

Register:

The Health Improvement Resource Service (HIRS) provides people who work in the Forth Valley area with information on evidence informed health improvement issues in a range of formats.

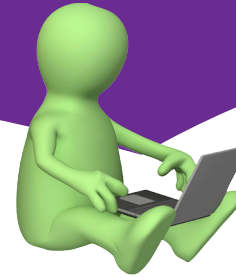
To register with HIRS please access the HPAC link below and follow the on-screen instructions

hpac.nhsforthvalley.com

Booking and ordering:

Once registered, bookings and orders can be made by accessing HPAC.

Services we provide:



- **FREE** leaflets and posters
- **FREE** condoms, femidoms and lubricant
- Borrowable resources i.e.
 - books
 - models
 - games
 - teaching kits
 - DVDs
- Health improvement literature searches

Visiting HIRS:



Visit us during one of our Look 'n' Book sessions to view resources and to discuss your health information needs.

Look 'n' Book Sessions

Tuesday
1.30 pm - 4.30 pm

Wednesday and Thursday
9.30 am - 12.30 pm

Outwith Look 'n' Book session times appointments can be made to visit by contacting HIRS staff directly.



Contact us:

How to find us:

Address:

Health Improvement Resource
Service (HIRS)
Health Promotion Service
NHS Forth Valley
Unit 2, Colquhoun Street
STIRLING
FK7 7PX

E-mail:

fv-uhb.hirs-group-mailbox@nhs.net

Website:

[nhsforthvalley.com/healthservices/
health-promotion](http://nhsforthvalley.com/healthservices/health-promotion)

Ordering site:

hpac.nhsforthvalley.com

Telephone:

01786 433867

FREE parking is available.

February 2019



Health Improvement Resource Service (HIRS)

