



## Accessible Information Leaflets

Title	Details	Cost
Abuse	I can get Through it Jenny Speaks Out Bob Tells All Books Beyond words I can get through it – for victims of sexual abuse <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel Book Sales 0207 235 2351	Approx cost £10 per book
Ageing	Getting older Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a> (link to publications)  Lets talk about getting older Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a> (link to publications)	Free
Bereavement	Let's talk about death Coping with Loss Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a>  When somebody dies When Dad died When Mum died Books beyond words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel: Book sales on 0207 235 2351  Understanding Death and Dying British Institute for Learning Disabilities Tel Book Source : 08702 402 182 <a href="http://www.bild.org.uk">www.bild.org.uk</a>	Free          Approx cost £10 per book
Breast Examination	Keep Yourself Healthy A guide to examining your breasts Fair, Health Education Board Scotland On website: <a href="http://www.hebs.com">www.hebs.com</a>	Free          Approx cost

	<p>Looking after my breasts Books beyond words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Telephone Book sales 0207 235 2351</p>	£10 per book
Cancer	<p>Information sheets Northern Cancer Network On website: <a href="http://www.cancernorth.nhs.uk">www.cancernorth.nhs.uk</a> (click on information to print)</p> <p>What is Cancer? Into the Mainstream On website: <a href="http://www.intothemainstream.cswebsites.org">www.intothemainstream.cswebsites.org</a> (link on left 'a selection of accessible information pdf to download')</p> <p>(Not in pack) Information sheets – The Cancer Journey Including scans, radiotherapy and chemotherapy On website: <a href="http://www.learningdisabilitycancer.nhs.uk/">www.learningdisabilitycancer.nhs.uk/</a></p> <p>(Not in pack) Information sheets - Health promotion pack (cancer awareness) On website: <a href="http://www.learningdisabilitycancer.nhs.uk/">www.learningdisabilitycancer.nhs.uk/</a></p> <p>Getting on with Cancer Books Beyond Words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel Book Sales: 0207 235 2351</p>	<p>Free</p> <p>Free</p> <p>Approx cost £10 per book</p>
Cervical screening	<p>Having a Smear Test NHS Cancer Screening Programme From DoH Tel: 08701 555455</p> <p>Cervical Screening Into the Mainstream On website: <a href="http://www.intothemainstream.cswebsites.org">www.intothemainstream.cswebsites.org</a> (link on left 'a selection of accessible information pdf to download')</p> <p>Keeping Healthy Down Below Books Beyond words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Telephone Books Sales 0207235 2351</p>	<p>Free</p> <p>Free</p> <p>Approx cost £10 per book</p>
Consent	<p>Consent a guide for people with learning disabilities DoH No: 24464 Tel: 08701 555455</p>	Free
Continence	<p>Bowel and bladder awareness Into the Mainstream On website: <a href="http://www.intothemainstream.cswebsites.org">www.intothemainstream.cswebsites.org</a></p>	Free

Dementia	What is Dementia? Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a>	Free
Depression	Change publications <a href="http://www.changepeople.co.uk">www.changepeople.co.uk</a>  Feeling Blue Books beyond words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> telephone Book Sales 0207 235 2351	£1.20  Approx cost £10 per book
Diabetes	Getting Started if you have diabetes – type 2. The Administrator Bristol South & West PCT Tel: 0117 958 5666	10 copies per order Cost £5
Drugs awareness (not in pack)	'Frank' Easy Read Information about drugs Home Office Order Line Tel: 0870 241 4680 Or via e-mail: <a href="mailto:dpas@prolog.uk.com">dpas@prolog.uk.com</a>  Drugs Pack Elfrida Society Tele: 0870 241 4682 Email <a href="mailto:dpas@prolog.uk.com">dpas@prolog.uk.com</a>	Free    Free
Ears		
Epilepsy	About Epilepsy (pack of 8 leaflets) National Society for Epilepsy Tel: 01494 601300 Website: <a href="http://www.epilepsynse.org.uk/pages/info/publics/index.cfm">www.epilepsynse.org.uk/pages/info/publics/index.cfm</a>  Getting on with Epilepsy Books Beyond Words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel Book Sales 0207 235 2351	£2.50    Approx cost £10 per book
Eyes	Getting your eyes tested Getting new glass Having a cataract operation From RNIB On website: <a href="http://onlineshop.rnib.org.uk">http://onlineshop.rnib.org.uk</a> (under publications – multiple disabilities)  Getting on with Epilepsy Books Beyond Words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a>	£1.00 £1.00 Free    Approx cost £10 per book

	Tel Book Sales 0207 235 2351	
Exercise	Leaflet on Exercise Into the Mainstream On website: <a href="http://www.intothemainstream.cswebsites.org">www.intothemainstream.cswebsites.org</a> (link on left 'a selection of accessible information pdf to download')	Free
Growing up	Let's Talk About Puberty Lets Talk About Periods Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a>  Susan's Growing Up Making Friends  Books Beyond Words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel Book Sales 0207 235 2351	Free  Approx cost £10 per book
Health	Your Good Health Series (set of twelve , which can be ordered separately plus one other title) : Exercise Breathe easy Eating and Drinking Alcohol and Smoking Looking after your teeth Seeing and hearing Sex If you are ill..... Using medication safely Coping with Stress Pregnancy and childbirth Epilepsy Getting older, feeling good British Institute of Learning Disabilities <a href="http://www.bild.org.uk">www.bild.org.uk</a>  Tel Book Source 08702 402 182  Keeping well Down's Syndrome Scotland Can be downloaded in PDF format <a href="http://www.dsscotland.org.uk/publications/learning-disability">www.dsscotland.org.uk/publications/learning-disability</a>	Free
Healthy Eating	'5 a day' and 'How can I have more fruit and vegetables' sheets. From Bristol Learning Difficulties NHS On website: <a href="http://www.bristollearningdifficulties.nhs.uk">www.bristollearningdifficulties.nhs.uk</a> (health resources link)  5 A Day leaflet and postcard (general use) NHS Available from DoH Tel: 08701 555 455 Leaflet No: 30812 Postcard: 30813	Free  Free

