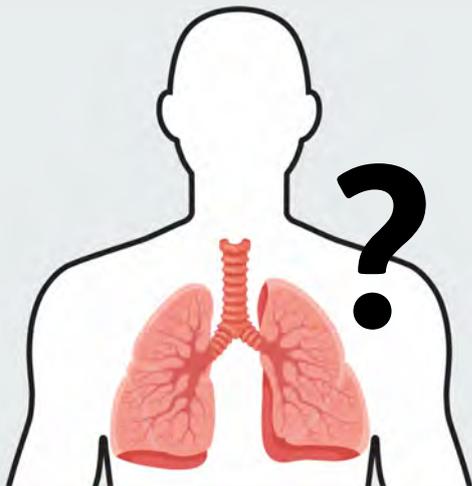




Easy read newsletter



Hello



There is lots of information in this newsletter.

We have tried to make it easy to read.

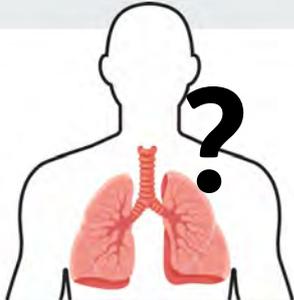
Bold

We put hard words in **bold**.



Sometimes you will see blue web links and emails to find out more. You can click these on your computer. Or if you have a paper copy you can type them into your computer to follow the link.

In this issue...



Lung cancer

Signs of lung cancer and what to do.

4



Smoking and e-cigarettes (vaping)

Tips to help you or your friends or family stop smoking.

13



Healthy eating

What healthy eating is, and why it is important to eat well.

18

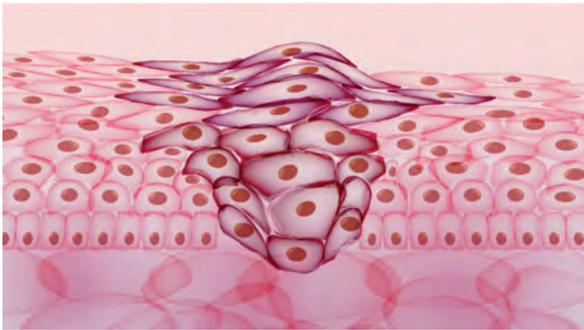
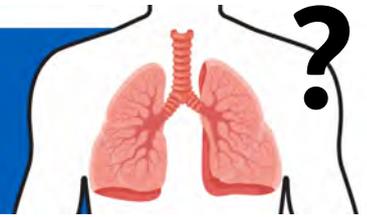


NHS App

What the NHS App is and how you get it.

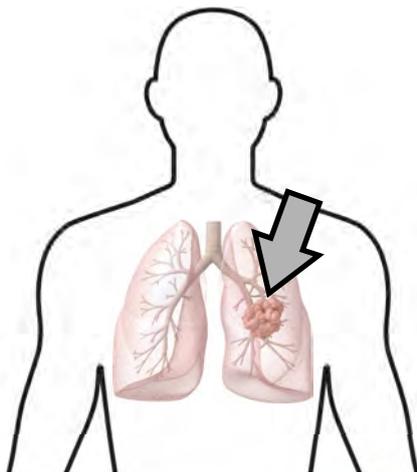
32

Lung cancer



Cells are the smallest parts that our body can be broken up into. They are too small to see without a microscope.

Sometimes when these cells go wrong this can be cancer.



When cells go wrong because of cancer, we can get lumps called **tumours**.

When you have a tumour in your lungs, this is called lung cancer.

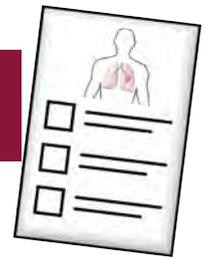


If you have lung cancer, it is very important to find out as soon as possible.



This is so that you have the best chance of getting treated and getting better.

Signs of lung cancer



Remember - you can get lung cancer if you don't smoke, so make sure you see a doctor if you have any of these signs even if you don't smoke.

