Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.
Screening tests can sometimes find signs of cancer early. Everyone is offered screening tests. You do not need to be ill to have a screening test.

It is very important to go for screening tests even if you feel healthy and have no symptoms.

Finding cancer early gives you the best chance of treating it and getting well again.
Screening
These are special tests that can sometimes find cancer early

Symptoms
Signs in your body that tell you something is wrong, like feeling tired all the time.
Useful contacts

Drawing by Tracey Harrison
Volunteer and Illustrator with learning disabilities
Useful contacts

Helpful organisations

**Breast Cancer Care**
Gives information and support to women with breast cancer, and their family and friends.
**Phone:** 0808 800 6000  
**Web:** [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Brook**
Brook gives young people free, confidential information about health, sex and relationships. Find your local Brook centre on their website.
**Web:** [www.brook.org.uk](http://www.brook.org.uk)

**Cancer Research UK**
A charity that is researching treatments for cancer. Its website has lots of information about cancer.
**Phone:** 0808 800 4040  
**Web:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Macmillan Cancer Support**
A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.
**Phone:** 0808 808 00 00  
**Web:** [www.macmillan.org.uk](http://www.macmillan.org.uk)
Useful contacts

NHS Contacts
These contacts give you information about your health and health services:
England and Scotland Phone: 111
Wales Phone: 0845 46 47
Northern Ireland Web: www.hscni.net

Paul’s Cancer Support Centre
Gives help, information and complementary therapies to people with cancer.
Phone: 0207 924 3924
Web: www.paulscancersupportcentre.org.uk

RESPOND
Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.
Phone: 0808 808 07 00
Web: www.respond.org.uk
Books Beyond Words
A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.
Web: www.booksbeyondwords.co.uk
Phone: 020 8877 9799
Email: admin@booksbeyondwords.co.uk

Cervical Screening - Information for Women with Learning Disabilities
An information folder for women with learning disabilities about going for cervical screening. Produced by Elfrida Rathbone Camden.
Phone: 020 7424 1601
Web: www.elfridacamden.org.uk

FAIR Multimedia
Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.
Email: fair@fairadvice.org.uk
Phone: 0131 662 1962
Web: www.fairadvice.org.uk/health-publications.php
Taking Good Care - supporting people with learning disabilities to be breast aware.
Easy read booklet about looking after your breasts for women with learning disabilities. Also includes a guide for carers. Produced by Breast Cancer Care and Cardiff People First.

Breast Cancer Care
Web: www.breastcancercare.org.uk
Phone: 0808 800 6000

Cardiff People First
Phone: 029 2023 1555

Online help

www.easyhealth.org.uk
Has lots of online health information that is easy to understand.

www.macmillan.org.uk
Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.
Useful contacts
Videos and DVDs

Leeds Animation Workshop
Has animated films on social issues for people with learning disabilities. There is one called ‘Getting Better’ about going to the doctor and the health clinic.
Phone: 0113 248 4997
Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy
Has DVDs and booklets for people with learning disabilities about health and illness.
Web: www.speakup.org.uk
CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on 0113 242 6619, email info@changepeople.org or find us at www.changepeople.org

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call Macmillan on 0808 808 00 00 or textphone 0808 808 0121 (Mon–Fri, 9am–8pm). Or go to macmillan.org.uk

This easy read booklet was produced by CHANGE
© CHANGE 2016