

Diagnosing cancer – easy read information and resources related to health

Relevant resources from these websites are included in the tables that follow. Be aware that these websites are constantly updating their resources and can be accessed directly at: www.improvinghealthandlives.org.uk/adjustments/ www.easyhealth.org.uk/ www.apictureofhealth.southwest.nhs.uk/

Easy Read about cancer and screening applicable to all cancer programmes

Title	Description	Provider	Link
How can you help to prevent cancer?	A one-page easy read summary about preventing cancer	From Easy Health	www.easyhealth.org.uk/sites/default/files/how_can_you_help_to_prevent_cancer.pdf
Common types of cancer	A one-page easy read summary about the different types of cancer	From Easy Health	www.easyhealth.org.uk/sites/default/files/common_types_of_cancer.pdf
What is cancer?	A three-page easy-read leaflet about cancer	South Staffordshire & Shropshire Healthcare NHS Foundation trust	www.easyhealth.org.uk/sites/default/files/what_is_cancer.pdf
What is cancer? Symptoms, screening and staying healthy	A 20-page easy-read booklet about what cancer is, with links to other resources and relevant organisations	CHANGE	www.macmillan.org.uk/Documents/Cancerinfo/EasyreadPDFs/Whatiscancer[PDF,558
Screening for cancer	An 11-page easy read booklet about cancer screening, with links to other resources and relevant organisations	CHANGE	www.macmillan.org.uk/Documents/Cancerinfo/EasyreadPDFs/Screeningforcancer[PDF,278MB].pdf
Diagnosis and treatment	Easy-read books for people with learning disabilities	Macmillan and CHANGE	www.be.macmillan.org.uk/be/s-428-easy-readtitles.aspx
Symptoms, screening and staying healthy	Easy-read books for people with learning disabilities	Macmillan and CHANGE	www.be.macmillan.org.uk/be/s-428-easy-readtitles.aspx
Cancer warning signs	A two-page easy read leaflet to raise awareness of the early warning signs of cancer	NHS Highland	www.easyreadhealthwales.org.uk/media/47599/cancer-warning-signs.pdf

For carers and paid supporters			
Title	Description	Provider	Link
Cancer awareness toolkit	A resource to support front line staff to promote awareness of cancer and the importance of early detection	National Cancer Action Team, NHS	www.cancerawarenesstoolkit.com
Diagnosis and treatment	A book for carers of people with Learning disabilities	Macmillan and CHANGE	www.be.macmillan.org.uk/be/s-428-easy-readtitles.aspx
Symptoms, screening and staying healthy	A book for carers of people with learning disabilities	As above	www.be.macmillan.org.uk/be/s-428-accessibleinformation.aspx
Making decisions: A guide for family, friends and other unpaid carers	This booklet gives guidance on what should happen when someone lacks capacity to make decisions	Mental Capacity Implementation Programme	www.cancerscreening.nhs.uk/publications/making-decisions-opg602-1207.pdf
Office of the Public Guardian website	Booklets and links to information to assist decision making	Office of the Public Guardian	www.gov.uk/government/organisations/office-of-the-public-guardian
Mental Capacity Toolkit	A toolkit to help good decision-making for people who lack, or who may lack, the mental capacity to make decisions on their own behalf	British Medical Association	www.bma.org.uk/practical-support-at-work/ethics/mental-capacity
Using the Mental Capacity Act	This resource has been developed specifically for family and friends of people with learning disabilities, so they understand how the Act affects them and those they care about. It is a written guide supported by eight videos	Home Farm Trust	www.hft.org.uk/Supporting-people/Familycarers/Resources/Using-the-Mental-Capacity-Act/

