Stay healthy -
Be safe in the sun

Symptoms, Screening and Staying Healthy
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.
Stay healthy - Be safe in the sun

Making changes in your life to help you stay healthy

You can make changes to your life that will make you less likely to get cancer.

You can do things to keep yourself healthy. Keeping safe in the sun is one of these.
Stay healthy - Be safe in the sun

Too much sun is the main cause of skin cancer.

You can lower your risk of getting skin cancer by:
Staying in the shade at the hottest times of the day - between 11am and 3pm.

Wearing a hat, long sleeved top and sunglasses when out in the sun.
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Using at least factor 30 sun cream.

Not using sunbeds. These can cause skin cancer.
Word Bank

Drawing by Tracey Harrison
Volunteer and Illustrator with learning disabilities
**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

Helpful organisations

**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
Useful contacts

Written and audio material

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

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
Useful contacts

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.

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