



Catalogue of Health Resources

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Part One - Easy to Read Information

Title	Description	Contact Details	Price	✓ Copy at Client Services
Abuse				
Jenny Speaks Out	A Book beyond Words where an individual talks about past abuse	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
Bob tells all	A Book beyond Words where an individual talks about past abuse	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
Keeping Safe	A Modular teaching resource to develop skills for people with a learning disability to minimise risk of abuse	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£90.00	
I can get through it	A Book beyond Words where an individual talks about past abuse	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
Alcohol				
Coming for a drink	A booklet (16 pages) with information about alcohol, what it does and what to do if you have a drink problem	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443, www.elfrida.com	£8.00	✓
Alcohol & smoking	An illustrated booklet informing people with a learning disability about health issues and how to get help and advise	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 (or £60.00 for set of 12)	✓
Bereavement				
When Dad Died	A book beyond words	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
When Mum Died	A book beyond words	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
When somebody dies	A book beyond words	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	✓
Understanding death and dying	3 booklets which can be used with the person going through the grieving process or to trigger discussion about death and dying	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.00	✓



Title	Description	Contact Details	Price	✓ Copy at Client Services
Coping with Death	A video dealing with the issues that arise when someone has died	Speak-up Self Advocacy, 43 Holm Flatt Street, Park Gate, Rotherham, South Yorkshire, S62 6HJ Tel: 01709 710 199 www.speakup.org.uk e-mail: committee@speakup.org.uk	£28.00	
Let's Talk about Death and Funerals	A book about death and funerals – also includes an audio tape (free)	Down's Syndrome Scotland, 158/160 Balgreen Road, Edinburgh, EH11 3AU Tel 0131 313 4225 www.dsscotland.org.uk	£1.50	✓
Cancer				
Things you should know about Cancer	An information booklet for people with learning difficulties	People first Lambeth & Community Health South London, 336 Brixton Road, London, SW9 7AA, Tel: 0207 6420042 e-mail: info@peoplefirstlambeth.org.uk	free	✓
Getting on with cancer	A book beyond words that uses picture to tell the story of Veronica who has cancer.	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk or Special Offer by National Hospice Council www.hospice-spc-concil.org.uk/ie/recent.htm	£10.00 £1-£1.50	
Communication				
Communication Resource Pack	A CD that has ideas about communication, advocacy and involvement developed by United Response	Lantern Trading Ltd, Old Boot Shop, Chapel Street, Easingwold, York, Y06 3AE. Tel: 01347 823 242	£20.00	
Communication is more than just talking	An easy to read guide to using visual communication to support speech – aimed at people with a learning disability and those supporting them. Developed by East Surrey Symbols Project	Office Services, Rentwood, School Lane, Fetcham, Surrey, KT 22 9JX. Tel 01372 378 266	Free	
Feeling Poorly	A Comprehensive, full colour training resource designed to enable people with a learning disability to develop the skills to communicate effectively about pain and illness	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£95.00	
Feeling Poorly	A pictorial communication aid to encourage communication and help people express their health concerns	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£19.95	
Michelle finds a Voice	A book beyond words of a woman who is unable to speak	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	

Title	Description	Contact Details	Price	✓ Copy at Client Services
Consent				
Making Decisions – Helping people who have difficulty deciding for themselves A Guide for social care professionals	Information booklet for people with a learning disability	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, PO Box 777, London, SE1 6XH Tel 0800555777	free	✓
Crime				
You're under arrest	A book beyond words of a man who has been arrested	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
Going to Court	A book beyond words about being a witness in court	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
You're on trial	A book beyond words about what happens when someone is accused of a crime	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	£10.00	sample copy from series
Dementia				
What is dementia?	A booklet about dementia for adults who have a learning disability	Down's Syndrome Scotland, 158/160 Balgreen Road, Edinburgh, EH11 3AU Tel 0131 313 4225 www.dsscotland.org.uk	£1.50	✓
Booklet for friends of people with Down's Syndrome and Dementia	Describes what may be happening to their friend – being published soon by BILD	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	In press	
Understanding Dementia: Information on Dementia for people with learning disabilities	Information about other people who have dementia e.g. relatives - being published soon by BILD	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	In press	
Dental				
Keep yourself Healthy : A guide to a healthy mouth	Keeping your teeth and gums healthy	FAIR, 25-27 West Nicolson Street, Edinburgh, EH8 9DB	50p	
Looking after your teeth	An illustrated booklet to inform people with a learning disability about health issues and how to get help and advise.	BILD, Campion House, Green St, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 01 www.bild.org.uk	£5.50 or £60.00 for a set of 12	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Depression				
Feeling Blue	A book beyond words telling the story of a man who is depressed.	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	✓
Depression	A booklet explaining what is depression, causes and treatments	Change publications, Unity Business Centre, Units 19 & 20 26 Roundhay Road, Leeds L57 1AB Tel: 0113 243 0202 www.changepeople.co.uk	60p p&p	✓
Diabetes				
Getting Started If you Have Type 2 Diabetes	A leaflet about diabetes in easy English and pictures.	The Administrator, Bristol South & West PCT, New Friends Hall, Heath House Lane, Stapleton, Bristol, BS16 1EQ 0117 9585 666	£5 for 10 leaflets	✓
Doctors				
Going to the doctor	A book beyond words	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	sample copy from series
Getting better How to get the best out of your GP	A video training pack to help people with learning disabilities get the best out of their GP	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	no longer available	
If you are ill	An illustrated booklet	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£4.50 or £36.00 for set of 12	✓
How to get a Doctor	A Leaflet explaining about Doctors	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com Tel 020 73597443		