Easy-read resources about breast cancer and screening

Title	Description	Provider	Link
Breast cancer and how to spot it	A 12-page easy- read leaflet about how to spot signs of breast cancer and what to do	Public Health England	www.nhs.uk/be-clear-on-cancer/assets/b70-easyread-leaflet.pdf
Breast care for women	A 24-page booklet about checking your breasts and breast screening	CHANGE	www.macmillan.org.uk/Documents/Cancerinfo/EasyreadPDFs/Breastcareforwomen[PDF,517MB].pdf
My boobs and me	A 20-page booklet designed to promote breast health in women with learning disabilities	University of Ulster and Compass Advocacy Network Ltd.	www.easyhealth.org.uk/sites/default/files/My%20boobs%20and%20me.pdf
Breast cancer and breast screening	A 28-page easy read booklet about checking your breasts, risk factors and screening for breast cancer	Liverpool Community Health NHS Trust & Mersey Care NHS Trust	www.easyhealth.org.uk/sites/default/files/null/Breast%20Cancer%20%26%20Breast%20Screening.pdf
Keep yourself healthy: A guide to examining your breasts	A 12-page easy- read guide to breast examination	NHS Health Scotland and FAIR	www.healthscotland.com/uploads/documents/12056-GuideToExaminingYourBreasts.pdf
Breast awareness	A three-page easy-read guide to breast awareness		www.easyhealth.org.uk/sites/default/files/br_east_awareness.pdf
Taking care of your breasts	A 24-page easy- read guide to taking care of your breasts and breast screening	Breast Cancer Care	www.easyhealth.org.uk/sites/default/files/null/taking%20care%20of%20your%20breasts.pdf
Be breast aware	A 12-page easy- read leaflet about being breast aware	Cornwall and Isles of Scilly NHS PCT	www.easyhealth.org.uk/sites/default/files/Be_Breast_Aware.pdf
Looking after your breasts	A short leaflet about looking after your breasts	The Cheshire and Wirral Partnership NHS Foundation Trust	www.easyhealth.org.uk/sites/default/files/Looking%20after%20your%20breasts.pdf

Title	Description	Provider	Link
Six short films about breast screening	Series of short films about breast screening and checking your breasts	Leicestershire Partnership NHS Trust	<p>What is breast screening? www.youtube.com/watch?v=HphkoUbfNQQ&feature=youtu Breast Screening: Getting Ready for Your Appointment www.youtube.com/watch?v=H9hqXHH0Qok What happens at your HOSPITAL breast screening appointment? www.youtube.com/watch?v=7OVR_KP1QoA What happens at your MOBILE UNIT breast screening appointment? www.youtube.com/watch?v=vw34i0ZzUxg Other Things You Need to Know About Breast Screening www.youtube.com/watch?v=NArUArthMPM How to check your breasts www.youtube.com/watch?v=SDw3sMSxVyE</p>
NHS Breast Screening Programme: Audio and video resources	A series of audio and video resources explaining about the breast screening programme. These are not specifically aimed at people with learning disabilities	NHS Breast Screening Programme	www.cancerscreening.nhs.uk/breastscreen/publications/audio-video-resources.html
An Easy Guide to Breast Screening	An eight-page easy-read leaflet about breast screening	NHS Breast Screening Programme	www.cancerscreening.nhs.uk/breastscreen/publications/easy-guide-breast-screening.html
Breast screening	An 11-page easy read booklet about breast screening	The Foundation for People with Learning Difficulties, Prodigy and Easy health	www.easyhealth.org.uk/sites/default/files/null/Breast%20screening%20completed%20updated%20Dec%202011.pdf
Having a mammogram	A nine-page easy-read leaflet about having a mammogram	Health Awareness Group, Devon	www.easyhealth.org.uk/sites/default/files/Having-a-mammogram.pdf
Breast screening presentation	A presentation on breast cancer screening	Liverpool Learning Disability Making It Happen Partnership and Liverpool PCT	www.improvinghealthandlives.org.uk/adjustments/?adjustment=206
Breast Screening: Photo journey for women with learning disabilities	A photo journey about breast screening for women with learning disabilities	Rotherham, Doncaster and South Humber Mental Health NHS	www.improvinghealthandlives.org.uk/adjustments/?adjustment=239

Information sources for carers and paid supporters

Supporting people with learning disabilities to take care of their breasts	A 20-page booklet aimed at supporters to help them assist women with learning disabilities to be breast aware	Breast Cancer Care	www.easyhealth.org.uk/sites/default/files/null/supporting%20people%20with%20learning%20disabilities%20to%20take%20care%20of%20their%20breasts.pdf
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For screening services and learning disability health professionals - Royal Cornwall Hospitals NHS Trust

An easy-read invitation letter for breast screening			www.improvinghealthandlives.org.uk/adjustments/?adjustment=209
An easy-read initiation letter targeting women in the extended age range			www.improvinghealthandlives.org.uk/adjustments/?adjustment=235
Did not attend follow up invitation letter			www.improvinghealthandlives.org.uk/adjustments/?adjustment=208
Breast screening result letter. No problems detected			www.improvinghealthandlives.org.uk/adjustments/?adjustment=194
Breast screening recall letter. Pictures not clear			www.improvinghealthandlives.org.uk/adjustments/?adjustment=233
Breast screening recall letter			www.improvinghealthandlives.org.uk/adjustments/?adjustment=234
Ceasing women from the NHS breast screening programme	System for deciding, with the woman and her GP, using Best Interests process where appropriate	NHS Cancer Screening Programmes	www.cancerscreening.nhs.uk/breastscreen/publications/nhsbsp-gpg7.pdf

