Greater Glasgow NHS Board
Health Promotion Department
Search for Black and Ethnic Minority Health Information Resources
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Executive Summary
Findings from an open space event entitled “Listening to Communities: Involving People in Health” – a programme of consultations with minority ethnic communities in Glasgow” carried out in 2002, highlighted the need for translated health information to be made available to members of the Black and Minority Ethnic Community. As part of their response, the Health Promotion Department within Greater Glasgow NHS Board conducted research investigating the existence of Black and Minority Ethnic health information resources. This research, conducted between September 2003 and March 2004, searched for local, national and international health information in twelve different languages. The results demonstrated that whilst health information on a wide variety of topics is available, the languages that this health information covers are limited and that in some cases there are wide gaps in terms of the information available.

Health information resources were searched for on a wide variety of health promotion topics in the last ten years. The search for resources included local, national and international organisations, either through telephone, post, e-mail or the Internet.

The best-represented topics for resources were cancer, nutrition and mental health. The most poorly represented topics were accident and injury prevention, men’s health and physical activity. In discussion with the project team this seemed consistent with the availability of resources in English.

Language availability varied from topic to topic. Mental health was the only topic that covered all languages. Generally Arabic, Chinese and Turkish were the languages most catered for. Albanian, Kurdish, French and Swahili were poorly represented in all topics. A possible explanation is that the languages mostly available have a settled second/third generation population in western countries like UK, USA, Canada and Australia. The asylum seekers populations, including languages such as Albanian and Kurdish, are phenomena of more recent years. The development of resources for these populations is a priority requirement.

The largest source of resources by far was the New South Wales Multicultural Health Communication Service Portal (Australia) available on the World Wide Web. This portal gives easy access to a wide variety of freely downloadable resources. All the resources are in a uniform style, well presented, with an easy to read title (in English), unique identifier and the language clearly marked on it. However it should be noted that these resources are written for the Australian market (client) and as such are not in a readily usable form. There are lessons to learn from this portal for its excellent example of style, presentation, language availability and ease of use.
Introduction
Background
Findings from an open space event entitled “Listening to Communities: Involving People in Health” – a programme of consultations with minority ethnic communities in Glasgow” carried out in 2002, highlighted the need for translated health information to be made available to members of the Black and Minority Ethnic Community. As part of their response, the Health Promotion Department within Greater Glasgow NHS Board conducted research investigating the existence of Black and Minority Ethnic health information resources.

Methods
The languages mainly in use by the communities within the Greater Glasgow NHS Board area was the deciding factor in language selection. The languages were Albanian, Arabic, Chinese Script, Farsi, French, Kurdish (Kirmaji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

The following health promotion topics selected to search for health information on were; accident and injury prevention, alcohol, cancer, child health and parenting, drugs, heart disease (with stroke and diabetes), men’s health, mental health, nutrition, oral health, physical activity, sexual health, smoking and women’s health.

A key factor in the search for resources was that they be not more than ten years old. The following formats were searched for; health information campaigns, leaflets, booklets, books, posters, audiocassettes, videos/DVD’s, and CD’s. The search for resources was worldwide, with organisations, governments, individuals and media companies being contacted by Internet websites, e-mail, post or phone. Contacts were always asked to recommend other sources and points of contact. A specialist health promotion Internet discussion list was also used for further input. The “Health Promotion resource workers electronic discussion list” is an electronic mailing list for health promotion resource, library and information workers in the UK and outside. The purpose of the list is to “promote networking and good practice, and aims to help prevent duplication of effort in the health promotion field.” This list can be accessed at [http://www.londonlinks.ac.uk/hlthprom-resources/](http://www.londonlinks.ac.uk/hlthprom-resources/).

To ensure a comprehensive study of the Health Promotion topics the research focussed on three key areas of sources
- Specialist sources for individual topics (if available)
- Health and clinical sources for individual topics (if available)
- General sources

There was no assessment of the quality of resources in terms of written information. However “presentation quality” was paramount for inclusion into the final report. Discussions with the project team highlighted the key features that would constitute good “presentation quality”; clearly titled, language indicated on front page, and good production quality.

Project timetable
The timetable for the project was dictated by financial and time constraints, and as such each topic was given a one-week research slot. To ensure that the project remained on schedule the research was strictly limited to that allocated time slot. It
should be noted therefore that sources used and resources collected were not rechecked at a later date for changes, updates and for new material. The report is a snapshot in time and the details were correct at the time of the research being carried out.

Detailed below is the chronological timetable of the research.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project Preparatory Meeting</td>
<td>29th August 2003</td>
</tr>
<tr>
<td>Research general sources</td>
<td>w/b 1st September 2003</td>
</tr>
<tr>
<td>Cancer</td>
<td>w/b 8th September 2003</td>
</tr>
<tr>
<td>Mental Health</td>
<td>w/b 15th September 2003</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>w/b 22nd September 2003</td>
</tr>
<tr>
<td>Women’s Health</td>
<td>w/b 6th October 2003</td>
</tr>
<tr>
<td>Men’s Health</td>
<td>w/b 13th October 2003</td>
</tr>
<tr>
<td>Smoking</td>
<td>w/b 20th October 2003</td>
</tr>
<tr>
<td>Alcohol</td>
<td>w/b 27th October 2003</td>
</tr>
<tr>
<td>Drugs</td>
<td>w/b 3rd November 2003</td>
</tr>
<tr>
<td>Nutrition</td>
<td>w/b 24th November 2003</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>w/b 1st December 2003</td>
</tr>
<tr>
<td>Oral Health</td>
<td>w/b 8th December 2003</td>
</tr>
<tr>
<td>Child Heath and Parenting</td>
<td>w/b 15th December 2003</td>
</tr>
<tr>
<td>Accident and Injury</td>
<td>w/b 12th January 2004</td>
</tr>
<tr>
<td>Heart Health</td>
<td>w/b 26th January 2004</td>
</tr>
</tbody>
</table>

**Topic Scope**
At the project preparatory meeting on the 29th August 2003 topic expansion and further definition of the broad subject headings was discussed. The project team, working with the Health Promotion Specialists at GGNHSB generated a list of sub-topic headings to be searched for based on the overall topic.

**Resources Format**
All the resources included in the report are fully summarised and detailed. A directory that includes only the resources is available as a companion document to this report.

The format for the resources is as follows
- Title
- Description
- Format
- Language availability
- Cost (if known)
- Published date (if known)
- Contact details

**General search outcome**
In order to set the scene, the first week of the project involved searching for the broad topic areas of minority ethnic and asylum seeker well being. This search included UK Government, NHS, worldwide organisations, Refugee and Asylum Seeker
Organisations, Ethnic Minority Organisations, Academic Centres of Excellence and Think Tanks.

This initial general research proved crucial as it highlighted key portals of information such as HARP (Health for asylum seekers and refugees portal). This portal proved to be a valuable and fruitful starting point for points of contacts in most of the health promotion topics.

A complete list of general sources is given in appendix 1. Where a website address is available this has been given in preference to the full postal details.
Findings
Accident and injury prevention
Scope
The Accident and Injury Prevention topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking the expert advice and experience of the project team and the Health Promotion Specialists for Accident Prevention at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 12\textsuperscript{th} January 2004 for one week only.

The sub-topics searched were
- Accident/injury prevention
- Safety in the home
- Children and/or baby and safety/accidents
- Elderly and Safety
- Fatal accidents
- Fire safety
- Road Safety

Sources
To ensure a comprehensive study of the topic the search focussed on two key areas of sources
- Specialist accident and injury prevention
- General

The following is a complete listing of organisations/sources searched.

Specialist Accident and Injury Sources

British Safety Council
http://www.britishsafetycouncil.co.uk

Child Accident Prevention Trust
http://www.capt.org.uk

Department of Health Accidents site
http://www.doh.gov.uk/accidents/

DTLR Road Safety
http://thinkroadssafety.gov.uk

Falls Prevention
http://www.fallsprevention.co.uk

Falls Reduction
http://www.fons.org/projects/falls

Fire Kills
http://www.firekills.gov.uk

Health and Safety Executive
http://www.hse.gov.uk
Help the Aged  
http://www.helptheaged.org.uk/

ROSPA  
http://www.rospa.com

Dti Home Safety  
http://www.dti.gov.uk/homesafetynetwork/index.htm

General Sources

BableTree Project Australia  

Ethnomed (USA)  
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees  
http://www.harpweb.org.uk/

Health information East London  
http://www.thpct.nhs.uk/hiel/

London Health UK  
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia  

Multilingual Health Education Canada  
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti  
http://www.multikulti.org.uk/

Patient UK  
http://www.patient.co.uk/

United Nations  
http://www.un.org/

World Health Organisation  
http://www.who.int/en/

Outcomes

A comprehensive search of the sources showed that there are gaps in many of the sub-topics and languages. No resources are available in the following sub-topics; road
safety, fire safety, fatal injuries and general accident/injury. There are no resources available in the following languages; Albanian, Farsi, French, Kurdish (Kirmanji or Sorani) and Swahili.

**Baby/Children Safety**

There are two guides available. “A guide to parents of safe use of antibiotics” is sourced from Health Scotland. “Reduce the risk of cot death” is sourced from The Foundation for the Study of Infant Deaths. Within this sub-topic the following languages have no resources; Albanian, Farsi, French, Kurdish (Kirmanji or Sorani) and Swahili.

**Elderly**

There are two leaflets available both on falls prevention. “Make a move” is sourced from NSW Multicultural Health Communication service. “Taking positive steps” is sourced from Health Scotland. A single video, “Safetywise”, sourced from N Films is also available. Within this sub-topic the following languages have no resources; Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Somali and Swahili.

**First Aid**

A single video, “First Aid” is sourced from N Films. Within this sub-topic the following languages have no resources; Albanian, Arabic, Farsi, French, Kurdish (Kirmanji or Sorani), Somali, Swahili and Turkish.

**Resources**

**A Guide for Parents on the Safe Use of Antibiotics.**

Description  This guide presents information on the safe use of antibiotics by parents.
Format  Guide
Language  Chinese, Punjabi, Turkish
Cost  Free to download
Published 2002
Contact  Health Scotland
http://www.hebs.com/topics/index.htm

**First Aid**

Description  This video presents information on first aid and life saving treatments.
Format  Video
Language  English, Punjabi and Urdu
Cost  £37.25
Published  Unknown
Contact  N Films Ltd
http://www.nfilmsltd.co.uk

**Is your child safe?**

Description  This video presents information on prevention of accidents.
Format  Video
Language  English, Punjabi and Urdu
Cost  £37.25
**Make a move. Fall prevention and the environment.**

Description: This booklet presents tips on falls prevention and taking medications safely, vision problems, house and garden hazards, chronic illness, exercising, smoking, alcohol, footwear and walking.

Format: Booklet
Language: Arabic, Chinese, English
Cost: Free to download
Published: 2003
Contact: NSW Multicultural Health Communication Service Australia

**Reduce the risk of cot death.**

Description: This guide presents information on reducing the risk of cot death; placing your baby on their back to sleep, cut out smoking during pregnancy, don't allow smoke in the same room as your baby, keeping your baby at a comfortable temperature and sleeping in the feet to foot position.

Format: Guide
Language: Chinese, English, Punjabi, Somali, Turkish, Urdu
Cost: Free
Published: 2000
Contact: The Foundation for the Study of Infant Deaths

**Safetywise**

Description: This video presents information on safety in the home and on the road for the elderly.

Format: Video
Language: English, Punjabi and Urdu
Cost: £37.25
Published: Unknown
Contact: N Films Ltd

**Taking positive steps to avoid trips and falls.**

Description: This leaflet presents information on reducing the risk of trips and falls.

Format: Leaflet
Language: Arabic, Chinese, Punjabi, Turkish, Urdu
Cost: Unknown
Alcohol
Scope
The Alcohol topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and the experience of the project team and the Health Promotion Specialists for Addictions at the Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 27th October 2003 for one week only.

The sub-topics searched were:
- Units of alcohol
- Foetal Alcohol Syndrome
- Alcohol and pregnancy
- Sensible drinking
- Cutting down drinking
- Binge drinking
- Alcohol Problem
- Effects of alcohol
- Alcohol in society
- Stopping drinking
- Alcohol and young people
- Alcohol information for parents
- Alcohol in the workplace

Sources
To ensure a comprehensive study of the topic the search focussed in
- Specialist alcohol sources
- General sources

The following is a complete listing of the sources used.

Specialist Alcohol Sources

Addaction
http://www.addaction.org.uk/

Addiction recovery Foundation
http://www.addictiontoday.co.uk/

Addictions BBC Online
http://www.bbc.co.uk/health/addictions/

ADFAM Families Alcohol and Drugs
http://www.adfam.org.uk/

Al-anon
http://www.al-anonuk.org.uk/

Alcohol Problems Advisory Service
http://www.apas.org.uk/frame.html
Alcohol Concern
http://www.alcoholconcern.org.uk/

Alcohol Counselling and Prevention Services (ACAPS)
http://www.acaps.co.uk/welcome.htm

Alcohol Education Research Council
http://www.aerc.org.uk/

Alcohol Focus Scotland
http://www.aerc.org.uk/

Alcoholics Anonymous
http://www.alcoholics-anonymous.org.uk/

Alexander Clinic
http://www.alexanderclinic.co.uk/

Assisi Community
http://www.francishouse.com

Babyworld
http://www.babyworld.co.uk/

Bridges International
http://www.bridgesinternational.co.uk/

CASCADE
http://www.cascade-drugs.org.uk/

Clouds
http://www.clouds.org.uk/

Drinkwise
http://www.drinkwise.co.uk/

Drug and Alcohol Action Programme (DAAP)
http://www.daap.org.uk/

Down your drink
http://www.downyourdrink.org/

Families Anonymous
http://www.familiesanonymous.org/

Fast Forward
http://www.fastforward.org.uk/index.htm
Institute of Alcohol Studies  
http://www.ias.org.uk/

Life for the World Trust  
http://www.lftw.org/

Molly’s Unofficial AA UK Website  
http://www.aamolly.org.uk/

National Association Alcohol and Drug, Alcohol Counsellors (NAADAC)  
http://www.naadac.org/

Phoenix House  
http://www.phoenixhouse.org/about/default.asp

The Centre for Recovery  
http://www.recovery.org.uk/

Turning Point  
http://www.turning-point.co.uk/

**General Sources**

BableTree Project Australia  

Ethnomed (USA)  
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees  
http://www.harpweb.org.uk/

Health information East London  
http://www.thpct.nhs.uk/hiel/

London Health UK  
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia  

Multilingual Health Education Canada  
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti  
http://www.multikulti.org.uk/

Patient UK  
http://www.patient.co.uk/
Outcomes
A comprehensive search of the sources showed that there are gaps in the sub-topics and language availability. The resources that are available generally cover the majority of the sub-topics.

There are no resources available in the following sub-topics; foetal alcohol syndrome, alcohol and pregnancy, alcohol in society, alcohol and young people and alcohol and the workplace. No resources were found in the following languages; Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Somali and Swahili.

There are four leaflets available that cover generally all these areas; effects of alcohol, alcohol problems, units of alcohol, sensible drinking, binge drinking, cutting down/stopping alcohol, effects of alcohol, alcohol problem and alcohol information for families. These leaflets are titled, “Alcohol and drug problem happen in all kinds of families”, “Drinking alcohol: how much is healthy” and “Is your drinking safe” are three leaflets sourced from NSW Multicultural Communication Service. “Know the facts” is sourced from Greater Glasgow NHS Board.

A single video, “Alcoholism in the Asian community”, is sourced from N Films Ltd.

Resources

**Alcohol and drugs problems happen in all kinds of families.**
Description This leaflet presents information on using outside agencies to help with addiction problems in families.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Alcoholism in the Asian Community**
Description This video presents information on the long terms effects of alcohol.
Format Video
Language English and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk
**Drinking alcohol: how much is healthy.**

<table>
<thead>
<tr>
<th>Description</th>
<th>This leaflet presents information on the risks of drinking on a regular basis, what a standard drink unit is and the long-term effects of alcohol on the body.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Leaflet</td>
</tr>
<tr>
<td>Language</td>
<td>Arabic, Chinese, English, Turkish</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>1999</td>
</tr>
<tr>
<td>Contact</td>
<td>NSW Multicultural Health Communication Service Australia</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a></td>
</tr>
</tbody>
</table>

**Is your drinking safe?**

<table>
<thead>
<tr>
<th>Description</th>
<th>This leaflet presents information on “low risk” drinking, what is a standard drink, binge drinking and health problems associated with excessive drinking.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Leaflet</td>
</tr>
<tr>
<td>Language</td>
<td>Arabic, Chinese, English, Turkish</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>1996</td>
</tr>
<tr>
<td>Contact</td>
<td>NSW Multicultural Health Communication Service Australia</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a></td>
</tr>
</tbody>
</table>

**Know the facts.**

<table>
<thead>
<tr>
<th>Description</th>
<th>This leaflet presents information on knowing the facts about alcohol.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Leaflet</td>
</tr>
<tr>
<td>Language</td>
<td>Chinese, Punjabi, Urdu</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
<tr>
<td>Published</td>
<td>Unknown</td>
</tr>
<tr>
<td>Contact</td>
<td>GGNHSB PERL Dalian House 350 St Vincent Street Glasgow G3 8YY 0141 201 4444</td>
</tr>
</tbody>
</table>
Cancer
Scope
The Cancer topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Cancer at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 8th September 2003 for one week only.

The sub-topics searched were:
- Bowel cancer
- Breast cancer (breast screening services)
- Cervical cancer (cervical smear test/cervical screening programmes)
- Lung cancer/ smoking and lung cancer
- Prostate cancer
- Testicular cancer
- Skin Cancer
- Lifestyle and cancer

Sources
To ensure a comprehensive study of the topic the search focussed in
- Specialist cancer sources
- NHS Sources
- Worldwide Cancer Sources

The following is a complete listing of the organisations/sources searched.