Title	Description	Contact Details	Price	✓ Copy at Client Services
Drugs (Illegal)				
Drug Pack	12 leaflets describing a range of illicit, misused and illegal drugs	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£8.00	✓
Ears				
Seeing and Hearing	An Illustrated booklet to inform people with a learning disability about health issues and how to get help and advice	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Getting your ears tested	Fact sheet on hearing issues	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	free	✓
Ear Wax Removal	A Leaflet about how to use olive oil to look after your ears	Shropshire PCT www.shropshirepct.nhs.uk	free on website	✓
Emotions				
Exploring your emotions		British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	no longer published	
Picture my feelings	32 illustrated reading sheets produced as a book to encourage people to talk about their feelings	Learning Development Aids, Duke Street, Wisbech, Cambridgeshire, PE13 2AE Tel: 01945 463441 www.ldlearning.com	£16.50 + 10% p&p	
Epilepsy				
Epilepsy identity card and wallet	Personal details including information about seizures can be entered on the card	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 10p	✓
About Epilepsy	A pack designed with and for people with mild to moderate learning disabilities. Contains 8 leaflets about different aspects of the condition – epilepsy, seizures, safety, medication, EEG, MRI, blood tests, living with epilepsy. Uses words, symbols and photos.	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	£2.50	
Epilepsy	A leaflet explaining what is epilepsy, causes and what to do when someone has it	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£8.00	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Getting on with Epilepsy	A book without words telling one man's story	Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 735 2351 www.rpspsych.ac.uk	£10.00	Sample copy from series
Epilepsy	An Illustrated booklet to inform people with a learning disability about health issues and how to get help and advice.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Exercise				
Exercise	An illustrated booklet to inform people with a learning disability about health issues and how to get help and advice.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Breath Easy	An illustrated booklet to inform people with a learning disability about health issues and how to get help and advice.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for a set of 12	✓
Exercise Leaflet	A leaflet about the benefits of exercise	Shropshire PCT www.shropshirepct.nhs.uk	free on website	✓
Eye Care				
Sight matters (PR11574)	A video about eye tests for adults with learning disabilities. The booklets and tapes Getting your Eyes Tested and Getting new Glasses accompany the video.	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£20.00	
Getting your eyes tested (PR11143)	Illustrated and taped booklets on eye care for adults with learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	free	✓
Getting new glasses (PR11146)	Illustrated and taped booklets on eye care for adults with learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	free	✓
Having a Cataract operation (PR11732)	Illustrated and taped booklets on eye care for adults with learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	free	✓
Seeing and hearing	An Illustrated booklet to inform people with a learning disability about health issues and how to get help and advice.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00/ set of 12	✓
Eyelid Cleaning	A leaflet on eyelid cleaning	Shropshire PCT www.shropshirepct.nhs.uk	Free on Website	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
General Wellbeing				
Health – looking after yourself part 1	Accessible health information for adults with Down's Syndrome including photocopyable personal health record	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£2.50 or on the website	✓
My Health Book	A book to keep all the important information about your health together	Lucy Darlow, Project Manager, Let's Link, c/o Oaklands House. Tel: 07799 894 642	£6	
Pain Chart	A pictorial leaflet to help identify areas of pain	Shropshire PCT www.shropshirepct.nhs.uk	free on website	✓
The Healthy Way	A guide of how to stay healthy for people with learning disabilities	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com Tel 0800 555777	free	✓
Your Guide to the NHS	A book giving information on getting the most from the NHS	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com Tel 0800 555777 www.nhs.uk/nhsguide	free	✓
You're On	An illustrated booklet to help people with a learning disability take part in Leisure activities	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£3.00	
If you are ill	An illustrated booklet for people with a learning disability about health issues and how to get help and advice	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for a set of 12	
Look after your back	A pictorial leaflet about back care	Shropshire PCT www.shropshirepct.nhs.uk	free on website	✓
Healthy Eating				
Food	A leaflet about why to eat and what we need to eat	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£4.00	
Healthy Eating and Exercise	An A5 booklet – 10 pages giving an overview of why healthy eating and exercise are important for young people and adults with Down's Syndrome	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	50p	
Healthy Eating teaching pack	A pack including laminated recipes, photocopyable work sheets, notes	Nutrition and Dietetic service, Barnsley District Hospital, Gawber Road, S75 2EP	£12.50 + £2.50 p&p	
Eating and Drinking	An illustrated booklet to inform people with a learning disability about health issues and how to get help and advice	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Food, Fitness and Fun	An activity based training package for people to have information on weight management and nutrition	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£79.95	

Title	Description	Contact Details	Price	✓ Copy at Client Services
Food – Fun, Healthy and safe	A book beyond words showing how choosing, cooking and eating food can be fun as well as healthy and safe	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020.7235 2351 www.rpspsych.ac.uk	£10.00	
A practical guides to weight management, healthy living, keeping fit & health education.	A guide for people with Learning Disabilities.	Manchester Health Promotion Resources Library, Withington Hospital Site, Nell Lane, Manchester, M20 2LR. Tel: 0161 6113642 e-mail pia.felg@manchester.nwest.nhs.uk	£30.00 free to Manchester users	
Heart				
Keep yourself healthy – a guide to having a healthy heart	A booklet for people with a learning disability which explains the importance of having a healthy heart	FAIR (Family Advice and Information Resource) 25 – 27 West Nicholson Street, Edinburgh, EH8 9DB e-mail: fair@byconnect.com	£1.25	✓
Coronary Heart Disease	A pack providing information on Coronary Heart Disease	Diane Mc Cormack, Health Promotion Service, Jarvis Centre, 60 Stoughto Road, Guildford, Surrey, GU1 1LJ Tel: 01483 532 828 dianemaccormack@gwpct.nhs.uk	£30.00 approx.	
Having a healthy heart	A book beyond words is currently being developed	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rcpsych.ac.uk	In press	
Home				
Safety in the Home	A leaflet about safety in the home	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£3.00	
A new home in the community	A book beyond words telling the story of leaving a long stay hospital to go to a group home	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	
Peters New Home	A book beyond words telling the story of leaving the family home to move to a group home	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	
Going into Hospital				
Going into Hospital	A book beyond words designed to support people going into hospital, going for consultations, before treatments.	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
How to go into Hospital	A video describing when Gladys went into hospital to have an operation	Speak-up Self Advocacy, 43 Holm Flatt Street, Park Gate, Rotherham, South Yorkshire, S62 6HJ Tel: 01709 710 199 www.speakup.org.uk e-mail: committee@speakup.org.uk	£28.00	
Going to Out-patients	A book beyond words for those attending various outpatient situations – ultrasound, x-ray, plaster cast being put on.	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	sample copy from series
Let's be patient	A video in three sections – A&E, Out Patients and Planned Admission for a local general hospital	Taking Part (Shropshire self advocacy group) email: takingpart@btinternet.com Tel: 01743 463999	£10.00	
Medical Procedures				
Having a Blood Test	A leaflet telling the story of what happens when you go for a blood test	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	£2.00	✓
Having a blood test	Having a blood test for epilepsy medication	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk		✓
Having an EEG	A book about an EEG and epilepsy	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk		✓
Having an EEG	A leaflet telling the story of what happens when you go for an EEG	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	£2.00	✓
Having a CT scan	A leaflet telling the story of what happens when you go for a CT scan	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	£2.00	✓
Having an MRI scan	Having an MRI scan and epilepsy	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk		✓
Having an MRI scan	A leaflet telling the story of what happens when you go for a MRI scan	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	£2.00	✓

