related services in Scotland which have been translated into different community languages.

# Ethnicity

## **Deaf Connection-Community Development Project for Deaf Black Ethnic Minority - [www.deafconnections.co.uk](http://www.deafconnections.co.uk)**

This website includes a page for the Asian Deaf Club which is open to all BME cultures. The club has a range of activities which include access to information, events, discussion, raising self-esteem, culture, religion and trips.

## **The Scottish Public Health Observatory - [www.scotpho.org.uk](http://www.scotpho.org.uk)**

The site contains useful information on local health profiles a variety of one off reports and public health data. It provides a clear picture of the health of the Scottish people and factors that affect it. A section on Ethnic minority and LGBT.

## **Chinese National Healthy Living Centre - [www.cnhlc.org.uk](http://www.cnhlc.org.uk)**

Aims to promote healthy living, and provide access to health services for the Chinese community in the UK. The Centre takes a holistic approach to health. Provides news, messages and recommendations for services.

## **Equality and Human Rights Commission**

### **[www.equalityhumanrights.com](http://www.equalityhumanrights.com)**

An extensive web site that covers all aspects of human rights issues, provides news and media information, legal advice, publications and resources to promote good practice, diversity and human rights.

# Physical Activity

## **Active Scotland - [www.activescotland.org.uk](http://www.activescotland.org.uk)**

A site which allows you to look for local physical activity opportunities by searching by postcode or activity type.

## **Paths for all Partnership - [www.pathsforall.org.uk](http://www.pathsforall.org.uk)**

A group of organisations committed to promoting walking for health and the development of multi-use path networks throughout Scotland. Information on local walking routes and groups is also available here.

## **Cycling Scotland - [www.cyclingscotland.org](http://www.cyclingscotland.org)**

The national cycle promotion organisation for Scotland. Site contains useful information on how to start cycling more, using cycling as a form of active travel and cycle networks.

## **Commonwealth Games 2014 Legacy**

### **[www.gameslegacyscotland.org](http://www.gameslegacyscotland.org)**

Information on national and local activity in relation to the Glasgow Commonwealth Games 2014.

## **BHF National Centre for Physical Activity and Health**

### **[www.bhfactive.org.uk](http://www.bhfactive.org.uk)**

The British Heart Foundation National Centre (BHFNC) aims to provide leadership and advocacy to raise the profile of physical activity, call for greater investment in health promotion and physical activity and improve the infrastructure and services provided to support more active lifestyles.

# Physical Activity

## **Sport Scotland** - [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

Sport Scotland is the national agency for sport. It leads the development of sport and physical recreation in Scotland. The aim is to make sport more widely available to everyone.

## **Sustrans** - [www.sustrans.org.uk](http://www.sustrans.org.uk)

This is a charity that works on practical projects to encourage people to walk, cycle and use public transport.

# Health Conditions

## **Asthma UK** - [www.asthma.org.uk](http://www.asthma.org.uk)

The new name for the National Asthma Campaign. Dedicated to improving the health and well-being of the 5.1 million people in the UK with asthma by building and sharing expertise about asthma.

## **Epilepsy Action Association** - [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

Epilepsy Action is the largest member-led epilepsy organisation in Britain, acting as the voice for the UK's estimated 440,000 people with epilepsy, as well as others on whose lives the condition has an impact. Campaigns to improve epilepsy services and raise awareness of the condition. Offers assistance through a national network of branches, accredited volunteers and freephone and email helplines.

# Health Conditions

## **British Liver Trust - [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)**

A national charity set up to provide support, education, and to help fund medical research. Their overall strategy is to cover all liver diseases and operate strategically at a national level. They focus on three key areas of activity, information and awareness, research and standards of service.

## **British Lung Foundation - [www.lunguk.org](http://www.lunguk.org)**

The only UK charity that focuses on and tackles all aspects of over 40 lung conditions. They provide information to the public on lung conditions and lung health, support those living with a lung condition through the Breathe Easy Club and fund research.

