

# Breast Screening at the Park Centre for Breast Care

Easy read guide – Maria’s story



# Contents

<b>Step 1</b> - Appointment letter	3
<b>Step 2</b> - Your choice	4
<b>Step 3</b> - Asking for reasonable adjustments	4
<b>Step 4</b> - Getting to the Park Centre	5
<b>Step 5</b> - Finding the Breast Screening Department	6
<b>Step 6</b> - Reception	8
<b>Step 7</b> - Having the breast screening x-ray	9
<b>Step 8</b> - Going home	12
<b>Step 9</b> - Your results	12
<b>Step 10</b> - Checking your breasts	13
<b>Step 11</b> - More information	14



Hello, I'm Maria.  
This is my story about going  
for breast screening at:

### **Park Centre for Breast Care**

Imaging and Screening  
Floor 2

177 Preston Road  
Brighton  
BN1 6AG

Opposite Preston Park  
in Brighton.

## Step 1 - Appointment letter



Maria got a letter in the post  
from the Park Centre.

She read the letter with  
her carer.

You can read the letter  
with a carer or someone  
you trust.

## Step 2 - Your choice

Yes or No



You can choose if you want to have a breast screening x-ray or not.

### What is an X-ray?

An X-ray takes a photo of the inside your breasts to see if they are healthy.

## Step 3 - Asking for help



Maria decided she wanted to have a breast screening X-ray. She phoned the Park Centre.

on **01273 446017**

Maria told them she has a learning disability and asked for some things that would make her visit easier.

You can ask for:

- a different date
- Easy Read information
- a visit to meet the staff and look at the equipment
- a longer appointment
- to come at a quiet time
- someone to come with you
- to listen to music



## Step 4 - Getting to the Park Centre



Maria got the bus.

**Buses:** Buses stop outside the Park Centre at the stop called 'Nestor Court'.

You can catch: 5, 5A, 17, 271, 272, 273, and 270.

### Other transport

**Cars:** There is a Disabled Parking Bay.

There is no public parking.

Pay and display car parking is available on the opposite (east) side of Preston Park and the surrounding residential roads.

**Trains:** London Road and Preston Park stations are both close. They serve areas in East, West and Mid Sussex.

## Step 5 - Finding the Breast Screening Department



Maria walked up to the side of the building.



Maria went up the steps.



You can also get in at the lower level so you don't have to go up the steps.



Maria went in the **lift** to the **floor 2**.



You can get to the floor 2 in the **lift** or up the **stairs**.



When you get **out of the lift** the Breast Screening Service will be **in front of you**.

## Step 6 - Reception



Maria went to the reception desk.

You can ask reception any questions.



You can ask reception where the toilets are.



Maria waited for her name to be called.

She did not wait long.

## Step 7 - Having the breast screening x-ray



The mammographer took Maria to have her breast screening X-ray.

A mammographer is the person who does the X-ray.



Maria's carer came in with her.

Your carer or trusted person can go in with you.

When the X-rays are being done, Maria's carer has to stay behind the screen with the mammographer.



The mammographer told Maria what will happen and asked Maria if she was happy to have the X-ray.



Maria was asked to take her top and bra off.

It is a good idea to wear a skirt or trousers.

No dresses.

Maria was asked if she was happy to take her top and bra off.

Yes or No



The mammographer asked Maria if she was happy to have the X-ray.



The mammographer moved Maria to the right position. She was asked to stay still. You can stand or sit tight to the machine.



A plate comes down and presses on your breast. This might be a bit sore. Both your breasts will be X-rayed twice.



It only takes a few minutes to have your breasts X-rayed.

## Step 8 - Going home



Maria got dressed in the room.

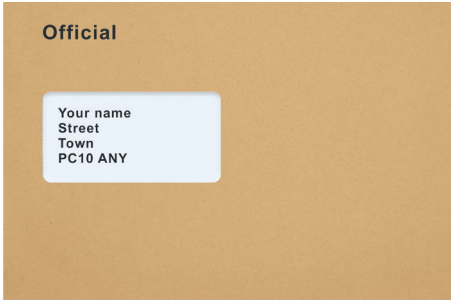
She put her bra and top back on before she left to go home.

Before you go, you can ask if you have any questions.



Maria took it easy when she got home.

## Step 9 - Your Results



Maria's results were posted to her, within 2 weeks.

Maria asked her carer to read the letter with her.

## Step 10 - Checking your breasts



Maria was pleased that she had her breast screening, and the results were good.

Maria checks her breasts once a month to check for changes or lumps.

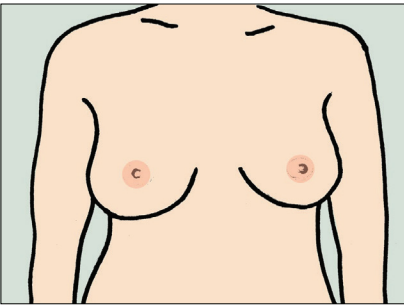
If Maria notices a change in her breasts she knows to see her doctor.

# Step 11 - More information

NHS

## Breast cancer screening

An easy read guide about a health test for women aged 50 and over



You can find out more about having an X-ray in this booklet.

You can ask the Breast Screening Service for a copy.

[An easy guide to breast screening\\_June23.pdf](#)

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## Breast care and screening



You can find out about checking your breasts in this leaflet.

You can order it from Macmillan.

[Breast care and screening | Easy read booklet | Macmillan Cancer Support](#)



A big **thank you** to **Maria** for sharing her story.



This story was made with, Maria and the Speak Out Thumbs Up Group, The Sussex Breast Screening Service and Learning Disability Health Facilitator.

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