

Keep Yourself healthy



FAIR publishes a range of health materials specifically designed for people with learning disabilities.

We publish booklets on topics such as smoking, keeping clean, looking after your teeth, a series on cancer and a series on eating well and staying fit.

Contents

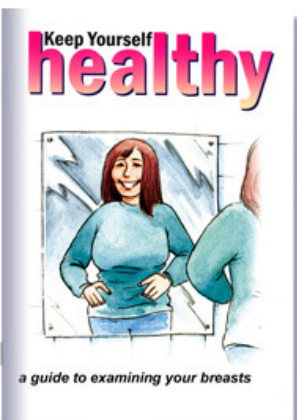
Booklets	1
Other Publications	8
Packs	9

Booklets

FAIR's **Keep Yourself Healthy** booklets are printed on high quality paper, with easy to read text and clear, colourful illustrations. They are a handy A5 size.



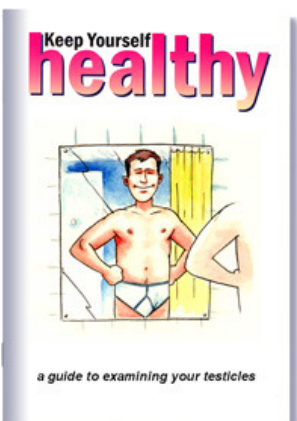
Booklets cost £1 per copy



a guide to examining your breasts

Booklet tells women how to check their breasts for early signs of cancer and also contains tips on staying healthy and looking good.

Full colour, 12 pages.



a guide to examining your testicles

Booklet tells men how to examine their testicles for early signs of cancer and also contains tips on staying healthy.

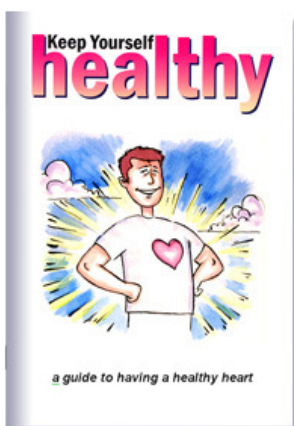
Full colour, 16 pages.



a guide to giving up smoking

This booklet explains why it is good to stop smoking and gives some ideas on how to give up.

Full colour, 16 pages

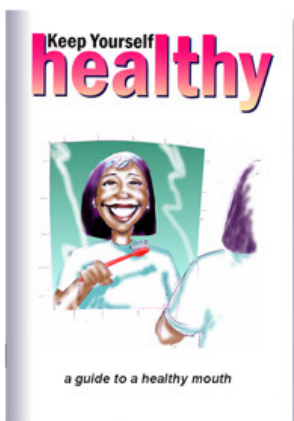


a guide to having a healthy heart

Information about how the heart works and tips on keeping it healthy. Includes information about smoking, eating, alcohol, exercise, and stress.

Highly commended in the British Medical Association's 2002 Patient Information Leaflet Awards.

Full colour, 24 pages

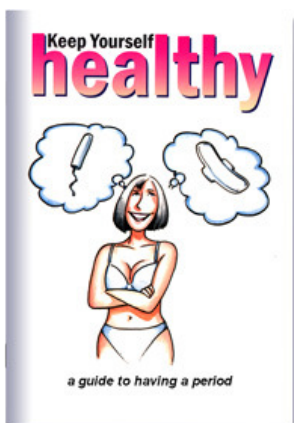


a guide to having a healthy mouth

Everything you need to know about keeping your teeth and gums healthy.

(Also available in Chinese)

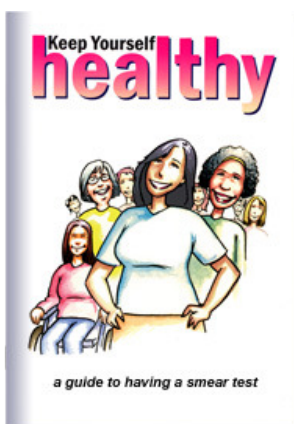
Full colour, 16 pages



a guide to having a period

Everything a woman needs to know about menstruation, including tips on using sanitary towels and tampons.

Full colour, 20 pages

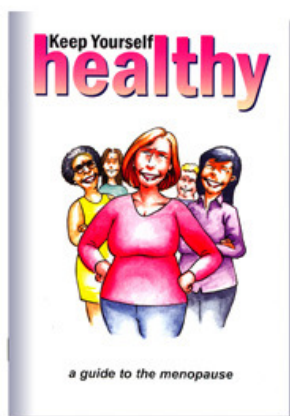


a guide to having a smear test

Everything a woman needs to know about going for a smear test, and what happens afterwards.

Available for both Scottish and English smear test age ranges.

