

Easy Read Resources

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Easy Read Information

Title	Details	Contact Details	Cost	Copies at NHS Public Health Resources
Abuse				
Jenny speaks out	A book beyond words where someone talks about past abuse	www.rcpsych.ac.uk	✓	
Bob tells all	A book beyond words where someone talks about past abuse	www.rcpsych.ac.uk	✓	
I can get through it	Individual talks about past abuse	www.rcpsych.ac.uk	✓	
Domestic Abuse – What is it?		www.easyhealth.org.uk	Free	
Abuse Stop it Now		www.easyhealth.org.uk	Free	
No secrets	About abuse and what to do	www.easyhealth.org.uk	Free	
Alcohol				
Coming for a drink	Information about alcohol, what it does and what to do if you have a drink problem	www.elfrida.com	✓	

Alcohol & smoking	About health issues, how to get help and advice	www.bild.org.uk	✓	
Alcohol	Symbol Storyboard (key health message)	NHS Grampian	Free	✓
Ageing				
Getting Older		Down's Syndrome Scotland www.dsscotland.org.uk	Free	
Bereavement				
Let's talk about death		Down's Syndrome Scotland www.dsscotland.org.uk	Free	
When dad died		www.rcpsych.ac.uk	✓	
When mum died		www.rcpsych.ac.uk	✓	
When somebody dies		www.rcpsych.ac.uk	✓	
Understanding death and dying	3 booklets about going through the grieving process or to trigger discussion about death	www.bild.org.uk	✓	

Coping with death	Video dealing with issues that arise when someone has died	www.speakup.org.uk	✓	
Lets talk about death and funerals	Book about death and funerals, includes audio tape	www.dsscotland.org.uk	✓	
When I die		www.easyhealth.org.uk	Free	
When I die – End of Life Book		www.easyhealth.org.uk	Free	
Blood				
Taking blood	NHS Grampian		Free	
Breasts				
Guide to checking your breasts	CD Rom Booklet	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Going for a mammogram	Booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Looking after my breasts	Book	www.rcpsych.ac.uk	✓	
Breastfeeding	Symbol storyboard (key health message)	NHS Grampian	Free	✓

Cancer				
What is Cancer?		www.intothemainstream.cswebsites.org		
Getting on with Cancer	Book telling story of someone who has cancer	www.rcpsych.ac.uk	✓	
Living with Cancer-What is Cancer?	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Someone I know has Cancer. What does it mean for me?	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Living with Cancer – Colorectal (Bowel) Cancer	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Living with Cancer – Skin Cancer	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Living with Cancer- Breast Cancer	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Cancer of the Oesophagus	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	
Information sheets – Cancer Awareness		www.learningdisabilitycancer.org.uk	Free	

Information sheets – The Cancer Journey – includes scans, radiotherapy, chemotherapy		www.learningdisabilitycancer.org.uk	Free	
What is cancer?		www.easyhealth.org.uk	Free	
Common types of Cancer		www.easyhealth.org.uk	Free	
How can you prevent Cancer		www.easyhealth.org.uk	Free	
Common types of cancer		www.easyhealth.org.uk	Free	
Treatments for Cancer		www.easyhealth.org.uk	Free	
What is a MacMillan Nurse?		www.easyhealth.org.uk	Free	
Prostate Cancer		www.easyhealth.org.uk	Free	
Bowel Cancer Screening		www.cancerscreening.nhs.uk	Free	

Easy guide to having a colonoscopy		www.cancerscreening.nhs.uk	Free	
Cervical Screening				
Having a smear test	NHS Cancer Screening Programme	DOH – Telephone 08701 555455	Free	
Cervical screening		www.intothemainstream.cswebsites.org	Free	
Guide to having a smear test	Illustrated book	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Do I need a smear test?	Illustrated book	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Vaginal Smear	Photo book of having a smear	NHS Grampian (available soon)	Free	
Self vaginal smear	Illustrated book about doing a self-smear	NHS Grampian (available soon)	Free	
Easy guide to Cervical Screening		dh@prolog.uk.com		
Communication				
Communication Resource Pack	A CD that has ideas about communication, advocacy and involvement	Lantern Trading Ltd, old Boot Shop, Chapel Street, York. Tel – 01347 823 242	✓	

