



Resource list of information provided in an easy to understand format.



Down's Syndrome Scotland

www.dsscotland.org.uk/publications/learning-disability/

The following leaflets can all be downloaded in PDF format:

- Keeping Well
- Let's talk about periods
- Let's talk about puberty
- Let's talk about getting older
- What is dementia?
- Let's talk about death
- Coping with loss

Books beyond words

<http://www.rcpsych.ac.uk/publications/bbw>

You can access order form on-line, or call Book Sales on: 0207 235 2351 ext 146 (9.30am to 2pm). Most cost £10 per copy, 10% discount to RCP members.

- Going Into Hospital
- Going to Out-patients
- Michelle finds a voice
- Going to the doctor
- Feeling blue
- You're under arrest
- You're on trial
- Going to court
- Making friends
- Falling in love
- Hug me touch me
- A new home in the community
- Peter's new home
- Jenny speaks out
- Bob tells all
- When somebody dies
- When Dad died
- When Mum died
- I can get through it – for victims of sexual abuse.
- Getting on with epilepsy
- Keeping healthy down below
- Looking after my balls
- Looking after my breasts

- An easy guide to direct payments in Scotland – Giving you choice and control over social work services.

Norah Fry Research Centre

<http://www.bris.ac.uk/Depts/NorahFry/PlainFacts/>

Tel 0117-923 8137

back issues of Plain Facts can be downloaded in PDF format, click on 'Look and Listen' link from above address.

<http://www.bris.ac.uk/Depts/NorahFry/pubns.htm>

An order form to obtain the following titles can be downloaded at this address, or telephone (0117) 923 8137.

Plain Facts: Information about Research for People with Learning Difficulties –

by [Ruth Townsley](#) and [Karen Gyde](#)

In 1996 the [Plain Facts](#) magazine for adults with learning difficulties was launched and distributed free to user-led groups across the UK. This report includes copies of the first 8 issues of Plain Facts and concise guide to writing Plain Facts.

£8.50

- **Video First: Ideas for Using Video for Self-Advocacy**
by Christopher Williams
£4.00 (**Produced for people with learning difficulties**)
- **Sticking Up For Yourself: Self-advocacy and People with Learning Difficulties** - by [Ken Simons](#).
£4.20 (£3.20 for self-advocacy groups)
(**Version of main report prepared for people with learning difficulties.**)
- **In their own right: Carers**
by [Val Williams](#) and Carol Robinson (January 2001)
An accessible summary of a research project looking at the impact of the Carers Act 1995 on people with learning difficulties and their carers.
£3.50
- **Crime Against People with Learning Difficulties** (Position Paper)
by Christopher Williams
(Text for people with learning difficulties by Louise Bashford)
£3.00

- **Cracking Crime: a learning pack**
Materials designed for use by people with learning disabilities and their supporters, including a video, video workbook and 'coping with crime' skills book.
By Karen Gyde, Lorna Henry and Dr Christopher Williams. ISBN 1 871080 74 6
£15.00
- **Coping with Crime:** a skills book for people with learning difficulties by Karen Gyde, Lorna Henry and DR Christopher Williams.
£2.50
(Included in the above 'Cracking Crime' pack or can be purchased separately)

Scottish Executive – Leaflet prepared by Enable.

<http://www.scotland.gov.uk/Topics/Justice/Civil/16360/5289>

This leaflet can be downloaded in PDF format at the above address.

- It's your decision – The Adults with Incapacity (Scotland) Act

Enable 0141 226 4541

http://www.enable.org.uk/docs/Publications_for_Sale.pdf

Order for can be downloaded in PDF format at above address.

- Are you ready to vote?

Mental Welfare Commission for Scotland

<http://www.mwcscot.org.uk/publications/leaflets/ld.pdf>

This leaflet can be downloaded in PDF format at the above address.

- 'For people with learning disabilities'
Details basic rights for people with a learning disability.