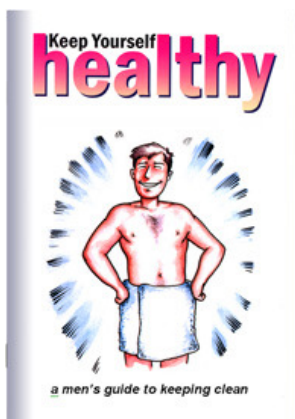
Full colour, 16 pages



a guide to the menopause

Everything a women needs to know about going through the "Change of Life".

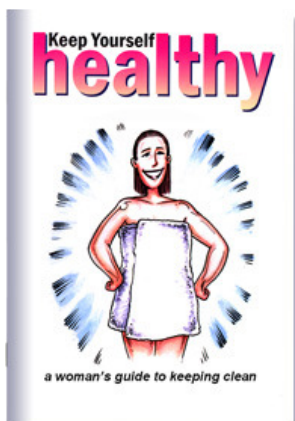
Full colour, 16 pages



a men's guide to keeping clean

Tips on personal hygiene for men. Tells how and why to keep clean and healthy.

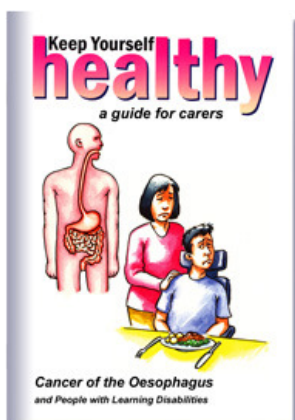
Full colour, 12 pages



A women's guide to keeping clean

Tips on personal hygiene for women. Tells how and why to keep clean and healthy.

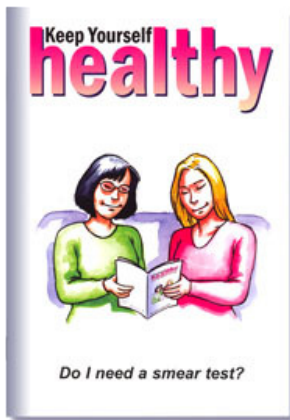
Full colour, 12 pages



Cancer of the Oesophagus, a guide for carers

A leaflet telling carers about oesophageal cancer - what it is, why people with learning disabilities may be more at risk, and how to recognise the symptoms.

Pack of 5 - Full colour, 4 pages

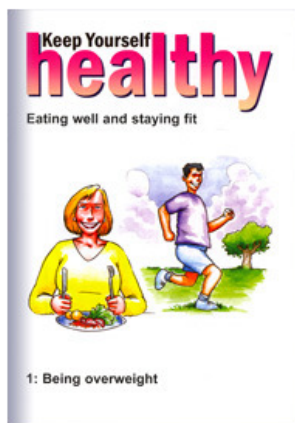


Do I need a smear test?

Everything a woman needs to know to help her decide if she needs a smear test.

Available for both Scottish and English smear test age ranges.

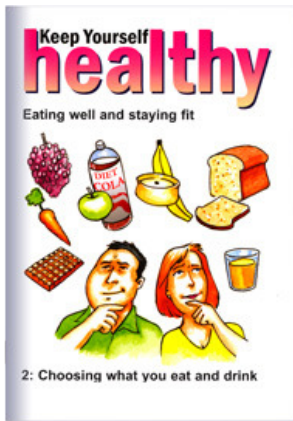
Full colour, 16 pages



Eating Well and Staying Fit 1: Being Overweight

Booklet explains about the health risks of obesity, and gives tips on losing weight.

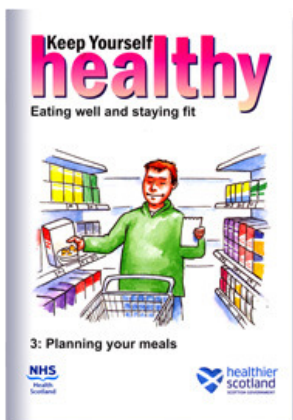
Full colour, 12 pages



Eating Well and Staying Fit 2: Choosing What You Eat and Drink

Information about making healthy food and drink choices.

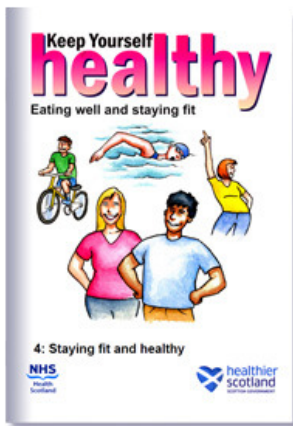
Full colour, 16 pages



Eating Well and Staying Fit 3: Planning Your Meals

Booklet helps people with learning disabilities make healthy choices about what they eat, and has tips on shopping.