Communication is more than just talking	Easy Read guide to visual communication to support speech	Office Services, Surrey. Tel – 01372 378 266	✓	
Feeling Poorly	Full colour training resource designed to enable people with LD to develop skills to communicate about pain and illness	Pavillion Publishing www.pavpub.com	✓	
Feeling Poorly	Pictorial; communication aid to encourage communication and help people express their health concerns	Pavillion Publishing www.pavpub.com	✓	
Michelle finds a voice	A book beyond words about a woman who is unable to speak	www.rcpsych.ac.uk	✓	
Hospital Communication Book		www.easyhealth.co.uk	Free	
Complaints				
How to make a complaint (Easy Read)				

Consent				
Making decisions- Helping people who have difficulty deciding for themselves A Guide for social care professionals	Information booklet	Mental Incapacity Branch, Family Policy Division 1, Lord Chancellors Department, 4 th Floor, Selborne House, 56-60 Victoria Street, London SW1E 6QW	Free	
Consent-A guide for people with Learning Disabilities	An information leaflet for people with a learning disability	Department of Health. Tel 0800 555777	Free	
Mental Capacity Act		www.easyhealth.co.uk	Free	
A guide to consent to treatment		www.easyhealth.co.uk	Free	
Continence				
Bowel and bladder awareness		www.intothemainstream.cswebsites.org	Free	
Constipation				
What is constipation		www.easyhealth.co.uk	Free	
Preventing constipation		www.easyhealth.co.uk	Free	

Crime				
You're under arrest	About a man who has been arrested	www.rcpsych.ac.uk	✓	
You're on trial	What happens when someone is accused of crime	www.rcpsych.ac.uk	✓	
Appropriate Adult			✓	
Warrant card			✓	
Being a Witness			✓	
Being Arrested			✓	
Crime against people with LD		www.bris.ac.uk/Depts/NorahFry/PlainFacts	✓	
Cracking Crime: A Learning Pack		www.bris.ac.uk/Depts/NorahFry/PlainFacts	✓	
Coping with crime		www.bris.ac.uk/Depts/NorahFry/PlainFacts	✓	
Supporting Victims	Tells how police help Polly choose special measures that she needs to give best evidence in court.	www.rcpsych.ac.uk	✓	
Dementia				
What is Dementia?	A booklet about dementia for adults who have a learning disability	Down's Syndrome Scotland www.dsscotland.org.uk	✓	
Booklet for friends of people with Down's Syndrome and Dementia	Describes what may be happening to their friend	www.bild.org.uk		

Understanding Dementia	Information about other people who have dementia	www.bild.org.uk		
Dental				
A guide to a healthy mouth	Keeping your Teeth and Gums Healthy	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Looking after your teeth	Booklet about Health Issues and how to get help and advice	www.bild.org.uk	✓	
Going to the dentist	Leaflet about going to the dentist	<u>NHS Grampian</u>	Free	
Health teeth and Mouth	Symbol storyboard (key health message)	<u>NHS Grampian</u>	Free	✓
What does your dentist do?		www.easyhealth.org.uk	Free	
Depression				
Depression	Booklet explaining what is depression, the causes and treatments	www.changepeople.co.uk	✓	✓
Feeling blue	Telling a story of a man who is depressed	www.rcpsych.ac.uk	✓	

Diabetes				
Getting started if you have diabetes – Type 2	About Diabetes	www.easyhealth.org.uk	Free	
Diabetes		www.easyhealth.org.uk	Free	
Diabetes		www.easyhealth.org.uk	Free	
Doctors				
Going to the doctor		www.rcpsych.ac.uk	✓	
If you are ill	Illustrated booklet	www.bild.org.uk	✓	
How to get a doctor	Leaflet explaining about doctors	www.elfrida.com		
Blood Pressure	About blood pressure	www.easyhealth.org.uk	✓	
Going to the doctor		www.easyhealth.org.uk	✓	
Making your visit better		www.easyhealth.org.uk	✓	