There are many different signs that could mean you have lung cancer (though they can also be the signs of other illnesses).



A cough that lasts for 3 weeks or more

Having a cough that changes or gets worse



Coughing up blood

Having a croaky voice



Being more out of breath than usual



Having pain or problems in your chest or shoulders



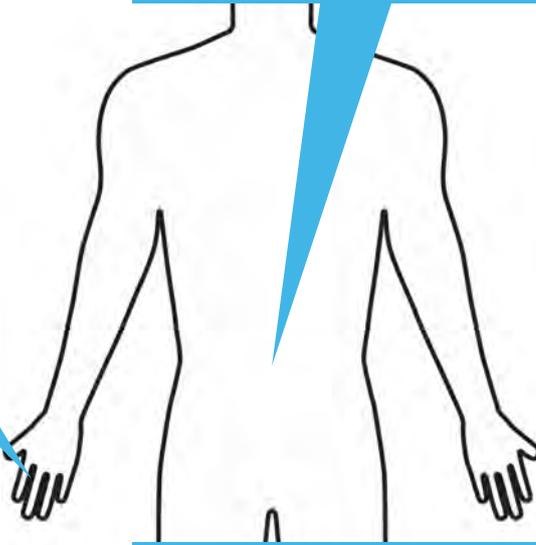
Seeing a change in your fingers or fingernails, for example your fingertip getting swollen. This is sometimes called finger clubbing.



Not feeling hungry

A change in your weight and not knowing why

Feeling tired or not wanting to do anything



Your leg might be sore, swollen or hot from something called a blood clot. This is when your blood clumps together.



Blood clots are serious and need to be treated quickly. If you think you might have a blood clot, call 111.

You can find out more about blood clots in this easy read leaflet - tinyurl.com/BloodClotsEasyRead

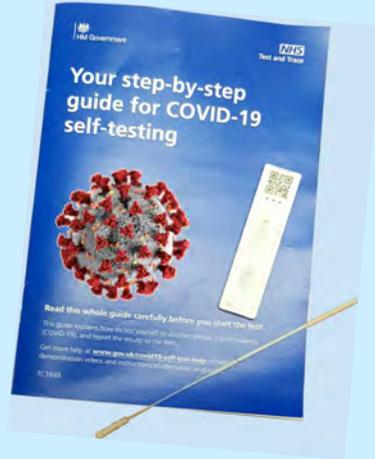


Remember:

Having a cough can also be a sign of coronavirus.

If you're not sure, ring your GP (family doctor) before you go to the doctors.

They might tell you to get a coronavirus test before you see them face to face. They will tell you how to get one.

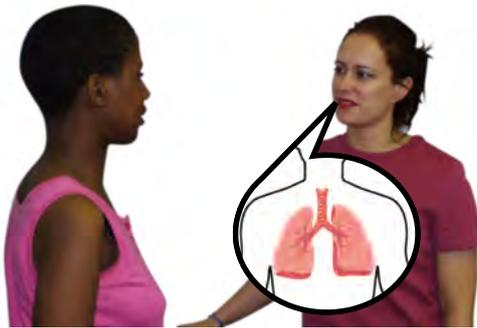


**Call
999**

If you have signs of a heart attack - for example, pain that feels like a very tight band, heavy weight or squeezing in the centre of your chest - call 999.

You can make some notes here

What to do if you've got any signs of lung cancer



1. Talk to someone you trust about any signs you have – this could be a family member, friend or support worker.



2. Make an appointment as soon as you can with your GP (family doctor). Someone can help you do this.



3. Make a list of all the signs or changes you have noticed. You can also write a list of any questions you have. There is space for you to write notes on the page before.

At the appointment



You can take someone with you to the GP (family doctor) to support you.

Take your list of signs and questions with you.

At your appointment, your doctor will check your body and signs. They will decide what needs to happen next.



1. They might arrange for you to go to the hospital to have a chest x-ray.



They will then talk you through your results.



2. They might also arrange for you to see another doctor who knows more about lungs. This doctor is called a lung specialist.



The lung specialist will do more tests to find out if you have lung cancer.