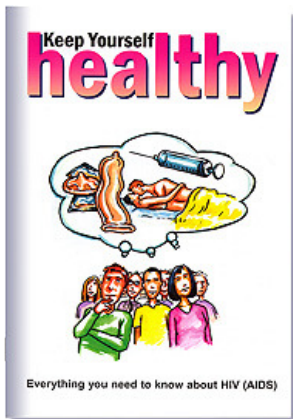
Full colour, 16 pages



Eating Well and Staying Fit 4: Staying Fit and Healthy

Information and tips on exercise and fitness for people with learning disabilities.

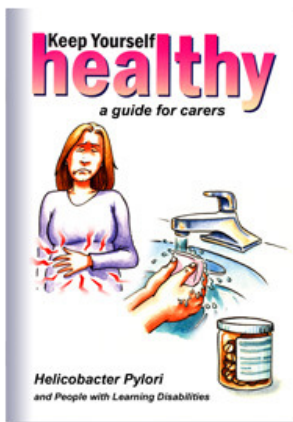
Full colour, 16 pages



Everything you need to know about HIV (AIDS)

HIV is a difficult infection to explain. This booklet describes what HIV is, how it can be caught and how to prevent it.

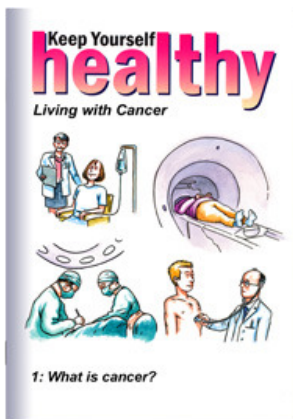
Full colour, 16 pages



Helicobacter Pylori, a guide for carers

A leaflet telling carers about the H. Pylori bacteria, the threat it poses to people with learning disabilities, symptoms to look for and advice on prevention.

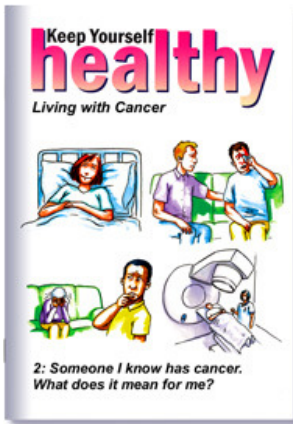
Pack of 5 - Full colour, 4 pages



Living with Cancer 1: What is cancer?

Explains what cancer is and describes different treatments. Also includes tips on healthy living to help prevent cancer.

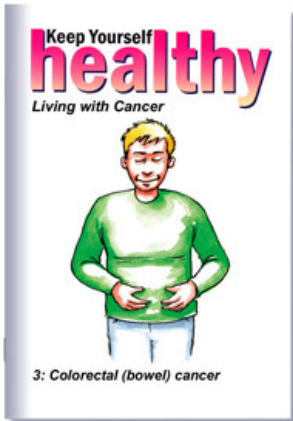
Full colour, 20 pages



Living with cancer 2: Someone I know has cancer. What does it mean for me?

Following on from the first booklet, this talks about the impact cancer can have on relatives and friends.

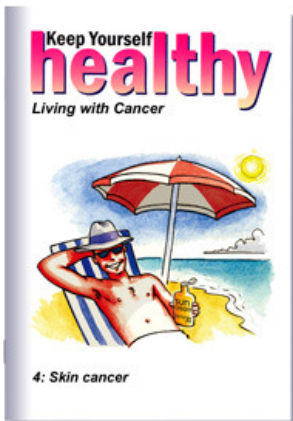
Full colour, 16 pages



Living with cancer 3: Colorectal (bowel) cancer

Information about bowel cancer. What is it, how do you spot the symptoms, and how can you help prevent it?

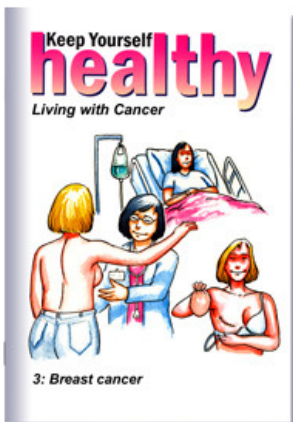
Full colour, 16 pages



Living with Cancer 4: Skin Cancer

Information about skin cancer. What is it, how do you spot the symptoms, and how can you help prevent it?

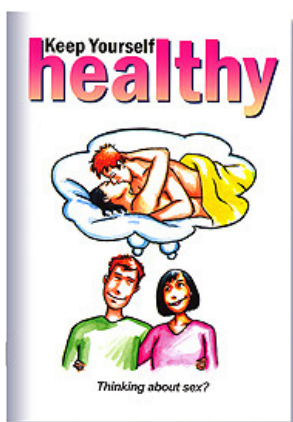
Full colour, 16 pages



Living with Cancer 5: Breast Cancer

Information about breast cancer, its treatment, and life after treatment.