Specialist Cancer Sources

American Cancer Society
http://www.cancer.org/docroot/home/index.asp

Balch Institute for Ethnic Studies
http://www.balchinstitute.org/

Breakthrough Breast Cancer
http://www.breakthrough.org.uk/

Breast Cancer Care
http://www.breastcancercare.org.uk/splash

CancerBACUP
http://www.cancerbacup.org.uk/Home

Cancerkin
http://www.cancerkin.org.uk/

Cancer Black Care
http://www.cancerblackcare.org/
Cancer Research UK
http://www.cancerresearchuk.org/

Cancer Resource Centre Wandsworth
http://www.positivehealth.com/permit/Articles/Cancer/wands42.htm

Cancer Equality Afiya Trust
http://www.afiya-trust.org/CancerEquality/CancerEq.asp

Europa Donna (The European Breast Cancer Coalition)
http://www.cancerworld.org/progetti/cancerworld/Europadonna/pagine/home/homefra
meeudonna.html

Kidney Cancer
http://kidneycancerassociation.org/default1.html

MacMillan Cancer Relief
http://www.macmillan.org.uk/

The Prostate Cancer Charity
http://www.prostate-cancer.org.uk/

The Cancer Resource Centre and Cancer Equality
Asian Cancer Information and Outreach Project
http://www.cancer-resource-centre.org.uk

UK Breast Cancer Coalition
http://www.ukbcc.org.uk/main.html

Woman’s National Cancer Control Campaign
http://www.wnccc.org.uk/

**NHS Cancer Sources**

Bristol North PCT
http://www.bristolnorthpct.nhs.uk/

Camden and Islington Health Promotion Service
http://www.candihaps.com/

Central Manchester and Manchester NHS Children’s University Hospital
http://www.cmmc.nhs.uk/

Colorectal and Stoma Care Services Leicester Royal Infirmary
Helen Ghandi
Colorectal and Stoma Care Services
Clinic 2
Balmoral Building
Leicester Royal Infirmary
Leicester

Department of Health
http://www.doh.gov.uk/

HarpWeb
http://www.harpweb.org.uk/

Health Promotion Hertfordshire
http://www.nhsinherts.nhs.uk/hp/

Health Improvement Information and Resource Centre Kensington and Chelsea and Westminster NHS Trust
http://www.ke-pct.nhs.uk/index.htm

Leeds North East Primary Care Trust
http://www.leedsnortheast-pct.nhs.uk/

Leicester, Leicestershire and Rutland NHS Health Promotion Agency
http://www.healthgroups.org.uk/

London Health
http://www.londonhealth.co.uk/

Manchester Health Promotion Specialist Service
http://www.hpsearch.co.uk/chester/

Norfolk NHS Trust
http://www.nnuh.nhs.uk/

North East Lincolnshire PCT
http://www.nelpct.nhs.uk/default.aspx

NHS Direct
http://www.nhsdirect.nhs.uk/

NHS Hertfordshire
http://www.nhsinherts.nhs.uk/

Tameside and Glossop Acute Services NHS Trust
http://www.tamesideandglossop.nhs.uk/

Tower Hamlets NHS PCT
http://www.thpct.nhs.uk/about/iwl/index.asp

Westminster NHS PCT
http://www.westminster-pct.nhs.uk/
Worldwide Cancer Sources

Breast Screen Victoria
http://www.breastscreen.org.au/

Commonwealth Department of Health and Family Services

National Cancer Institute USA
http://www.nci.nih.gov/

National Cervical Cancer Coalition
http://www.nccc-online.org/

National Cervical Screening Program

NSW Cervical Screening Programme

General Sources

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

MyPil.com
http://mypil.com/
Outcomes
A comprehensive search of the sources showed that there are gaps in languages availability, but no gaps in sub-topic coverage.

Cancer general (includes lifestyle)
Two leaflets are available produced by the NSW Multicultural Health Communication Service; “How food can help prevent cancer” and “The myths about cancer”. Two items from the Cancer Resource Centre, “Reduce you cancer risk” and “Understanding and living with cancer” are also available.

The Christie Hospital in association with New Opportunities Fund has produced a selection of booklets and audiocassettes. Two booklets “Chemotherapy” and “Chemotherapy : a guide for patients and their families” are available with an accompanying audiocassette “Chemotherapy : a guide for patients and their families”.

The languages missing in this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Somali and Swahili.

Bowel Cancer
There is only one resource available in this sub-topic; a single leaflet sourced from the NSW Multicultural Health Communication Service “Beating bowel cancer”. The languages missing in this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili and Urdu.

Breast Cancer
There are seven resources available in this section; five leaflets, one booklet/audiocassette and a single video.

The leaflets are from a variety of sources including London Breast Screening Services, Breast Cancer Care, NHS Direct and the NSW Multicultural Health Communication Service. The titles include “Breast Awareness”, “Breast Cancer”, “Breast screening – the facts”, “Healthy breasts: the questions women ask” and “Good health for your breasts”.

The booklet/audiocassette “Diagnosing and treating breast cancer” is sourced from Breast Cancer Care.

The video, “Mrs Khan goes for breast screening”, is sourced from N Films Ltd.
The languages missing from this section include Albanian, Kurdish (Kirmanji and Sorani) and Swahili.

Cervical Cancer
There are five leaflets available in the section sourced from a variety of sources including BC Cancer Agency Canada, NHS Direct, Manchester Health Promotion Specialist Service and the NSW Multicultural Health Communication Service. The range of titles include “About screening for the cancer of the cervix”, “Cervical screening – the facts”, “Regular smear tests can save your life”, “The women’s cancer that can be easily cured” and “Which women need a pap test”.

A single booklet, “Cervical Screening”, is available from the Iraqi Community Association.

A single video, “Mrs Malik goes for a smear test”, is available from N Films Ltd.

The languages missing from this section include Albanian, Kurdish (Kirmanji and Sorani) and Swahili.

Prostate Cancer
There are five resources available in this section; four leaflets and one audiotape.

The leaflets are from a variety of sources including Canadian Cancer Society, the NSW Multicultural Health Communication Service, and The Prostate Cancer Charity. The range of titles includes “Prostate Cancer”, “Prostate cancer: what are the treatment options”, “The Prostate Gland Owners Manual” and “What you should know about prostate cancer”.

The audiotape “Prostate and testicular cancer audio-tape” is available from GGNHSB.

The missing languages in this section are Albanian, French, Kurdish (Kirmanji and Sorani) and Swahili.

Skin Cancer
There is only one resource in this section, “How to enjoy the outdoors without damaging your skin”, and is sourced from the NSW Multicultural Health Communication Service.

The missing languages in this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili and Urdu.

Testicular Cancer
There are two leaflets available in this section both sourced from the Canadian Cancer Society; “Testicular cancer: what you need to know” and “Testicular cancer and how to do TSE”.

The languages missing in this section are Albanian, Arabic, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili, Turkish and Urdu.
Resources

Cancer General

Chemotherapy
Description This booklet presents information on chemotherapy.
Format Booklet
Language Chinese, English, Punjabi
Cost Free
Published Unknown
Contact The Christie Hospital NHS Trust
Patient Information Service
http://www.christie.nhs.uk

Chemotherapy. A guide for patients and families.
Description This booklet presents information on chemotherapy for patients and families.
Format Booklet and cassette
Language Cantonese, English, Punjabi, Urdu
Cost Free
Published Unknown
Contact The Christie Hospital NHS Trust
Patient Information Service
http://www.christie.nhs.uk

How food can help prevent cancer.
Description This leaflet presents information on the way in which food and drink may prevent cancer.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download
Published 1995
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Reduce your cancer risk.
Description This leaflet presents information on reducing your risk of getting cancer.
Format Leaflet
Language English, Punjabi, Urdu
Cost Free
Published 2003
Contact Cancer Resource Centre and Cancer Equality
Asian Cancer Information and Outreach Project
http://www.cancer-resource-centre.org.uk
The Myths about Cancer.
Description This leaflet presents information on some of the myths surrounding cancer such as cancer is always fatal, cancer is catching, cancer can be caused by injury, cancer is punishment and special diets can cure cancer.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download.
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Understanding and living with cancer.
Description This booklet presents information on causes, treatments and living with cancer.
Format Booklet
Language English, Punjabi, Urdu
Cost Free
Published 2003
Contact Cancer Resource Centre and Cancer Equality
Asian Cancer Information and Outreach Project
http://www.cancer-resource-centre.org.uk

Bowel Cancer

Beating Bowel Cancer.
Description This leaflet presents information on bowel cancer, the incidence of bowel cancer, what causes bowel cancer and advice on a healthy lifestyle for reducing your risks of getting bowel cancer.
Format Leaflet.
Language Arabic, Chinese, English and Turkish.
Cost Free to download.
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Breast Cancer

Breast Awareness.
Description This leaflet presents information on being aware of changes to your breasts and what to do if you notice a change in your breasts.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Somali
Cost Free
Published 1997
**Breast Cancer.**
Description: This poster provides information and support for breast cancer sufferers.
Format: Poster
Language: Urdu
Cost: Free
Published: Unknown
Contact: Breast Cancer Care
http://www.breastcancercare.org.uk/Home

**Breast screening – the facts.**
Description: This leaflet presents information on what breast screening is, why it is necessary and what happens during testing.
Format: Leaflet to order and electronic download.
Language: Arabic, English, Cantonese, Punjabi, Urdu, Farsi, French, Somali, Turkish
Cost: Free to download and order.
Published: 2003
Contact: London: Department of Health. Available from Department of Health, PO Box 777, London SE1 6LH
NHS Direct
http://www.cancerscreening.nhs.uk/breastscreen/publications/ia-02.html

**Diagnosing and treating breast cancer.**
Description: A booklet and audiocassette that presents information on breast cancer. This includes finding a lump, making a diagnosis, breast screening, getting results, treatment options and complementary therapies.
Format: Booklet and audiocassette.
Language: Urdu and English
Cost: Free
Published: Unknown
Contact: Breast Cancer Care
http://www.breastcancercare.org.uk/Home

**Healthy breasts : the questions women ask.**
Description: This leaflet presents information on the changes to a women’s breast, what causes breast cancer and what can increase your risk of breast cancer.
Format: Leaflet
Language: English, Arabic, Chinese and Turkish.
Cost: Free to download.
Published: 1998
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Good health for your breasts.
Description This leaflet presents information on regular examination on the breast, changes in the breast and reducing the risks of breast cancer.
Format Leaflet.
Language Arabic, Chinese, English, Turkish.
Cost Free to download.
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Mrs Khan goes for breast screening.
Description This video presents information on breast screening procedure.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

Cervical Cancer

About screening for the cancer of the cervix (pap smear).
Description This leaflet presents information on screening for cancer of the cervix.
Format Leaflet
Language Chinese
Cost Free to download
Published 2001
Contact BC Cancer Agency Canada
http://www.bccancer.bc.ca

Cervical Screening
Description This booklet presents information on cervical screening.
Format Booklet
Language Arabic
Cost Free
Published 2001
Contact Health Resource Centre
Iraqi Community Association
Palingswick House
241 King Street
London
020 874 15491

Cervical screening –the facts.
Description This leaflet presents information on what cervical screening is, why it is necessary and what happens during testing.
Format Leaflet
Mrs Malik goes for a smear test.
Description This video presents information of the cervical smear test and its importance.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

Regular smear tests can save your life.
Description This leaflet presents information on what a smear test is, what age groups are offered smear tests, who will carry out your smear test and when you will get your result.
Format Leaflet
Language Arabic, Chinese, English
Cost Free
Published Unknown
Contact Manchester North, central and South Primary Care Trusts
Manchester Health Promotion Specialist Service, Victoria Mill, Lower Vickers Street Miles Platting Manchester M40 7LJ 0161 203 4101

The women’s cancer that can be easily cured.
Description This leaflet presents information on what a pap test is, who will carry out the procedure, getting abnormal results.
Format Leaflet
Language Arabic, Chinese, English and Turkish.
Cost Free to download.
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Which women need a pap test?
Description This leaflet presents information on what a pap test is, why the Pap test is important, the causes of cervical cancer.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download.
Published 1998
Contact NSW Multicultural Health Communication Service Australia
**Oral Cancer**

**Oral Cancer.**

**Description** This leaflet describes what is oral cancer, who is at risk from oral cancer and what are the signs of oral cancer.

**Format** Leaflet

**Language** English, Punjabi, Urdu

**Cost** Free to download

**Published** Unknown

**Contact** MyPil.com

http://mypil.com

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**Prostate Cancer**

**Prostate Cancer.**

**Description** This leaflet presents information on prostate cancer.

**Format** Leaflet

**Language** Chinese

**Cost** Free to download.

**Published** 2001

**Contact** Canadian Cancer Society http://www.cancer.ca/

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**Prostate cancer : what are the treatment options.**

**Description** This leaflet presents information on what is prostate cancer and treatments for prostate cancer.

**Format** Leaflet

**Language** Arabic, Chinese, English, Farsi, Turkish.

**Cost** Free to download.

**Published** 2002

**Contact** NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au

http://mhcs.health.nsw.gov.au

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**Prostate and testicular cancer audio tape.**

**Description** This audio-tape presents information on prostate and testicular cancer.

**Format** Audio-tape

**Language** Punjabi, Urdu

**Cost** Free

**Published** Unknown

**Contact** GGNHSB

PERL

Dalian House

350 St Vincent Street

Glasgow

G3 8YY
The Prostate Gland Owner’s Manual
Description This leaflet presents information on what the prostate gland is, what it does and when things go wrong.
Format Leaflet
Language Arabic, English, Chinese, Punjabi, Urdu
Cost Free to download
Published 2001
Contact The Prostate Cancer Charity
http://www.prostate-cancer.org.uk

What you should know about prostate cancer.
Description This leaflet presents information on prostate cancer.
Format Leaflet
Language Chinese and French
Cost Free to download
Published 2003
Contact Canadian Cancer Society http://www.cancer.ca

Skin Cancer

How to enjoy the outdoors without damaging your skin.
Description This leaflet presents information on the incidence of skin cancer in Australia, the most harmful time of the year, the person most at risk from skin cancer, encouraging teenagers to protect their skin and advice on protecting children and babies.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download.
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Testicular Cancer

Testicular Cancer. What you need to know.
Description This leaflet presents information on testicular cancer.
Format Leaflet
Language Punjabi
Cost Free to download
Published 2001
Contact Canadian cancer Society http://www.cancer.ca

Testicular cancer and how to do TSE (a self exam).
Description This leaflet presents information on testicular cancer and how men can carry out self-examination for signs of testicular cancer.
Format: Leaflet
Language: Chinese
Cost: Free to download
Published: Unknown
Contact: Canadian Cancer Society [http://www.cancer.ca]
Child Health and Parenting
Scope
The Child Health and Parenting topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and the experience of the project team and the Health Promotion Specialist Child Health at the Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 15th December 2003 for one week only.

The sub-topics searched were:
- Child Health
- Good parenting
- Breastfeeding Babies
- Feeding new baby
- Handling babies
- Crying babies
- Cot death
- Child Development
- Taking care of your baby
- Bathing your baby
- Nutrition in toddlers
- Toilet training
- Meningitis
- Behavioural difficulties in children
- Hyperactive children
- Children and diabetes
- Down’s Syndrome
- Eczema
- Autism
- Asthma
- Immunisation
- Teething
- Behaviour management
- Sleep patterns
- Tantrums
- Positive parenting
- Play
- Colic
- Post-natal depression
- Weaning
- Child Safety

Sources
To ensure a comprehensive study of the topic the search focussed in
- Specialist child health sources
- General sources

The following is a complete listing of the sources used.
Specialist Child and Parenting Sources

Advisory Centre for Education
http://www.ace-ed.org.uk

BBC Education Online
http://www.bbc.co.uk/parenting

British Association for Early Childhood Education
http://www.early-education.org.uk

Child Psychotherapy Trust
http://www.psychotherapytrust.org.uk

Children First
http://www.childrenfirst.nhs.uk

Contact a Family
http://www.cafamily.org.uk

Dads and lads project
http://www.ymca.org.uk

Diabetes UK
http://www.diabetes.org.uk/

Downs Syndrome Association
http://www.downs.syndrome.org.uk

e-parents (National Family and Parenting Institute)
http://www.e-parents.org

Family Rights Group
http://www.frg.org.uk

Fathers Direct
http://www.fathersdirect.com

Gingerbread
http://www.gingerbread.org.uk

HEBS
http://www.hebs.scot.nhs.uk

HomeStart
http://www.home-start.org.uk

Juvenile Diabetes Research Foundation
http://www.jdrf.org.uk
Institute of Child Health  
http://www.ich.ucl.ac.uk/

Kirklees Parenting Support Forum  
http://www.kirklees.gov.uk

Meningitis Research Foundation  
http://www.meningitis.org/

National Asthma Campaign  
http://www.asthma.org.uk

National Diabetes Education Program  

National Eczema Society  
http://www.eczema.org

National Newpin  
http://www.newpin.org.uk

NSPCC  
http://www.nspcc.org.uk

One Parent Families  
http://www.oneparentfamilies.org.uk

Raising Kids  
http://www.raisingkids.co.uk

Parentline Plus  
http://www.parentlineplus.org.uk

Positive Parenting  
http://www.parenting.org.uk

The Foundation for the Study of Infant Deaths  
http://www.sids.org.uk

The Mental Health Foundation  
http://www.mentalhealth.org.uk

The National Autistic Society  
http://195.157.68.212

Young Minds  
http://www.youngminds.org.uk
General Sources

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/

United Nations
http://www.un.org/

World Health Organisation
http://www.who.int/en/

Outcomes
A comprehensive search of the sources showed that there are gaps in topics and in language availability.

The majority of the resources spanned over most of the sub-topics. No resources are available for Down’s Syndrome, eczema, asthma, teething, sleep patterns, colic, bathing your baby, toilet training and childhood diabetes.

The following languages are unaccounted for in this topic; French, Kurdish (Kirmanji and Sorani), Swahili and Urdu.
Resources

A Guide for Parents on the Safe Use of Antibiotics
Description This guide presents information on the safe use of antibiotics by parents.
Format Guide
Language Chinese, Punjabi, Turkish
Cost Free to download
Published 2002
Contact Health Scotland
http://www.hebs.com/topics/index.htm

A Parents Guide to Newborn Screening for Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis.
Description This guide presents information in newborn screening for Phenylketonuria, Congenital Hypothyroidism and Cystic Fibrosis.
Format Guide
Language Chinese, Punjabi, Turkish, Urdu
Cost Free to download
Published Unknown
Contact Health Scotland
http://www.hebs.com/topics/index.htm

A Parents Guide to the screening test for spina bifida and Down’s syndrome.
Description This guide presents information on the screening test for spina bifida and downs syndrome for parents.
Format Guide
Language Chinese, Turkish, Urdu
Cost Free to download
Published Unknown
Contact Health Scotland
http://www.hebs.com/topics/index.htm

Anxiety in Children.
Description This leaflet presents information on what parents should know about anxiety in children, what signs parents should look for and how parents can help their children work through their problems.
Format Leaflet
Language English, Farsi, French
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
Bedwetting in children.
Description: This leaflet presents information on what causes bedwetting and tips for parents for solving the problem.
Format: Leaflet
Language: Arabic, Chinese, English, Turkish
Cost: Free to download
Published: 2000
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Breastfeeding: complementary and supplementary feeds.
Description: This leaflet presents information on complementary and supplementary feeds for breastfeeding.
Format: Leaflet
Language: Arabic, Chinese, Somali, Turkish
Cost: Free to download
Published: 2002
Contact: Royal Women’s Hospital
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Breast Feeding or Bottle Feeding – which is best for babies?
Description: This leaflet presents information on breast-feeding and bottle-feeding your baby.
Format: Leaflet
Language: Arabic, Chinese, English, Turkish
Cost: Free to download
Published: 1997
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Breastfeeding world of benefits.
Description: This poster presents information on breastfeeding benefits.
Format: Poster
Language: Urdu
Cost: Unknown
Published: Unknown
Contact: GGNHSB

Building Blocks for Health. Eating well for 2-5 year olds.
Description: This booklet presents information on a balanced diet for 2-5 year olds from all the food groups. Also included is information on drinking, hidden sugar and salt, having breakfast, getting enough iron and fussy eaters.
Depression in Children.
Description This leaflet presents information on what parents should be aware of as signs of depression in children.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Turkish
Cost Free to download
Published 2002
Contact Transcultural Mental Health Centre
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Depression during pregnancy and early parenthood.
Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.
Format leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2003
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Feeding your baby.
Description This leaflet presents information on healthy feeding for your baby.
Format Leaflet
Language Chinese, Punjabi, Turkish, Urdu
Cost Free to download
Published 2002
Contact Food Standards Agency
foodstandards@eclogistics.co.uk

Feeding your growing child.
Description This leaflet presents information on feeding your child.
Format Leaflet
Language Chinese, Punjabi, Turkish, Urdu
Cost Free to download
Published 2002
Contact Food Standards Agency
foodstandards@eclogistics.co.uk

Happy playtime makes happy children.
Description This booklet presents tips on playing with your children.
Format Booklet
Helping children maintain a health weight.