If you have lung cancer, you will be looked after by a team of people who know lots about lung cancer.



If you don't get sent for a chest x-ray, but you don't feel any better or start to feel worse, ask to see your doctor again.



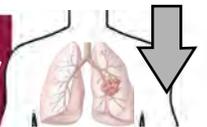
If your chest x-ray comes back clear but you don't feel any better or start to feel worse, ask to see your doctor again.



Remember that the doctors and hospitals are doing lots of things to keep people safe during coronavirus.

- Everyone who can is wearing a face covering. Staff are wearing aprons and gloves.
- Everything is being cleaned well including hands.

How to make it less likely to get lung cancer



There are some things you can do that make you less likely to get lung cancer:

1. If you smoke cigarettes, try to smoke less or stop smoking.

You can read more about stopping smoking in the next article in this newsletter.



2. Try not to be near people who are smoking cigarettes because you can also breathe in their smoke. This is called **passive smoking**.



3. Eat healthily and do exercise.



4. Try to drink less alcohol.



Find out more about spotting the signs of lung cancer in this video made by people with a learning disability

tinyurl.com/SpottingSignsLungCancer

Smoking and e-cigarettes (vaping) – tips to help you or your friends or family stop smoking



There are lots of things we can do to be more healthy.

Stopping smoking helps people to feel healthier.



For example:

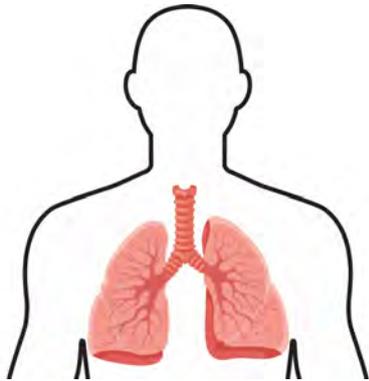
- your body feels better
- it is easier to breathe
- you have more energy
- exercise is easier.



Smoking is one of the main reasons people get unwell and die too young.

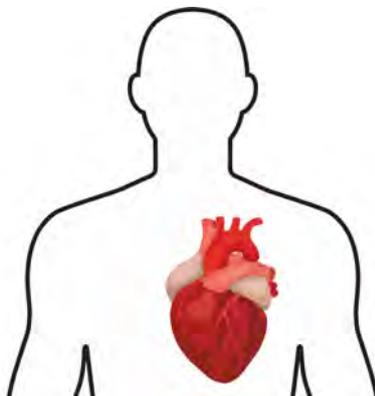


It can make people more likely to get lots of different health conditions.



Smoking can give you lung cancer.

There is more information about lung cancer on page 4 of this newsletter.



Smoking can also give you heart disease.



There is more information about heart disease on the NHS website: tinyurl.com/heart-disease-nhs

This is not in easy read.

Tips to help stop smoking



There are lots of different things you can do to help you stop smoking.

1) Talk to a stop smoking service.

NHS



This is an NHS service that will give you help and support to stop smoking.



They might give you things to help you stop. This could be:

- chewing gum
- patches- a bit like plasters

To find a stop smoking service:

- Talk to your doctor (GP)
- Look on the NHS website: tinyurl.com/FindStopSmoking
This is not easy read.



2) Some people find it easier to stop smoking by using an e-cigarette or vape.

An e-cigarette or vape lets you breathe in just the nicotine and not the other dangerous things in cigarettes.

Nicotine is the drug in cigarettes that makes you want to have it all the time and is hard to give up.



There are lots of different types of vapes, ones that look like normal cigarettes and ones that look more like pens.



You don't need a lighter with a vape. Some of them need to be charged up and some of them have liquid in that you have to buy.



Vaping is still bad for you but less bad than cigarettes.



Make sure you only use a vape from a shop – don't use a homemade vape.



Easy read information on stopping smoking from Macmillan Cancer Care:

tinyurl.com/MacMillanEasyRead



Or read these plain English top tips on the NHS website:

tinyurl.com/TipsStopSmoking



For a free NHS quit kit to help give up smoking:

www.nhs.uk/smokefree

This is not in easy read but ask your chemist for help if you need it.