## **Cystic Fibrosis Trust - [www.cftrust.org.uk](http://www.cftrust.org.uk)**

Funds medical and scientific research aimed towards understanding, treating and curing cystic fibrosis. It also aims to ensure that people with CF receive the best possible care and support in all aspects of their lives.

## **Arthritis Research UK - [www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)**

This site offers information and support to people with arthritis. There is also information for health professionals regarding latest research and publications.

## **Diabetes UK - [www.diabetes.org.uk](http://www.diabetes.org.uk)**

A range of support services, from telephone counselling to activity weekends, special insurance deals and get-togethers for diabetics. The site includes information on diabetes, how to manage it, diabetes research and information for health professionals.

# Health Conditions

## **Headway - [www.headway.org.uk](http://www.headway.org.uk)**

Created by the brain injury association. Aims to promote understanding of all aspects of head injury and to provide information, support and services to people who have suffered a head injury, their family and carers.

## **Meningitis Research Foundation - [www.meningitis.org.uk](http://www.meningitis.org.uk)**

Tells you about the different diseases and research programmes. Informs on how to get involved with them and the support that can be given to people already affected by meningitis and septicaemia.

## **Migraine Action Association - [www.migraine.org.uk](http://www.migraine.org.uk)**

A registered charity that bridges the gap between the migraine sufferer and the medical world by providing information on all aspects of the condition and its management.

## **National Osteoporosis Society - [www.nos.org.uk](http://www.nos.org.uk)**

The only national charity dedicated to improving the diagnosis, prevention and treatment of this fragile bone disease. Works to ensure that a framework of integrated services, with a strong emphasis on the prevention and treatment of osteoporotic fractures, is provided.

## **Parkinson's Disease Society - [www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

Describes the society's work in serving all people with Parkinson's, their carers and families. There are pages for policy and campaigns, research, care and support, fundraising and communications and jobs.

# Health Conditions

## **Patient UK - [www.patient.co.uk](http://www.patient.co.uk)**

This site, created by doctors, provides non-medical people in the UK with good quality evidence-based information leaflets about health and disease. There are over 660 leaflets available. They also review health and illness related websites and link to many of these.

## **NHS Inform - [www.nhsinform.co.uk](http://www.nhsinform.co.uk)**

NHS Inform is the national health information service providing a co-ordinated approach and a single source of quality assured health and care information. There is an A-Z of health, common health questions, a support services directory and other relevant information.

# Men's Health

## **Male Health - [www.malehealth.co.uk](http://www.malehealth.co.uk)**

A very informative website for males looking for information on a wide range of health topics. Information can also be split by age group to enable you to view information specific to your age group.

## **Prostate Cancer - [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)**

The UK's leading voluntary organisation working with people affected by prostate cancer. The organisation's vision is for a world where lives are no longer limited by prostate cancer. The organisation tackles prostate cancer through research, support, information and campaigning.

## **Gay Men's Health - [www.gmh.org.uk](http://www.gmh.org.uk)**

Gay Men's Health exists to improve the physical, mental, emotional, social and sexual health of all gay and bisexual men living in Scotland.

## **Sexual Advice association - [www.impotence.org.uk](http://www.impotence.org.uk)**

The Sexual Advice Association is a charitable organisation which was set up to help sufferers of impotence (erectile dysfunction) and their partners, and to raise awareness of the condition amongst both the public and the medical profession.

## **Men's Health Forum - [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)**

MHF is the UK's leading voluntary organisation working to improve the health of men of all ages. Here you'll find news, information, events and discussion on all aspects of men's health policy.

# Mental Health & Wellbeing

## **Alzheimer Scotland Action on Dementia - [www.alzscot.org](http://www.alzscot.org)**

Alzheimer Scotland is the leading dementia organisation in Scotland. Campaigns for the rights of people with dementia and their families and provide an extensive range of innovative and personalised support services. There is a 24 hour, freephone Dementia Helpline available. The telephone number is **0808 808 3000**

## **Action on Depression - Scotland's national charity for depression [www.actionondepression.org](http://www.actionondepression.org)**

Action on Depression is a national charity working specifically with and for people affected by depression in Scotland. Tackles depression through campaigning and by providing information and support. Ensures that those experiencing the symptoms of depression recognise help is really only a phone call away.