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Medication				
Medication Information Leaflets	Leaflets covering aspects of psychotropic medication – carbamazepine, chlorpromazine, haloperidol, droperidol, amitrptyline, clomipamine, lofepramine, fluoxetine, paroxetine, sertraline, olanzapine, risperidone, procyclidine, orphenadrine, sulpiride, thioridazine and trifluoperazine.	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	contact for price	✓
Depo-Provera	A health leaflet giving information about Depo-Provera	Change publications, Unity Business Centre, Units 19/20 26 Roundhay Road, Leeds L57 1AB Tel: 0113 243 0202 www.changepeople.co.uk	60p p&p	✓
Taking your medication	Information about medication for epilepsy	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk		✓
Using medicine safely	An illustrated booklet to inform people with a learning disability on health issues and how to get help and advice.	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Men's Health				
Men's Testicular Cancer Pack	The pack shows how to check your testicles using photos and symbols.	Diane Mc Cormack, Health Promotion Service, Jarvis Centre, 60 Stoughton Road, Guildford, Surrey, GU1 1LJ Tel: 01483 532 828 dianemaccormack@gwpct.nhs.uk	£25.00	
Keeping yourself healthy – a guide to examining your testicles	A leaflet guide to testicular examination	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 1962 e-mail: fair@btconnect.com	50p	✓
Guide to examining your testicles CD ROM	A guide using animation and sound to help men check their testicle awareness knowledge – includes booklet	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 1962 e-mail: fair@btconnect.com	£3.50	
Men's guide to keeping clean	Information for men on personal hygiene	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 1962 e-mail: fair@btconnect.com	50p	✓
Shaving Card	Step by step guide to wet and dry shaving for men – A4 laminated	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 1962 e-mail: fair@btconnect.com	50p	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
George gets smart	A book without words following George's daily life and how his life changes when he is helped to be clean.	St George's Mental Health Library) Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpsych.ac.uk	£10.00	Sample copy from series
Mental Health				
Coping with stress	An illustrated booklet for people with a learning disability on health issues and how to get help and advice	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓
Older People				
Growing older with learning disabilities	A video made by the GOLD over 50 Saturday Group	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	£10.00 + 10% p&p	✓
Let's talk about getting older	A book for people with a learning disability	Down's Syndrome Scotland, 158/160 Balgreen Road, Edinburgh, EH11 3AU Tel 0131 313 4225 www.dsscotland.org.uk	£1.50	✓
Getting older – feeling good	A booklet about getting older, this can be used with individuals or groups and enhanced with other activities e.g. collages - to be published soon by BILD	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	In press £5.50	
Personal Care				
Keep Clean	A leaflet about being clean, personal and food hygiene.	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London, N1 1PX Tel 020 7359 7443 www.elfrida.com	£3.30	
Relationships				
Living your life		Learning Development Aids, Duke Street, Wisbech, Cambridgeshire, PE13 2AE Tel: 01945 463441 www.ldlearning.com		
Picture yourself		Learning Development Aids, Duke Street, Wisbech, Cambridgeshire, PE13 2AE Tel: 01945 463441 www.ldlearning.com		
Making Friends	A Book beyond words of a story from a man's perspective of when to touch other people	St George's Mental Health Library) Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpsych.ac.uk	£10.00	Sample copy from series