Healthy eating

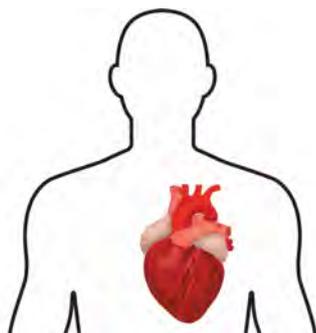


Healthy eating is eating food that helps keep us fit and well.



It's important to eat a mix of different foods and not too much of just one type.

This is called eating a balanced diet.



Why it is important to eat well

- it is better for our joints, knees, hips and backs
- it is better for our hearts
- it means we are more likely to stay well for longer
- it can mean we are less likely to get cancer or other health problems.



This is a picture of the foods that make up a balanced diet.

Fruit and vegetables



Bread, pasta, potatoes and rice



Meat, fish, eggs and beans



Dairy



Fatty and sugary foods



Fruit and veg



It's good to eat lots of different vegetables, salads and fruit.

One way to think about this is to eat lots of different coloured fruit and veg like:



- red for tomatoes, red peppers or red cabbage
- orange for carrots, butternut squash or pumpkin
- green for peas, broccoli, spinach, green cabbage, asparagus, lettuce or cucumber
- purple for beetroot
- yellow for sweetcorn or yellow peppers
- white for cabbage, cauliflower or mushrooms.



Lots of different types of vegetables and salads gives your body the different, good things it needs.



We should try to eat 5 portions of fruit and veg a day.



A portion is about the amount that would fit in your hand, like a small orange or a handful of grapes.



If you don't eat enough fruit and veg, it can make it hard to poo. This is called having constipation, and it can make you very poorly.

Bread, rice, pasta and potatoes



About 1 in 3 portions of the food we eat should be starchy foods like bread, rice, pasta and potatoes.



We get lots of energy from these foods.



It's good to eat things like brown rice and wholewheat pasta instead of white rice or pasta.

This is because they have more fibre, which is good for us and helps us poo.

Meat, fish, eggs and beans



Meat, fish, eggs and beans have lots of things in them that are good for us.



It's good to eat things like beans, peas and lentils, because they have less fat in them than meat.



They help our bodies stay healthy and mend themselves.

Dairy foods



Milk, cheese and yoghurt are called dairy foods.

They help keep our bones healthy.



If you don't eat **dairy** food, you can eat or drink **non-dairy** milks and yoghurt that are made from plants. For example, soya milk and soya yoghurt, almond milk or coconut milk.

Foods that are high in fat



We can eat small amounts of foods that have a lot of fat in them, like cooking oil (e.g. olive oil) and butter.



There is a lot of fat in foods like chocolate, cakes, biscuits and ice cream.



It's okay to have some cake, chocolate or crisps now and again, but we should eat these foods less often and in smaller portions.

Drinking water

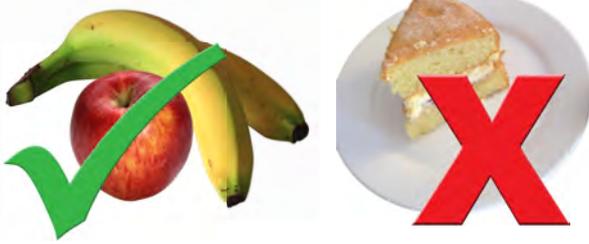


Drinking enough water or sugar free drinks is important and we should try to drink about 6-8 glasses a day.



This can also help you to poo more easily.

Some people should not eat some foods

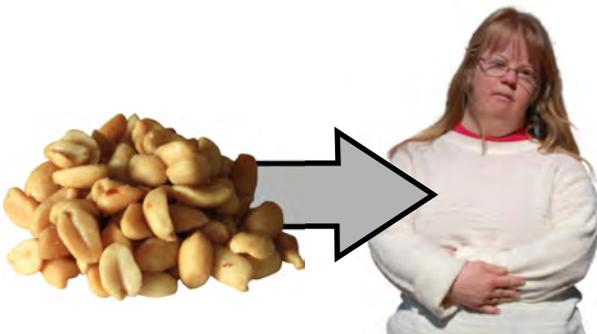


If you have **diabetes**, make sure you know which foods you can and can't eat.