## **Support in Mind Scotland - [www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)**

Works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters. Offers support to those affected by mental illness.

# Mental Health & Wellbeing

## **Bipolar Fellowship Scotland** - [www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

Provides information, support and advice for people affected by bipolar disorder/manic depression and all who care. Works to promote self-help throughout Scotland.

## **Mental Welfare Commission for Scotland** - [www.mwscot.org.uk](http://www.mwscot.org.uk)

Protect the welfare and rights of individuals with mental disorder including those with learning disabilities.

## **Mental Health Foundation** - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

The biggest, most comprehensive site on mental health in UK. Aims to help people survive, recover from and prevent mental health problems. It seeks to achieve social change by gathering sound knowledge, developing partnerships and delivering programmes to influence policy and services specific to Scotland.

## **The Association for Infant Mental Health UK** - [www.aimh.org.uk](http://www.aimh.org.uk)

Infant mental health is the study of mental health as it applies to infants and their families. The field investigates optimal social and emotional development of infants and their families in the first three years of life.

## **Rethink** - [www.rethink.org](http://www.rethink.org)

A charity where various services work together to help everyone affected by severe mental illness, including schizophrenia, to recover a better quality of life.

# Mental Health & Wellbeing

## **Samaritans - [www.samaritans.org.uk](http://www.samaritans.org.uk)**

Gives information about the organisation, how to contact them and the work they do. Provides some information on the experiences Samaritans deal with.

## **Hands on Scotland - [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)**

This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

## **Breathing Space - [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)**

A free and confidential phone line service for any individual who is experiencing low mood or depression. There is access to information and advice on the website. The telephone number is **0800 83 85 87**.

## **Choselife - [www.chooselife.net](http://www.chooselife.net)**

The national strategy and action plan to prevent suicide in Scotland. Includes a variety of helpful resources and training.

## **Scottish Recovery Network - [www.scottishrecovery.net](http://www.scottishrecovery.net)**

An initiative designed to raise the awareness of recovery from mental health problems.

## **Scottish Association for Mental Health - [www.samh.org.uk](http://www.samh.org.uk)**

SAMH operates a range of services across Scotland for people with mental health problems. Strives to influence public policy as it affects people with mental health problems.

# Mental Health & Wellbeing

## **Steps for Stress - [www.stepsforstress.org](http://www.stepsforstress.org)**

Aims to help people recognise the signs of everyday stress, and offers advice and information on how to take action to help stop it in its tracks - such as being more active, talking to someone or helping other people.

## **See Me - [www.seemescotland.org](http://www.seemescotland.org)**

'see me' launches publicity and campaigns to challenge stigma and discrimination concerning mental ill health in Scotland.

## **Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)**

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. There are sections for young people, parents and professionals.

## **Centre for Confidence and Well-being**

**[www.centreforconfidence.co.uk](http://www.centreforconfidence.co.uk)**

As well as offering information and research on confidence and well-being, the site offers a host of tips on how to become more motivated and how to increase your feelings of wellbeing.

# Nutrition

## **British Dietetic Association - [www.bda.uk.com](http://www.bda.uk.com)**

The site has information available for download on a variety of dietary issues, however these don't replace a proper medical diagnosis by a doctor or a consultation with a Dietitian to obtain tailored dietary advice.

## **British Nutrition Foundation - [www.nutrition.org.uk](http://www.nutrition.org.uk)**

The British Nutrition Foundation site contains plenty of useful information on healthy eating and lots of resources for classroom use, as well as on-line training courses.

## **Something Fishy - [www.something-fishy.org](http://www.something-fishy.org)**

This site is dedicated to raising awareness and providing support to people with eating disorders, and their loved-ones and includes information on anorexia, bulimia and compulsive overeating.