Heart	Keep yourself healthy – a guide to having a healthy heart Fair, Health Education Board Scotland On website: <a href="http://www.hebs.com">www.hebs.com</a>	Free
Hospitals/ Doctors	Going Into Hospital Going into Out Patients Going to the Doctors Books Beyond Words <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a> Tel Book Source 0207 235 2351	Approx cost £10 per book
Mammogram	50 or over? Breast screening is for you NHS Cancer Screening Programme From DoH Tel: 08701 555 455	Free
Medical procedures	Having a blood test Having an EEG Having an MRI scan Having a CT scan Elfrida Society Order on Website: <a href="http://www.elfrida.com/publications.htm">www.elfrida.com/publications.htm</a>	£2 each
Mental Health medication  (not in pack)	Set of 15 leaflets about mental health medication including; risperidone, fluoxetine, amitriptyline, haloperidol Elfrida Society Order on Website: <a href="http://www.elfrida.com/publications.htm">www.elfrida.com/publications.htm</a>	£14 per set £1 per leaflet
Mouth/dental	Keep yourself Healthy : A guide to a healthy mouth Fair, Health Education Board Scotland E-mail: 'publications@health.scot.nhs.uk' Tel: 0131 536 5500	30p each
Pain	Leaflet to help identify area of pain Shropshire PCT On website: <a href="http://www.shropshirepct.nhs.uk">www.shropshirepct.nhs.uk</a> (learning disabilities webpage)	Free
Parenting  (not in pack)	Planning a baby Change publications <a href="http://www.changepeople.co.uk">www.changepeople.co.uk</a>  I want to be a good parent series ISBN 1 873791 31 3 What's it like to be a parent ISBN 1 873791 36 4 Children need healthy food ISBN 1 873791 41 0 Children need to be safe	£1.20   £5.00 per set  £11.00 £11.00 £11.00

	<p>ISBN 1 873791 51 8  Children need love  ISBN 873791 56 9  British Institute of Learning Disabilities  <a href="http://www.bild.org.uk/publications">www.bild.org.uk/publications</a>  Tel Book source 08702 402 182 .</p>	£11.00
Police /Courts	<p>You're under arrest  You're on trial  Going to Court  Books Beyond Words  <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a>  Tel Book Sales on 0207 235 2351</p> <p>Crime Against People with Learning Disabilities  Cracking Crime : a learning pack  Coping with Crime  <a href="http://www.bris.ac.uk/Depts/NorahFry/PlainFacts">www.bris.ac.uk/Depts/NorahFry/PlainFacts</a>  Tel 0117 9238137</p>	<p>Approx cost  £10 per book</p> <p>£3.00  £15.00  £2.50</p>
Prostate awareness	<p>Leaflet on prostate awareness  In health promotion pack  On website: <a href="http://www.learningdisabilitycancer.nhs.uk/">www.learningdisabilitycancer.nhs.uk/</a></p>	Free
Relationships	<p>Failing in Love  Making Friends  Books Beyond Words  <a href="http://www.rcpsych.ac.uk/publications/bbw">www.rcpsych.ac.uk/publications/bbw</a>  Tel Book Sales 0207 235 2351</p>	
Sexual health/ contraception (not in pack)	<p>Depo-Provera  Change publications  On website: <a href="http://www.changepeople.co.uk">www.changepeople.co.uk</a></p> <p>'How to use a Condom'  and: 'How to use a Condom – for men who have sex with men'  Consent , Herts NHS Partnership Trust  Tel: 01923 670796  Email: <a href="mailto:consent@hnhsroc.demon.co.uk">consent@hnhsroc.demon.co.uk</a></p>	<p>£1.20</p> <p>Contact  Consent  for details</p>
Smoking	<p>Stopping smoking  NHS from DoH No: 50801  Tel: 08701 555455</p>	Free
Testicular examination	<p>Keep Yourself Healthy  A guide to examining your testicles  Fair, Health Education Board Scotland  On website: <a href="http://www.hebs.com">www.hebs.com</a> <a href="http://www.hebs.com">www.hebs.com</a></p> <p>How to look after my balls</p>	<p>Free</p> <p>Free</p>

	<p>On website:  <a href="http://www.intellectualdisability.info/leaflets/testicular.html">www.intellectualdisability.info/leaflets/testicular.html</a></p>	
Women's Health	<p>Cathy has Thrush  Period problems  Hysterectomy – Is it right for you?  Hysterectomy – Having the operation  Getting rid of fibroids  Elfrida Society via Women's Health  Order through website: <a href="http://www.elfrida.com/publications.htm">www.elfrida.com/publications.htm</a></p> <p>Getting older/menopause  Down's Syndrome Scotland  On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a></p>	<p>£1.50 each</p> <p>Free</p>
<b>General guides to being healthy</b>	<p>You and your health – a basic guide to being healthy  Mencap  On website:  <a href="http://www.mencap.org.uk/html/publications/publicationSearchResults.asp">www.mencap.org.uk/html/publications/publicationSearchResults.asp</a></p> <p>Health – Looking after Yourself  Down's Syndrome Association  On website: <a href="http://www.downs-syndrome.org.uk">www.downs-syndrome.org.uk</a>  (Information link, then literature)</p>	<p>Free</p> <p>Free</p>