Find out more about these foods, including top tips and meal plans - tinyurl.com/diabetes-balanced-diet

This is not in easy read.



Some people can't eat certain foods or drinks because it causes their body to behave in unusual ways.



Some people can have a reaction – this is called having an allergy. Allergic reactions usually happen straight away and can be dangerous.



Some people's bodies react in a bad way more slowly and that lasts longer. For example, some people get an upset tummy after eating dairy foods. This is called having an intolerance.



If you have an allergy or are intolerant to some foods then make sure you don't eat them, even if they are healthy for other people.



This is because these foods can make you poorly. Ask for help to find other healthy foods that work for you.

Some things people are allergic to are:



- milk
- peanuts
- eggs
- fish or seafood

These are just some examples - this isn't a full list of all the foods and drinks that people can be allergic to.

You can make some notes here

A spiral-bound notebook with a white cover and a silver metal spiral binding on the left side. The notebook is open to a page with ten horizontal lines for writing.

Healthy eating wordsearch



B	L	A	N	G	O	O	B	S	C	A	U	R	F	J	L	I	T
B	A	G	A	M	M	A	E	L	T	E	I	P	H	A	N	T	I
H	R	L	O	E	R	B	U	F	C	F	A	L	O	C	I	Y	A
C	U	I	A	O	W	F	R	E	B	V	C	D	B	T	S	I	K
X	C	V	L	N	D	S	G	H	I	L	H	J	R	J	L	B	V
S	E	A	L	D	C	F	V	G	H	U	O	Y	E	O	F	O	O
C	T	F	E	N	N	E	A	T	W	E	L	L	V	B	H	Y	D
Q	E	F	R	J	V	F	D	T	E	S	F	H	Y	V	F	T	S
B	J	K	G	D	G	G	I	D	S	E	S	W	F	R	U	P	N
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U	F	H	K	M	M	C	D	S	S	L	H	R	W	A	D	D	H
R	S	O	O	L	J	F	R	U	I	T	V	N	J	A	F	E	T
A	P	V	F	S	R	O	F	J	N	H	X	Z	I	Z	A	X	B
G	D	T	Y	H	F	O	D	S	A	Y	A	R	O	D	T	P	B
U	F	H	Y	T	D	D	A	I	F	D	Y	S	C	B	S	O	E
S	W	A	T	E	R	G	J	I	D	E	T	K	V	K	W	K	B

Find these words, the first one has been found for you.

~~Allergies~~

Balanced diet

Eat well

Fats

Fit

Food

Fruit

Good fats

Healthy

Sugar

Vegetables

Water

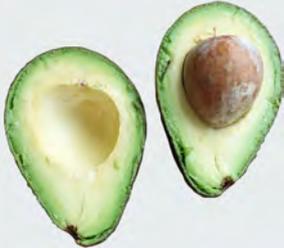
Try our quick and easy, healthy recipe Tuna and Avocado salad



To make this you need:



- A small tin of tuna



- An avocado



- A spoon of mayonnaise



- Some vegetables like cold cooked broccoli and asparagus



- Tomatoes and fresh spinach leaves



- Some tinned sweetcorn



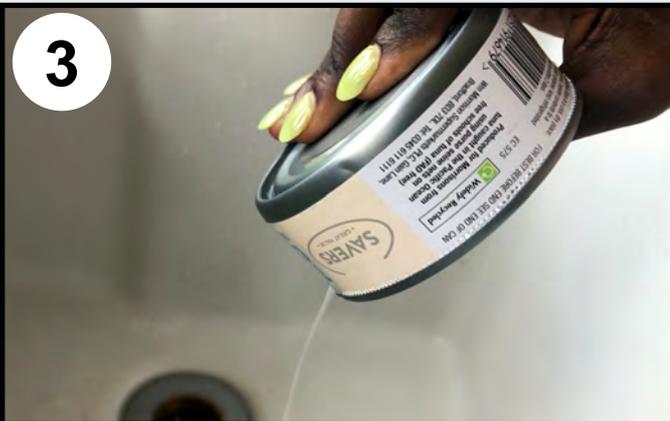
- Salt, pepper and olive oil.