Title	Description	Contact Details	Price	✓ Copy at Client Services
Falling in Love	A Book beyond words about two people who are friends	St George's Mental Health Library) Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	Sample copy from series
Hug Me, Touch Me	A Book Beyond Words of a Story from a Woman's perspective of when to touch other people	St George's Mental Health Library) Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	Sample copy from series
Sexual Health				
Sex	A picture book about how bodies change and sexual relationships	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50or £60.00 for set of 12	✓
Your Rights about Sex	A booklet that outlines the do's and don'ts around sexual behaviour	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.40	
Living safer sexual lives	A Training resource for people with a learning disability and those who support them on sexuality and sexual rights	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£264.38	
Sex and the 3 R's: Rights, Responsibilities and Risks	A ring bound education pack for those working with people with a learning disability.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£95.00	✓
Smoking				
Stop Smoking	A step by step guide to giving up smoking	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com www.givingupsmoking.co.uk Tel: 0800 169 0169	Free	✓
Alcohol and smoking	An illustrated booklet	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50or £60.00 for set of 12	✓
Women's Health				
Planning a baby	A booklet about hoping to have a baby, worries about not getting pregnant	Change publications, Unity Business Centre, Units 19 & 20 26 Roundhay Road, Leeds L57 1AB Tel: 0113 243 0202 www.changepeople.co.uk	75p p&p	
Pregnancy and child birth	An illustrated booklet for people with a learning disability, about health issues and how to get help and advice	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.50 or £60.00 for set of 12	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Cathy has thrush	Full colour illustrated booklet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 0207 2516333 www.womenshealthlondon.org.uk	£1 / free to women with a learning disability	✓
Hysterectomy – is it right for you?	Full colour illustrated booklet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 02072516333 www.womenshealthlondon.org.uk	£1 free to women with a learning disability	✓
Hysterectomy – having the operation	Full colour illustrated booklet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 02072516333 www.womenshealthlondon.org.uk	£1 free to women with a learning disability	✓
Period problems – what you can do	Full colour illustrated booklet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 02072516333 www.womenshealthlondon.org.uk	£1 free to women with a learning disability	✓
Finding out about fibroids	Full colour illustrated booklet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 02072516333 www.womenshealthlondon.org.uk	£1 free to women with a learning disability	✓
Getting rid of fibroids	Fully illustrated leaflet	Women's Health, 52 Featherstone Street, London, EC1Y 8RT Tel: 02072516333 www.womenshealthlondon.org.uk	£1 free to women with a learning disability	
Women's guide to having a period	Information for Women on Having a period	FAIR 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 19625 e-mail: fair@btconnect.com	50p	
Having a mammogram.	A booklet for women with a learning disability about having an x-ray taken of the breasts	Women's Health Information and Support Centre 120 Bold Street, Liverpool, L1 4AJ Tel. 0151 707 1826 e-mail: women@whisc.org.uk	£2.50	✓
Going to the Breast Assessment Clinic at the Breasts unit	A book for women with a learning disability to understand what will happen if a problem is found with their mammogram	Women's Health Information and Support Centre 120 Bold Street, Liverpool, L1 4AJ Tel. 0151 707 1826 e-mail: women@whisc.org.uk	£2.50	✓
Be breast aware	A teaching pack for women with learning disabilities and those who work with them	Lisa Poynor, CLDN, Surrey Oaklands NHS Mental Health and learning disabilities trust, Langley House, Church Lane, Oxted, Surrey, RH8 9LH	contact for details	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Breast Screening	A pack for women with learning disability to use with a carer to attend for breast screening	Diane Mc Cormack, Health Promotion Service, Jarvis Centre, 60 Stoughto Road, Guildford, Surrey, GU1 1LJ Tel: 01483 532 828 dianemaccormack@gwpct.nhs.uk	free	✓
50 or over? Breast screening is for you	A picture leaflet	Cancer Screening Programmes, The Manor House, 26o Ecclesall Road South, Sheffield S11 9PS www.cancerscreening.nhs.uk Order copies from NHS response line Tel: 08701 555455 e-mail doh@prolog.uk.com	Free (10 + order from DoH)	✓
Looking after my breasts	A book beyond words	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	✓
Keep yourself Healthy: a multimedia guide to examining breasts	A CD ROM	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 19625 e-mail: fair@btconnect.com	£3.50	
Keeping yourself healthy – a guide to examining your Breasts	A booklet guide to breast examination using simple text and illustrations	FAIR (Family advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 1962 e-mail: fair@btconnect.com	50p each	✓
Breast Awareness	A booklet for women with a learning disability about taking care of their breasts..	Women's Health Information & Support Centre. 120 Bold Street, Liverpool, L1 4AJ. Tel. 0151 707 1826 e-mail: women@whisc.org.uk	£2.50	✓
Making the Change	A teaching pack on the menopause for women with learning disability	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£65.00	
Having a smear test	A picture leaflet	Cancer Screening Programmes, The Manor House, 26o Ecclesall Road South, Sheffield S11 9PS www.cancerscreening.nhs.uk Order copies from NHS response line Tel: 08701 555455 e-mail doh@prolog.uk.com	Free)	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Going for a Smear test	A pack designed to be used by women who have a learning disability and their carers to help understand about cervical screening	Diane Mc Cormack, Health Promotion Service, Jarvis Centre, 60 Stoughto Road, Guildford, Surrey, GU1 1LJ Tel: 01483 532 828 dianemaccormack@gwpct.nhs.uk	£20.00 or free to borrow for local users	
Keeping Healthy Down below	A books beyond words about going for a smear test	St George's Mental Health Library) Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	✓
Having a smear test.	A booklet for women with a learning disability about going for a smear test.	Women's Health Information & Support Centre. 120 Bold Street, Liverpool, L1 4AJ. Tel. 0151 707 1826 e-mail: women@whisc.org.uk	£2.50	✓
Health Awareness Pack	A pack containing laminated pictures of what happens at a cervical smear, breast screening, breast awareness and testicular awareness	Exeter & District Community Trust, Mrs J Williams, The Bungalow, Oakhampton District Hospital, Okehampton, EX20 1AX Tel 01837 53802	£100	
Good Times, Bad Times	Women with a learning disability give voice to their thoughts and feelings on the topics that matter to them	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.00	
Women's guide to keeping clean	Information for women on personal hygiene	FAIR (Family Advice and Information Resource) 25 – 27 West Nicoloson Street, Edinburgh, EH8 9DB Tel 0131 662 19625 e-mail: fair@btconnect.com	50p	✓
Young people				
All about feeling down	A booklet for young people with a learning disability. It describes the ups and downs of being a teenager and has suggestions of what to do if they feel down.	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0304 www.learningdisabilities.org.uk	£2.00 + 10% p&p	✓
Illustrated junior encyclopaedia of epilepsy	An illustrated and comprehensive guide to all aspects of epilepsy – aimed at children 10 yrs old	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	£8.00	
Talking together about growing up – a work book for parents of children with learning disabilities	An activity based work book to support children who are approaching puberty – exercises look at body parts, public and private behaviour, assertion and keeping safe, feelings, body changes and puberty, menstruation and looking ahead to relationships.	Mencap, 123 Golden Lane, London, EC1Y 0RT Tel: 0207 4540454 www.mencap.org.uk	£12.99	
Becoming a Woman	A teaching pack on menstruation for young women with a learning disability	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.pavpub.com	£65.00	

Title	Description	Contact Details	Price	✓ Copy at Client Services
Not a Child any more	A sex education programme for children / teenagers with a learning disability that includes puberty.	Health Promotion Servcies		
Susan's Growing Up	A Book beyond words about a young Girl starting to menstruate	Book Sales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG Tel: 020 7235 2351 www.rpspsych.ac.uk	£10.00	
You, Your Body and Sex	An animated 15-minute video for teenagers with a learning disability, including an information pack for carers.	Life Support Productions, PO Box 2127, London, NW1 6RZ www.lifesupportproductions.co.uk	£39.00 (+ VAT £45.83) DVD - £59.58 (+ VAT £70.00)	
Kyle's Private World	A 25 minute educational video resource for teenagers with a learning disability, with an emphasis on consent and menstruation.	Life Support Productions, PO Box 2127, London, NW1 6RZ www.lifesupportproductions.co.uk	£39.00 + VAT (£45.83)	
Jason's Private World	A 20 minute educational video for teenagers with a learning disability with an emphasis on consent and use of condoms	Life Support Productions, PO Box 2127, London, NW1 6RZ www.lifesupportproductions.co.uk	£39.00 + VAT (£45.83)	
Growing Up	An accessible, illustrated booklet for young people with learning disabilities.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	Free	✓
All change	A resource aimed at young people with learning difficulties and what happens when the young person leaves school. It is also aimed at family carers and professionals.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel 01273 623222 www.pavpub.com	£65.00	
Meet Bini Materials	A set of four books, video and puppet designed for children who need slower paced stories.	Bini Books Ltd, Meadowcroft, East Green, Kelsale, Saxmundham, Suffolk, IP17 2PH Tel: 01728 603 772 www.meetbini.co.uk	£64.50	