Description: This leaflet presents information on what are the main causes of weight gain, encouraging children to eat healthy foods and having an active family lifestyle.

Format: Leaflet
Language: Arabic, Chinese, English, Farsi, Turkish
Cost: Free to download
Published: 2000
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Helping children with concentration problems.

Description: This leaflet presents information on Attention Deficit Disorder (ADD).

Format: Leaflet
Language: Arabic, Chinese, English, Turkish
Cost: Free to download
Published: 1998
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

HIB: A Parents Guide

Description: This leaflet presents information on HIB vaccination.

Format: Leaflet
Language: Arabic, Chinese, Farsi, Turkish
Cost: Free to download
Published: Unknown
Contact: Health Scotland
http://www.hebs.com/topics/index.htm

How to take a child’s temperature.

Description: This leaflet presents information on taking a child’s temperature.

Format: Leaflet
Language: Chinese, English, Punjabi
Cost: Free to download
Published: Unknown
Contact: The Richmond Hospital Canada
http://www.richmondhealth.ca/bins/index.asp
Information on head lice.
Description This leaflet presents information on head lice.
Format Leaflet
Language Chinese, Punjabi, Urdu
Cost Unknown
Published Unknown
Contact GGNHSB

Meningitis and Septicaemia.
Description This leaflet presents information on meningitis and septicaemia.
Format Leaflet
Language Albanian, Arabic, Chinese, English, Punjabi, Somali, Urdu
Cost Free to download
Published Unknown
Contact Meningitis Research Foundation
http://www.meningitis.org/

Milk and toddlers.
Description This leaflet presents tips on weaning babies from milk.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2003
Contact National Child Nutrition Programme Australia
Available via Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

MMR : your questions answered.
Description This leaflet presents information on the MMR vaccine.
Format Leaflet
Language Arabic, Chinese, Farsi, Turkish
Cost Free to download
Published Unknown
Contact Health Scotland
http://www.hebs.com/topics/index.htm

Play for Asian parents and children.
Description This video presents information on the importance of play for young children.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Play is a serious business.
Description This video presents information on play.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

Reduce the risk of cot death.
Description This guide presents information on reducing the risk of cot death.
Format Guide
Language Chinese, English, Punjabi, Somali, Turkish, Urdu
Cost Free
Published 2000
Contact The Foundation for the Study of Infant Deaths
14 Halkin Street
London
SW1X 7DP
020 7235 0965
or
DOH
http://www.doh.gov.uk/cotdeath/

Reduce the risk of cot death.
Description This leaflet presents information on reducing the risk of cot death.
Format Leaflet
Language Arabic, Chinese, Punjabi, Urdu
Cost Unknown
Published Unknown
Contact Scottish Executive
http://www.scotland.gov.uk/topics/?pageid=1

Sad feelings after childbirth – a hidden problem.
Description This leaflet presents information on the symptoms of postnatal depression, the causes of postnatal depression and tips on lowering your risk of getting postnatal depression.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

Starting Solids.
Description This leaflet presents information on introducing food to babies.
<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
<th>Format</th>
<th>Language</th>
<th>Cost</th>
<th>Published</th>
<th>Contact</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Successful breastfeeding.</td>
<td>This leaflet presents information on breastfeeding your baby, getting started, frequency of feeds, breast problems and getting help.</td>
<td>Leaflet</td>
<td>Arabic, Chinese, English</td>
<td>Free to download</td>
<td>2002</td>
<td>Central Sydney Area Health Service</td>
<td><a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a> <a href="http://mhcs.health.nsw.gov.au">http://mhcs.health.nsw.gov.au</a></td>
</tr>
</tbody>
</table>
http://www.nas.org.uk/

What is croup?
Description This leaflet presents information on what is croup and treating a child with croup.
Format Leaflet
Language Chinese, English, Punjabi
Cost Free to download
Published Unknown
Contact The Richmond Hospital
British Columbia
Canada
http://www.richmondhealth.ca/bins/index.asp
Drugs
**Scope**
The Drugs Health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Addictions at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 3rd November 2003 for one week only.

The sub-topics searched were:
- Effects of drugs
- Drugs and the law
- Drug addict
- Drug habit/ problem
- Heroin
- Cocaine or crack
- Amphetamine
- Amyl and Butyl Nitrites or Poppers
- Ecstasy
- Tranquillizers
- Methadone
- Volatile substances – solvents
- Hallucinogens - LSD
- Magic mushrooms
- Cannabis

**Sources**
To ensure a comprehensive study of the topic the search focussed on
- Specialist drug/addiction sources
- General sources

The following is a complete listing of the organisations/sources used.

**Specialist Drug and Addiction Organisations**

Addactions
http://www.addaction.org.uk/

Addictions BBC Online
http://www.bbc.co.uk/health/addictions/

Addiction recovery Foundation
http://www.addictiontoday.co.uk/

ADFAM Families Alcohol and Drugs
http://www.ad fam.org.uk/

Alexander Clinic
http://www.alexanderclinic.co.uk/
The Association of Nurses in Substance Abuse (ANSA)
http://www.ansa.uk.net/

Babyworld
http://www.babyworld.co.uk/

Battle against tranquilizers (BAT)
http://www.bataid.org/

Benzo.org.uk
http://www.benzo.org.uk/index.htm

Bridges International
http://www.bridgesinternational.co.uk/

CASCADE
http://www.cascade-drugs.org.uk/

Centre for Recovery
http://www.recovery.org.uk/

Centre for Research on Drugs
http://www.med.ic.ac.uk/divisions/64/about.asp#aboutCRDHB

Centre for Economic and Social Inclusion (CESI)
http://www.cesi.org.uk/

Council for involuntary Tranquilizer Addiction (CITA)
http://www.liv.ac.uk/~csunit/community/cita.htm

Clouds
http://www.clouds.org.uk/

Cocaine Anonymous
http://www.ca.org/

DARE UK Drugs Abuse Resistance Education
http://www.dare.uk.com/

DOH Substance Misuse Information
http://www.doh.gov.uk/drugs/

Drug Education Forum
http://www.drugeducation.org.uk/

Drug and Alcohol Action Programme (DAAP)
http://www.daap.org.uk/

Drugs Education and Prevention Information Service
http://199.228.212.132/doh/depisusers.nsf/Main?readForm
Drugs Strategy Directorate  
http://www.drugs.gov.uk/NationalStrategy/DrugsStrategyDirectorate

Drugscope  
http://www.drugscope.org.uk/

European Association for the treatment of addiction (EATA)  
http://www.eata.org.uk/

European Association of Libraries and Information Services on Alcohol and other drugs (ELISAD)  
http://www.elisad.org/

Families Anonymous  
http://www.familiesanonymous.org/

Fast Forward  
http://www.fastforward.org.uk/index.htm

FRANK  
http://www.talktofrank.com/

HIT  
http://www.hit.org.uk/

Hope UK  
http://www.hopeuk.org/

Know the Score  
http://www.knowthescore.info

Life Education centres  
http://www.lifeeducation.org.uk/

Life for the World Trust  
http://www.lftw.org/

Lifeline  
http://www.lifeline.org.uk/

Mainliners  
http://members.aol.com/linersmain/

Methadone Alliance  
http://www.methadone.org.uk/

National Association Alcohol and Drug, Alcohol Counsellors (NAADAC)  
http://www.naadac.org/
Narcotics Anonymous  
http://www.na.org/

National Drugs Helpline  
http://www.nationaldrugshelpline.co.uk/

National Drug Prevention Alliance  
http://www.drugprevent.demon.co.uk/

NSW Office of Drug Policy  

Phoenix House  
http://www.phoenixhouse.org/about/default.asp

PROMIS Recovery Centre  
http://www.promis.co.uk/

Re-Solv Society for the prevention of solvent and volatile substance abuse  
http://www.re-solv.org/

RELEASE  
http://www.release.org.uk/

Scottish Drugs Forum  
http://www.sdf.org.uk/

Solvent Abuse Resource Group  
http://sparc.airtime.co.uk/users/sarg/

The Society for the Study of Addiction (SSA)  
http://www-users.york.ac.uk/~sjp22/addiction/

TACADE  
http://www.tacade.com/

Turning Point  
http://www.turning-point.co.uk/

UK Harm Reduction Alliance  
http://www.ukhra.org/

Wrecked  
http://www.wrecked.co.uk/

**General Sources**

BableTree Project Australia  
Outcomes
A comprehensive search of the sources revealed gaps in the sub-topics and language availability. A large proportion of the sub-topic material has no resources and includes drugs and the law, cocaine, crack, amphetamine, amyl/butyl nitrites/poppers, tranquilisers, methadone, solvents, hallucinogens and magic mushrooms. The following languages have also no resources attached to them; Albanian, Farsi, French, Kurdish (Kirmaji and Sorani), Punjabi, Somali and Swahili.

Cannabis/effects
There is one leaflet available in this section sourced from the NSW Multicultural Health Communication Service; “How harmful is cannabis?” The missing languages in this section are Albanian, Farsi, French, Kurdish (Kirmaji and Sorani), Punjabi, Somali, Swahili and Urdu.

Drug/habit/problem/addiction and effects
There are six resources in this section. There are three leaflets available. “Drug information for parents” is sourced from the State Government of Victoria. “Drug education – information for parents and caregivers” is sourced from the NSW...
Ecstasy/effects
There is a single leaflet available in the section sourced from the NSW Multicultural Health Communication Service; “Ecstasy – understanding the risks”. The missing languages in this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili and Urdu.

Heroin
There are two leaflets available in this section both sourced from the NSW Multicultural Health Communication Service; “What is the best treatment for heroin addiction” and “Young people and heroin”. The missing languages in this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili and Urdu.

Resources

Cannabis

How harmful is cannabis?
Description This leaflet presents information on why do teenagers use cannabis, what does cannabis look like, how harmful can cannabis be, and telling teenagers the real facts about cannabis.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Ecstasy

Ecstasy – understanding the risks.
Description This leaflet presents information on what is ecstasy, how is it used, what are its affects on the body, how it can be dangerous for the body, its addictive qualities, long term effects of ecstasy use and can you tell if a person is using ecstasy.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 2000
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

General Drug Habits

Drug information for parents.
Description This leaflet presents drug information for parents.
Format Leaflet
Language Arabic, Chinese, Farsi, Kurdish, Turkish
Cost Free to download
Published 1999
Contact State Government of Victoria

Drug education – information for parents and caregivers.
Description This leaflet presents information on the meaning of the term drug, current approaches to drug education, drugs and schools and parents and drug education.
Format Leaflet
Language Arabic
Cost Free to download
Published Unknown
Contact New South Wales Department of Education and Training
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
**Khat**
Description This postcard presents information on khat.
Format Postcard
Language Kurdish, Somali
Cost £0.30
Published Unknown
Contact HIT
http://www.hit.org.uk

**The South Asian Community and Drugs.**
Description This booklet covers drug myths, signs of drug use, the money cost of drugs, why do people try drugs, a mothers story, individual drug facts, the law and drugs, advice for parents and knowing where to get help.
Format Booklet
Language English/Urdu
Cost Free
Published Unknown
Contact Lifeline Publications
http://www.lifeline.org.uk
publications@lifeline.org.uk

**What should you do if you think your child is using illegal drugs?**
Description This leaflet presents information on what parents should do if they suspect their child is using drugs.
Format Leaflet
Language Arabic, Chinese, Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Your body matters.**
Description This audio presents information on drug use and your body.
Format Audio tape
Language Chinese, Punjabi, Urdu
Cost Free
Published Unknown
Contact GGNHSB
PERL
Dalian House
350 St Vincent Street
Glasgow
G3 8YY
0141 201 4444
**Heroin**

**What’s the best treatment for heroin addiction?**

*Description*  
This leaflet presents information on the different treatments available for withdrawing from heroin use.

*Format*  
Leaflet

*Language*  
Arabic, Chinese, English, Turkish

*Cost*  
Free to download

*Published*  
1999

*Contact*  
NSW Multicultural Health Communication Service Australia  
[mhcs@doh.health.nsw.gov.au](mailto:mhcs@doh.health.nsw.gov.au)  

**Young people and heroin.**

*Description*  
This leaflet presents information on heroin use and young people.

*Format*  
Leaflet

*Language*  
Arabic, Chinese, Turkish

*Cost*  
Free to download

*Published*  
1997

*Contact*  
NSW Multicultural Health Communication Service Australia  
[mhcs@doh.health.nsw.gov.au](mailto:mhcs@doh.health.nsw.gov.au)  
Heart Disease, Stroke and Diabetes
Scope
The Heart Disease, Stroke and Diabetes topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and Health Promotion Specialists responsible for Heart Disease, Stroke and Diabetes at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 26th January 2004 for one week only.

The sub-topics searched were:
- Healthy Heart
- Heart Attack
- Heart Disease
- Coronary artery disease
- Coronary care
- Coronary Heart Disease
- Heart Health
- Cardiovascular Disease
- Angina
- Cardiac rehabilitation
- Strokes
- Cerebrovascular disease
- Transient Ischemic Attacks
- Valve Disease
- Diabetes

Sources
To ensure a comprehensive study of the topic the search focussed in two key sources
- Specialist heart health
- General

The following is a complete listing of sources used

Specialist Heart Sources

American Heart Association
http://www.americanheart.org

British Blood Pressure Association
http://www.bpassoc.org.uk

British Cardiac Society
http://www.bcs.com

British Heart Foundation
http://www.bhf.org.uk

British Hypertension Society
http://www.hyp.ac.uk/bhsinfo
British Lung Foundation  
http://www.lunguk.org

Chest, Heart and Stroke Scotland  
http://www.chss.org.uk

Consensus Action on Salt and Health  
http://www.hyp.ac.uk/cash

Diabetes UK  
http://www.diabetes.org.uk

Health Canada  

Hearts for Life  
http://www.heartsforlife.co.uk

Heart Health Promotion  
http://www.shef.ac.uk/unip/projects/mshhp

Heart UK  
http://www.heartuk.org.uk

High Blood Pressure Foundation  
http://www.hbpf.org.uk

National Heart Forum  
http://www.heartforum.org.uk

NELH –CHD  
http://wmrlheart.directional.co.uk

Stroke Association  
http://stroke.org.uk

**General Sources**

BableTree Project Australia  

Ethnomed (USA)  
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees  
http://www.harpweb.org.uk/

Health Information East London  
http://www.thpct.nhs.uk/hiel/
Outcomes
A comprehensive search of the sources showed that there are gaps in sub-topics and language availability. There are no resources available in the following sub-topics: angina, cerebrovascular disease, transient ischemic attack and valve disease. There are no resources in the following languages; Albanian, Farsi, French, Kurdish (Kirmanji and Sorani) and Swahili.

Most of the resources cross over many of the sub-topics.

Diabetes
There are two booklets, “A guide for Chinese people” and “Diabetes: a guide for South Asian people”, available in this section both sourced from Diabetes UK. Missing languages from this section are Albanian, Arabic, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili and Turkish.

Heart attack, heart disease, coronary artery disease, cardiac rehabilitation
Two videos are available from the British Heart Foundation; “Cardiac Rehabilitation” and “Cardiac Surgery”. Missing languages from this section are Albanian, Arabic, Chinese, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili and Turkish.

Healthy Heart, heart disease, coronary heart disease
Two videos are available from the British Heart Foundation; “Get fit, keep fit” and “Living to prevent heart disease”. Missing languages from this section are Albanian, Arabic, Chinese, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili and Turkish.

A single leaflet “Looking after your heart” is sourced from Health Information East London.
Heart Attack
A single poster from the British Heart Foundation; “Heartstart UK”. Missing languages from this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), and Swahili.

Stroke
A single booklet, "Stroke" is sourced from The Stroke Association. Missing languages from this section are Albanian, Arabic, Chinese, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili and Turkish.

Resources

Diabetes

A guide for Chinese people.
Description This booklet presents information on diabetes; causes, treatments and problems.
Format Booklet
Language Chinese and English
Cost Free
Published Diabetes UK
Contact Diabetes UK
http://www.diabetes.org.uk

Diabetes: A guide for South Asian people.
Description This booklet presents information on diabetes and South Asian people.
Format Booklet
Language Urdu and Punjabi
Cost Free
Published 2002
Contact Diabetes UK
http://www.diabetes.org.uk

Heart

Cardiac rehabilitation.
Description This video presents information for heart disease patients and families and covers patients recovery and long term management of heart disease.
Format Video
Language English, Urdu
Cost Donation
Published 2003
Contact British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH
**Cardiac surgery.**
Description: This video presents information on coronary artery by-pass surgery.
Format: Video
Language: English, Punjabi, Urdu
Cost: Donation
Published: 2003
Contact: British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

**Get fit, keep fit prevent heart disease.**
Description: This video presents information on the importance of physical fitness especially for the prevention of heart disease.
Format: Video
Language: English, Punjabi, Urdu
Cost: Donation
Published: 2003
Contact: British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

**Heartstart UK**
Description: This poster presents information on emergency first aid for a heart attack victim.
Format: Poster
Language: Arabic, Chinese, Punjabi, Somali, Turkish, Urdu
Cost: £0.50
Published: Unknown
Contact: British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

**Living to prevent heart disease.**
Description: This video presents information on making small changes in diet, stopping smoking and physical activity can have an important role in preventing heart disease.
Format: Video
Language: English, Punjabi, Urdu
Cost: Donation
Published: 2002
Contact: British Heart Foundation
14 Fitzhardinge Street
London
W1H 6DH

**Look after your heart**
Description: This leaflet presents information on looking after your heart.
<table>
<thead>
<tr>
<th>Format</th>
<th>Leaflet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language</td>
<td>Chinese, Somali, Turkish, Urdu</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>2002</td>
</tr>
<tr>
<td>Contact</td>
<td>Health Information East London</td>
</tr>
</tbody>
</table>

**Stroke**

| Description | This booklet presents information on stroke. |
| Format      | Booklet                           |
| Language    | Punjabi, Urdu                      |
| Cost        | Free                              |
| Published   | 2001                              |
| Contact     | The Stroke Association            |
|             | [http://www.stroke.org.uk](http://www.stroke.org.uk) |
Scope
The Men’s Health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Men’s Health at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 13th October 2003 for one week only.

The sub-topics searched were:
- Men’s Health
- Men and cancer
- Men and mental health
- Men and positive mental health
- Men and physical activity
- Men and alcohol
- Men and drugs
- Men and smoking
- Men and heart
- Men and sexual
- Parenthood
- Fatherhood
- Male sexual abuse
- Male menopause

Sources
To ensure a comprehensive study of the topic the search focussed in 2 key sources
- Specialist men’s health
- General

The following is a complete listing of sources used.

