

## Accessible Information Leaflets

Title	Details	Cost
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)	Free
Asthma		
Bereavement	Let's talk about death Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a>	Free
Breast Examination	Keep Yourself Healthy A guide to examining your breasts Fair, Health Education Board Scotland On website: <a href="http://www.hebs.com/services/pubs/pubtitles.cfm?offset=141">www.hebs.com/services/pubs/pubtitles.cfm?offset=141</a>	Free
Cancer	Information sheets Northern Cancer Network On website: <a href="http://www.cancernorth.nhs.uk">www.cancernorth.nhs.uk</a> (click on information to print)	Free
(Not in pack)	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')	Free
(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>	
(Not in pack)	Information sheets - Health promotion pack (cancer awareness) On website: <a href="http://www.learningdisabilitycancer.nhs.uk/">www.learningdisabilitycancer.nhs.uk/</a>	
Cervical screening	Having a Smear Test NHS Cancer Screening Programme From DoH Tel: 08701 555455	Free
	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')	Free

Consent	Consent a guide for people with learning disabilities DoH No: 24464 Tel: 08701 555455	Free
Continence	Bowel and bladder awareness Into the Mainstream On website: <a href="http://www.intothemainstream.cswebsites.org">www.intothemainstream.cswebsites.org</a>	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>	£1.20
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>	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>	£2.50
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)	£1.00 £1.00 Free
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 Down's Syndrome Scotland On web: <a href="http://www.dsscotland.org.uk/publications">www.dsscotland.org.uk/publications</a>	Free
Healthy Eating	'5 a day' and 'How can I have more fruit and vegetables' sheets. From Bristol Learning Difficulties NHS	Free

	<p>On website: <a href="http://www.bristollearningdifficulties.nhs.uk">www.bristollearningdifficulties.nhs.uk</a> (health resources link)</p> <p>5 A Day leaflet and postcard (general use) NHS Available from DoH Tel: 08701 555 455 Leaflet No: 30812 Postcard: 30813</p>	Free
Heart	<p>Keep yourself healthy – a guide to having a healthy heart Fair, Health Education Board Scotland On website: <a href="http://www.hebs.com/services/pubs/pubtitles.cfm?offset=141">www.hebs.com/services/pubs/pubtitles.cfm?offset=141</a></p>	Free
Mammogram	<p>50 or over? Breast screening is for you NHS Cancer Screening Programme From DoH Tel: 08701 555 455</p>	Free
Medical procedures	<p>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></p>	£2 each
Mental Health medication (not in pack)	<p>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></p>	£14 per set £1 per leaflet
Mouth/dental	<p>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</p>	30p each
Pain	<p>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)</p>	Free
Parenting (not in pack)	<p>Planning a baby Change publications <a href="http://www.changepeople.co.uk">www.changepeople.co.uk</a></p>	£1.20
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
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>	£1.20

	<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>	Contact Consent for details
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/services/pubs/pubtitles.cfm?offset=141">www.hebs.com/services/pubs/pubtitles.cfm?offset=141</a></p>	Free
	<p>How to look after my balls On website: <a href="http://www.intellectualdisability.info/leaflets/testicular.html">www.intellectualdisability.info/leaflets/testicular.html</a></p>	Free
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>	£1.50 each
	<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>	Free
<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>	Free
	<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>	Free

**For more information please contact:**

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