Questions to ask – visiting the doctor or the hospital		www.easyhealth.org.uk	✓	
Down's Syndrome				
So you have Down's Syndrome		www.easyhealth.org.uk	✓	
Drinking				
Drinking Chart		www.easyhealth.org.uk	✓	
Drinking enough		www.easyhealth.org.uk	✓	
Drinking enough fluid		www.easyhealth.org.uk	✓	
Drugs				
Drug Pack	12 leaflets describing range of illicit, misused and illegal drugs	www.elfrida.com	✓	
Drug Awareness	'Frank' Easy Read Information about drugs	dpas@prolog.uk.com	Free	
Drugs	Symbol storyboard (key health message)	NHS Grampian	Free	

Ears				
Seeing and Hearing	Illustrated booklet	www.bild.org.uk	✓	
Getting your ears tested	Fact sheet on hearing issues	www.rnib.org.uk	Free	
Ear wax removal	How to use olive oil to look after your ears	www.shropshirepct.nhs.uk	Free	
Having Trouble Hearing		www.easyhealth.org.uk	Free	
Mild Hearing Loss		www.easyhealth.org.uk	Free	
Moderate Hearing Loss		www.easyhealth.org.uk	Free	
Severe Hearing Loss		www.easyhealth.org.uk	Free	
Dry Ear		www.easyhealth.org.uk	Free	
Hearing Aids		www.easyhealth.org.uk	Free	

Epilepsy				
About Epilepsy	Pack of 8 Leaflets explaining all about epilepsy	www.epilepsynse.org.uk	✓	
Epilepsy Identity Card and Wallet	Personal details including information about seizures can be entered on card	www.epilepsynse.org.uk	✓	
Epilepsy	Leaflet explaining what is epilepsy, causes and what to do	www.elfrida.com	✓	
Epilepsy	Illustrated booklet explaining health issues, how to get help and advice	www.bild.org.uk	✓	
Epilepsy		www.easyhealth.org.uk	Free	
What is Epilepsy?		www.easyhealth.org.uk	Free	
Types of seizures		www.easyhealth.org.uk	Free	
Exercise				
Exercise	Illustrated booklet	www.bild.org.uk	✓	

Breath Easy	Illustrated booklet	www.bild.org.uk	✓	
Exercise Leaflet	Leaflet about benefits of exercise	www.shropshirepct.nhs.uk	✓	
Exercise	Leaflet on exercise	www.intothemainstream.cswebsites.org	Free	
Exercise	Symbol storyboard (key health message)	NHS Grampian	Free	✓
Activities		www.easyheath.org.uk	Free	
Exercise		www.easyheath.org.uk	Free	
Exercise is good for you		www.easyheath.org.uk	Free	
Exercise for health		www.easyheath.org.uk	Free	
Eye Care				
Getting your eyes tested	Illustrated and taped booklets on eye care	http://onlineshop.rnib.org.uk	✓	
Getting new glasses	Illustrated and taped booklets on eye care	http://onlineshop.rnib.org.uk	✓	

Having a cataract operation	Illustrated and taped booklets on eye care	http://onlineshop.rnib.org.uk	✓	
Sight Matters	Video about eye tests, booklet Getting your eyes tested and Getting new glasses accompany the video	http://onlineshop.rnib.org.uk		
Seeing and Hearing	Illustrated booklet	www.bild.org.uk	✓	
Eyelid cleaning	A leaflet on eyelid cleaning	www.shropshirepct.nhs.uk	Free	
Look Up	Information on eye care	www.seeability.org	Free	
Healthy Eyes	Information about eye health	www.seeability.org	Free	
Go see to it	Information about eyesight	www.seeability.org	Free	
Having an eye test	Information on eye test	www.seeability.org	Free	
Want better eye care	Information about eye care	www.seeability.org	Free	