Specialist Men’s Health Sources

Colon Cancer Concern
http://www.coloncancer.org.uk/

Consumer Health Information Centre
http://www.chic.org.uk/menzone

Everyman
http://www.everyman.org/

Men’s Health
http://www.menshealthforum.org.uk

Men’s Health Matters
http://www.malehealth.co.uk

Men’s Health Consulting
http://www.menshealth.org/
Men’s Health Network
http://www.menshealthnetwork.org/

Orchid Cancer Appeal (Male Cancers)

Prostate Cancer Charity
http://www.prostate-cancer.org.uk/

Prostate Help Association
http://www.personal.u-net.com/~pha/

Sexual Dysfunction Association
http://www.impotence.org.uk/

General Sources

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/

United Nations
http://www.un.org/
Outcomes
A comprehensive search of the sources showed that there are gaps in the men’s health sub-topics and language availability. There are no resources in the following sub-topics; mental health, physical activity, alcohol, drugs, smoking, heart, parenthood, fatherhood, sexual abuse and menopause. There are also no resources in the following languages; Albanian, Farsi, French, Kurdish (Kirmanji or Sorani) and Swahili.

Men’s Health
There are two leaflets available in this sub-topic and both are sourced from the NSW Multicultural Health Communication Service; “How can men improve their health” and “Why are men less healthy than women?” The missing languages in this sub-topic are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

Men’s Cancer
There are two resources available in this sub-topic. Firstly an audio-tape sourced from GGNHSB “Prostate and testicular cancer”, and secondly a leaflet sourced from NSW Multicultural Health Communication Service “Prostate health: what every man needs to know”. The missing languages in this sub-topic are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, and Swahili.

Mental Health
This sub-topic has a single resource available. “When marriages break down, its often men who hurt most” is sourced from NSW Multicultural Health Communication Service. The missing languages in this sub-topic are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

Sexual Health
A single leaflet is available in this sub-topic. “Successful treatment for impotence” is sourced from NSW Multicultural Health Communication Service. The missing languages in this sub-topic are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

Resources

How men can improve their health?
Description This leaflet presents information on the way in which a man can improve his health and live longer.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1995
Contact NSW Multicultural Health Communication Service Australia mhc@doh.health.nsw.gov.au
Prostate and testicular cancer audio tape.
Description This audio tape presents information on prostate and testicular cancer.
Format Audio tape
Language Punjabi, Urdu
Cost Free
Published Unknown
Contact GGNHS

Prostate health: What every man needs to know.
Description This leaflet presents information on what the prostate does, signs of enlarged prostate, causes of prostate cancer and prostatitis.
Format Leaflet
Language Arabic, English, Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Successful treatment for impotence.
Description This leaflet describes the possible causes of impotence and treatments available for impotence.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

When marriages break down, it’s often men who hurt the most.
Description This leaflet presents the reasons why men may it more difficult when a marriage breaks down.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Why are men less healthy than women?
Description This leaflet presents information on why men are less healthy than women.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Mental Health
Scope
The Mental Health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Mental Health at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 15th December 2003 for one week only.

The sub-topics searched were:
- Mental health issues
- Anxiety
- Bereavement/Grieving
- Depression
- Phobias/Panic attacks
- Postnatal depression
- Eating disorders/Anorexia Nervosa/ Bulimia nervosa
- Schizophrenia
- Self harm
- Stress
- Dementia
- Manic depression/manic depressive illness/bipolar affective disorder
- Self-esteem

Sources
To ensure a comprehensive study of the topic the search focussed in 2 key sources
- Specialist mental health
- General

The following is a complete listing of sources searched

Specialist Mental Health Sources

African-Caribbean Mental Health Association (ACMHA)
Suites 34 and 37
49 Effra Road
Brixton
London SW2 1BZ
Tel: 020 7737 3603

Alzheimer’s Society
http://www.alzheimers.org.uk/

Alzheimer’s Australia

Anorexia and Bulimia Care (ABC)
http://www.anorexiabulimiacare.co.uk/
Asian Men's Group
Mandala Centre
Gregory Boulevard
Nottingham NG7 6LB
Tel: 0115 960 6082

BBC Mental Health
http://www.bbc.co.uk/health/mental/

Black Mental Health Resource Centre (BMHRC)
Bushberry House
4 Laurel Mount
St Mary's Road
Leeds LS7 3JX
Tel: 0113 237 4229

Chinese Mental Health Association
Oxford House
Derbyshire Street
London E2 6HG
Tel: 020 7613 1008

Depression Alliance
http://www.depressionalliance.org/

Eating Disorder Association
http://www.edauk.com/

Institute of Psychiatry
http://www.iop.kcl.ac.uk/

Mental Health Foundation
http://www.mentalhealth.org.uk/

Mental Health Association Hong Kong
http://www.mhahk.org.hk/

MIND
http://www.mind.org.uk/

Nafsiyat Intercultural Therapy Centre
278 Seven Sisters Road
Finsbury Park
London N4 2HY
Tel: 020 7263 4130

National Centre for Eating Disorders
http://www.eating-disorders.org.uk/
National Eating Disorders Association  
http://www.nationaleatingdisorders.org

National Institute for Mental Health in England  
http://www.nimhe.org.uk/

National Schizophrenia Fellowship  

Qalb Centre  
17 Forest Drive West  
Leytonstone  
London E11 1JZ  
Tel: 020 8558 6241

Rethink  
http://www.rethink.org/

Royal College of Psychiatrists  
http://www.rcpsych.ac.uk/

Sainsbury Centre for Mental Health  
http://www.scmh.org.uk/wbm23.ns4/WebLaunch/LaunchMe

SANE Australia  
http://www.sane.org/

Samaritans  
http://www.samaritans.org.uk/

Somali Mental Health Council Project  
Volserve House  
14-18 West Bar Green  
Sheffield  
S1 2DA  
0114 275 8556

South London and Maudsley Mental Health Trust  
http://www.slam.nhs.uk/

Transcultural Mental Health Australia  

The Aberdeen Traumatic Stress Clinic and the Centre for Trauma Research  
http://www.gpct.org.uk/actr/

The Association for Post Natal Illness  
http://www.apni.org/
The Centre for Traumatic Stress Research and Practice
http://www.ess.ntu.ac.uk/trauma

Vishvas (Asian Women's Mental Health)
Confederation of Indian Organisations (UK)
5 Westminster Bridge Road
London SE1 7XW
Tel: 020 7928 9889

Wired for Health
http://www.wiredforhealth.gov.uk/

General Sources

BableTree Project Australia

DOH
http://www.dh.gov.uk/Home/fs/en

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

Health Improvement Information and Resource Centre (Kensington and Chelsea and Westminster NHS Trust)
http://www.westminster-pct.nhs.uk/healthy/library.htm

London Health UK
http://www.londonhealth.co.uk/

Medline Plus
http://medlineplus.gov/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/
Outcomes
A comprehensive search of the sources showed that there are gaps in the mental health sub-topics. There are no resources available for the following sub-topics: bereavement/grieving, phobias/panic attacks, manic depression, self-esteem.

However there are no gaps in language availability with each language being catered for in at least one sub-topic.

Anorexia Nervosa/Bulimia/Eating Disorders
A single leaflet is available “Anorexia Nervosa in children and young people” sourced via the NSW Multicultural Health Communication Service. The languages unavailable in this topic are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili and Urdu.

Anxiety
Three leaflets and a single booklet are available in the section and are all sourced from the NSW Multicultural Health Communication Service.

The booklet “Anxiety Disorder Brochures” is a series of seventeen topics dealing with different anxiety issues. The three leaflets source include “Anxiety in children”, “Help for anxiety problems” and “Stigma and anxiety”.

The languages unavailable in this topic are Albanian, French, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Dementia
There are nine leaflets available in this sub-topic.

A single leaflet is sourced from the Alzheimer’s Society UK, “Are you looking after someone who is confused and forgetful?”

Alzheimer’s Australia produces six leaflets, “Changed behaviours”, “Diagnosing dementia”, “Communication”, “Early Planning”, “Taking a break” and “What is
dementia”. Further resources from Australia include from Alzheimer’s Association NSW “Dementia” and from Alzheimer’s Society of Victoria “The Dementia’s”.

The languages unavailable in this topic are Albanian, French, French, Kurdish (Kirmanji and Sorani), Somali, Swahili, and Urdu.

**Depression**

This section has four leaflets, one booklet and two videos sourced. Four of the resources are from Australia.

“Depression in children” is available via the Transcultural Mental Health Centre Australia. “Depression during pregnancy and early parenthood”, “Let’s talk mental health –depression” and “Making sense of depression” is all sourced via the NSW Multicultural Health Communication Service.

A single booklet “Understanding depression” is sourced from Multikulti /Mind Publications.

Two videos, “Depression in ethnic minorities” and “Post-natal depression” are sourced from N Films Ltd.

The languages unavailable in this topic are Albanian, Kurdish (Kirmanji and Sorani), Swahili, and Urdu.

**Mental well-being**

This section includes resources of five leaflets, one booklet, one audiocassette and a single video.

Materials sourced from the NSW Multicultural Health Communication Service include “Are you feeling good today?” and “What is mental illness”. Other Australian resources include from the Transcultural Mental Health Centre “Does someone you know have a mental illness?” and “Let’s talk mental health”.

Sourced from Multikulti/Mind Publications “Improve your mental well-being” and from the Al-Hasaniya Moroccan Women’s Centre “Mental health: towards a better understanding”.

The audiocassette “Time to unwind is available from GGNHSB.

A single video “Mann ki Baat” is available from Mental Health Media; it includes a companion booklet.

All languages are catered for in this section.

**Mood swings and Bi-polar Disorder**

There are two leaflets available in this section both available from the NSW Multicultural Health Communication Service; “Living with dramatic mood swings” and “Teenage moods – what’s normal and what’s not”.

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The languages missing from this section are Albanian, Farsi, French, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili, and Urdu.

**Postnatal Depression**
A single leaflet is sourced in this section. “Sad feelings after childbirth – a hidden problem” is available through the NSW Multicultural Health Communication Service. The languages missing from this section are Albanian, French, Kurdish (Kirmanji and Sorani), Somali, Swahili, and Urdu.

**Self Harm**
A single leaflet is sourced in this section. “Preventing youth suicide” is available through the NSW Multicultural Health Communication Service.

A single video “Talking about suicide” is available from Mental Health Media.

The languages missing from this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Somali, Swahili, and Urdu.

**Schizophrenia**
There are two leaflets, “Let’s talk mental health – schizophrenia” and “Schizophrenia and young people” available in this section. Both are sourced from the NSW Multicultural Health Communication Service.

The languages missing from this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Somali, Swahili, and Urdu.

**Stress**
A single leaflet, “How to cope with stress”, is available via the NSW Multicultural Health Communication Service.

The languages missing from this section are Albanian, Farsi, French, Kurdish (Kirmanji and Sorani), Punjabi, Swahili, and Urdu.

**Resources**

**Anorexia Nervosa**

**Anorexia Nervosa in children and young people.**

| Description | This leaflet presents information on Anorexia Nervosa, what it is, why it is a dangerous condition, looking for signs in children and what can be done to help children. |
| Format | Leaflet |
| Language | Arabic, Chinese, English, Turkish |
| Cost | Free to download |
| Published | 2002 |
| Contact | NSW Multicultural Health Communication Service Australia |
|          | mhcs@doh.health.nsw.gov.au |
|          | http://mhcs.health.nsw.gov.au |
**Anxiety**

**Anxiety in children.**

Description: This leaflet presents information on what parents should know about anxiety in children, what signs parents should look for and how parents can help their children work through their problems.

Format: Leaflet

Language: English, Farsi, French

Cost: Free to download

Published: 2001

Contact: NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au

http://mhcs.health.nsw.gov.au

**Anxiety Disorder Brochures**

1. What factors contribute to anxiety?
2. The physical symptoms of anxiety.
3. How can exercise reduce your level of anxiety?
4. How will sleeping well affect anxiety?
5. How does smoking add to anxiety?
6. How can excessive caffeine intake contribute to anxiety?
7. The effects of alcohol on anxiety.
8. The effects of drugs on anxiety.
9. Slow breathing techniques for anxiety.
10. Relax and reduce anxiety.
11. How avoiding situations increases anxiety.
12. Thinking straight to reduce anxiety.
13. Effective problem solving to reduce anxiety.
15. Medications for anxiety disorders.
17. Getting help for anxiety and disorders.

Description: This is a series of leaflets available a whole booklet or as individual leaflets.

Format: Booklet and leaflet.

Language: Arabic, Chinese, English.

Cost: Free to download.

Published: 2003

Contact: NSW Multicultural Health Communication Service Australia

mhcs@doh.health.nsw.gov.au

http://mhcs.health.nsw.gov.au

**Help for anxiety problems.**

Description: This leaflet presents information on types of anxiety disorders such as phobias, post-traumatic stress disorder, obsessive-compulsive disorder, agoraphobia, and panic disorder.

Format: Leaflet

Language: Arabic, Chinese, English, Turkish.

Cost: Free to download
Stigma and anxiety.
Description This leaflet presents information on the way in which a person with mental illness feels and how stigma can affect them. It also gives information on anxiety disorders.
Format Leaflet
Language Turkish and English
Cost Free to download
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Dementia
Are you looking after someone who is confused and forgetful?
Description This leaflet presents information on what is dementia, what are the signs, cures for dementia and who can help if you have dementia.
Format Leaflet
Language Chinese, English, Farsi, Punjabi, Somali, Turkish, Urdu
Cost Free
Published Unknown
Contact Alzheimer’s Society
http://www.alzheimers.org.uk
info@alzheimers.org.uk

Changed behaviours.
Description This leaflet presents information on changed behaviour for sufferers of Alzheimer’s.
Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer’s Australia
http://www.alzheimers.org.au

Dementia
Description This leaflet presents information on common questions about dementia such as what is dementia, what causes dementia, can dementia be cured, and what help is available for sufferers of dementia.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
**Diagnosing Dementia.**
Description This leaflet presents information on diagnosing dementia.  
Format Leaflet  
Language Arabic and Chinese  
Cost Free to download  
Published 1999  
Contact Alzheimer’s Australia  
http://www.alzheimers.org.au

**Communication**
Description This leaflet presents information of communicating with sufferers of Alzheimer.  
Format Leaflet  
Language Arabic  
Cost Free to download  
Published 1999  
Contact Alzheimer’s Australia  
http://www.alzheimers.org.au

**Early planning.**
Description This leaflet presents information on early planning for coping with full onset Alzheimer’s.  
Format Leaflet  
Language Arabic and Chinese  
Cost Free to download  
Published 1999  
Contact Alzheimer’s Australia  
http://www.alzheimers.org.au

**Taking a break**
Description This leaflet presents information on taking a break from caring with someone with Alzheimer’s.  
Format Leaflet  
Language Arabic and Chinese  
Cost Free to download  
Published 1999  
Contact Alzheimer’s Australia  
http://www.alzheimers.org.au

**The Dementia’s.**
Description This leaflet presents information on dementia.  
Format Leaflet  
Language Arabic, Chinese, Turkish  
Cost Free to download  
Published Unknown  
Contact Alzheimer’s Society of Victoria Australia  
Available via
What is dementia?
Description This leaflet presents information on what is dementia.
Format Leaflet
Language Arabic and Chinese
Cost Free to download
Published 1999
Contact Alzheimer’s Australia
http://www.alzheimers.org.au

Depression

Depression in children.
Description This leaflet presents information on what parents should be aware of as signs of depression in children.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Turkish
Cost Free to download
Published 2002
Contact Transcultural Mental Health Centre
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Depression in ethnic minorities.
Description This video presents information of the problems caused by depression.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

Depression during pregnancy and early parenthood.
Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2003
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Lets talk mental health – depression.
Description This leaflet presents information on what is depression, types of depression and treatments for depression.
Format Leaflet
Language | English and Turkish  
Cost | Free to download  
Published | 2000  
Contact | NSW Multicultural Health Communication Service Australia  
| mhcs@doh.health.nsw.gov.au  
| http://mhcs.health.nsw.gov.au

**Making sense of depression**

**Description**  
This leaflet presents information on understanding and making sense of depression.

**Format**  
Leaflet

**Language**  
Arabic, Chinese and Turkish

**Cost**  
Free to download

**Published**  
1998

**Contact**  
NSW Multicultural Health Communication Service Australia  
| mhcs@doh.health.nsw.gov.au  
| http://mhcs.health.nsw.gov.au

**Post-Natal Depression.**

**Description**  
This video presents information on the effects of different degrees of post-natal depression.

**Format**  
Video

**Language**  
English and Urdu

**Cost**  
£37.25

**Published**  
Unknown

**Contact**  
N Films Ltd  
| http://www.nfilmsltd.co.uk

**Understanding depression.**

**Description**  
This booklet presents information on understanding depression.

**Format**  
Booklet

**Language**  
Arabic, Chinese, Farsi, French, Turkish, Somali

**Cost**  
Free to download at Multikulti and Mind

**Published**  
Unknown

**Contact**  
Multikulti  
| http://www.multikulti.org.uk

Mind Publications  
15-19 Broadway London E15 4BQ  
| http://www.mind.org.uk

**Mental Well-Being**

**Are you feeling good today?**

**Description**  
This leaflet presents information on ways to help your own self to feel positive and good about life. Also tips on seeking help.