Apps about breast cancer and screening

Title	Description	Link
Keep a Breast	This app is to help women to remember to do a monthly breast exam. It teaches women how to perform a step-by-step examination and it sends an automatic reminder.	Available in Apple i-store. https://itunes.apple.com/us/app/keep-a-breast/id366745482?mt=8 Android https://play.google.com/store/apps/details?id=org.keep_a_breast.keepabreast
Breast Aware	This app aims to educate women about being breast aware and the importance of screening. There are videos that offer advice on screening and checking your breasts. There is also a reminder facility.	https://itunes.apple.com/us/app/breast-cancer-ireland-breast/id554670556?mt=8

Resources about cervical cancer and screening

Title	Description	Provider	Link
About the cervical cancer vaccination	An eight-page easy-read guide about the cervical cancer vaccination	Mencap	www.easyhealth.org.uk/sites/default/files/About%20the%20Cervical%20Cancer%20Vaccination.pdf
An easy guide to cervical screening	An eight-page easy-read guide to cervical screening	NHS Cervical Screening Programme	www.cancerscreening.nhs.uk/cervical/publications/easy-guide-cervical-screening.pdf
NHS Cervical Screening Programme: Audio and video resources	A series of audio and video resources explaining about the cervical screening programme. These are not specifically aimed at people with learning disabilities	NHS Cervical Screening Programme	www.cancerscreening.nhs.uk/cervical/publications/audio-video-resources.html

Resources about cervical cancer and screening (cont.)

The smear test film	A film resource (16 minutes) to give women and their carers information about smear tests and their role in preventing cervical cancer	Jo's Cervical Cancer Trust	www.jostrust.org.uk/videos/smear-test-film
Cervical screening	A 22-page easy- read guide about cervical screening	CHANGE	www.macmillan.org.uk/Documents/Cancerinfo/EasyreadPDFs/Cervicalscreening PDF,477MB].pdf [
Having a cervical smear test	An easy-read presentation about having a cervical smear test	Westminster PCT	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=205
Cervical screening	A photo journey about cervical screening for women with learning disabilities	Rotherham, Doncaster and South Humber Mental Health NHS Foundation Trust	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=240
Cervical cancer and cervical screening	A 24-page easy- read booklet about the risks and screening for cervical cancer	Liverpool Community Health NHS Trust and Mersey Care NHS Trust	www.easyhealth.org.uk/sites/default/files/null/Cervical%20Cancer%20%26%20Cervical%20Screening.pdf
Cervical screening	A four-page easy-read leaflet about cervical screening	Easy Health	www.easyhealth.org.uk/sites/default/files/cervical_screening.pdf
Having a smear test : what is it about?	A 20-page easy- read booklet	Jo's Cervical Cancer Trust	www.improvinghealthandlives.org.uk/adjustments/?adjustment=345
What Happens After Cervical Screening?	A one-page easy-read leaflet explaining the possible outcomes of cervical screening	Brighton & Hove City Council and Brighton and Hove City PCT	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=189
Keep yourself healthy: Do I need a smear test?	A 15-page easy- read guide designed to help women with learning disabilities to choose if they need a smear test	NHS Health Scotland and FAIR	www.easyhealth.org.uk/sites/default/files/null/Keep%20Yourself%20Healthy%20-%20Do%20I%20Need%20a%20Smear%20Test0.pdf

Resources about cervical cancer and screening (cont.)

Keep yourself healthy: A guide to having a smear test	A 16-page easy- read guide to having a smear test	NHS Health Scotland and FAIR	www.easyhealth.org.uk/sites/default/files/null/Keep%20Yourself%20Healthy%20-%20A%20Guide%20to%20Having%20a%20Smear%20Test.pdf
The Cervical Screening Test: Information for women after treatment	A five-page easy-read guide	NHS Health Scotland and FAIR	www.healthscotland.com/uploads/documents/20365-Cervical%20screening%20CIN%20Easy%20read.pdf
Cervical screening test	A short film (12 minutes) about cervical screening		www.easyhealth.org.uk/content/cancer-screening-test
About cervical cancer	An easy-read three-page guide about the warning signs of cervical cancer	Cornwall People First	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=350