General Wellbeing				
Health – Looking after yourself	Health information including photocopyable personal health record	www.downs-syndrome.org.uk	Free	
Pain chart	Pictorial leaflet to identify areas of pain	www.shropshirepct.nhs.uk	Free	
The Healthy Way	A guide of how to stay healthy	doh@prolog.uk.com	Free	
If you are ill	How to get help and advice about health issues	www.bild.org.uk	✓	
Look after your back	About back care	www.shropshirepct.nhs.uk	✓	
Good health series	Set of 12 booklets	www.bild.org.uk	✓	
Keeping Well	Downs Syndrome Scotland	www.dsscotland.org.uk	Free	
You and Your Health	Basic guide to being Healthy	www.mencap.org.uk	Free	

Weight		www.easyhealth.org.uk	Free	
Well being		www.easyhealth.org.uk	Free	
Healthy Eating				
Hand Me 5		<u>Milton Keynes NHS</u>		✓
5 a day	How can I have more fruit and vegetables	www.bristollearningdifficulties.nhs.uk	Free	
5 a day leaflet and postcard	(General Use)	DOH Tel: 08701 555 455 Leaflet No: 30812 Postcard: 30813	Free	
Food	Leaflet about why to eat and what we need to eat	www.elfrida.com	✓	
Healthy Eating and exercise	An A5 booklet giving overview of why healthy eating and exercise are important	www.downs-syndrome.org.uk	✓	
Eating and Drinking		www.bild.org.uk	✓	
Food – Fun, Healthy and Safe	Choosing, cooking and eating food can be fun as well as safe	www.rcpsych.ac.uk	✓	

Eat Healthy	Symbol storyboard (key health message)	NHS Grampian	Free	✓
Recipes	Set of 8 photographic recipes	NHS Grampian	Free	
Food		www.easyhealth.org.uk	Free	
Healthy Eating 1		www.easyhealth.org.uk	Free	
Healthy Eating 2		www.easyhealth.org.uk	Free	
Food and Drink High in Fat and Sugar 1		www.easyhealth.org.uk	Free	
Food and Drink High in Fat and Sugar 2		www.easyhealth.org.uk	Free	
Have Plenty of Starchy Foods 1		www.easyhealth.org.uk	Free	
Have Plenty of Starchy Foods 2		www.easyhealth.org.uk	Free	
Have some Meat, Fish, Eggs or Beans 1		www.easyhealth.org.uk	Free	

Have some Meat, Fish, Eggs or Beans 1		www.easyhealth.org.uk	Free	
Have some Milk, Cheese or Yoghurt Everyday 1		www.easyhealth.org.uk	Free	
Have some Milk, Cheese or Yoghurt Everyday 2		www.easyhealth.org.uk	Free	
Eating Well & staying Fit 1 – Being Overweight		Fair multimedia http://www.fairadvice.org.uk	✓	
Eating Well & staying Fit 2 – Choosing what you eat and Drink		Fair multimedia http://www.fairadvice.org.uk	✓	
Heart				
Keep yourself healthy – a guide to having a healthy heart	Explains importance of having a healthy heart	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Coronary Heart Disease	Information on Coronary Heart Disease	dianemaccormack@gwpct.nhs.uk www.easyhealth.org.uk	✓	
Having a healthy heart		www.rcpsych.ac.uk	✓	
Heart Disease		www.easyhealth.org.uk	Free	
Looking after your Heart		www.rcpsych.ac.uk	✓	

Home				
Safety in the home		www.elfrida.com	✓	
Peters New Home	Telling the story of leaving the family home to move to a group home	www.rcpsych.ac.uk (available on-line only)	✓	
Take Care at Home		www.easyhealth.org.uk	Free	
Hospital				
Going into hospital	Book designed to support people going into hospital for consultations, before treatments	www.rcpsych.ac.uk	✓	
Going to outpatients		www.rcpsych.ac.uk	✓	
Going into Hospital	Book designed to help people where to go, what to take and what to expect	NHS Grampian	✓	
Lets be patient	A video in 3 sections – A&E, Out Patients and Planned admission for a local general hospital	takingpart@btinternet.com	✓	
Hospital		www.easyhealth.org.uk	Free	
Top Ten Tips for Going into Hospital	DVD – tips about going into hospital	tristan.johnson@nnuh.nhs.uk		