## **Food a Fact of Life - [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)**

This site provides a wealth of resources and activities for nursery to secondary aged children. Games include how to make a balanced plate, pack a healthy lunch and unmuddle your meals.

## **Food Standards Agency - [www.food.gov.uk/scotland](http://www.food.gov.uk/scotland)**

An independent food safety watchdog set up to protect the public's health and consumer interests in relation to food. The aims are to help people to eat more healthily, improve the enforcement of food laws, promote best practice within the food industry and promote honest and informative labelling.

# Nutrition

## **Healthy Living - [www.takelifeon.co.uk](http://www.takelifeon.co.uk)**

Gives information about eating and physical activity and how small changes can lead to big benefits. The site is designed to help people attain a healthier diet and more active lifestyle by providing resources, advice and support on healthy eating and physical exercise.

## **Vegetarian Society - [www.vegsoc.org](http://www.vegsoc.org)**

The Vegetarian Society provides a complete information service for anyone with concerns or questions about vegetarian lifestyles, health and nutrition, whether you're looking for information for yourself or for someone else.

## **Beat - Beating Eating Disorders - [www.b-eat.co.uk](http://www.b-eat.co.uk)**

Beat provides helplines, online support and a network of UK-wide self-help groups to assist adults and young people in the UK beat their eating disorders.

# Older People

## **Age UK - [www.ageuk.org.uk](http://www.ageuk.org.uk)**

Age UK gives information on health and wellbeing, travel and lifestyle, home and care, money matters and work and learning. You can enter your own postcode and it gives information for your area.

## **Age Scotland - [www.agescotland.org.uk/Scotland](http://www.agescotland.org.uk/Scotland)**

Age Scotland is an independently constituted Scottish Charity and is the leading national authority on older people, age and ageing.

## **Care Information Scotland - [www.careinfoscotland.co.uk](http://www.careinfoscotland.co.uk)**

This is a telephone and website service providing information about care services for older people living in Scotland. There is a directory of national and local care services and support groups.

# Oral health

## **Childsmile - [www.child-smile.org.uk](http://www.child-smile.org.uk)**

Provides information on the national programme to improve the oral health of children in Scotland and reduce inequalities in dental health and access to dental services. Suitable for parents, carers and professionals.

## **British Dental Health Foundation - [www.dentalhealth.org](http://www.dentalhealth.org)**

Provides access to educational material for use by the public, health and dental professionals. The British Dental Health Foundation is the leading organisation for campaigns such as National Smile Month.

## **National Smile Month - [www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)**

This is the official website which provides information and support on the latest National Smile Month campaign and how individuals and organisations can get involved in promoting this annual event.

## **British Dental Association - [www.bda.org](http://www.bda.org)**

The British Dental Association is the professional association and trade union for dentists in the UK. This website also provides access to BDA Smile which is a patient information website and BDA 3D Mouth which is an educational tool for use in schools.

## **Mouth Cancer Action - [www.mouthcancer.org](http://www.mouthcancer.org)**

Hosted by the British Dental Health Foundation (BDHF), this website provides information on the signs and symptoms of mouth cancer and access to the BDHF helpline. Suitable for professionals and members of the public.

# Safety/Accident Prevention

## **Child Accident Prevention Trust - [www.capt.org.uk](http://www.capt.org.uk)**

A national charity committed to reducing the number of children and young people who are killed, disabled or seriously injured as a result of accidents. Promotes safety campaigns, information and advice to practitioners and parents. Provides training.

## **Royal Society for the Prevention of Accidents - [www.rospa.com](http://www.rospa.com)**

A charity that provides information, advice, resources and training. Actively involved in the promotion of safety in all areas of life - at work, in the home, on the roads, in schools, at leisure and in the water.

## **Scottish Road Safety Campaign (SRSC) - [www.srsc.org.uk](http://www.srsc.org.uk)**

The SRSC works closely with the local authorities to ensure a co-ordinated approach to road safety in Scotland. The campaign was founded in 1985 and the main objective of the campaign is to ensure that the roads of Scotland are kept safe. The SRSC develops and co-ordinates national road safety education and publicity initiatives.