Set of twelve (can be ordered separately) plus one other title. Order form can be downloaded at http://www.bild.org.uk/publications/your_very_good_health_details.htm or phone BookSource on **08702 402 182**

Your good health series:

- Exercise
- Breathe easy
- Eating and Drinking
- Alcohol and smoking
- Looking after your teeth
- Seeing and hearing
- Sex
- If you are ill...
- Using medicines safely
- Coping with stress
- Pregnancy and childbirth
- Epilepsy
- Getting older, feeling good

http://www.bild.org.uk/publications/book_pages/index.htm#subjects

The following titles can all be accessed through the category menu on this page. Order form can be downloaded here, or phone BookSource on **08702 402 182** with the book name and ISBN number.

Life stages:

- Understanding Death and dying
- I want to be a good parent series
ISBN 1 873791 31 3 (the set) Price £50.00 (the set)
 - What's it like to be a parent?
ISBN 1 873791 36 4, Price £11.00
 - Children need healthy food
ISBN 1 873791 41 0, Price £11.00
 - Children need to be clean, healthy, and warm
ISBN 1 873791 46 1, Price £11.00
 - Children need to be safe
ISBN 1 873791 51 8, Price £11.00
 - Children need love
ISBN 1 873791 56 9, Price £11.00

Parenting Skill Cards are also available on this page, designed to help people with learning disabilities carry out a range of essential child care activities.

Sexuality

- Your rights about sex

Choice and empowerment

- Easy Guide to the Human Rights Act
- Journey to Independence: How to run your life with direct payments. ISBN 1 904082 65 3, Price £25.00

Physical Interventions

- Easy Guide to Physical Interventions
ISBN 1 902519 97 3, Price £7.00

For this leaflet call Tel: 01562 723010. Costs £3.50, one of a set of three, others in the set are aimed at parents and carers.

- What you need to know about HIV and AIDS

Housing

- Shared Ownership for People with Learning Disabilities.
ISBN 1 902519 85 X, Price £5.00
- Choosing your new home
ISBN 1 873791 34 8, Price £23.00
- Renting your own home
ISBN 1 902519 96 5, Price £5.00

Arts and Leisure

- Taking Turns – Around Recreation and Leisure
ISBN 1 902519 14 0, Price £16.00 for the set
- Taking Turns – You're on!
ISBN 1 902519 15 9, Price £3.00
- Taking Turns – Your Turn!
ISBN 1 902519 16 7, Price £6.00
- Taking Turns – Over to You!
ISBN 1 902519 17 5, Price £8.00

For this leaflet call Tel: 01562 723010. Costs £3.50, one of a set of three, others in the set are aimed at parents and carers.

- What you need to know about HIV and AIDS

Other titles in BILD range:

- I have the right to know: A course on sexuality and relationships
- Exploring your emotions (set of colour photographs and carer instruction manual)
- Being safe at home – posters and accompanying notes
- Choosing your new home – staff manual, duplicate sheets, and cue cards.
- You're On! – Part of the 'taking turns: Around recreation and learning' series
- My cook book

Grampian Primary Care NHS Trust
15 Maberly Street, Aberdeen, AB25 1NA

- Being a witness

NHS Cancer screening programmes 0114 271 1060 or
Department of Health publication orderline: 08701 555 455, Fax: 01623 724 524,
Email orders: doh@prolog.uk.com

- Having a smear test (use with Books beyond words 'Keeping healthy down below')
- 50 or over? Breast Screening is for you.

Elfrida Society Tel: 020 7359 7443
Fax: 020 7704 1358
e-mail: elfrida@elfrida.com

<http://www.elfrida.com/publications.htm>

Order form for the following leaflets and booklets can be downloaded at the above web address.