For screening services and learning disability health professionals

Tool to create an easy-read invitation to cervical screening letter		NHS Lanarkshire	www.healthlanarkshire.co.uk/letter-templates/easy-read-cervical-screening-appointment-letter-tool
A series of 21 easy-read invitation letters for cervical screening and all possible results. The letters can be adapted for your local area.		Peninsular Community Health	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=265
Guidance about best interests decisions and capacity in relation to cervical screening	The first document offers guidance on how to increase a woman's understanding of cervical screening. The second provides advice for when a woman has not understood enough to make her own decision on cervical screening and needs a best interest decision made for her.	Peninsular Community Health	www.improvinghealthandlives.org.uk/adjustments/?adjustment=358
Letter about continuing in cervical screening programme	A draft of a letter to carer/paid supporter to explain why a woman with learning disabilities will continue to receive invitations for a smear test.	Peninsular Community Health	www.improvinghealthandlives.org.uk/adjustments/?adjustment=359
Cervical cytology screening for women with learning disabilities	A report detailing the actions that were taken to increase the uptake and understanding of cervical smears amongst women with a learning disability following two health equity audits in the area. It contains many ideas that could be helpful to other areas.	NHS Sefton	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=204
Cervical Screening for Women with Learning Disabilities	Information aimed at primary healthcare teams	2gether NHS Trust	www.2gether.nhs.uk/files/cervicalscreening.pdf

Resources about bowel cancer and screening

Title	Description	Provider	Link
Easy Guide to Bowel Cancer Screening	A 16-page easy- read guide about bowel cancer screening	NHS Bowel Screening Programme	www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-learning-disabilities-leaflet.html
Bowel cancer and bowel screening	A 24-page easy- read booklet about the risks and screening for bowel cancer	Liverpool Community Health NHS Trust and Mersey Care NHS Trust	www.easyhealth.org.uk/sites/default/files/null/Bowel%20Cancer%20%26%20Bowel%20Screening.pdf
Bowel cancer	A short easy- read leaflet about bowel cancer	South Staffordshire Healthcare NHS Foundation Trust	www.easyhealth.org.uk/sites/default/files/null/bowel%20cancer.pdf
Bowel screening	A 16-page easy- read booklet about bowel cancer screening	Cheshire & Merseyside Bowel Cancer Screening Programme	www.easyhealth.org.uk/sites/default/files/null/bowel%20screening.pdf
Bowel health and screening: A resource for people with learning disabilities	A 24-page easy-read report	Bowel Cancer UK - Scotland	www.bowelcanceruk.org.uk/media/171227/923_bcuk_scottish_b5.pdf
DVD Animation Bowel Cancer Screening	A three minute animated cartoon showing how to complete the kit.	NHS Bowel Screening Programme	You can contact your local hub for a copy on the free phone number 0800 707 60 60
Bowel cancer screening test instructions	An easy-read leaflet describing how to use the bowel cancer screening test	Derby Hospitals NHS Foundation Trust	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=188
Bowel cancer presentation	An easy-read presentation about the signs and symptoms of bowel cancer and how to take part in screening	Liverpool learning disability making it happen partnership	www.improvinghealthandlives.org.uk/adjustments/index.php?adjustment=207
Having a colonoscopy	A 24-page easy- read guide to having a colonoscopy	CHANGE	www.macmillan.org.uk/Documents/Cancerinfo/EasyreadPDFs/Havingacolonoscopy[PDF,512MB].pdf

Resources about bowel cancer and screening (cont.)

An easy guide to having a colonoscopy	A 15-page easy -read guide to having a colonoscopy	NHS Bowel Screening Programme	www.cancerscreening.nhs.uk/bowel/publications/nhsbcsp-colonoscopy-learning-disabilities-leaflet.pdf
Five short films about bowel screening	Leicestershire, Northamptonshire & Rutland Learning Disability Cancer Screening Strategic Working Group	Why do I need to have bowel screening? www.easyhealth.org.uk/content/part-1-why-do-i-need-have-bowel-screening Doing your test kit at home www.easyhealth.org.uk/content/part-2-doing-your-test-kit-home The appointment with the nurse at the Screening Centre www.easyhealth.org.uk/content/part-3-appointment-nurse-screening-centre Getting ready for the colonoscopy www.easyhealth.org.uk/content/part-4-getting-ready-colonoscopy The colonoscopy www.easyhealth.org.uk/content/part-5-colonoscopy	
For carers and paid supporters			
Bowel health and screening: Resource for carers of people with learning disabilities	A 12-page guide aimed at supporters to help them assist people with learning disabilities to have good bowel health	Bowel Cancer UK - Scotland	www.bowelcanceruk.org.uk/media/171230/923_bcuk_scottish_carerguide.pdf
For screening services and learning disability health professionals			
Bowel Screening Wales Learning Disability Pack	This pack is designed to be used by the health professional to assist people with learning disabilities to make an informed choice about screening. There is a pack for professionals to work through as well as a series of presentations to use with people with learning disabilities.	Bowel screening Wales	www.bowelscreening.wales.nhs.uk/learning-disability-packs