**Format**  
Leaflet

**Language**  
Chinese, English, Turkish

**Cost**  
Free to download

**Published**  
1998
Does someone you know have a mental illness?
Description  This leaflet presents information on attitudes to mental illness and the way in which people can help stop the prejudice surrounding mental illness.
Format        Leaflet
Language      Arabic, Chinese, English, Turkish.
Cost          Free to download
Published     1995
Contact       Transcultural Mental Health Centre
              mhcs@doh.health.nsw.gov.au
              http://mhcs.health.nsw.gov.au

Improve your mental well-being.
Description  This leaflet presents information on improving your mental well being.
Format        Leaflet
Language      Arabic, Chinese, Farsi French, Somali
Cost          Free to download at Multikulti and Mind
Published     Unknown
Contact       Multikulti
              http://www.multikulti.org.uk
              Mind Publications
              15-19 Broadway London E15 4BQ
              http://www.mind.org.uk

Let’s talk mental health.
Description  This leaflet presents information on what does mental health mean, what we can do to have good mental health, what causes mental health problems and what can be done to help.
Format        Leaflet
Language      Arabic, Chinese, English, Turkish
Cost          Free to download
Published     1999
Contact       Transcultural mental Health Centre, Cumberland Hospital, Australia

Mann ki Baat
Description  This video and companion booklet presents information on mental health problems in Asian communities.
Format        Video and booklet
Language      English and Punjabi
Cost          £74.95
Published     2000
Contact       Mental Health Media/North Birmingham Mental Health Trust
              http://www.mhmedia.com

Contact      NSW Multicultural Health Communication Service Australia
              mhcs@doh.health.nsw.gov.au
              http://mhcs.health.nsw.gov.au
Mental health: towards a better understanding.
Description This booklet presents information on general mental health issues.
Format Booklet
Language Arabic
Cost Free
Published 1999
Contact Al-Hasaniya Morrocon Women’s Centre
0208 969 2292
alhasaniya@escapeartist.com
or
Kensington, Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
W2 6LX
0207 725 3436

Time to unwind.
Description This audio tape presents information on relaxation and unwinding.
Format Audio tape
Language Albanian, Arabic, Chinese, Farsi, French, Kurdish-Kirmanji, Kurdish_Sorani, Punjabi, Swahili, Turkish
Cost
Published
Contact GGNHSB

Understanding mental illness.
Description This booklet presents information on understanding mental illness.
Format Booklet
Language Cantonese, Somali, Turkish, Urdu
Cost Free to download
Published Unknown
ISBN 1-874690-78-2
Contact Mind Publications
15-19 Broadway London E15 4BQ
http://www.mind.org.uk

What is mental illness?
Description This leaflet presents information on what is a mental illness, what causes mental illness, what are the main types of mental illness and what can be done to help sufferers of mental illness.
Format Leaflet
Language Arabic, Chinese, English, Arabic
Cost Free to download
Published 2003
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
### Mood Swings and Bi-Polar Disorder

**Living with dramatic mood swings.**

- **Description:** This leaflet presents information on bi-polar depression.
- **Format:** Leaflet
- **Language:** Arabic, Chinese, English, Turkish.
- **Cost:** Free to download
- **Published:** 1996
- **Contact:** NSW Multicultural Health Communication Service Australia
  - mhcs@doh.health.nsw.gov.au

### Teenage moods – what’s normal and what’s not?

- **Description:** This leaflet presents information what is a normal mood swing for a teenager.
- **Format:** Leaflet
- **Language:** Arabic
- **Cost:** Free to download
- **Published:** 1998
- **Contact:** NSW Multicultural Health Communication Service Australia
  - mhcs@doh.health.nsw.gov.au

### Postnatal Depression

**Sad feelings after childbirth – a hidden problem.**

- **Description:** This leaflet presents information on the symptoms of postnatal depression, the causes of postnatal depression and tips on lowering your risk of getting postnatal depression.
- **Format:** Leaflet
- **Language:** Arabic, Chinese, English, Farsi, Punjabi, Turkish
- **Cost:** Free to download
- **Published:** 2001
- **Contact:** NSW Multicultural Health Communication Service Australia
  - mhcs@doh.health.nsw.gov.au

### Self Harm

**Preventing youth suicide.**

- **Description:** This leaflet presents information on suicide in younger people.
- **Format:** Leaflet
- **Language:** Arabic, Chinese, English and Turkish
- **Cost:** Free to download
- **Published:** 1997
- **Contact:** NSW Multicultural Health Communication Service Australia
Talking about suicide

Description  This video and companion booklet presents information on the rates (and reasons behind) attempted suicide of Asian women.

Format  Video and booklet
Language  English and Punjabi
Cost  £74.95
Published  2000
Contact  Realta/Northern Birmingham Mental Health Trust

Schizophrenia

Lets talk mental health – Schizophrenia

Description  This leaflet presents information on what is schizophrenia, what are the symptoms of schizophrenia and what treatments are available.

Format  Leaflet
Language  English and Turkish
Cost  Free to download.
Published  2001
Contact  NSW Multicultural Health Communication Service Australia

Schizophrenia and young people.

Description  This leaflet presents information on what the symptoms of schizophrenia are and what are its affects on young people.

Format  Leaflet
Language  Arabic, Chinese, English, Turkish.
Cost  Free to download
Published  1996
Contact  NSW Multicultural Health Communication Service Australia

Stress

How to cope with stress.

Description  This leaflet presents information on what are the common signs of stress and tips on coping with stress and getting help.

Format  Leaflet
Language  Arabic, Chinese, English, Somali, Turkish
Cost  Free to download
Published  1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Nutrition
Scope
The Nutrition topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and the experience of the project team and the Health Promotion Specialists responsible for Nutrition at the Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 24th November 2003 for one week only.

The sub-topics searched were:
- Healthy/Balanced and/or eating/diet
- Healthy eating during pregnancy
- Healthy recipes
- Vitamins and minerals
- Folic acid
- Wholemeal foods
- Vegetarian foods
- Protein
- Carbohydrates
- Fruit and vegetables
- High fibre diets
- Food group
- Weigh and health
- Weight loss
- Obesity
- Overweight
- Cholesterol

Sources
To ensure a comprehensive study of the topic the search focussed in two key areas of sources
- Specialist nutrition
- General

The following is a complete listing of sources used

Specialist Nutrition Sources

British Dietetic Association
http://www.bda.uk.com/

British Meat
http://www.bmesonline.org.uk/

British Nutrition Foundation
http://www.nutrition.org.uk/

Food and Nutrition Information Center
http://www.nal.usda.gov/fnic/
Food Fitness
http://www.foodfitness.org.uk/

Food Standards Agency
http://www.foodstandards.gov.uk/

Nutrition Resources Centre Ontario Canada
http://www.opha.on.ca/projects/nrc.html

Nutrition Society
http://www.nutritionssociety.org/

Weight Concern
http://www.weightconcern.com/

General Sources

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/

United Nations
http://www.un.org/

World Health Organisation
http://www.who.int/en/
Outcomes
A comprehensive search of the sources showed that there are gaps in the nutrition sub-topics and language availability. However many of the resources cross over many of the sub-topics and as such it has been difficult to group the resources by sub-topic.

There are no resources available that specifically relate to the following sub-topics; folic acid, wholemeal foods, vegetarian foods, carbohydrates and high fibre diets.

The following languages have no resources available Albanian, Farsi, French, French, Kurdish (Kirmanji and Sorani) and Swahili.

The following section lists all resources available.

Resources

Asian and European recipes.
Description This booklet presents information on healthy Asian and European recipes.
Format Booklet
Language Punjabi, Urdu
Cost Free
Published Unknown
Contact GGNHSB
PERL
Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Asian healthy cooking recipes.
Description This booklet presents asian healthy cooking recipes.
Format Booklet
Language Urdu
Cost Free
Published Unknown
Contact GGNHSB
PERL
Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Balance for health.
Description This leaflet presents information on a healthy food balance.
Format Leaflet
Language Chinese, Urdu
Cost Free
Building blocks for health. Eating well for 2-5 year olds.
Description This booklet presents information on a balanced diet for 2-5 year olds from all the food groups. Also included is information on drinking, hidden sugar and salt, having breakfast, getting enough iron and fussy eaters.
Format Booklet
Language English, Punjabi, Somali, Turkish, Urdu
Cost £0.50
Published Unknown
Contact Greater Glasgow NHS Board
Dalian House
Glasgow G3 8YY
0141 211 4444

Caffeine and your health.
Description This leaflet presents information on the way in which increased caffeine levels can affect your health including sleeping and pregnancy.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Chinese food guide.
Description This leaflet presents information on a healthy food lifestyle.
Format Leaflet
Language Chinese, English and French
Cost Free to download
Published 2002
Contact Nutrition Resource Centre, Ontario Canada
http://www.nutritionrc.ca

Chinese meal and snack ideas.
Description This leaflet presents information on healthy Chinese meal and snacks.
Format Leaflet
Language Chinese/English
Cost Free to download
Published Unknown
Contact British Columbia Cancer Agency Canada
http://www.bccancer.bc.ca/default.htm
Cholesterol: too much is dangerous. European and Middle Eastern foods.

Description  This leaflet presents information on what is cholesterol, how does it contribute to heart disease and stroke, the way in which it is affected by diet and how to keep cholesterol at a healthy level.

Format  Leaflet
Language  Arabic, Farsi, English, Punjabi, Turkish
Cost  Free to download
Published 2001
Contact  NSW Multicultural Health Communication Service Australia
         mhcs@doh.health.nsw.gov.au
         http://mhcs.health.nsw.gov.au

Cholesterol: too much is dangerous. Asian foods.

Description  This leaflet presents information on what is cholesterol, how does it contribute to heart disease and stroke, the way in which it is affected by diet and how to keep cholesterol at a healthy level.

Format  Leaflet
Language  Chinese and English
Cost  Free to download
Published 2001
Contact  NSW Multicultural Health Communication Service Australia
         mhcs@doh.health.nsw.gov.au
         http://mhcs.health.nsw.gov.au

Don’t be fooled by weigh loss gimmicks.

Description  This leaflet presents information on gimmicks in the weight loss industry including food combining, special foods, and cutting out carbohydrates.

Format  Leaflet
Language  Arabic, Chinese, English, Turkish
Cost  Free to download
Published 1998
Contact  NSW Multicultural Health Communication Service Australia
         mhcs@doh.health.nsw.gov.au
         http://mhcs.health.nsw.gov.au

Easy to eat and great for your health. Fruit and Vegetables.

Description  This leaflet presents information on a healthy food lifestyle using fruit and vegetables.

Format  Leaflet
Language  Arabic, Chinese, English, Somali
Cost  Free to download
Published 2002
Contact  Nutrition Resource Centre, Ontario Canada
         http://www.nutritionrc.ca

Easy to eat and great for your health. Frozen and canned fruit and vegetables.

Description  This leaflet presents information on a healthy food lifestyle using frozen and canned fruit and vegetables.
Eating in pregnancy.
Description: This video presents information on a healthy diet during pregnancy.
Format: Video
Language: English, Punjabi and Urdu
Cost: £37.25
Published: Unknown
Contact: N Films Ltd
http://www.nfilmsltd.co.uk

Eating for late life.
Description: This leaflet presents information on good eating habits in later life.
Format: Leaflet
Language: Chinese, Punjabi, Turkish, Urdu
Cost: Free to download
Published: 2002
Contact: Food Standards Agency
foodstandards@eclogistics.co.uk

Eating for the good of your health.
Description: This leaflet presents information of good eating habits during cancer treatments.
Format: Leaflet
Language: Chinese
Cost: Free to download
Published: 2001
Contact: Canadian Cancer Society, Canada
http://www.cancer.ca/ccs/internet/cancer/0,,3172,00.html

Enjoying our healthy foods.
Description: This video presents information on healthy eating and cooking.
Format: Video
Language: Urdu
Cost: £37.25
Published: Unknown
Contact: N Films Ltd
http://www.nfilmsltd.co.uk

Feeding your baby.
Description: This leaflet presents information on healthy feeding for your baby.
Format: Leaflet
Language: Chinese, Punjabi, Turkish, Urdu
Cost: Free to download
Published: 2002
Feeding your growing child.
Description  This leaflet presents information on feeding your child.
Format  Leaflet
Language  Chinese, Punjabi, Turkish, Urdu
Cost  Free to download
Published  2002
Contact  Food Standards Agency
foodstandards@eclogistics.co.uk

Fitting more fruit and vegetables into your diet.
Description  This leaflet presents information on tips for eating more fruit and vegetables.
Format  Leaflet
Language  Arabic, Chinese, English, Turkish.
Cost  Free to download
Published  1999
Contact  NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

From milk to family meals.
Description  This leaflet presents information on moving from baby milk to family meals.
Format  Leaflet
Language  Chinese, Urdu
Cost  Free to download
Published  Unknown
Contact  Health Scotland
http://www.hebs.com/topics/index.htm

Getting down lightly.
Description  This leaflet presents information on weight control.
Format  Leaflet
Language  Punjabi, Urdu
Cost  Free
Published  Unknown
Contact  GGNHSB
PERL
Dalian House
St Vincent Street
Glasgow
G3 8YY
0141 221 4444
Good reasons to eat more fish.
Description: This leaflet presents information on reasons why we should include more fish in our diets, how fish can prevent heart disease, stroke, promotes strong bones, reduce asthma and help people with diabetes.
Format: Leaflet
Language: Arabic, Chinese, English, Turkish
Cost: Free to download
Published: 1998
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Healthy food + active lifestyle = happy life.
Description: This leaflet presents information on foods that may prevent heart disease, eating less fat in our diet, cooking with vegetable oils, teaching your children good habits and taking some exercise each day.
Format: Leaflet
Language: Arabic and English
Cost: Free to download
Published: 2001
Contact: Central Sydney Area Health Service
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Healthier ways to cook and shop.
Description: This leaflet presents information on removing visible fat from meat, alternative cooking methods and what are “good” fats and “bad” fats.
Format: Leaflet
Language: Arabic, Chinese, English, Turkish
Cost: Free to download
Published: 1997
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Helping children maintain a health weight.
Description: This leaflet presents information on what are the main causes of weight gain, encouraging children to eat healthy foods and having an active family lifestyle.
Format: Leaflet
Language: Arabic, Chinese, English, Farsi, Turkish
Cost: Free to download
Published: 2000
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
How much meat do you really need?
Description This leaflet presents information on the quantities of meat that we really need, which meats are higher in fat, balancing meat with other foods and low fat ways to cook meat.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Its good thinking to start with breakfast.
Description This leaflet presents information on starting the day with a healthy breakfast.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Men and food.
Description This leaflet presents information on a healthy eating lifestyle for men.
Format Leaflet
Language Chinese, Punjabi, Turkish, Urdu
Cost Free to download
Published 2002
Contact Food Standards Agency
foodstandards@eclogistics.co.uk

Milk and toddlers.
Description This leaflet presents tips on weaning babies from milk.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2003
Contact National Child Nutrition Programme Australia
Available via Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Obesity
Description This video presents information on obesity.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Punjabi food guide.
Description: This leaflet presents information on a healthy food lifestyle.
Format: Leaflet
Language: English, French and Punjabi
Cost: Free to download
Published: 2002
Contact: Nutrition Resource Centre, Ontario Canada
http://www.nutritionrc.ca

Starting solids.
Description: This leaflet presents information on introducing food to babies.
Format: Leaflet
Language: Arabic, Chinese, English
Cost: Free to download
Published: 2002
Contact: Central Sydney Area Health Service
Available via Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au

To help maintain your weight.
Description: This leaflet presents information on maintaining your weight and energy levels during cancer treatments.
Format: Leaflet
Language: Chinese/English
Cost: Free to download
Published: Unknown
Contact: British Columbia Cancer Agency Canada
http://www.bccancer.bc.ca/default.htm

Urdu food guide.
Description: This leaflet presents information on a healthy food lifestyle.
Format: Leaflet
Language: English, French and Urdu
Cost: Free to download
Published: 2002
Contact: Nutrition Resource Centre, Ontario Canada
http://www.nutritionrc.ca
Oral Health
**Scope**
The Oral Health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Oral Health at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 8th December 2003 for one week only.

The sub-topics searched were:
- Teeth
- Oral Health
- Dental Health
- Healthy Teeth
- Babies and Teething
- Tooth brushing
- Gum Disease
- Periodontal disease
- Plaque
- Oral Hygiene
- Tooth decay
- Oral cancer
- Mouth Cancer
- Fluoride toothpaste
- Caries
- Fissure sealants
- Sugary food
- Sugary drinks
- Dental registration
- Dentist
- Sugar free medicines

**Sources**
To ensure a comprehensive study of the topic the search focussed in
- Specialist oral health
- General

The following is a complete listing of the sources used.

**Specialist Oral Health Sources**

BBC Online teeth
[http://www.bbc.co.uk/health/teeth/](http://www.bbc.co.uk/health/teeth/)

British Dental Health Foundation

British Fluoridation Society

British Orthodontic Society
http://www.bos.org.uk/

British Society for Disability and Oral Health
http://wwwbsdh.org.uk/

Dental Care from Boots

The Dental Anxiety and Phobia Association
http://www.healthyteeth.com/

**General Sources**

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/

United Nations
http://www.un.org/

World Health Organisation
http://www.who.int/en/
Outcomes
A comprehensive search of the sources showed that there are gaps in many of the sub-topics and languages. There are no resources available in the following topics; gum disease, periodontal disease, plaque, fluoride toothpaste, caries, fissure sealants and sugar free medicines. There are no resources available in the following languages; Albanian, French, Kurdish (Kirmanji or Sorani) and Swahili. The list of resources available for Oral Health follows this section and is also available as a separate directory where all the project topics are covered.

Babies
A single leaflet is available, “Baby teeth are important” sourced from the City of Ottawa Dental Health Promotion. Missing languages from this section are Albanian, French, Kurdish (Kirmanji or Sorani), Punjabi, Urdu and Swahili

Dentist/dental Registration
Two leaflets are available in this section. “Visiting the dentist” is sourced from myPIL.com. “Visiting the dentist” sourced from the Oral health and Ethnicity Unit, University of Leeds. Missing languages from this section are Albanian, Arabic, Farsi, French, Kurdish (Kirmanj or Sorani), Punjabi, Swahili and Turkish.

Oral Health/dental health/healthy teeth/tooth brushing
There are five leaflets available which cover all these sub-topics. “Caring for your teeth and gums during pregnancy” sourced from Oral Health and Ethnicity Unit, University of Leeds. “Flossing methods” sourced from the City of Ottawa Dental Health promotion. “Healthy teeth for life” is sourced from Health Scotland. “Simple steps to good oral health” is sourced from Health Information East London. Missing languages from this section are Albanian, French, Kurdish (Kirmanji or Sorani) and Swahili.

Oral Cancer/Mouth Cancer
There are two leaflets available in this sub-topic. “Oral cancer” and “The effects of tobacco, alcohol and drugs on oral health” are sourced from myPIL.com. “What you need to know about Paan, Gutkha and Chewing Tobacco” is sourced from the Leicester Tobacco Paan Action Group. A single video, “A beautiful smile” is available from N Films.

Missing languages from this section are Albanian, Arabic, Farsi, French, Kurdish (Kirmanji or Sorani), Soamli, Swahili and Turkish.

Sugary Drinks/Foods
There are two leaflets available in this sub-topic. “Healthy smiles for all” is sourced from the Royal Society from Mencap and “Snacking and dental health” is sourced from the City of Ottawa Dental Health Promotion. Missing languages from this section are Albanian, French, Kurdish (Kirmanji or Sorani), Swahili, Turkish and Urdu.
Resources

A beautiful smile.
Description This video presents information on the dangers of tobacco and betel-quid chewing and importance of visiting the dentist.
Format Video
Language English and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilsltd.co.uk

Baby teeth are important.
Description This leaflet presents information on dental health for children from birth to five years.
Format Leaflet
Language Arabic, Chinese, Farsi, English, Somali
Cost Free to download
Published 2001
Contact City of Ottawa Dental Health Promotion
http://www.city.ottawa.on.ca

Brushing method.
Description This leaflet presents information on various brushing methods.
Format Leaflet
Language Arabic, Chinese, Farsi, English, Somali
Cost Free to download
Published 2001
Contact City of Ottawa Dental Health Promotion
http://www.city.ottawa.on.ca

Caring for your teeth and gums during pregnancy.
Description This leaflet presents information on good oral health during pregnancy.
Format Leaflet
Language Chinese
Cost Free
Published Unknown
Contact Oral Health and Ethnicity Unit, University of Leeds. 0171 287 0904

Drinks and dental health.
Description This leaflet presents information on drinks and dental health.
Format Leaflet
Language Chinese, Punjabi, Urdu
Cost Unknown
Published Unknown
Contact

Flossing method.
Description This leaflet presents information on flossing methods.
Healthy smiles for all.
Description: This leaflet presents information on eating and drinking and visiting the dentist on a regular basis.

Healthy teeth for life.
Description: This leaflet presents information on keeping your teeth healthy.

Oral cancer.
Description: This leaflet describes what is oral cancer, who is at risk from oral cancer and what are the signs of oral cancer.

Snacking and dental health.
Description: This leaflet presents information on factors to consider when snacking, including some healthy snacking ideas.

Simple steps to good oral health.
Description: This leaflet presents information on steps on oral health.
The effects of tobacco, alcohol and drugs on oral health.

Description: This leaflet presents information on the physical effects of tobacco, alcohol and drugs on oral health.

