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# Leaflet Catalogue

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### [ACCIDENT PREVENTION / SAFETY](#)

**Babies: top safety tips for parents and carers** (Child Accident Prevention Trust, 2019.)

**Did you wash your hands?** (Comic Company, 2015.)

**Height chart: helping your child to avoid accidents at home** (ROSPA, 2012.)

**How safe are your child's toys?** (Child Accident Prevention Trust, 2013.)

**How safe is your child at home?** (Child Accident Prevention Trust, 2009.)

**How safe is your child from burns and scalds?** (Child Accident Prevention Trust, 2018.)

**How safe is your child in the car?** (Child Accident Prevention Trust, 2019.)

**Toddlers and up: top safety tips for parents and carers** (Child Accident Prevention Trust, 2018.)

**What might poison your child** (Child Accident Prevention Trust, 2011.)

**5-7s: top safety tips for parents and carers** (Child Accident Prevention Trust, 2009.)

**7-11s: top safety tips for parents and carers** (Child Accident Prevention Trust, 2009.)

## **ALCOHOL & DRUGS**

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**Alcohol and pregnancy don't mix** (BHCC, 2015.)  
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**Alcohol unit and calorie calculator wheel** (Drinkcoach, 2024.)

**Anyone can overdose - Reduce your risk** (Change Grow Live, 2021.)

**Cannabis & Tobacco** (Comic Company, 2014.)

**Change - Grow - Live** (Brighton drugs and alcohol service) (CGL, 2020.)

**The Club Drugs Wheel** (PDF only, the Drugs Wheel.com, 2020.)  
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**Drug card - Alcohol** (HIT, 2023.)

**Drug card - Amphetamines** (HIT, 2023.)

**Drug card - Anabolic steroids** (HIT, 2024.)

**Drug card - Benzodiazepines** (HIT, 2024.)

**Drug card - Cannabis** (HIT, 2015.)

**Drug card - Cocaine** (HIT, 2023.)

**Drug card - GBH, GHB** (HIT, 2023.)

**Drug card - Heroin** (HIT, 2015.)

**Drug Card - Ketamine** (HIT, 2014.)

**Drug card - Khat** (HIT, 2014.)

**Drug card - LSD** (HIT, 2010.)

**Drug card - Magic mushrooms** (HIT, 2019.)

**Drug card - MDMA** (HIT, 2023.)

**Drug card - Methadone** (HIT, 2010.)

**Drug card - Nitrites** (HIT, 2017.)

**Drug card - Solvents** (HIT, 2023.)

**Drug related emergencies** (Exchange Supplies, 2015.)

**The Drugs Wheel** (PDF only, The Drugs Wheel.com, 2020.)  
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**Hepatitis C: a handbook for people who have injected drugs** (Harm Reduction Works, 2009.)  
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**Hepatitis: causes consequences & advice** (HIT, 2012.)

**Hepatitis C: the facts for gay and bisexual men** (Terrence Higgins Trust, 2014.)

**Hepatitis C: information for people who inject drugs** (HIT 2013)

**Injecting & infections** (National Treatment Agency, 2009.)  
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**It's a fine line...between using it and losing it (cocaine)** (HIT, 2011.)

**Keep our communities safe (drug litter)** (Wallet card, Brighton & Hove City Council, 2022.)

**Keep our communities safe (drug litter)** (A4 poster, Brighton & Hove City Council, 2022.)

**Know alcohol** (HIT, 2024.)

**Know ecstasy & PMA** (HIT, 2014.)

**Know GHB & GBL** (HIT, 2014.)

**Know Ketamine** (HIT, 2014.)

**Know mephedrone** (HIT, 2014.)

**Methamphetamine** (HIT, 2008.)

**No alcohol = no risk: alcohol in pregnancy advice** (BSUH, 2013.)

**Protect yourself against Hep B** (PDF only, Harm Reduction Works, 2008.)  
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**Rethink your drink scratchcard** (Brighton & Hove City Council, 2019.)