## **Strathclyde Fire and Rescue - [www.strathclydefire.org](http://www.strathclydefire.org)**

Aim is to protect and serve the people of Strathclyde, 24 hours a day, seven days a week, 365 days a year. The website reflects the aims of Strathclyde Fire and Rescue service by providing information and advice to assist in keeping communities safe.

# Sexual Education/Health

## **Sexual Health Ayrshire - [www.shayr.com](http://www.shayr.com)**

Ayrshire and Arran's own sexual health and blood borne virus website. Contains local services and clinic information as well as C Card (free condom) information and sections for men, women, teenagers and parents. There is information on the free condom scheme

## **Sexual Health Scotland - [www.sexualhealthscotland.co.uk](http://www.sexualhealthscotland.co.uk)**

National site co-ordinated by the Scottish Government providing up to date information on various aspects of sexual health, including relationships, pregnancy, safer sex, sexually transmitted infections, and contraception.

## **The Site - [www.thesite.org](http://www.thesite.org)**

This site aims to be the first place all young adults turn to when they need support and guidance. Provides information on all the key issues including sex and relationships, drinking and drugs, work and study, housing, finance and health.

## **Family Planning Association - [www.fpa.org.uk](http://www.fpa.org.uk)**

The FPA is a charity working with the public and professionals to ensure high quality contraceptive information and services are available to all. Contains news, sexual health guide, statistics and facts as well as good links to other sites.

# Sexual Education/Health

## **BROOK** - [www.brook.org.uk](http://www.brook.org.uk)

Brook is a professional non-profit making organisation for young people up to the age of 25. Its role is to enable young people to make informed choices about their personal and sexual relationships.

## **Lanarkshire Sexual Health**

### [www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)

The site is designed to help people to enjoy relationships, sexual health with safety, pleasure and respect. It contains advice and information on a wide range of sexual health topics and includes a section on black and minority ethnic communities.

## **AVERT** - [www.avert.org.uk](http://www.avert.org.uk)

An international charity based in the UK working to prevent the spread of HIV and AIDS worldwide, through education, treatment and care. They support a number of overseas projects and through their site take education and information to people around the world.

## **HIV Scotland** - [www.hivscotland.com](http://www.hivscotland.com)

HIV Scotland works in partnership with those committed to reducing discrimination and improving prevention, treatment and care for those affected by or at risk of HIV.

## **My HIV** - [www.myhiv.org.uk](http://www.myhiv.org.uk)

Site co-ordinated by Terence Higgins Trust, providing a range of information for those living with or affected by HIV, including diagnosis and treatment, telling people, staying healthy, legal rights and services.

# Sexual/Education Health

## **National AIDS Trust - [www.nat.org.uk](http://www.nat.org.uk)**

The National AIDS Trust is a policy development and campaigning organisation. It works to improve access to treatment, challenges stigma and discrimination and lobbies political leaders to effectively fight AIDS.

## **National AIDS Manual - [www.aidsmap.com](http://www.aidsmap.com)**

Delivers reliable and accurate HIV information across the world to HIV positive people, and to the professionals who treat, support and care for them.

# Tobacco/Smoking

## **Fresh Air-shire**

**[www.nhsaaa.net/services-index/f-fresh-air-shire.aspx](http://www.nhsaaa.net/services-index/f-fresh-air-shire.aspx)**

Fresh Air-shire is the smoking prevention and cessation service covering all of Ayrshire and Arran. The service is provided to the community, hospitals, islands, further education, schools, workplaces, pharmacy and prison.

## **ASH (Action for Smoking Scotland) - [www.ashscotland.org.uk](http://www.ashscotland.org.uk)**

ASH is the leading national voluntary organisation in Scotland tackling tobacco use. The site covers Scottish policies, projects and resources. Gives UK and international information from a Scottish perspective.