Format: Leaflet
Language: English, Punjabi, Urdu
Cost: Free to download
Published: 2003
Contact: myPIL.com

Visiting the dentist.

Description: This leaflet presents information on visiting a dentist on a regular basis, locating an NHS dentist, what happens when I go to the dentist, what to do if English is not my preferred language and what are the treatment costs.

Format: Leaflet
Language: English, Punjabi, Urdu
Cost: Free to download
Published: 2003
Contact: mypil.com

Visiting the Dentist

Description: This leaflet presents information on visiting the dentist.

Format: Leaflet
Language: Chinese
Cost: Free
Published: Unknown
Contact: Oral Health and Ethnicity Unit, University of Leeds. 0171 287 0904

What you need to know about Paan, Gutkha and Chewing Tobacco.

Description: This leaflet presents information on chewing tobacco and oral cancer.

Format: Leaflet
Language: Bengali, English, Punjabi, Urdu
Cost: Free
Published: 2002
Contact: Leicester Tobacco Paan Action Group
0116 258 8850
Physical Activity
**Scope**
The Physical Activity topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the project team and the Health Promotion Specialists responsible for Physical Activity at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 1st December 2003 for one week only.

The sub-topics searched were:
- Physical activity
- Exercise
- Sports
- Walking
- Jogging
- Swimming
- Cycling
- Active lifestyle
- Sports injuries

**Sources**
To ensure a comprehensive study of the topic the search focussed in
- Specialist physical activity sources
- General sources

The following is a complete listing of the sources used.

**Specialist Sources Physical Activity**

- Action for Leisure
  http://www.actionforleisure.org.uk/

- Age Concern
  http://www.ageconcern.org.uk/

- American College of Sports Medicine
  http://www.acsm.org/index.asp

- Arthritis Care
  http://www.arthritiscare.org.uk/home/index.cfm?region=uk

- Association for the study of obesity
  http://www.aso.org.uk/

- Back Care
  http://www.backcare.org.uk/index-second-level.php

- Beth Johnson Foundation
  http://www.bjf.org.uk/
British Association of Sports and Exercise Medicine
http://www.basem.co.uk/

British Geriatrics Society
http://www.bgs.org.uk/

British Heart Foundation Health Promotion Research Group
http://www.dphpc.ox.ac.uk/bhfhprg/

British Sports Trust
http://www.bst.org.uk/

British Wheel of Yoga
http://www.bwy.org.uk/

Central Council of Physical Recreation
http://www.ccpr.org.uk/

Centre for Policy on Aging
http://www.cpa.org.uk/index.html

Centre for Stress Management
http://www.managingstress.com/

Department for Culture Media and Sport
http://www.culture.gov.uk/

Exercise Alliance Leicester
http://www.exercisealliance.org.uk/contact.htm

Fitness Industry Association
http://www.fia.org.uk/

FitKid
http://www.fitkid.co.uk/

Fitness Scotland
http://www.fitness-scotland.com/

Glasgow Healthy City Partnership
http://www.glasgow.gov.uk/healthycities/

Healthwise
http://www.healthwise.org/

General Sources

BableTree Project Australia
Outcomes
A comprehensive search of the sources showed that there are gaps in many of the sub-topics and languages. There are no resources available for the following sub-topics; sports, jogging, swimming, cycling and sports injuries. There are no resources in the following languages; Albanian, Farsi, Kurdish (Kirmanshi or Sorani), Punjabi and Swahili. The list of resources available for Physical Activity follows this section and is also available as a separate directory where all the project topics are covered.

Active lifestyle/physical activity/exercise
There are seven leaflets available in these sub-topics, with five being sourced from NSW Multicultural Health Communication Service; “Exercise – you only have to take it regularly”, “Gentle exercise classes”, “How to get your child moving”, “Regular exercise”, and “What’s the best exercise for you”. “Physical activity guide” is sourced from the Canadian Society for Exercise Psychology. Health Information East London produces a leaflet “Physical activity and your health”. There are two videos which are sourced from N Films Ltd; “Exercise with Padmini Kolapuri” and “Keep fit, keep healthy”.

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/

United Nations
http://www.un.org/

World Health Organisation
http://www.who.int/en/
The missing languages from this sub-topic are Albanian, Kurdish (Kirmanji or Sorani), Punjabi and Swahili.

**Walking**
There are two leaflets sourced from City of Ottawa; “Stretching exercises for walking” and “Walking is great for your heart”. The missing languages in this section Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi and Swahili.

**Resources**

**Exercise with Padmini Kolapuri.**
Description This video presents information on the importance of fitness and exercise.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

**Exercise. You only have to take it regularly, not seriously.**
Description This leaflet presents information on the benefits of taking exercise on a regular basis.
Format Leaflet
Language Arabic, Chinese, English, Farsi, French, Turkish
Cost Free
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Gentle exercise classes – nothing to lose and much to gain.**
Description This leaflet presents information on the benefits of gentle exercise.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**How to get your child moving.**
Description This leaflet presents information on activities for your child to get involved in.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free
Published 1996
Keep fit. Keep healthy.
Description This video presents information on exercise and a healthy diet.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilsltd.co.uk

Physical activity guide.
Description This leaflet presents information on ways to have a more active lifestyle.
Format Leaflet
Language Arabic, Chinese, Somali
Cost Free
Published Unknown
Contact Canadian Society for Exercise Psychology

Regular exercise – it’s easier than you think.
Description This leaflet presents information on ideas for getting active.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

What’s the best exercise for you?
Description This leaflet presents information on good exercises for specific groups of people.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Stretching exercises for walking.
Description This leaflet presents information on stretching exercises for walking.
Format Leaflet
Language Arabic, Chinese, English, French, Somali
Cost Free
Published Unknown
Contact City of Ottawa
### Walking is great for your heart.

<table>
<thead>
<tr>
<th>Description</th>
<th>This leaflet presents information on the benefits of walking.</th>
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</thead>
<tbody>
<tr>
<td>Format</td>
<td>Leaflet</td>
</tr>
<tr>
<td>Language</td>
<td>Arabic, Chinese, English, French</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
<tr>
<td>Published</td>
<td>Unknown</td>
</tr>
<tr>
<td>Contact</td>
<td>City of Ottawa</td>
</tr>
</tbody>
</table>

### Physical activity and your health.

<table>
<thead>
<tr>
<th>Description</th>
<th>This leaflet presents information on the way in which increased physical activity can be beneficial to your health.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Format</td>
<td>Leaflet</td>
</tr>
<tr>
<td>Language</td>
<td>Chinese, Somali, Turkish, Urdu</td>
</tr>
<tr>
<td>Published</td>
<td>2002</td>
</tr>
<tr>
<td>Contact</td>
<td>Health Information East London</td>
</tr>
</tbody>
</table>
Sexual Health
Scope
The Sexual health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and experience of the Health Promotion Specialists responsible for Sexual Health at Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 22nd September 2003 for one week only.

The sub-topics searched were:
- Sexual health and Relationships
- Young people, sexual health and relationships
- Women and sexual health
- Men and sexual health
- Male and female circumcision
- Masturbation/wet dreams
- Family Planning
- Methods of Contraception: Condoms/Diaphragms and caps/combined pill/Intrauterine Device
- Pregnancy
- Planning a pregnancy
- Male and female sterilisation
- Abortion
- Puberty
- Periods
- Sexually transmitted infections (STI’s)
- Sexually transmitted disease (STD’s)
- HIV and sexual health
- AIDS
- Chlamydia
- Genital warts
- Genital herpes
- Gonorrhoea
- Vaginal Discharge
- Pubic lice
- Syphilis
- Non-specific urethritis
- Hepatitis B and C
- Gay, Lesbian and Bi-sexual relationships
- Sex and Internet use
- Prostitution (female and male)
- Arranged marriages
- Sexual assault
- Sexual abuse
- Rape

Sources
To ensure a comprehensive study of the topic the search focussed in three sources
- Specialist sexual health
- NHS
• General

The following is a complete listing of the sources used.

**Specialist Sexual Health Sources**

Lesbian and Gay Association  

Asian Quitline  

AVERT HIV and AIDS Charity  

Center for AIDS Prevention Studies  
[http://www.caps.ucsf.edu/](http://www.caps.ucsf.edu/)

Durex  

Naz Project London  

National Aids Trust  

Ru-thinking  
[http://www.ruthinking.co.uk/](http://www.ruthinking.co.uk/)

Society of Sexual Health Advisers  
[http://www.ssha.info/](http://www.ssha.info/)

Terrence Higgins Trust  

World Aids Day  

Multicultural HIV and AIDS Service  

The New Mexico AIDS Infonet  

University of Utah Health Sciences Centre  
[http://www.uuhsc.utah.edu/](http://www.uuhsc.utah.edu/)
NHS Sources

DOH
http://www.dh.gov.uk/Home/fs/en

Health Improvement Information and Resource Centre Kensington and Chelsea and Westminster NHS Trust
NHS Direct
http://www.nhsdirect.nhs.uk/

General Sources

BableTree Project Australia

Cross Cultural Health care program
http://www.xculture.org/

Ethnomed (USA)
http://ethnomed.org/

European Non governmental organisation for sexual and reproductive health and rights, population and development
http://www.eurongos.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

HealthFinder US Dept Health
http://www.healthfinder.gov/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp

Multikulti
http://www.multikulti.org.uk/

Patient UK
http://www.patient.co.uk/
Outcomes
A comprehensive search of the sources showed that there are gaps in the sub-topics and languages. There are no resources available for the following sub-topics; masturbation/wet dreams, lesbian and bi-sexual relationships, sex and internet use, prostitution (female and male), arranged marriages, sexual assault, sexual abuse, rape, male and female sterilisation, puberty, periods, sexual health and relationships, young people sexual health and women/men and sexual health.

The following languages are unavailable for any sub-topics; Albanian, Kurdish (Kirmanji or Sorani) and Swahili.

Chlamydia, Gonorrhoea, Herpes and Warts
There are seven leaflets available in this section available via the NSW Multicultural Health Communications Service. The titles include two “Chlamydia”, “Chlamydia and Gonorrhoea”, “Genital Herpes”, “Genital wart virus infection”, “Gonorrhoea” and “What you should know about herpes”.

A further three leaflets are sourced from Kensington and Chelsea and Westminster Health Authority; “Gonorrhoea”, “Genital Herpes” and “Genital Warts”.

The languages unavailable in this sub-topic include Albanian, Arabic, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

Contraception
There are three leaflets available in this section. A single leaflet, “Emergency contraceptive pills”, is available from the International Planned Parenthood Federation. The remaining two leaflets are sourced from via the NSW Multicultural Health Communications Service; “Emergency pill – an option to prevent unwanted pregnancy” and “Ways to prevent pregnancy”.

The languages unavailable in this sub-topic include Albanian, Kurdish (Kirmanji or Sorani), Somali, Swahili and Urdu.
Hepatitis
There are three leaflets that are all available through the NSW Multicultural Health Communications Service portal; “Hepatitis B”, “Hepatitis B virus” and “Hepatitis C: the facts”.

The languages unavailable in this sub-topic include Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

HIV and AIDS
There are a total of fifteen leaflets available in the sub-topic of which twelve are available via the NSW Multicultural Health Communications Service portal.


“AIDS” a single leaflet produced for the US Dept of Health and Human Services. The Australian Society for HIV Medicine produces a single leaflet, “HIV patient fact sheet”. “Information for travellers on HIV and sexual health” is available freely from GGNHSB.

“Talking about HIV and AIDS” is an audio-tape with accompanying booklet available from The Centre for HIV and Sexual Health.

A single leaflet “Positive Maternite” is sourced from Central and North West London Health Promotion Unit.

The languages unavailable in this sub-topic include Albanian, Kurdish (Kirmanji or Sorani), Punjabi, Swahili, Turkish and Urdu.

Homosexual
A single booklet, “Sexual health information for gay men from non-English speaking backgrounds” is available from Camden and Islington Community Health Services NHS Trust.

The languages unavailable in this sub-topic include Albanian, Arabic, Chinese, Farsi, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Non-Gonococcal Urethritis (NGU)
A single leaflet, “Non-Gonococcal Urethritis (NGU)” is available in this sub-topic via the NSW Multicultural Health Communications Service.

The languages unavailable in this sub-topic include Albanian, Chinese, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Pubic Lice (Crabs)
A single leaflet, “Pubic lice (crabs)” is available in this sub-topic via the NSW Multicultural Health Communications Service.
A further leaflet “Pubic Lice” is sourced from the Kensington and Chelsea and Westminster Health Authority.

The languages unavailable in this sub-topic include Albanian, Chinese, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Sexual Health General
There are three leaflets and one guide available in this section. Two of the leaflets are available from the NSW Multicultural Health Communications Service; “How smoking can affect sexual health” and “Myths and facts about sexual health”. The other leaflet, “Sexually transmitted infections”, is available from the Naz Project. The guide, “Sexwise” is available from the BBC World Service/International Planned Parenthood Organisation.

The languages unavailable in this sub-topic include Albanian, Punjabi, Somali, Swahili and Urdu.

Syphilis
A single leaflet, “Syphilis” is available in this sub-topic via the NSW Multicultural Health Communications Service.

A further leaflet “Syphilis” is sourced from the Kensington and Chelsea and Westminster Health Authority.

The languages unavailable in this sub-topic include Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Trichomiasis
A single leaflet, “Trichomiasis” is available in this sub-topic via the NSW Multicultural Health Communications Service.

The languages unavailable in this sub-topic include Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.

Resources

Chlamydia, Gonorrhoea, Herpes and Warts

Chlamydia
Description This leaflet presents information on what is chlamydia, how common is it, the risk of getting chlamydia, and the effects on women, men and babies.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2003
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
### Chlamydia
**Description:** This leaflet presents information on what is chlamydia, how do you get infected, when do the symptoms appear, what is the test for chlamydia, what treatments are available for chlamydia and what are the complications of infection from chlamydia.

<table>
<thead>
<tr>
<th>Format</th>
<th>Leaflet</th>
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<tbody>
<tr>
<td>Language</td>
<td>Arabic, English</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>1999</td>
</tr>
<tr>
<td>Contact</td>
<td>Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia <a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a> <a href="http://mhcs.health.nsw.gov.au">http://mhcs.health.nsw.gov.au</a></td>
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### Chlamydia and Gonorrhoea.
**Description:** This leaflet presents information on what is chlamydia and gonorrhoea, what treatments are available for chlamydia and gonorrhoea.

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<tbody>
<tr>
<td>Language</td>
<td>English and Turkish</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>2000</td>
</tr>
<tr>
<td>Contact</td>
<td>Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia <a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a> <a href="http://mhcs.health.nsw.gov.au">http://mhcs.health.nsw.gov.au</a></td>
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</table>

### Genital Herpes.
**Description:** This leaflet presents information on genital herpes.

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<thead>
<tr>
<th>Format</th>
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<tbody>
<tr>
<td>Language</td>
<td>Arabic, Chinese</td>
</tr>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>1994</td>
</tr>
<tr>
<td>Contact</td>
<td>Sydney Sexual Health Centre available via NSW Multicultural Health Communication Service Australia <a href="mailto:mhcs@doh.health.nsw.gov.au">mhcs@doh.health.nsw.gov.au</a> <a href="http://mhcs.health.nsw.gov.au">http://mhcs.health.nsw.gov.au</a></td>
</tr>
</tbody>
</table>

### Genital Herpes
**Description:** This leaflet presents information on genital herpes.

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<tbody>
<tr>
<td>Language</td>
<td>Arabic</td>
</tr>
<tr>
<td>Cost</td>
<td>Free</td>
</tr>
<tr>
<td>Published</td>
<td>Unknown</td>
</tr>
<tr>
<td>Contact</td>
<td>Kensington and Chelsea and Westminster Health Authority 50 Eastbourne Terrace London 020 7725 3333</td>
</tr>
</tbody>
</table>
Genital Warts
Description: This leaflet presents information on genital warts.
Format: Leaflet
Language: Arabic
Cost: Free
Published: Unknown
Contact: Kensington and Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
020 7725 3333

Genital wart virus infection (HPV).
Description: This leaflet presents information on what is HPV, how do you get infected and how is it passed on, what is the treatment for HPV and does HPV cause cancer.
Format: Leaflet
Language: Arabic, Chinese, English
Cost: Free to download
Published: 1994
Contact: Sydney Sexual Health Centre available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Gonorrhoea
Description: This leaflet presents information on Gonorrhoea.
Format: Leaflet
Language: Arabic
Cost: Free
Published: Unknown
Contact: Kensington and Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
020 7725 3333

Gonorrhoea
Description: This leaflet presents information on what is gonorrhoea, what are the symptoms, how do test for gonorrhoea, what is the treatment and what are the complications of this infection.
Format: Leaflet
Language: Arabic, Chinese, English
Cost: Free to download
Published: 1999
Contact: Sydney Sexual Health Centre available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
What you should know about herpes.
Description This leaflet presents information about what is herpes, how you become infected with herpes, how this disease affects your health, how can it be prevented and can it be cured.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1996
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Contraception

Emergency contraceptive pills.
Description This leaflet presents information on what are emergency contraceptive pills, when the pills can be taken and how the pills work.
Format Leaflet
Language English and French
Cost Free to download
Published 2000
Contact International Planned Parenthood federation
Regents College, Regents Park, London.
http://www.ippf.org

Emergency pill – an option to prevent unwanted pregnancy.
Description This leaflet presents information on taking the emergency contraceptive pill, how to take the pill, where to get the pill and how does the pill work.
Format Leaflet
Language Arabic, Chinese, English, Turkish.
Cost Free to download
Published 1998
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Ways to prevent pregnancy.
Description This leaflet presents information on the different contraceptive methods available for women including pills, depo provera, skin implant, IUD, condoms, diaphragms and sterilisation.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2002
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Hepatitis

Hepatitis B
Description This leaflet presents information on what is hepatitis, what is hepatitis B, how you do catch hepatitis B and steps that will stop the transmission of hepatitis B, who are high risk groups of catching hepatitis B and vaccination against hepatitis B.
Format Leaflet
Language Arabic, Chinese, English and Turkish
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Hepatitis B virus.
Description This leaflet presents information on what is hepatitis, what is hepatitis B, how you do catch hepatitis B and steps that will stop the transmission of hepatitis B, who are high risk groups of catching hepatitis B and vaccination against hepatitis B.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1994
Contact Sydney Sexual Health Centre available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Hepatitis C: the facts.
Description This leaflet presents information on what is hepatitis, what are the symptoms of hepatitis C, testing for hepatitis C, how is the hepatitis C virus spread and how to avoid being infected by hepatitis C.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published Unknown
Contact Multicultural HIV/AIDS Service via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

HIV and AIDS

AIDS
Description This leaflet presents information on AIDS.
Format Leaflet
Language Chinese
Cost Free to download
Being positive.
Description This leaflet presents information on being HIV positive; what happens now, confidentiality and telling someone.
Format Leaflet
Language Arabic, Chinese and English
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Health and treatments.
Description This leaflet presents information on health and treatments for HIV and AIDS and includes monitoring your health, treatments and complementary therapies.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

HIV antibody test.
Description This leaflet presents information on what are HIV and AIDS, how infection spreads and the HIV antibody test.
Format Leaflet
Language Chinese, English
Cost Free to download
Published 1999
Contact Multicultural HIV/AIDS Service via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

HIV Infection (AIDS).
Description This leaflet presents information on what is HIV and AIDS, how you catch HIV, what are the symptoms of HIV, ways to avoid infection or transmission of HIV.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1998
Contact Multicultural HIV/AIDS Service via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**HIV patient fact sheet.**
Description This leaflet presents information on what is HIV, how can HIV spread, treatment of HIV and the importance of speaking to someone.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2003
Contact Australian Society for HIV Medicine
http://www.ash.org.au

**Living with AIDS.**
Description This leaflet presents information on living with AIDS.
Format Leaflet
Language Chinese, Arabic
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Information for travellers on HIV and sexual health.**
Description This leaflet presents information on HIV and sexual health issues for travellers.
Format Leaflet
Language Chinese, Punjabi, Turkish, Urdu
Cost Free
Published Unknown
Cost GGNHSB

**The effects of HIV/AIDS.**
Description This leaflet presents information on the effects of HIV and AIDS. Also included are the differences between HIV and AIDS, how is HIV transmitted and how does HIV affect the immune system.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Positive Maternite**
Description This leaflet presents information on HIV.
Format Leaflet
Language French
Preventing HIV: let's share the responsibility.
Description This leaflet presents information on the importance of discussing HIV and AIDS in an open and informed way.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1995
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Talking about HIV and AIDS
Description This audiotape and booklet discuss topics such as feelings and beliefs about HIV and AIDS, what is HIV and AIDS, HIV testing and discussing HIV and AIDS with families, friends and communities.
Format Audiotape and booklet
Language English, French, Somali
Cost £12 for audiotape
Published Unknown
Contact The Centre for HIV and Sexual Health
22 Collegiate Crescent
Sheffield
0114 226 1900

Women and HIV newly diagnosed.
Description This leaflet presents information on feeling and reactions at being diagnosed, support availability, who you may want to tell, who you must tell.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1997
Contact Family Planning NSW and AIDFS Council of NSW
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Women and HIV testing
Description This leaflet presents information on counselling, consent and confidentiality, the tests available and the results.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 1997
**Women and HIV parenting.**

Description: This leaflet presents information on HIV and pregnancy, HIV and children.