1
Carefully open the tin of tuna with a can opener. Ask someone if you need help.



2
Carefully open the tin of sweetcorn. Ask someone if you need help.



3
Empty the oil and water from the tins into the sink.



4
Put the tuna and sweetcorn into a bowl with a spoon of mayonnaise and stir.



5
Cut the avocado in half taking care with the knife or ask someone if you need help.



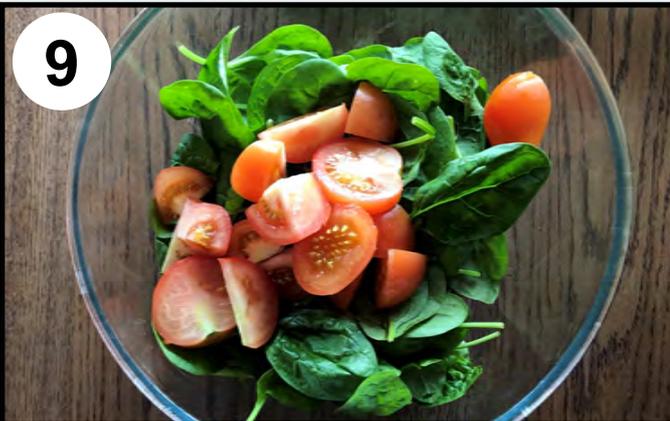
6
Use a spoon to take the stone out from the middle and scoop the inside (the soft, light green part) of the avocado into the bowl.



7
Chop up some broccoli and asparagus that has already been boiled and left to get cold and add into the bowl.



8
Chop up some tomatoes and spinach.



9
Add the tomatoes and spinach to the bowl and mix.



10
If you want to make this more filling, you can always add some cooked, cooled pasta or chopped boiled potato.



11
You can add a little shake of salt and pepper and olive oil to taste.



12
Mix everything together in the same bowl and it's ready to eat. In just a few minutes you have made a tasty and healthy meal! Yummy!

Find out more



Look at the NHS Change for Life website and download the app to find out what is in the food you eat, and get ideas and tips on how to eat well: www.nhs.uk/change4life



Bromley Mencap has information about how to cook and some easy read recipes; tinyurl.com/dinner-and-puddings



It's also important to keep active.



We will talk about this more in our next newsletter.

NHS App



NHS

The NHS looks after people's healthcare in England.



This includes doctors, nurses and other health staff.



The NHS want to make it easier for people to be in control of their own healthcare.



So they have made an app you can put on your phone or tablet (like an iPad) to make it easier to manage your healthcare.

To use the app, you will need to put it on your phone or tablet.



There are instructions on how to do this below, or ask someone else if you need help.



You can use the NHS App anytime and anywhere you can get the internet.



The NHS App is not instead of other health services.

You can still contact your GP (family doctor) in the normal way.



The NHS App is different from the NHS COVID-19 app.

There are lots of things you can do on the NHS App. You can:



- **Check your health records**

This is private information the doctor keeps about you.



- **Book and cancel health appointments**



- **Order medicines**

- **Check your symptoms**

Symptoms means changes in your body or changes in how you are feeling - for example a headache or feeling sick.

The NHS App has lots of information about different symptoms.



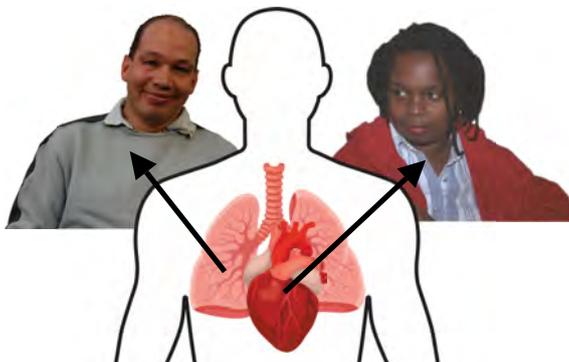


- Choose if you want information from your health records to be shared with other doctors or health staff.