Part Two - Information for Carers and Parents

Title	Description	Contact Details	Price	✓ Copy at Client Services
Alternative Therapies				
Aromatherapy and Massage for people with learning difficulties (ISBN 0-9518172-0-5)	A comprehensive introduction to the ways in which aromatherapy and massage can be used with people with learning difficulties	Hands on Publishing and Shirley Price Aromatherapy 1991 amazon.co.uk	£11.95	✓
Bereavement				
Am I allowed to cry?	A study of bereavement amongst people with learning disabilities with guidelines on how to prepare for such an event	Souvenir Press amazon.co.uk	£8.99	
Understanding Grief	A video resource for staff working with grief in people who have learning disabilities	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£125.00	
Bereavement information sheet	Information & guidance on helping people with Down's Syndrome cope with bereavement.	The Down's Syndrome Association, 155 Mitcham Road, London, SW17 9PG Tel: 020 8682 4001 www.downs-syndrome.org.uk	£1.50 or on website	✓
Communication				
Person to Person	A Practical handbook emphasises the importance of developing a two-way relationship with individuals who have profound disabilities or present behaviour that is experienced as challenging	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£19.95	
See what I mean; guidelines to aid understanding of communication by people with severe and profound learning disability	Guidelines to help staff understand what people with severe and profound learning disability are communicating, particularly in the context of decision making	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.00	✓
A Practical Guide to Intensive Interaction	A handbook of effective techniques for communication with and relating to children and adults with severe learning disability	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£16.20	
Using sign with people who have learning disabilities and sight problems (PR11833)	A focus fact sheet for carers	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.50	✓
Encouraging and developing early communication skills in adults with multiple disabilities (PR10604)	A focus fact sheet providing information on how to encourage someone who has little or no sight to communicate.	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Consent				
Consent – What you have a right to expect a Guide for Parents	Information for relatives and carers	Department of Health, PO Box 777, London, SE1 6XH Tel 0800555777	Free	✓
Consent – What you have a right to expect A Guide for relatives and carers	Information for relatives and carers	Department of Health, PO Box 777, London, SE1 6XH Tel 0800555777	Free	✓
Making Decisions – Helping people who have difficulty deciding for themselves A Guide for family and friends	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	✓
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	✓
Dementia				
All about Dementia	A Booklet for those who want to know more about dementia	The Mental Health Foundation, 83 Victoria Street, London, SW1H 0HW. www.mentalhealth.org.uk	on website	✓
Down's Syndrome and Dementia	A resource pack for carers of adults with Down's Syndrome and Dementia – developed as part of GOLD	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£22.50	✓
Down's Syndrome and Alzheimer's Disease	A guide for carers – a 40 page booklet giving practical advice (1995)	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£2.50	✓
What if it is Dementia?	Information leaflet for relatives, other carers and professionals	Down's Syndrome Scotland, 158/160 Balgreen Road, Edinburgh, EH11 3AU Tel 0131 313 4225 www.dsscotland.org.uk		✓
The milk is in the oven	A booklet explaining dementia, aimed at children in easy format	The Mental Health Foundation, 83 Victoria Street, London, SW1H 0HW. www.mentalhealth.org.uk	-on website	✓
Improving environments for people with dementia and sight problems (PR 11763)	A leaflet for anyone supporting an older person who has sight problems and dementia	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Dementia and sight loss in older people (PR 11767)	An information leaflet for staff who support people with sight problems and dementia	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
The Pool Activity Level (PAL) Instrument for Occupational Profiling	A Practical resource for carers of people with cognitive impairment.	Bradford Dementia Group, Publications, School of Health Studies, University of Bradford, Unity Building, 25 Trinity Road, Bradford, BD5 0BB Tel 01274 236471	£22.95	✓
Food for thought	A4 poster about nutrition for people with dementia	Down's Syndrome Scotland, 158/160 Balgreen Road, Edinburgh, EH11 3AU Tel 0131 313 4225 www.dsscotland.org.uk	free	✓
Depression				
Understanding depression	A video resource for staff working with depression in people with learning disabilities	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£125.00	
Depression in people with a learning disability	Information for carers detailing people's stories, factors relating to depression, getting help, who can help	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	Free or on website	✓
Diabetes				
Diabetes and Down's Syndrome – notes for parents and carers	A booklet discussing the relationship between diabetes and Down's syndrome (1997)	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Ears				
Hearing problems in people with Down's Syndrome – notes for parents and carers	Contains information on glue ear, nerve deafness, grommets, hearing and testing hearing (1995)	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS .Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
People with Down's Syndrome and their ears (PR11747)	Information for staff carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
The effects of hearing problems for people with learning disabilities (PR11597)	Fact sheet on hearing issues	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Hearing aids and environmental equipment for people with a learning disability (PR11589)	Fact sheet on hearing issues	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
Looking for hearing problems in people with learning difficulties (PR10725)	Fact sheet on hearing issues	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Making the most of a hearing test and ENT assessment for adults with learning disabilities (PR11593)	Fact sheet on hearing issues	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
Ways to help a learning disabled person with a hearing difficulty	Fact sheet for staff and carers who support people with a learning disability and provides practical advice on how best to meet the needs of someone who is deaf or hard of hearing.	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Epilepsy				
Epilepsy – What is it?	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Facts about epilepsy	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 10p	✓
Epilepsy: diagnosis	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Epilepsy: seizures	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Drug treatment of epilepsy in adults	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Epilepsy and leisure	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Epilepsy and safety	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Epilepsy and risk	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓
Epilepsy and women	Leaflet format	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 20p	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Epilepsy and learning disability	Information sheet	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 10p	✓
Epilepsy in later life	Information Sheet	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	first copy free, extras 10p	✓
Exercise				
Planning individual leisure activities for adults with learning disabilities and visual impairment	A focus fact sheet for carers	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.50	✓
Eye Care				
Access to eye care – for adults with learning difficulties (PR11015)	Leaflets for carers to help adults with learning disability get the eye care they need.	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk or The Down's Syndrome Association	Free	✓
Challenging behaviour in people with visual and learning disabilities (PR 10446)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
Glasses for adults with severe learning difficulties (PR10768)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
Guiding blind people who are wheelchair users (PR10256)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓
How to get the best out of sight testing of adults with learning disabilities and/or no obvious means of communication (PR 10925)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Looking for eye problems in people with learning difficulties (PR10445)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	Free	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Minimising problems in eye surgery for adults with severe learning difficulties (PR10797)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
People with Down's Syndrome and their eyes (PR11751)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Questions to ask optometrist after the eye test of an adult with learning difficulties or who has no obvious means of communication (PR11322)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓
Sight in one eye only (monocular vision) in adults with learning difficulties (PR11856)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Keratoconus in people with a learning disability (PR11755)	Focus fact sheet for staff involved in supporting people with a learning disability	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.50	✓
Stereotypical behaviour in people with visual and learning disabilities (PR10447)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.25	✓
Understanding and using sight - issues for work with people with severe disabilities (PR10448)	Information leaflet for staff or carers working with people with visual and learning disabilities	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Obtaining services for visually impaired people with additional needs (PR11605)	Fact sheet on issues for people with sight problems and complex needs	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓
Improving environments for people with dementia and sight problems (PR 11763)	A leaflet for anyone supporting an older person who has sight problems and dementia	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Low Vision Services for adults with learning difficulties (PR 11006)	A leaflet on supporting someone with low vision	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓
The role of rehab workers for visually impaired people (PR 11007)	A leaflet for staff	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Dementia and sight loss in older people (PR 11767)	An information leaflet for staff who support people with sight problems and dementia	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Improving environments for people with sight problems and learning disabilities (PR 10663)	A leaflet on how to help people with a learning disability and a sight problem by improving their environment and their ability to use their senses	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	£1.00	✓
Hints on teaching skills for work with people with visual and learning disability	An information leaflet	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk		✓
Obtaining services for people with sight problems and additional disabilities	An information leaflet for staff	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk		✓
Eye drops for adults with learning difficulties (PR 11925)	An information leaflet for staff	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	75p	✓
Directory of eye care	RNIB have produced a directory of optometrists and orthoptists willing to test adults with learning disabilities and/or limited communication.	RNIB, UK National Customer Service, Bakewell Road, Orton Southgate, Peterborough, PE2 6XU Tel: 08457023153 www.rnib.org.uk	Full directory £25.00 Regional - £5.00	
General Wellbeing				
Thumbs Up	A Training resource to develop assertiveness skills for people with learning disabilities	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£65.00	
Down Syndrome and Health Care	A Book providing practical information for staff, families and other carers on the important health issues for adults with Down's syndrome	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.80	
Your Turn	A book providing advice and information to parents on helping people with a learning disability to take part in leisure	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£6.00	
Over to you	A book offering detailed information and guidance to staff on helping people with a learning disability to take part in leisure.	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£8.00	