Format: Leaflet

Language: Arabic, Chinese, English

Cost: Free to download

Published: 1997

Contact: Family Planning NSW and AIDFS Council of NSW
Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

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**Women and HIV pregnancy.**

Description: This leaflet presents information on being HIV positive and pregnant or wanting to become pregnant.

Format: Leaflet

Language: Arabic, Chinese, English

Cost: Free to download

Published: 1997

Contact: Family Planning NSW and AIDFS Council of NSW
Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

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**Women and HIV symptoms.**

Description: This leaflet presents information on the symptoms of HIV.

Format: Leaflet

Language: Arabic, Chinese, English

Cost: Free to download

Published: 1997

Contact: Family Planning NSW and AIDS Council of NSW
Available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
## Non-Gonococcal Urethritis (NGU)

**Non-Gonococcal Urethritis (NGU).**

**Description** This leaflet presents information on NGU, what are the symptoms of NGU, how can you get infected, tests for NGU, treatments for NGU and complications of NGU.

**Format** Leaflet

**Language** Arabic and English

**Cost** Free to download

**Published** 1999

**Contact** NSW Multicultural Health Communication Service Australia  

mhcs@doh.health.nsw.gov.au  

http://mhcs.health.nsw.gov.au

## Homosexual and Gay

**Sexual health information for gay men from non-English speaking backgrounds.**

**Description** This booklet presents sexual health information for gay men.

**Format** Booklet

**Language** French

**Cost** Free

**Published** 2000

**Contact** Camden and Islington Community Health Services NHS Trust  
Health Promotion Service  
St Pancras Hospital  
London  
020 7530 3992

## Pubic Lice (Crabs)

**Pubic Lice (Crabs).**

**Description** This leaflet presents information on crabs, what they are, how do you get infected and what is the treatment options.

**Format** Leaflet

**Language** Arabic, Chinese, English.

**Cost** Free to download

**Published** 1999

**Contact** Sydney Sexual Health Centre available via  
NSW Multicultural Health Communication Service Australia  

mhcs@doh.health.nsw.gov.au  

http://mhcs.health.nsw.gov.au

## Pubic Lice

**Description** This leaflet presents information on pubic lice.
**Sexual Health: General**

**How smoking can affect sexual health.**
Description: This guide presents information on how smoking may affect sexual and reproductive health.

Format: Leaflet
Language: Arabic, Chinese, English and Turkish
Cost: Free to download
Published: 1997
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Myths and facts about sexual health.**
Description: This guide presents information on what is an STD, who gets STDs, how can you tell if a person has a STD and what is the best way to avoid getting an STD.

Format: Leaflet
Language: Arabic, Chinese, English and Turkish
Cost: Free to download
Published: 1999
Contact: NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

**Sexually transmitted infections.**
Description: This leaflet presents information on sexually transmitted infections (STIs).

Format: Leaflet
Language: Arabic, Kurdish, Somali, Turkish
Cost: £0.50
Published: 2001
Contact: Naz Project London
241 King Street
London
naz@naz.org.uk

**Sexwise**
Description: This guide presents information on the sexual changes in boys and girls, male and female contraception and having sex.

Format: Guide
<table>
<thead>
<tr>
<th>Language</th>
<th>Arabic, Chinese, French, Farsi and Turkish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>Free to download</td>
</tr>
<tr>
<td>Published</td>
<td>Unknown</td>
</tr>
<tr>
<td>Contact</td>
<td>BBC World Service</td>
</tr>
<tr>
<td></td>
<td>International Planned Parenthood Organisation</td>
</tr>
<tr>
<td></td>
<td><a href="http://inteplan02.uuhost.uk.uu.net/">http://inteplan02.uuhost.uk.uu.net/</a></td>
</tr>
</tbody>
</table>

### Syphilis

**Description**
This leaflet presents information on syphilis.

**Format**
Leaflet

**Language**
Arabic

**Cost**
Free

**Published**
Unknown

**Contact**
Kensington and Chelsea and Westminster Health Authority
50 Eastbourne Terrace
London
020 7725 3333

### Syphilis

**Description**
This leaflet presents information on syphilis, what are the symptoms and what are the treatment options.

**Format**
Leaflet

**Language**
Arabic, Chinese and English

**Cost**
Free to download

**Published**
1999

**Contact**
Sydney Sexual Health Centre available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

### Trichomoniasis

**Description**
This leaflet presents information on trichomoniasis, what are the symptoms, how do get infected and what are the treatment options.

**Format**
Leaflet

**Language**
Arabic, Chinese and English.

**Cost**
Free to download

**Published**
1999

**Contact**
Sydney Sexual Health Centre available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au
Smoking
Scope
The smoking topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and the experience of the project team and the Health Promotion Specialists responsible for Addictions at the Greater Glasgow NHS Board. The research for this topic was carried out in week beginning 20th October 2003 for one week only.

The sub-topics searched were:
- Smoking and Health
- Smoking – self-help for quitters
- Passive smoking
- Secondary smoking
- Children and smoking
- Young people and smoking
- Women and smoking
- Men and smoking
- Withdrawal symptoms – smoking
- Health benefits of stopping smoking
- Quitting smoking
- Stopping smoking
- Nicotine
- Nicotine replacement therapy

Sources
To ensure a comprehensive study of the topic the search focussed in two key sources
- Specialist smoking/addiction
- General

Specialist Smoking and Addiction Sources

Action on smoking and health (ASH)
http://www.ash.org.uk/

Addiction Recovery Foundation
http://www.addictiontoday.co.uk/

Addictions BBC Online
http://www.bbc.co.uk/health/addictions/

ADFAM Families Alcohol and Drugs
http://www.adfam.org.uk/

Asian Quitline
http://www.asianquitline.org/

Babyworld
http://www.babyworld.co.uk/

Coronary Prevention Group
http://www.healthnet.org.uk/

Fast Forward
http://www.fastforward.org.uk/index.htm

GASP
http://www.gasp.org.uk/

NHS Smoking Helpline
http://www.givingupsmoking.co.uk/

No smoking day
http://www.nosmokingday.org.uk/

Smoke Free Birmingham
http://www.smokefree.org.uk/

The Time is Right (GlaxoSmithKline)
http://www.thetimeisright.co.uk/

Tobacco Control Resource Centre
http://www.tobacco-control.org/

QUIT

General Sources

BableTree Project Australia

Ethnomed (USA)
http://ethnomed.org/

HARP Health for Asylum Seekers and Refugees
http://www.harpweb.org.uk/

Health information East London
http://www.thpct.nhs.uk/hiel/

London Health UK
http://www.londonhealth.co.uk/

Multicultural Health Communication Service Australia

Multilingual Health Education Canada
http://www.multilingual-health-education.net/resourcesandlinks.asp
Outcomes
A comprehensive search of the sources showed that there are gaps in the sub-topics and language availability. There are no resources available in the following sub-topics; young people and smoking, and men and smoking. There are no resources for the following languages; Albanian, French, Kurdish (Kirmanji or Sorani) and Swahili.

All the resources sourced cover a selection of the sub-topics.

Quitting/stopping smoking, health benefits of not smoking, passive/secondary smoking
There are five leaflets available in this sub-topic. “10 reasons to stay smoke free” is sourced from GASP, “Deciding to give up tobacco use” is sourced from NHS, “Facts about smoking” is sourced from NSW Multicultural Health Communication Service, “Reasons to quit smoking” is sourced from NSW Multicultural Health Communication Service. The missing languages in this sub-topic are Albanian, French, Kurdish (Kirmanji or Sorani) and Swahili.

Quitting/stopping smoking, nicotine replacement
There are four resources available in this sub-topic; two leaflets and two videos. The first leaflet “Products to help you stop smoking is sourced from the NSW Multicultural Health Communication Service. The second leaflet, “Quit and get fit” is sourced from GASP.

The Community Relations and Health Promotion East London and the City Health Authority produce the two videos. “The Cost of Smoking” is available in Chinese and Somali.

The missing languages in this sub-topic are Albanian, French, Kurdish (Kirmanji or Sorani), Somali and Swahili.

Smoking and women
A single leaflet is available “Smoking facts for women” and is sourced from GASP. The missing languages in this sub-topic are Albanian, Arabic, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Swahili and Urdu.
Resources

10 top reasons to stay smoke free.
Description This leaflet presents information on reasons to quit smoking.
Format Leaflet
Language English, Punjabi, Urdu
Cost £0.25
Published Unknown reprinted 2004
Contact GASP
http://www.gasp.org.uk

Deciding to give up tobacco use – for yourself, your family and your friends.
Description This leaflet presents information on giving up tobacco.
Format Leaflet
Language Punjabi and Urdu
Cost Free to download
Published Unknown
Contact NHS Smoking Helpline
http://www.givingupsmoking.co.uk/

Facts about smoking.
Description This leaflet presents information on why smoking is bad for you and the benefits of giving up smoking.
Format Leaflet
Language Chinese, English, Punjabi, Somali, Turkish, Urdu
Cost Free to download
Published 2002
Contact Health Information East London
http://www.thpct.nhs.uk/hiel/

Products to help you stop smoking.
Description This leaflet presents information on products that may help you to stop smoking.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Turkish,
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
mhc@doe.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Reasons to quit smoking.
Description This leaflet presents information on smoking how smoking can affect you and your family’s health.
Format Leaflet
Language Arabic, Chinese, English, Farsi
Cost Free to download
Published 2001
Contact NSW Multicultural Health Communication Service Australia
Smoking facts for women.
Description This leaflet presents information on how smoking affects your body, lungs, arteries, heart, sex life, uterus, bones, breath, teeth, skin, hair, and fingers.
Format Leaflet
Language English, Punjabi, Urdu
Cost £0.25
Published 2002
Contact GASP
http://www.gasp.org.uk

The Cost of Smoking : Chinese.
Description This video presents information on popular beliefs about cigarettes. A former smoker talks about quitting, offering practical suggestions on how to give up.
Format Video
Language Chinese
Cost £20.00
Published 1998
Contact Community Relations and Health promotion East London and the City Health Authority
81-91 Commercial Road
London
E1 1RD
0171 655 6600

The cost of Smoking : Somali.
Description This video is aimed at male Moslem smokers their reasons for smoking and major reasons for giving up.
Format Video
Language Somali
Cost £20.00
Published 1996
Contact Community Relations and Health promotion East London and the City Health Authority
81-91 Commercial Road
London
E1 1RD
0171 655 6600

Quit and get fit.
Description This leaflet presents tips on stopping and staying stopped smoking. It also highlights ways to improve your exercise regime and eating a balanced diet.
Format Leaflet
Language English, Punjabi, Urdu
Cost £0.25
<table>
<thead>
<tr>
<th>Published</th>
<th>2002</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact</td>
<td>GASP</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.gasp.org.uk">http://www.gasp.org.uk</a></td>
</tr>
</tbody>
</table>
**Scope**
The Women’s Health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by taking expert advice and the experience of the project team and the Health Promotion Specialists responsible for Women’s Health at the Greater Glasgow NHS Board.

It was decided by the project team to deal with Women’s sexuality and health in the sexual health chapter.

The research for this topic was carried out in week beginning 6th October 2003 for one week only.

The sub-topics searched were:
- Women’s health
- Reproductive health
- Fertility advice
- Rape
- Women and Domestic Abuse
- Domestic violence
- Sexual abuse/sexual assault
- Women and prostitution
- Women’s sexuality and health (Sexual health chapter)
- Female sexual organs
- Premenstrual syndrome (PMS)
- Thrush
- Cystitis
- Menstruation/periods
- Hysterectomy
- Hormone replacement therapy (HRT)
- Menopause
- Motherhood
- Women and Breastfeeding

**Sources**
To ensure a comprehensive study of the topic the search focussed in three key areas of sources
- Specialist women’s health
- NHS
- General

**Specialist Women’s Health Sources**

BBC Come Clean
http://www.bbc.co.uk/wales/comeclean/

British Pregnancy Advisory Association
http://www.bpas.org/
Cancer Black Care
http://www.cancerblackcare.org/

Equality Now
http://www.equalitynow.org/

Face to face Campaign
http://www.facetoface.org/

Family Planning Association
http://www.fpa.org.uk/

Foundation for Women’s Health Research and Development
Unit 4
765-767 Harrow Road
London
NW10 5NY
020 8960 4000
www.forward.org.uk

Global Inventory on Domestic Abuse
http://www.hotpeachpages.net/

International Planned Parenthood Federation
http://www.ippf.org/

La Leche International
http://www.lalecheleague.org/

MADRE
http://www.madre.org/

Marie Stopes International
http://www.mariestopes.org.uk/

Rape Crisis Federation
http://www.rapecrisis.co.uk/ukgroups.htm

Refugee Women’s Resource Project
http://www.asylumaid.org.uk/New%20RWRP/RWRP_About_RWRP.htm

Reproduction Health in Refugee Situations
http://www.ippf.org/resource/refugeehealth/manual/

Safe Motherhood
http://www.safemotherhood.org/

Sexual Health Information networking Education Australia
Sexwise Interactive : BBC and IPPF
http://www.bbc.co.uk/worldservice/sci_tech/features/health/sexwise/the_journey_start_s.shtml

The Centre for Sexual Health Research University of Southampton
http://www.socstats.soton.ac.uk/cshr/

The Royal Women’s Hospital Victoria Australia

UNIFEM
http://www.unifem.org/

WAVE
http://www.wave-network.org/

Women’s Human Rights Resources Toronto
http://www.law-lib.utoronto.ca/diana/

Womankind Worldwide
http://www.womankind.org.uk/

**NHS Sources**

DOH
http://www.dh.gov.uk/Home/fs/en

Health Information East London
http://www.thpct.nhs.uk/hiel/

NHS Direct
http://www.nhsdirect.nhs.uk/

**General Sources**

BableTree Project Australia

Cross Cultural Health Care Program
http://www.xculture.org/

Ethnomed (USA)
http://ethnomed.org/
Outcomes
A comprehensive search of the sources showed that there are gaps in the sub-topics and language availability. There are no resources available in the following sub-topics: fertility, rape, sexual abuse/assault, prostitution, female sexual organs, PMS, thrush, Cystitis, and motherhood. There are no resources for the following languages: Albanian, French, Kurdish (Kirmaji or Sorani) and Swahili.

Abortion
A single leaflet, “Questions women ask about abortion”, is available via the NSW Multicultural Health Communications Service. The languages unaccounted for in this sub-topic are Albanian, Arabic, French, Kurdish (Kirmaji or Sorani), Somali, Swahili and Urdu.

Breast Feeding
There are two leaflets available in this sub-topic, which are all available via the NSW Multicultural Health Communication Service. The titles include “Breast feeding:
complementary and supplementary feeds” and “Breast feeding or bottle feeding – which is best for babies?”

The languages that are not accounted for in this section are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

**Contraception**
Two leaflets are available in this section, “Contraceptive pills for women” and “Your guide to contraception”, sourced from the NSW Multicultural Health Communication Service and GGNHSB.

The languages that are not accounted for in this section are Albanian, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili.

**Domestic Abuse**
A single leaflet “Domestic violence hurts the whole family” is sourced from the NSW Multicultural Health Communication Service.

A single booklet “Are you experiencing physical or emotional violence from a man you know” is sourced from the Westminster Domestic Violence Forum.

The languages that are not accounted for in this section are Albanian, French, Kurdish (Kirmanji or Sorani), Punjabi, Swahili and Urdu.

**Hysterectomy**
A single leaflet “What women should know about hysterectomy” is sourced from the NSW Multicultural Health Communication Service.

The languages that are not accounted for in this section are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

**Menopause and HRT**
There are 2 leaflets, one booklet, two guides and a single video available in this section.

The two guides “44+ part 1” and “44+ part2” are sourced via the NSW Multicultural Health Communication Service. The single booklet “Hormone replacement therapy” is sourced from the Iraqi Community Association. A single video, “Menopause” is sourced from N Films Ltd. The final two resources in this section are available via the NSW Multicultural Health Communication Service.

The languages that are not accounted for in this section are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

**Female Genital Mutilation**
A single leaflet “Female genital mutilation” is sourced from Rainbo.

The languages missing from this section are Albanian, Chinese, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili, Turkish and Urdu.
Female Sex Organs
There are five leaflets available in this section.

The NSW Multicultural Health Communications Service sources two of the leaflets. This includes “Avoiding constipation after vaginal repair surgery” and “Laparoscopy”.

The remaining three leaflets are sourced from Canada. “Care after your gynaecological procedure” is available from Vancouver Hospital and Health Sciences Centre. “Discharge instructions following abdominal or vaginal hysterectomy and/or repair” is available via Mount St Joseph Hospital. Finally, “Information about D&C” is available from the Richmond Hospital.

The languages unavailable in this sub-topic include Albanian, French, Kurdish (Kirmanji or Sorani), Swahili and Urdu

Menstruation
A single leaflet is available in this section “Menstruation – what’s normal and what’s not”; sourced from the NSW Multicultural Health Communication Service.

The languages missing from this section are Albanian, Farsi, French, Kurdish (Kirmanji or Sorani), Punjabi, Somali, Swahili and Urdu.

Pregnancy and Labour
This section has thirteen leaflets and one guide sourced.