Full colour, 20 pages



Thinking about sex?

A short simple guide to the things people with learning disabilities need to think about before they have sex, such as: do they really want to have sex, contraception and keeping safe from sexual infections.

Full colour, 16 pages

Other Publications

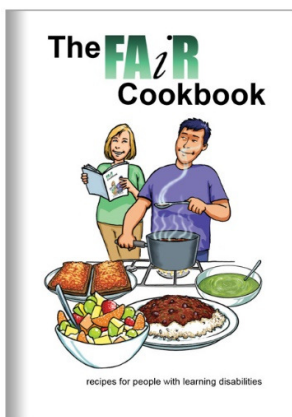


Shaving Card

A laminated card for hanging in bathrooms, giving men a step-by-step guide to wet and electric shaving.

A4 card, double sided

£1 per card



The FAIR Cookbook

A booklet of 10 recipes, selected for people with learning disabilities, fully illustrated and with step-by-step cooking instructions.

Full colour, 32 pages

£2.50 per copy

Packs

We offer excellent value for money by collecting our health publications into handy packs.

Keep Yourself Healthy Presentation Pack

Includes:

Booklets – Breast, Testicles, Heart, Mouth, Men’s Clean, Women’s Clean, Period, Sex, HIV/AIDS, Smoking

Shaving Card

Order Form

All in Plastic Wallet

£8 per pack

Women’s Health Pack

Includes:

Booklets – Breast, Heart, Mouth, Women’s Clean, Period, Sex, HIV/AIDS, Smoking

Order form

All in Plastic Wallet

£6 per pack

Men’s Health Pack

Includes:

Booklets – Testicles, Heart, Mouth, Men’s Clean, Shaving Card, Sex, HIV/AIDS, Smoking

Order form

All in Plastic Wallet

£6 per pack

Cancer Pack

Includes:

Booklets – Cancer, 1, 2, 3, 4, 5

Cancer Carer Leaflets 1 of each (Oesophagus and Helicobacter Pylori)

Order form

All in Plastic Wallet

£4 per pack

Order Form



Booklets

Price No. of Copies Total Cost

Guide to examining your breasts	£1		
Guide to examining your testicles	£1		
Guide to having a healthy heart	£1		
Guide to a healthy mouth	£1		
Guide to a healthy mouth (Chinese version)	£1		
Man's guide to keeping clean	£1		
Woman's guide to keeping clean	£1		
Guide to having a period	£1		
Do I need a smear test?	£1		
Guide to having a smear test	£1		
Living with Cancer 1: What is cancer?	£1		
Living with Cancer 2: Someone I know has cancer. What does it mean for me?	£1		
Living with Cancer 3: Colorectal (Bowel) Cancer	£1		
Living with Cancer 4: Skin Cancer	£1		
Living with Cancer 5: Breast Cancer	£1		
Helicobacter Pylori: a Guide for Carers - pack of 5 leaflets only	£1		
Cancer of the Oesophagus: a Guide for Carers - pack of 5 leaflets only	£1		
Thinking about sex?	£1		
Everything you need to know about HIV (AIDS)	£1		
A guide to giving up smoking	£1		
A guide to the menopause	£1		
Eating Well and Staying Fit 1: Being Overweight	£1		
Eating Well and Staying Fit 2: Choosing What You Eat and Drink	£1		
Eating Well and Staying Fit 3: Planning Your Meals	£1		
Eating Well and Staying Fit 4: Staying Fit and Healthy	£1		

Other Publications

Shaving Card	£1		
The FAIR Cookbook	£2.50		

Packs

Keep Yourself Healthy Presentation Pack - contents on page 9	£8		
Women's Health Pack - contents on page 9	£6		
Men's Health Pack - contents on page 9	£6		
Cancer Pack - contents on page 10	£4		

All prices include postage and packing within the UK

Sub-total

Send with payment to:

**FAIR Ltd,
95 Causewayside,
Edinburgh,
EH9 1QG (cheques made out to FAIR Ltd)**

Tel: 0131 662 1962

E-mail: multimedia@fairadvice.org.uk

Website: www.fairadvice.org.uk

Name:
Tel no:
Address:
E-mail:

Enter promotional code here:

--



Family Advice & Information Resource

95 Causewayside

Edinburgh

EH9 1QG

Tel 0131 662 1962

Email fair@fairadvice.org.uk

Website: www.fairadvice.org.uk

Information for People with Learning Disabilities and Carers

A Charitable Company limited by Guarantee.

Registered in Scotland No 135696.

Registered as a Scottish Charity No SC002280.