Title	Description	Contact Details	Price	✓ Copy at Client Services
The NHS Direct self Help Guide – Not Feeling Well	A guide which works alongside the NHS direct phone service and contains advice on the most common symptoms or problems and offers advice on how to deal with these.	NHS direct Tel 08454647 www.nhsdirect.nhs.uk	Free	✓
Health – looking after yourself part 2	A set of notes on medical issues to be used by the carers of adults with Down's Syndrome	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£2.50 or on website	✓
Healthy Eating				
Nourishing your Clients	Nutritional Guidelines for carers of people with a learning disability	Diane Mc Cormack, Health Promotion Service, Jarvis Centre, 60 Stoughto Road, Guildford, Surrey, GU1 1LJ Tel: 01483 532 828 dianemaccormack@gwpct.nhs.uk	£25.00	
"Can't eat, won't eat – dietary difficulties and Autistic Spectrum Disorders"	A book written by a mother offering practical advice	Jessica Kingsley Publishers www.amazon.co.uk	£12.95	
Men's Health				
Testicular Cancer – Spot the symptoms early	A leaflet on the facts of testicular cancer and the warning signs	Department of Health, PO Box 777, London, SE1 6XH Tel Response line: 0541 555 455	free	✓
A Whole new ball game	A leaflet on how to check for testicular cancer	Department of Health, PO Box 777, London, SE1 6XH Tel 0800555777	Free	✓
Mental Health				
Positive approaches to managing Mental Ill Health	A workbook for staff using case studies, activities and clear information	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.80	
A handbook – mental health in learning disability	Valuable background reading providing basic knowledge of the key issues.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£29.95	
Making Links	A video exploring mental health issues in people with learning disability	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£65.00	

Title	Description	Contact Details	Price	✓ Copy at Client Services
Older People				
Information Sheet – Ageing & its consequences	Information sheet	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Epilepsy in later life	A book aimed at people with epilepsy, their families and carers	The NSE, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsynseorg.uk	50p	
Sexual Health				
Sexuality and Learning Disability	Book highlighting a range of creative approaches to working with people with learning disabilities	Family Planning Association, PO Box 1078, East Oxford DO, Oxford, OX4 6JE Tel: 01865 719418	£9.99 + p&p	
Talking together..... about sex and relationships	A book aimed at parents and carers of young people with a learning disability	Family Planning Association, PO Box 1078, East Oxford DO, Oxford, OX4 6JE Tel: 01865 719418	£14.99 + p&p	
Sex in Context	A programme for developing a personal and social relationship programme with people with a learning disability. Part two only available	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£89 + £8.90 p&p	
Social and Personal Relationships	Guidance for staff supporting adults with a learning disability in their social and sexual relationships	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£15.00	✓
The Sexuality and Sexual Rights of People with Learning Disabilities	The booklet promotes the sexual rights of people with learning disabilities and sets out in clear language the rights and responsibilities of those who are who are sexually active.	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£5.40	
Thyroid				
Thyroid disorder among people with Down's Syndrome – notes for parents and carers	Up to date information on diagnosis and treatment	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Women's Health				
Cervical screening – The Facts	Information Leaflet	Cancer Research UK, Department of Health Publications, PO Box 777, London, SE1 6XH Tel 08701 555 455	free	✓
Breast Screening – The Facts	Information leaflet	Cancer Research UK, Department of Health Publications, PO Box 777, London, SE1 6XH Tel 08701 555 455	free	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Young people				
Meeting the emotional needs of young people with learning disabilities.	A booklet describing ways of supporting teenagers and young adults to feel good about themselves, it suggests how to gain support for young people if they have mental health difficulties.	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0304 www.learningdisabilities.org.uk	£2.00 + 10% p&p	✓
Room to move	A Handbook and video looking at the issues involved when a young person wishes to live independently of their family.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£52.87	
Eye problems in children with Down's Syndrome	Notes for carers providing up to date information on the eye problems that can occur in Children with Down's Syndrome (1997)	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Information sheet - Gastrointestinal problems	Information sheet	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Information Sheet – Preparation for Menstruation	A guidance sheet for carers looking at preparing teenage girls with Down's Syndrome for menstruation	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Information sheet – sleep	Notes for carers on coping with sleep problems in children with Down's syndrome	The Down's Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel: 0845 2300372 www.downs-syndrome.org.uk	£1.50 or on website	✓
Epilepsy - children	A guide for parents and carers	The National Society for Epilepsy, Chesham Lane, Chalfont St. Peter, Bucks, SL9 0RJ Tel 01494 601 300 www.epilepsyse.org.uk	first copy free, further copies 20p	
Transition and change in the lives of people with a learning disability	A book covering different aspects of choice, opportunity and transition eg moving from home to school, leaving school, employment, living independently and growing old.	Jessical Kingsley Publishers www.amazon.co.uk	£15.95	