## **Tobacco Information Scotland - [www.tobaccoinformation.org.uk](http://www.tobaccoinformation.org.uk)**

Tobacco Information Scotland (TIS) is an initiative from the ASH Scotland Information Service. Working with key partners, ASH Scotland developed TIS to provide an important gateway to smoking and tobacco-related information in Scotland.

## **NHS Scotland Smoking Helpline (Smokeline)**

**[www.canstopsmoking.com](http://www.canstopsmoking.com)**

Telephone and on-line advice, information and support aimed at those wanting to find out about quitting.

## **Clearing the Air - [www.clearingtheairscotland.com](http://www.clearingtheairscotland.com)**

A Scottish Government website which provides the background and detailed guidance for the smoking ban in enclosed public places.

# Tobacco/Smoking

## **No Smoking Day - [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)**

Provides information, campaign materials and tips for quitting smoking, as well as campaign material that can be downloaded.

## **GASP - [www.gasp.org.uk](http://www.gasp.org.uk)**

Gasp is a tobacco control consultancy offering training and workshops, presentations, campaign and event organisation. Provides various resources.

## **Roy Castle Lung Cancer Foundation (RCLCF) - [www.roycastle.org](http://www.roycastle.org)**

The RCLCF conducts research into lung cancer, and raises awareness of the dangers of passive smoking. Operates a campaign organisation called KATS (Kids Against Tobacco Smoke).

## **Quit - [www.quit.org.uk](http://www.quit.org.uk)**

QUIT is a charity that provides help and support for people who want to stop smoking.

# Women's Health

## **Women's Health Information - [www.womens-health.co.uk](http://www.womens-health.co.uk)**

Information for women and their partners concerning pregnancy choices, obstetric and gynaecological conditions, as well as other information that can affect a woman's health.

## **Menopause Matters - [www.menopausematters.co.uk](http://www.menopausematters.co.uk)**

Information site for women providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Here you will find information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available.

## **Scottish Women's Aid - [www.scottishwomensaid.org.uk](http://www.scottishwomensaid.org.uk)**

This site offers information and support for women, who are, or have been, victims of domestic abuse. Provides a confidential counselling service and information about women rights including legal matters, housing and money. Can offer refuge to women if they or their children are in danger and need urgent help. There are links to other agencies, information on refuge, the law and local groups.

# Young People

## **The Lowdown** - [www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)

This website includes information and confidential advice about health concerns you might have as a teenager.

## **Bullying Online** - [www.bullying.co.uk](http://www.bullying.co.uk)

This charity is set up to help parents, teachers and pupils tackle the subject of school bullying. It includes handy tips, problem pages, and examples of school projects to counteract bullying and gives legal advice.

## **Childline** - [www.childline.org.uk](http://www.childline.org.uk)

The UK's free, confidential 24-hour helpline for children and young people in distress and danger. Trained counsellors give comfort, advice and protection. The telephone number is **0800 1111**.

## **Shelter Scotland** - <http://scotland.shelter.org.uk>

The national campaigning charity to help homeless and poorly housed people. It has an understanding of people's needs and uses this knowledge to campaign for more progressive laws and policies concerning housing for those in need.

## **The Hormone Factory** - [www.thehormonefactory.com](http://www.thehormonefactory.com)

Designed to support parents and teachers in talking to children aged between 10 and 12 about sexual and reproductive development, and to help parents answer the questions children often ask.

# Young People

## **The Site - [www.thesite.org.uk](http://www.thesite.org.uk)**

Offers a guide to life for young adults, aged 16-25. Access to quality, impartial information and advice to allow them to make decisions and life choices. Provides the opportunity to get support and empathy from other young people.

## **Young Scot - [www.youngscot.org](http://www.youngscot.org)**

Offers incentives, information and opportunities to people aged 12 to 26 to help them make informed choices, play a part in their community, and make the most of their free time and learning.