**Saving lives: your essential guide to spotting managing and preventing an opiate overdose** (Change Grow Live, 2021.)

**The stuff on cannabis** (HIT, 2018.)

**Take the two-minute alcohol test** (Wallet card, DrinkCoach, 2022.)

**The viruses: a rather rude guide for drug injectors** (Linnell, 2014.)

**There are some things you should never share with anyone . . . blood-borne viruses** (HIT, 2009.)

**What's the deal on grass: cannabis facts for parents carers and professionals** (HIT, 2014.)

**What's the deal on quitting: a Do-It-Yourself guide to quitting cannabis** (HIT, 2013.)

**Worried about sexual health, drugs or Alcohol?** (Toilet door poster, Brighton SHAC, 2021.)

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## [BABY AND CHILD HEALTH / PARENTING](#)

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**Art of baby massage** (West Herts Community NHS Trust, 2004.)

**Baby nosh – a short guide to introducing baby’s first foods** (Dairy UK, 2019.)

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**Baby starts solids** (Comic Company, 2008.)

**Being a parent starts right now: protecting your child from the dangers of cigarette smoke** (Department of Health, 2014.)

**Bite-sized guide to healthy weaning - Weaning take-home wall planner** (NHS, 2019.)

**Building blocks for a better start in life** (Department of Health, 2010.)

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**Bump to baby - a short guide to eating well during pregnancy and breastfeeding** (Dairy UK, 2019.)

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**Carbon monoxide screening: advice for health professionals** (Tommy’s, 2018.)

**Food safety and your baby** (Foodlink.)

**A guide to help you start breastfeeding – Easy Read** (NHS, 2025.)

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**Guide to bottle feeding** (NHS, 2021.)

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**Hepatitis B - A guide to your care in pregnancy and after your baby is born** (UK Health Protection Agency, 2025.)

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**Introducing solid foods** (Download only, Department of Health, 2015,)

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**NHS Healthy Start - Helping young families on low incomes to access health food, milk and vitamins** (NHS, 2025.)

**Off to the best start: a guide to breastfeeding - Z-card** (Department of Health, 2018.)

**Off to the best start: a guide to help you start breastfeeding** (Department of Health & Social Care, 2022.)

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**Positive parenting** (NSPCC ,2016.)

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**Postnatal depression** (Royal College of Psychiatrists, 2011.)

**Protecting your baby against hepatitis B with the hepatitis B vaccine** (UK Health Security Agency, 2025.)

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**Protecting your baby against meningitis and septicaemia** (Department of Health, 2018.)  
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**Protecting your baby against meningitis and septicaemia: quick guide** (Department of Health, 2015.)  
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**Safer sleep advice for premature & low weight babies** (Lullaby Trust, 2023.)  
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**Safer sleep for babies: a guide for parents** (Lullaby Trust, 2019.)  
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**Smoking – Safer sleep for babies** Fact Sheet 2 (Download only, Lullaby Trust, 2018.)  
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**Test your breath – Why carbon monoxide screening postcard** (Tommy's, 2018.)

**Time to start solid foods – Easy Read** (Department of Health and Social Care, 2024.)  
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**Tiny tums – a short guide to health eating for one-to-fives** (Dairy UK, 2019.)  
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**Top tips for teeth – Children aged 3+** (Department of Health & Social Care, 2014.)  
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**Top tips for teeth – Children aged 0-3 & pregnant women** (NHS, 2024.)  
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**Top tips for top kids** (Change 4 Life, 2010.)

**What every parent should know about Sepsis** (UK Sepsis Trust)

**Your guide to postnatal health and wellbeing** (FPA, 2021.)

**Your guide to the health and wellbeing of your new baby** (FPA, 2021.)

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## **[CANCER: DETECTION AND SCREENING](#)**

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**A change to a mole isn't the only sign of skin cancer** (NHS, 2015.)

**About ovarian cancer** (Ovacome, 2023.)  
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**Are you worried about cancer?** (Macmillan Cancer Support, 2022.)  
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**Are you worried about ovarian cancer?** (Macmillan, 2018.)