The Richmond Health Services Vancouver Canada produces two leaflets. “About epidural during labour” and “Bleeding during early pregnancy”. The Oral Health and Ethnicity Unit Leeds provides a single leaflet “Caring for your teeth and gums during pregnancy”


A single leaflet is sourced from the Vancouver Hospital and Health Sciences Center; “Information for women experiencing a miscarriage”.

Resources

Abortion

Questions women ask about abortion.
Description This leaflet presents information on the legal aspects of abortion, at what stage of pregnancy an abortion can be carried out and what the operation will involve.
Format Leaflet
Breast Feeding

Breastfeeding: complementary and supplementary feeds.
Description This leaflet presents information on complementary and supplementary feeds for breastfeeding.
Format Leaflet
Language Arabic, Chinese, Somali, Turkish
Cost Free to download
Published 2002
Contact Royal Women’s Hospital
Available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Breast Feeding or bottle Feeding – which is best for babies?
Description This leaflet presents information on breast-feeding and bottle-feeding your baby.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Milk and toddlers.
Description This leaflet presents tips on weaning babies from milk.
Format Leaflet
Language Arabic, Chinese, English
Cost Free to download
Published 2003
Contact National Child Nutrition Programme Australia
Available via
Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Successful breastfeeding.
Description This leaflet presents information on breastfeeding your baby, getting started, frequency of feeds, breast problems and getting help.
Format Leaflet
Contraception

Contraceptive pills for women.
Description  This leaflet presents information on contraceptive pills for women, procedures for taking the pill, health benefits, side effects and other choices for contraceptive.
Format  Leaflet
Language  Arabic, Chinese, Farsi, Punjabi, Turkish
Cost  Free to download
Published  2001
Contact  NSW Multicultural Health Communication Service Australia
          mhcs@doh.health.nsw.gov.au
          http://mhcs.health.nsw.gov.au

Your guide to contraception.
Description  This leaflet presents information on contraception.
Format  Leaflet
Language  Chinese, Punjabi, Urdu
Cost  Free
Published  Unknown
Contact  GGNHSB

Domestic Abuse

Domestic violence hurts the whole family.
Description  This leaflet presents information on types of domestic abuse and why it affects a whole family.
Format  Leaflet
Language  Arabic, Chinese, English, Somali, Turkish
Cost  Free to download
Published  1998 reviewed 2003
Contact  NSW Multicultural Health Communication Service Australia
          mhcs@doh.health.nsw.gov.au
          http://mhcs.health.nsw.gov.au

Are you experiencing physical or emotional violence from a man you know?
Description  This booklet presents information on taking action against a violent man by calling the police and seeing a solicitor.
Format  Booklet
Language  Arabic, Chinese, English, Somali
Cost  Free
Published  Unknown
Contact  Westminster Domestic Violence Forum
Female Sex Organs and Gynaecological Surgery

Avoiding constipation after vaginal repair surgery.
Description This leaflet presents information on avoiding constipation after vaginal repair surgery.
Format Leaflet
Language Arabic, Chinese, Somali, Turkish
Cost Free to download
Published 2002
Contact The Royal Women’s Hospital available via NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Care after your gynaecological procedure.
Description This leaflet presents information on care after a gynaecological procedure.
Format Leaflet
Language Punjabi
Cost Free to download
Published 2000
Contact Vancouver Hospital and Health Sciences Centre, Vancouver Canada
learn@vanhosp.bc.ca

Discharge instructions following abdominal or vaginal hysterectomy and/or repair.
Description This leaflet presents information on discharge instructions following hysterectomy.
Format Leaflet
Language Chinese
Cost Free to download
Published 1997
Contact Mount St Joseph Hospital Surgical Day Care, Canada.

Information about D&C.
Description This leaflet presents information about the surgical procedure D&C.
Format Leaflet
Language Chinese
Cost Free to download
Published 2002
Contact The Richmond Hospital, Richmond, British Columbia, Canada.

Laparoscopy
Description This leaflets presents information about Gygnaeological surgery.
Format Leaflet
Language Arabic, Chinese, Somali, Turkish
Cost Free to download
Published 2003
Contact The Royal Women’s Hospital available via
NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Hysterectomy

What women should know about hysterectomy?
Description This leaflet presents information on why you may need to have a
hysterectomy, details of the surgical procedure and recovery physically
and emotionally after surgery.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 2000
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Menopause

44+ (Part 1)
Description This guide presents information on what is the menopause.
Format Guide
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

44+ (Part 2)
Description This guide presents information on exercise and diet during the
menopause.
Format Guide
Language Arabic, Chinese
Cost Free to download
Published Unknown
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Hormone Replacement Therapy (HRT).
Description This booklet presents information on HRT.
Format Booklet
Language Arabic
Cost Free
Published 2002
Preparing for a healthy menopause.
Description This leaflet presents information on using a healthy diet and exercise will prepare women better for the menopause.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1997
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Menopause
Description This video presents information on dealing with the menopause.
Format Video
Language English, Punjabi and Urdu
Cost £37.25
Published Unknown
Contact N Films Ltd
http://www.nfilmsltd.co.uk

When menopause affects relationships.
Description This leaflet presents information on how the menopause can affects a women’s sexuality.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Female Genital Mutilation

Female genital mutilation.
Description This leaflet presents information on female genital mutilation.
Format Leaflet
Language Arabic
Cost Free
Published 1997
Contact RAINBO
Suite 5A
121 Salusbury Road
London
NW6 6RG
Menstruation

Menstruation – what’s normal and what’s not.
Description This leaflet presents information on what are periods, are they painful, missed periods, heavy periods and toxic shock syndrome.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1999
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Pregnancy and Labour

About epidural during labour.
Description This leaflet presents information on epidural during labour.
Format Leaflet
Language Punjabi
Cost Free to download
Published 1999
Contact Richmond Health Services
Vancouver Canada

Bleeding during early pregnancy.
Description This leaflet presents information on bleeding during early pregnancy.
Format Leaflet
Language Punjabi
Cost Free to download
Published 1999
Contact Richmond Health Services
Vancouver Canada

Caring for your teeth and gums during pregnancy.
Description This leaflet presents information on good oral health during pregnancy.
Format Leaflet
Language Chinese
Cost Free
Published Unknown
Contact Oral Health and Ethnicity Unit, University of Leeds. 0171 287 0904

Depression during pregnancy and early parenthood.
Description This leaflet presents information on signs and symptoms of depression, causes of depression, treatment options and coping strategies.
Format Leaflet
Language Arabic, Chinese, English, Farsi, Punjabi, Turkish
Cost Free to download
Published 2003
Diabetes in pregnancy – gestational diabetes.
Description This leaflet presents information on what is gestational diabetes and what a pregnant women needs to do to cope with gestational diabetes.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 2000
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

How diet can prevent birth defects.
Description This leaflet presents information on eating folate-rich foods to prevent neural tube defect problems.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 1995
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Information for women experiencing a miscarriage.
Description This leaflet presents information for women experiencing a miscarriage.
Format Leaflet
Language Chinese
Cost Free to download
Published 2000
Contact Vancouver Hospital and Health Sciences Center Canada

Planning a pregnancy.
Description This leaflet presents information on rubella, eating healthily, quitting smoking, alcohol and drugs for women wanting to conceive.
Format Leaflet
Language Arabic, Chinese, English, Turkish
Cost Free to download
Published 2000
Contact NSW Multicultural Health Communication Service Australia
mhcs@doh.health.nsw.gov.au
http://mhcs.health.nsw.gov.au

Sad feelings after childbirth – a “hidden” problem.
This leaflet presents information of postnatal depression— the symptoms, causes, reducing the risks and getting help.

**Format**: Leaflet  
**Language**: Arabic, Chinese, English, Farsi, Punjabi  
**Cost**: Free to download  
**Published**: 2001  
**Contact**: NSW Multicultural Health Communication Service Australia  
  mhcs@doh.health.nsw.gov.au  
  http://mhcs.health.nsw.gov.au

**Stages of pregnancy and labour.**

This guide presents information on the stages of pregnancy and labour.

**Format**: Guide  
**Language**: Arabic, Chinese, English, Turkish  
**Cost**: Free to download  
**Published**: Unknown  
**Contact**: Health and Information Translation Services  
  Department of Health  
  New South Wales

**Ultrasound**

This leaflet present information on ultrasound.

**Format**: Leaflet  
**Language**: Arabic, Turkish  
**Cost**: Free to download  
**Published**: 2003  
**Contact**: The Royal Women’s Hospital  
  Available via  
  NSW Multicultural Health Communication Service Australia  
  mhcs@doh.health.nsw.gov.au  
  http://mhcs.health.nsw.gov.au

**Ultrasound examination preparation.**

This leaflet presents information on guidance and preparation for ultrasound.

**Format**: Leaflet  
**Language**: Arabic, Chinese, English, Turkish  
**Cost**: Free to download  
**Published**: 1994  
**Contact**: NSW Multicultural Health Communication Service Australia  
  mhcs@doh.health.nsw.gov.au  
  http://mhcs.health.nsw.gov.au

**Women and HIV parenting.**

This leaflet presents information on HIV and pregnancy, HIV and children.

**Format**: Leaflet  
**Language**: Arabic, Chinese, English  
**Cost**: Free to download  
**Published**: 1997
| Contact | Family Planning NSW and AIDFS Council of NSW  
|---------|-------------------------------------------------------------------------------------------------|
|         | Available via  
|         | NSW Multicultural Health Communication Service Australia  
|         | mhcs@doh.health.nsw.gov.au  
|         | http://mhcs.health.nsw.gov.au  

**Women and HIV pregnancy.**  
**Description**  
This leaflet presents information on being HIV positive and pregnant or wanting to become pregnant.  
**Format**  
Leaflet  
**Language**  
Arabic, Chinese, English  
**Cost**  
Free to download  
**Published**  
1997  
**Contact**  
Family Planning NSW and AIDFS Council of NSW  
Available via  
NSW Multicultural Health Communication Service Australia  
mhcs@doh.health.nsw.gov.au  
http://mhcs.health.nsw.gov.au
Conclusions and points to note
This search for the existence and availability of health information resources in 12 different languages has found that not surprisingly, there are significant gaps in health information resources that are available. In particular, a lack of health information was found in Albanian, Kurdish, French and Swahili languages and little health information was available in the topics of: accident and injury prevention; men’s health; and physical activity. The format of health information found is mostly written, with little being found in audio cassette or video format. However, the search for health information in languages other than English has uncovered more resources than was originally anticipated at the outset of the project. Whilst this is encouraging, it is worthwhile noting the following issues relating to either the health information itself, or to the source of the health information:

- In many cases, the health information is not easily accessible. It has taken the researcher considerable time and rigorous searching to find health information on various topics. For anyone (either a health professional or an individual) requiring health information urgently, or without knowledge on the most suitable places to source information, this process could be extremely time consuming, frustrating and potentially unfruitful.

- More and more organisations appear to be making information available on the Internet, using downloadable PDF files. This does increase the accessibility of health information.

- Some of the health information resources found are of variable presentation quality. Many of the organisations have kindly sent the researcher samples of the health information they provide to individuals. Some of this information is of an extremely high presentation quality, e.g. glossy format, in colour, and is clearly stated in English exactly what language and the topic the information refers to. In other cases, the information is a photocopied sheet only, with no pictures or colour, and the quality of copying is poor.

- No assessment of the accuracy and quality of health information found has been undertaken - this was not the primary reason for undertaking the project. Therefore, whilst the project team believe the directory will be of use to many people, those using the resources directory should make their own assessment of its appropriateness. In particular, some of the information available is from international organisation or countries, therefore healthcare systems may well be different from local or even national systems. Despite this, it may be that only simple changes to information is required in order to make it appropriate to more local situations.

Despite these issues, we hope that the directory will act as a useful starting point for individuals and organisations that require to find health information or plan to produce health information in languages other than English. For anyone planning to produce health information resources in languages other than English, we recommend some simple steps be considered:

- It is extremely useful to have an English transcription of the title somewhere prominent on the resource. Similarly, it is extremely useful if it is also stated somewhere prominent exactly what language the information has been produced in.
• Contact details for the resource are useful should people wish to trace it.

If possible, any written information produced should be made available to download via the Internet, using downloadable PDF files, thus increasing the accessibility of information.
Acknowledgements
The project team would like to thank all the people and organisations who gave their time, energy and resources throughout the project. This includes the Health Information Specialists at Greater Glasgow NHS Board who helped with the definition of the health topics.
Notes on the author
Joanna Ptolomey is a freelance information consultant and has worked in the Health Sector and the Management Consultant field. She has worked on a variety of projects including research, library policy/service development and library staff development and training. For further information and examples of work she can be contacted at joanna.ptolomey@ntlworld.com.
Appendix 1
General Sources

General Portals

EQUIP Portal
http://www.equip.nhs.uk/language.html

SPIRAL : Selected Patient Information Resources in Asian Languages
http://www.library.tufts.edu/hsl/spiral/

UK Government

Commission for Racial Equality
http://www.cre.gov.uk/

DOH
http://www.dh.gov.uk/Home/fs/en

Food Standards Agency
http://www.foodstandards.gov.uk/

Harp
http://www.harpweb.org.uk/

Health and Safety Executive
http://www.hse.gov.uk/

Health Select Committee
http://www.parliament.uk/parliamentary_committees/health_committee.cfm

Neighbourhood Renewal Unit
http://www.neighbourhood.gov.uk/

Race Equality Unit
http://www.homeoffice.gov.uk/comrace/race/

Scottish Executive
http://www.scotland.gov.uk/

Social Exclusion Unit
http://www.socialexclusionunit.gov.uk/

The Home Office
http://www.homeoffice.gov.uk/

The National Asylum Support Service (NASS)
http://www.ind.homeoffice.gov.uk/default.asp?PageId=89
UK Health

BMA
http://www.bma.org.uk/ap.nsf/Content/_Home_Public

HEBS
http://www.hebs.scot.nhs.uk/

Health Promotion Resource Workers Electronic Discussion List
http://www.londonlinks.ac.uk/hlthprom-resources/

Kings Fund
http://www.kingsfund.org.uk/

NHS Direct
http://www.nhsdirect.nhs.uk/

Europe

European Union
http://europa.eu.int/

World Wide

Office of Minority Health
http://www.omhrc.gov.omhrc/

UNICEF
http://www.unicef.org/

United Nations
http://www.un.org/

World Bank
http://www.worldbank.org/

World Health Organisation
http://www.who.int/en/
Refugee and Asylum Seeker Organisations

Asylum Aid  
http://www.asylumaid.org.uk/

Amnesty International  
http://www.amnesty.org/

Asylum Support  
http://www.asylumsupport.info/

Bradford Action for Refugees  
http://www.bafr.org.uk/

Brisbane Refugee and Asylum Seeker Health Network  
http://www.brashn.org/

CoSLA Refugee and Asylum Seekers Consortium  
http://www.asylumscotland.org.uk/

East Leeds Health for All  
47 Cromwell Mount  
Leeds  
LS9 7ST  
0113 248 4880

European Council of Refugees and Exiles  
http://www.ecre.org/

ICAR (Institute Centre about Asylum and Refugees in the UK)  
http://www.icar.org.uk/content/res/drp/idx_org.html

Immigration Advisory Service  
http://www.jasuk.org/

Leeds Refugee and Asylum Seekers Project  
Leeds Health Focus  
228-230 Roundhay Road  
Leeds  
LS8 5AA  
0113 248 8866

Leeds Black Health Forum  
The Resource Centre  
Bushbury House  
4 Laurel Mount  
St Marys Road  
Leeds  
LS7 3JX  
0113 237 4229
Liberty Human Rights
http://www.liberty-human-rights.org.uk/

MEDACT
http://www.medact.org/tbx/pages/

Merseyside Regional Asylum Seekers Support Service
http://www.refugee-action.org/liverpool.htm

Minority Rights Group International
http://www.minorityrights.org/

Refugee Council
http://www.refugeecouncil.org.uk/

Refugee Lifeline
1-11 Arundel Gate
Sheffield
0114 270 1073

Refugee Mental Health Forum
http://www.evelynoldfield.co.uk/forum-mentalhealth.htm

Refugee Support Centre
47 South Lambeth Road
London
SW8 1RH

Refugee Therapy Centre
http://www.refugeetherapy.org.uk/

Runnymede Trust
http://www.runnymedetrust.org/

The Joint Council for the Welfare of Immigrants
http://www.jcwi.org.uk/

Scottish Council for Voluntary Services
http://www.scvo.org.uk/

Scottish Refugee Council
http://www.scottishrefugeecouncil.org.uk/

The Refugee Survival Trust
http://www.rst.org.uk/
Ethnic Organisations

Africare
http://www.africare.org/

African Health for Empowerment and Development
http://www.hivsouthlondon.org.uk/ahead.htm

Kurdish Cultural Centre
http://www.middleeastuk.com/com/kcc/

Pakistani Welfare Association
85 Combridge Street
Rugby
07748176069

Pakistani Women’s Welfare Association
225 Seven Sisters Road
N4 2DA
Contact S A Mian
020 7272 403

Somali Mental Health Council Project
Volserve House
14-18 West Bar Green
Sheffield
S1 2DA
0114 275 8556

Somali Caring and Education Association
Room B009
241 King Street
London
W6 9LP
020 8563 0320

Academic Centre’s of Excellence and Think Tanks

Centre for Education and Racial Equality in Scotland
http://www.education.ed.ac.uk/ceres/

Centre for Health and Social Care
http://www.hud.ac.uk/hhs/research/chscr/

Centre for Family Policy and Child Welfare
http://www.bris.ac.uk/sps/research/fpcw/default.shtml

Centre for Research in Ethnic Relations Database
http://www.warwick.ac.uk/fac/soc/CRER_RC/.
Centre for the Child and Society
http://www.gccs.gla.ac.uk/

Centre for Urban Studies University of Glasgow
http://www.gla.ac.uk/departments/urbanstudies/RC/rcindex.html

Centre for Urban Studies University of Bristol
http://www.bris.ac.uk/sps/research/cus/default.shtml

Ethnicity and Health Unit, University of Central Lancashire
http://www.uclan.ac.uk/facs/health/hsdu/index.htm

Institute for Race Relations
http://www.irr.org.uk/

Joseph Rowntree Foundation (JRF)
http://www.jrf.org.uk/

MRC Social and Public Health Sciences
http://www.msoc-mrc.gla.ac.uk/

National Institute for Ethnic Studies in Health and Social Policy
http://www.niesh.net/links.html

North West Ethnic Health
http://www.ethnichealth-northwest.net/home.htm

New Policy Institute
http://www.npi.org.uk/

Nuffield Institute of Health
http://www.nuffield.leeds.ac.uk/content/home/home.asp

Policy Studies Institute
http://www.psi.org.uk/

Refugee Studies Centre
http://www.rsc.ox.ac.uk/

Social Market Foundation
http://www.smf.co.uk/site/smf/

Social Policy Research Unit (SPRU)
http://www.york.ac.uk/inst/spru/

Townsend Centre for International Poverty Research
http://www.bris.ac.uk/poverty/
For further information and extra copies of the report contact Donna Athanasopolous (Donna.Athanasopolous@gghb.scot.nhs.uk) or Heather Mackenzie (Heather.Mackenzie@gghb.scot.nhs.uk).

This report is also available to download electronically as a PDF file at www.nhsgg.org.uk.