- Mental health medication leaflets:

Your medication is called
Procyclidine
Orphenadrine
Olanzapine
Risperidol
Carbamazepine
Amitriptyline
Clomipramine
Lofepamine
Fluoxetine
Paroxetine
Sertraline
Sulpride
Trifluoperazine
Chlorpromazine
Haloperidol

- Healthy living books – series 1
Keep clean
Food
Safety in the home
- Healthy living books – series 2
Coming for a drink
Epilepsy

- Access to health resources
 - Having an EEG
 - Having a CT scan
 - Having an MRI scan
 - Having a blood test
 - Drug pack

Published by Elfrida, order these through Women's Health
 telephone 020 7251 6333 www.womenshealthlondon.org.uk

- Hysterectomy – Is it right for you?
- Hysterectomy – Having the operation.
- Period problems – What you can do.
- Getting rid of fibroids.
- Cathy has Thrush

Published by Elfrida but order from:
 The Home Office Order Line - 0870 241 4680
 e-mail - dpas@prolog.uk.com
 Or order online at - www.drugs.gov.uk

- Drug pack – Information pack of drugs advice for people with learning disabilities.

The Foundation for People with Learning Disabilities

Tel : 020 7803 1100

Email: books@mhf.org.uk

www.learningdisabilities.org.uk

Click on 'Publications' at the above web address. Select 'Alphabetic listing', most of the following can be downloaded in PDF format.

(To order from the foundation, select 'How to order' from the drop-down menu.)

- All About Feeling Down: A Booklet for Young People with Learning Disabilities
- We are the Strongest Link - A pack to help young people with learning disabilities support each other.
- What is important to you?
- GOLD (Growing older with learning disabilities) video.
- Supporting Women with Learning Disabilities through the Menopause (includes literature to be given to women with a learning disability)
- Getting control of my life

Other Sources

- **A Foot in the Door: a review of supported living for people with learning difficulties**
by Ken Simons and Linda Ward
Available from the National Development Team, FREEPOST MR 10265, St Peter's Court, 8 Trumpet Street, Manchester M1 9FW. Tel: 0161 228 7055. ISBN 1 874788 11 1
£15.00
- **A Framework for Supported Employment**
by Ann O'Bryan, Ken Simons, Steve Beyer and Bob Grove for the Policy Consortium for Supported Employment. (2000). ISBN 1 84263 009 1.
Available from York Publishing Services LTD, 64 Hallfield Rd, Layerthorpe, York, YO3 7XQ. Tel: 01904 430033. Fax: 01904 430868.
E-mail: orders@yps.ymn.co.uk £9.95
- **All change. Transition into adult life - a resource for young people with learning difficulties, family carers and professionals.**
Available from Pavilion, The Ironworks, Cheapside, Brighton, East Sussex, BN1 4GD.
Tel: 01273 623222. fax: 01273 625526. E-mail: pavpub@pavilion.co.uk
Website: www.pavpub.com
£65.00 (plus p&p) ISBN 1 84196 107 8.
Parents discount price £15.00 (plus p&p)
- **How to choose staff.**
Tape and booklet by the Norah Fry Research Centre, Real Voice Media and the 'Learning to Choose Staff' Advisory Group. Published by the Norah Fry Research Centre, 2002. Available free to self advocates and service user groups. Available from Marston Book Services, PO Box 269, Abingdon, Oxon, OX14 4YN. Tel: 01235 465500. Fax: 01235 465556. E-mail: direct.orders@marston.co.uk
- **Images for equality - Photopack**
This pack contains 30 photographs and an activity booklet. It is designed as a resource for equalities training and discussions around prejudice and discrimination. (2000)
by Steve Gear, Joyce Howarth, Mark Graham, Ruth Townsley and Pete LeGrys. Available from Pavilion, The Ironworks, Cheapside, Brighton, East Sussex, BN1 4GD. Tel: 01273 623222. Fax: 01273 625526.
E-mail: pavpub@pavilion.co.uk Website: www.pavpub.com £39.95.
- **My Home, my life**
Innovative approaches to housing and support for people with learning difficulties
by Ken Simons. ISBN 0 903945 38 X
Available from Values into Action, Oxford House, Derbyshire Street, London E2 6HG
Tel: 020 7729 5436 £8.95