Part Three - Further Information

Title	Description	Contact Details	Price	✓ Copy at Client Services
Alcohol				
"Coming for a drink"	A report of a 1998 seminar to discuss whether people with learning difficulties get the support they need with alcohol problems. (13pages)	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£3.00	
Bereavement				
Bereavement and people with a learning disability	16 page book	Amazon.co.uk	£4.95	
Loss and Learning Disability	A book addressing how people with a learning disability can be affected by loss and bereavement.	Worth Publishing www.amazon.co.uk	£16.99	
Cancer				
Good Practice in Breast and Cervical Screening for Woman with Learning Disability	Description of good practice to ensure that women with a learning disability have the same rights of access to the NHS Breast and Cervical Screening Programme	NHS Cancer Screening Programmes, The Manor House, 260 Ecclesall Road South, Sheffield, S11 9PS www.cancerscreening.nhs.uk	Free	✓
Cancer and people with learning disabilities	Book with details of the evidence from published studies and experiences from cancer services	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.80	
Consent				
Good Practice in consent implementation: consent to examination or treatment	Booklet providing a model consent policy and consent forms.	Department of Health, PO Box 777, London, SE1 6XH Tel Response line: 0541 555 455	free	✓
Dementia				
Going with the flow	A report on older people with learning disabilities to improve the understanding of the needs of people with learning disability and dementia.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£10.95	
Diabetes				
National Service Framework for diabetes: standards	Includes Standards, rationales, key interventions and an analysis of implications for planning services	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free on website or to order	✓
Doctors				
A prescription for change	A Mencap report (1997) examining the delivery of services to people with a learning disability and their families	Mencap Public Liaison Unit Tel: 020 7696 6900	free on website	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
General Wellbeing				
Improving essential health care for people with learning disabilities (2000)	A report describing why barriers to health care exist and issues to be addressed	Mencap City Foundation, 14 Porcupine Close, London, SE9 3AE www.mencap.org.uk Tel: 02088572455	contact for details	
Down Syndrome and health care	A book providing practical information for staff, families and carers.	British Institute for Learning Disability, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£10.80	
Health of the Nation outcome survey for learning disability		Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	£31.50	
The NHS – health for all?	Mencap's 1998 report reveals problems with both access to and quality of health care services for children and adults with a learning disability	Mencap, 123 Golden Lane, London, EC1Y 0RT Tel: 0207 4540454 www.mencap.org.uk	on website	✓
Sign Posts for success	Document promoting good practice by clarifying the role of NHS in providing services for people with learning disability (1998)	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	no longer available. Summary on VPST website	✓
Supporting implementation of patient advice/liaison services	Information about PALS	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com		✓
Physical health of adults with intellectual disabilities (ISBN 1-405-10219-5)	Designed to address the issues of health, adult development and ageing among persons with intellectual disabilities	Blackwell publishing, c/o Marston Book Services, PO Box 269, Abingdon, Oxford, OX14 4YN Tel: 01865 465 500 e-mail: direct.order@marston.co.uk	£27.95	✓
Once a day	Promoting good practice in enabling people with a learning disability to access and receive good quality services from primary health care teams (1999)	Department of Health, PO Box 777, London, SE1 6XH e-mail: doh@prolog.uk.com	free	✓
Facing the facts – services for people with learning disability	A policy impact study of health and social services (1999)	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	free	✓
The NHS plan	Outlines the plans for the NHS	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	free	
Valuing health for all: PCTs and the health of people with learning disability	A action guide focusing on people with a learning disability using experience and examples from 12 sites and offers practical advice.	Institute for Applied Health & Social Policy, Learning disability programme, Waterloo Bridge wing, Franklin-Wilkins Building, 150 Stamford Street, London, SE1 9NN Tel: 026 78483770	£7.50 free on VPST web site	✓
All means All	Guidance for PCTs and StHAs to ensure that National Priorities are delivered in a way that is inclusive of people with learning disability	Valuing People Support Team www.valuingpeople.gov.uk	free	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Tackling Health Inequalities	A summary report of the 2002 Cost Cutting review on Health inequalities	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	Free	
He'll never join the Army (March 1999)	A Report on a Downs Syndrome Association survey into attitudes to people with Downs Syndrome amongst medical professionals	Downs Syndrome Association, Langdon Down Centre, 2A Langdon Park, Teddington, TW11 9PS Tel 0845 230 0372 www.downs-syndrome.org.uk		
Helping People with Learning Disability in Primary and Secondary Care (2000)	A Resource Pack for Health Staff	Southampton Community Health Services		
Improvement, expansion and reform	The priorities & planning framework from the Department of Health setting down what the NHS is expected to focus on and deliver over the next 3 years	Department of Health, PO Box 777, London, SE1 6XH e-mail: doh@prolog.uk.com	free	✓
Heart				
National Service Frameworks – Coronary Heart Disease	Sets out standards and service which should be available	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	free	✓
National Service Frameworks – Coronary Heart Disease – Progress Report 2003	A report setting out progress to date	Department of Health, PO Box 777, London, SE1 6XH. e-mail: doh@prolog.uk.com	free	✓
Going into Hospital				
Discharge from hospital: pathway, process and practice	Good practice guidance	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free	✓
Tackling Health Inequalities: A programme for action	A programme for action setting out plans to tackle health inequalities over the next three years. (2003)	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free	✓
Mental Health				
Mental Illness in people with a learning disability	39 page book published 1996	www.amazon.co.uk	£5.50	
National Service Framework: Mental Health	Spells out national standards for mental health	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free	✓
Mental Health Care		Oxford, Churchill Livingstone (ISBN 0 443 07353 8)		
Services for People with Learning Disability and Challenging Behaviour or Mental Health (1993)	A Report on a project looking at service for people with learning disability and Mental health needs	HMSO Publications Centre Tel: 020 7873 9090	£4.30	