## **Youth Helpline - [www.youth2youth.co.uk](http://www.youth2youth.co.uk)**

Youth2Youth (Y2Y) is a unique helpline service run by young people for young people. The helpline is for any young person under the age of 19 years who feels that they need emotional support and advice.

## Other Useful Websites

### **NHS Ayrshire and Arran - [www.nhsaaa.net](http://www.nhsaaa.net)**

Information on local NHS services and campaigns, as well as publications and who's who. NHS Ayrshire and Arran's mission is "The healthiest life possible for the people of Ayrshire and Arran".

### **Health Protection Scotland - [www.hps.scot.nhs.uk](http://www.hps.scot.nhs.uk)**

Health Protection Scotland plans and delivers effective and specialist national services aimed at protecting all the people of Scotland from infectious and environmental hazards.

### **Health Scotland - [www.healthscotland.com](http://www.healthscotland.com)**

Website provides information and resources to support health improvement practitioners and organisations working to improve Scotland's health and reduce inequalities.

### **NHS24 - [www.nhs24.com](http://www.nhs24.com)**

NHS 24 is designed to help get the right care from the right people at the right time. It is a 24-hour telephone advice and information service available across the whole of Scotland. There is a health information section about health matters or local health care services.

### **Immunisation Scotland - [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)**

Published by NHS Scotland this site contains information about vaccines and the diseases that they protect against.

## Other Useful Websites

### **Scotland's Health on The Web - [www.show.scot.nhs.uk](http://www.show.scot.nhs.uk)**

The SHOW service is provided by a team of people based within the Information and Statistics Division of NHSScotland (ISD). NHSScotland staff provide the contributing sites on SHOW. Categories are divided into health professionals, NHSScotland organisations, publications and health information.

### **Health and Safety Executive Scotland**

#### **[www.hse.gov.uk/scotland](http://www.hse.gov.uk/scotland)**

The aim of this site is to provide information on the work of the Health and Safety Executive and its partners in delivering higher standards of workplace health and safety in Scotland.

### **The Scottish Public Health Observatory (ScotPHO)**

#### **[www.scotpho.org.uk](http://www.scotpho.org.uk)**

The Scottish Public Health Observatory (ScotPHO) collaboration is led by ISD Scotland and NHS Health Scotland, and includes the Glasgow Centre for Population Health, National Records of Scotland and Health Protection Scotland. It aims to bring together and disseminate pertinent information and reports relating to the health of the Scottish population, with a view to reducing health inequalities.

### **Department of Work & Pensions - [www.gov.uk](http://www.gov.uk)**

On this Government site you can find links to Health & Wellbeing where you can get information on Home and Community, Tax and Benefits, Pensions and Retirement Planning as well as Motoring, Transport and Travel.

## Other Useful Websites

### **The Scottish Government - [www.scotland.gov.uk](http://www.scotland.gov.uk)**

The Scottish Government has a number responsibilities including health and aims to help people sustain and improve their health, especially in disadvantaged communities, ensuring better, local and faster access to health care.

### **World Health Organisation - [www.who.int](http://www.who.int)**

WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

### **Employability - [www.employabilityinscotland.com](http://www.employabilityinscotland.com)**

Employability refers to the combination of factors and processes which enables people to progress forward, move into or stay in employment and to move on within the workplace. The site links to an area for health and employability.

### **NHS CHOICES - [www.nhs.uk](http://www.nhs.uk)**

This website is the equivalent in England of our NHS24 site. Although the services listed are only relevant to England it contains a useful range of health information and includes a section called "Behind the Headliners" which gives the evidence behind current media stories.

## Other Useful Websites

### **Gender-Based Violence - [www.gbv.scot.nhs.uk](http://www.gbv.scot.nhs.uk)**

This is the web site of the national gender based violence and health programme in Scotland. Health workers can access information, you can find out what is happening in your health board area, get signposted to resources and access the latest research on GBV. It also contains information on domestic abuse, commercial sexual exploitation, harmful traditional practices, human trafficking, rape and sexual assault and sexual harrasement and stalking.

working together to protect and improve health

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