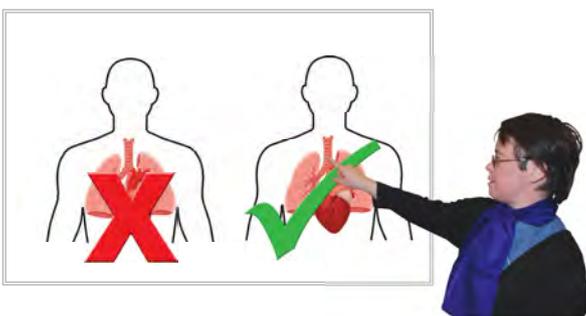


- Tell us what you want to happen to your body parts if you die.

This is called **organ donation**.



Your body parts like your heart and lungs can help other people.



You can decide now whether you would like this to happen when you have died.

- **Show that you've had a coronavirus vaccine**



You might need to show you've had both of your coronavirus vaccines to be able to travel to another country. You can use the NHS App to show that you've had the vaccine.



How to get the NHS App



To use the NHS App you need to:

- be registered with a GP (family doctor)
- be 13 or over.



You will need:

- smartphone or a tablet (like an iPad)
- your email address
- your date of birth

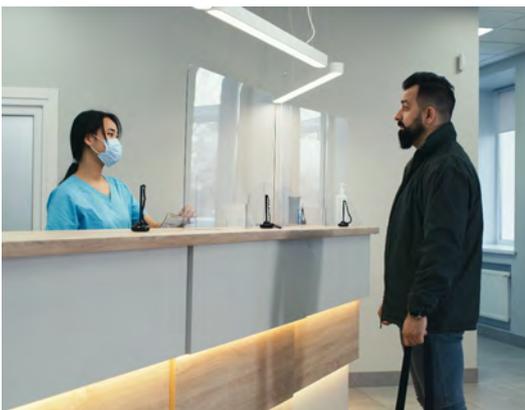




- your postcode
- a working mobile to get a code sent
- one sort of Photo ID, either;



- your passport
- a UK or European driving licence
- a European national identity card.



If you do not have a photo ID, you can get some codes from your GP instead. These are called:

- a linkage key
- an ODS code
- an account ID.

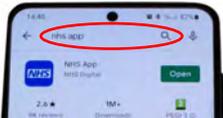


These codes will let you get on the app without any photo ID. Talk to your GP and ask them to give them to you. You could ask someone who supports you to help you with this.

To download the app



1. Go to the app store on your phone or tablet.



2. Go to the search bar and type in 'NHS App' then press 'Search'.



3. When the app has finished downloading, press on it to open it.



4. Press the blue button that says 'continue with NHS login'.



5. Follow the instructions on the screen to put in your email address, make a password and put in your other information.



6. You will get sent a code to your mobile phone that you will need to put in the app.



To be able to book appointments on the NHS App, you also need to prove to them who you are.



You need to follow the instructions to send a photo of your ID (either your passport, driving licence or national identity card).



If you don't have any of these types of ID, talk to your GP and get the codes as we talked about on page 37.



The NHS team who made the app want to make it more accessible.



If you have ideas about how it could be made better, they want to hear from you.



You can email them at lucy.winder1@nhs.net



Or phone or text them on **07850 883298**

Healthy eating wordsearch answers



These are the answers to the healthy eating wordsearch on page 26.



Thank you



That's the end of our easy read newsletter.



Please get in touch if you would like a printed copy, or if you would like us to send you newsletters in the future.



If you want to tell us about something that's important to you – please phone or email.

Credits



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Speaking Up Together -
making EasyRead information.



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The NHS England
learning disability and
autism engagement team



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