Title	Description	Contact Details	Price	✓ Copy at Client Services
Mental Health, Intellectual disabilities and the ageing process (ISBN 1-405-10164-4)	The book highlights mental health and behavioural needs in addition to intellectual disabilities	Blackwell publishing, c/o Marston Book Services, PO Box 269, Abingdon, Oxford, OX14 4YN Tel: 01865 465 500 e-mail: direct.order@marston.co.uk	£27.50	✓
Older People				
Caring for Kathleen: A sisters story	An account of the life of a sister born with Down's Syndrome	BILD, Campion House, Green Street, Kidderminster, Worcestershire, DY10 1JL Tel: 01562 723 010 www.bild.org.uk	£16.00	
Today and Tomorrow: The report of the Growing Older with Learning Disabilities (GOLD) programme	A report of the findings and lessons from the Growing Older with Learning Disability programme – A UK wide initiative	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	£27.50 plus 10% p&p	✓
Misplaced and forgotten – people with learning disability in residential services for older people	A survey carried out highlighting concerns affecting people's quality of life	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	£10.00	✓ full and summary
Older people with a learning disability: A review of the literature on residential services and family care giving	Literature review looking at the needs of older people with learning disabilities, paying particular attention to the appropriateness of accommodation (1998)	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	free	✓
Supporting Friendships for older people with learning disability	Information sheet	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	free	✓
Supporting Older Family carers of people with a learning disability from the Pakistani Community	Information sheet	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	free	✓
Support groups for older family carers of people with learning disability	Information sheet	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	free	✓
National Service Framework for Older people		Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free	✓
National Service Framework – A report of progress and future challenges	A report highlighting the progress made by the NHS and social care (2003)	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Palliative Care				
Supportive and Palliative Care in Cancer	A concise guide for staff working in all clinical areas, with topics of relevance to non-professional carers and newcomers to cancer and palliative care. The text is applicable to people with a learning disability.	www.radcliffe-oxford.com Tel: 01235 528 820	£17.95	
Helping the patient with advanced Disease – a workbook	Flexible learning material based on the Current Learning in Palliative Care worksheets to cover all aspects of Palliative Care. This learning resource is applicable to carers involved with people with a learning disability who develop life-threatening illness.	www.radcliffe-oxford.com Tel: 01235 528820	£29.95	
A Guide to Symptom Relief in Palliative Care	A book aimed at health care professionals dealing with advanced and terminal disease. The text is applicable to people with a learning disability	www.radcliffe-oxford.com Tel 01235 528820	£24.95	
Relationships				
Relationships in the lives of people with learning difficulty	A compilation of four lectures given at Elfrida on abuse and disability, Attachment and Loss, Protection in Relationships and Trick of being ordinary	Elfrida Society, Tom Blyth Centre, 34 Islington Park Street, London N1 1PX Tel: 020 7359 7443 www.elfrida.com	£11.50	
Spirituality				
A space to listen: Meeting the spiritual needs of people with learning disability	The first stage of a research programme highlighting the significance of spirituality for the well being of people with learning disabilities.	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0300 www.learningdisabilities.org.uk	£15.00	✓ summary report
Women's Health				
Health of women with intellectual disabilities (ISBN 1-405-10103-2)	Addresses health care issues of women with intellectual disabilities including sexual, physical, mental health, and life span issues.	Blackwell publishing, c/o Marston Book Services, PO Box 269, Abingdon, Oxford, OX14 4YN Tel: 01865 465 500 e-mail: direct.order@marston.co.uk	£27.50	✓
Young people				
Count us in: The report of the inquiry into the mental health needs of young people with learning disability	The result of an inquiry into way of meeting the mental health needs of young people with learning disabilities (Dec 2002)	The Foundation for People with Learning Disabilities, 83 Victoria Street, London, SW1H 0HW Tel: 020 7802 0304 www.learningdisabilities.org.uk	£27.00	✓ summary report
Don't count me out	Mencap's report on children who are often excluded from parts of the curriculum and recommendations to ensure that health support is available for students.	Mencap, 123 Golden Lane, London, EC1Y 0RT Tel: 0207 4540454 www.mencap.org.uk	on website	✓

Title	Description	Contact Details	Price	✓ Copy at Client Services
Too many drugs, too little care (1992)	A Report on the parents perceptions of the administration and side effects of drugs prescribed for young people with severe learning difficulties	Values into Action, Oxford House, Derbyshire Street, London, E2 6HZ www.viauk.org	£4.50	
Working together to safeguard children	A guide to interagency working to safeguard and promote the welfare of children	Department of Health, PO Box 777, London, SE1 6XH www.doh.gov.uk	free on website	
Bridging the Divide at Transition: What happens for young people with learning disabilities and their families?	A report published by BILD	BILD Publications, Book Source, 32 Finlas Street, Cowlairs Estate, Glasgow, G22 5DU. Tel 08702 402 182	£12	
Hurling into the Void	A report that identifies key questions for those commissioning and providing health and social services, for young people with disabilities and complex health and support needs.	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£16.95	
Disability and Transition to adulthood: achieving independent living	The Report aims to find out how young people growing up with significant impairments can achieve independent adulthood	Pavilion Publishing (Brighton) Ltd, The Iron Works, Cheapside, Brighton, East Sussex, BN1 4GD Tel: 01273 623 222 www.learningdisabilitytoday.co.uk	£12.95	