Medical Procedures				
Having a blood test	What happens when you go for a blood test	www.elfrida.com	✓	
Having a blood test	Having a blood test for epilepsy medication	www.epilepsynse.org.uk		
Having a Blood Test		www.elfrida.com	✓	✓
Having a blood test	Photographic explanation of what happens when you go for a blood test	NHS Grampian	Free	
Having an EEG	About having an EEG and epilepsy	www.epilepsynse.org.uk		
Having an EEG	What happens when you go for an EEG	www.elfrida.com	✓	✓
Having a CT scan	What happens when you go for a CT scan	www.elfrida.com	✓	✓
Having an MRI scan	What happens when you go for an MRI scan	www.epilepsynse.org.uk		
Having an MRI scan	What happens when you go for an MRI scan	www.elfrida.com	✓	✓
Going for a CT scan		www.easyhealth.org.uk	Free	
Endoscopy		www.easyhealth.org.uk	Free	
Treatments		www.easyhealth.org.uk	Free	

X-Rays		www.easyhealth.org.uk	Free	
Medication				
Medication Information Leaflets	Leaflets covering aspects of psychotropic medication	www.elfrida.com	✓	
Depo-Provera	Information about Depo-Provera	www.changepeople.co.uk	✓	✓
Taking your medication	Information about medication for epilepsy	www.epilepsynse.org.uk		
Using medicine safely		www.bild.org.uk	✓	
Taking your Medicines		www.easyhealth.org.uk	Free	
Men's Health				
Men's Testicular Cancer Pack	Pack shows how to check your testicles using photos and symbols	dianemaccormack@gwpct.nhs.uk	✓	
Keeping yourself healthy – A guide to examining your testicles	Booklet about Testicular examination CD ROM	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Men's guide to keeping	Information for men on personal	Fair multimedia	✓	✓

clean	hygiene	http://www.fairadvice.org.uk		
Shaving card	Step by step guide to wet and dry shaving – A4 laminated	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Looking after my balls	About how to check testicles, contains details of physical examination and early investigation	www.rcpsych.ac.uk	✓	
Mental Health				
Coping with stress	Illustrated booklet about health issues and how to get help	www.bild.org.uk	✓	
Good mental health	Symbol storyboard (key health message)	NHS Grampian	Free	✓
Older People				
Growing older with LD	Video	www.learningdisabilities.org.uk	✓	
Lets talk about getting older	Booklet	www.dsscotland.org.uk	✓	
Getting Older – Feeling Good	Book about getting older	www.bild.org.uk	✓	
Parenting				
Planning a baby		www.changepeople.co.uk	✓	✓

My pregnancy, My Choice		www.changepeople.co.uk	✓	
You and Your Baby 0 - 1		www.changepeople.co.uk	✓	
You and Your Little Child 1 - 5		www.changepeople.co.uk	✓	
I want to be a good parent series	ISBN 1 873791 31 3	www.bild.org.uk	✓	
What's it like to be a parent	ISBN 1 873791 36 4	www.bild.org.uk	✓	
Children need healthy food	ISBN 1 873791 41 0	www.bild.org.uk	✓	
Children need to be safe	ISBN 1 873791 51 8	www.bild.org.uk	✓	
Children need love	ISBN 1 873791 56 9	www.bild.org.uk	✓	
Relationships				
Falling in love	About two people who are friends	www.rcpsych.ac.uk	✓	
Living your Life		www.ldlearning.com		
Picture Yourself		www.ldlearning.com		
Hug me, Touch me	A woman's perspective of when to touch other people	www.rcpsych.ac.uk	✓	

Sexual Health				
Sex and Relationship Pack		www.changepeople.co.uk	✓	
Sexual Abuse		www.changepeople.co.uk	✓	
Safe Sex and Contraception		www.changepeople.co.uk	✓	
Lesbian, Gay, Bisexual and Trans		www.changepeople.co.uk	✓	
Sex and Masturbation		www.changepeople.co.uk	✓	
Friends and relationships		www.changepeople.co.uk	✓	
Sexual health	Symbol storyboard (key health message)	NHS Grampian	Free	✓
Sex	How bodies change and sexual relationships	www.bild.org.uk	✓	
Your rights about sex	Outlines do's and don'ts around sexual behaviour	www.bild.org.uk	✓	
Living Safer Sexual Lives	A training resource for people with a learning disability and those who support them on sexuality and sexual rights	www.pavpub.com	✓	
How to use a Condom		consent@hnhsroc.demon.co.uk		
How to use a Condom (for men who have sex with men)		consent@hnhsroc.demon.co.uk		
Love and Sex		www.easyhealth.org.uk	Free	

Sexually Transmitted Infections		www.easyhealth.org.uk	Free	
Everything you need to know about HIV (AIDS)		Fair multimedia http://www.fairadvice.org.uk	✓	
Thinking about Sex		Fair multimedia http://www.fairadvice.org.uk	✓	
Smoking				
Smoking	Symbol storyboard (key health message)	NHS Grampian	Free	✓
Giving Up Smoking				✓
Stopping Smoking	Step by step guide	www.givingupsmoking.co.uk	Free	
Womens Health				
Cathy has Thrush	Full colour illustrated booklet	www.elfrida.com	✓	✓
Hysterectomy – Is it right for you?	Full colour illustrated booklet	www.elfrida.com	✓	✓
Hysterectomy – Having the operation	Full colour illustrated booklet	www.elfrida.com	✓	✓
Period problems – What you can do	Full colour illustrated booklet	www.elfrida.com	✓	
Finding out about Fibroids	Full colour illustrated booklet	www.elfrida.com	✓	
Getting rid of Fibroids	Full colour illustrated booklet	www.elfrida.com	✓	✓

Women's guide to having a period	Illustrated booklet	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Having a mammogram	Booklet about having an x-ray taken of the breasts	women@whisc.org.uk	✓	
Going to the Breast Assessment Clinic	What will happen if a problem is found with their mammogram	women@whisc.org.uk	✓	
50 or over? Breast screening is for you	Picture leaflet	www.cancerscreening.nhs.uk	Free	
Looking after my breasts		www.rcpsych.ac.uk	✓	
Keeping yourself healthy – A guide to examining your breasts	Booklet CD ROM	Fair multimedia http://www.fairadvice.org.uk	✓	✓
Breast Awareness	About taking care of your breasts	women@whisc.org.uk	✓	
Having a smear test	Picture leaflet	www.cancerscreening.nhs.uk	Free	
Keeping healthy down below		www.rcpsych.ac.uk	✓	
Having a smear test	Booklet about going for a smear test	women@whisc.org.uk	✓	
Good times, Bad Times	Women with LD give their thoughts and feelings on topics that matter to them	www.bild.org.uk	✓	
Women's guide to	About personal hygiene	Fair multimedia	✓	✓

keeping clean		http://www.fairadvice.org.uk		
Young People				
All about Feeling Down	Describes ups and downs of being a teenager	www.learningdisabilities.org.uk	✓	
Illustrated Junior Encyclopedia of Epilepsy	Illustrated guide to all aspects of Epilepsy aimed at children aged 10	www.epilepsynse.org.uk	✓	
Talking together about Growing up	Activity based workbook to support children approaching puberty	www.mencap.org.uk	✓	
Susan growing up	A young girl starting menstruation	www.rcpsych.ac.uk	✓	
You, your body and sex	Video for teenagers with a LD	www.lifesupportproductions.co.uk	✓	
Kylies Private World	25 min video on consent and menstruation	www.lifesupportproductions.co.uk	✓	
Jason's Private World	20 min video on consent and condoms	www.lifesupportproductions.co.uk	✓	
Growing Up	Illustrated booklet	www.bild.org.uk	Free	
All Change	Aimed at teenagers with LD and what happens when they leave	www.pavpub.com	✓	

	school. Also aimed at professionals and carers			
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