**Bowel cancer screening saves lives** (Cancer Research UK, 2022)

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**Bowel cancer screening: the facts** (DOH, 2013.)

**Breast cancer risk: what it means to you** (Breast Cancer Care, 2007.)

**The burning question – Is it really just heartburn?** (Heartburn Cancer UK, 2023.)

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**Cervical screening: what your abnormal result means** (DOH, 2012.)

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**Coughing for 3 weeks? Get out of breath easily? Do you have either of these symptoms? Tell your doctor** (NHS, 2016.)

**Could it be blood cancer?** (Blood Cancer UK, 2019.)

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**Feeling bloated most days for 3 weeks? Tell your doctor** (NHS, 2013.)

**Having tests for prostate cancer** (Macmillan Cancer Support, 2021.)

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**How to try to not get cancer** (Cancer Research UK, Easy read version, 2019.)

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**HPV Vaccination – Protecting against HPV infection to help reduce your risk of cancer** (Health Security Agency, 2023.)

**HPV vaccination for men** (UK Health Security Agency, 2024.)

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**If you notice blood in your pee even if it's 'just the once' tell your doctor** (NHS 2014)

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**Is there screening for ovarian cancer?** (Ovacom, 2024.)

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**Know your breasts: a guide to breast awareness and screening** (Breast Cancer Now, 2021.)

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**Let's be clear about breathlessness** (NHS, 2015.)

**NHS bowel cancer screening: helping you decide** (DOH, 2022, PDF only)

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**NHS breast screening: helping you decide** (DOH, 2021, PDF only.)

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**NHS cervical screening: helping you decide** (DOH, 2013.)

**NHS population screening: information for transgender and non-binary people** (PHE 2019, PDF only)

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**Over 60? Your bowel screening test will arrive by post** (NHS, postcard, 2015.)

**Prostate cancer awareness** (Cancer Research UK, 2024.)

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**Signs and symptoms of ovarian cancer** (Ovacome, 2023.)

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**Skin damage: also available in the UK** - postcard (Cancer Research UK, 2016.)

**Speak up against cancer** (Brighton & Hove CCG, 2016.)

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**Spot bowel cancer early** (Cancer Research UK, 2022.)

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**Spot breast cancer early** (Cancer Research UK, 2022.)

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**Spot cervical cancer early** (Cancer Research UK, 2024.)

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**Spot lung cancer early** (Cancer Research UK, 2024.)

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**Spot cancer early** (Cancer Research UK, 2022.)

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**Spot skin cancer early** (Cancer Research UK, 2024.)

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**Spotting cancer early saves lives** (Cancer Research UK, 2024.)

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**Spotting cancer early saves lives** (Cancer Research UK, Easy read, 2023.)

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**Spotting cancer early saves lives - for men** (Cancer Research UK, 2024.)

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**Spotting cancer early saves lives - for women** (Cancer Research UK, 2024.)

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**Spotting cancer early saves lives** - Z-card (Cancer Research UK, 2022.)

**Symptoms of prostate cancer – Easy read** (Macmillan Cancer Support, 2022.)

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**Treatments for prostate cancer – Easy read** (Macmillan Cancer Support, 2022.)

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**Understanding the PSA test** (PDF only, Prostate Cancer UK, 2020.)

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**Work and cancer** - (Macmillan Cancer Support, 2019.)

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**Worried about the symptoms of ovarian cancer?** (Target Ovarian Cancer, 2022.)

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**YMHC guide to testicular cancer** (BHCC.)

**You can cut your cancer risk** (Cancer Research UK, 2023.)

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**A younger woman's guide to ovarian cancer** (Download only, Target Ovarian Cancer, 2021.)

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**Your cancer care review is your chance to talk about what matters to you** (Macmillan Cancer Support, 2024.)

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## **CARDIOVASCULAR DISEASE**

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**Getting your blood pressure checked – Easy Read** (PDF only, Sussex Health & care, 2024.)

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**I've got my blood pressure under control** (British Heart Foundation, 2015.)

**Keep your heart healthy** (British Heart Foundation, 2019.)

**Looking after your heart – Easy Read** (PDF only, Sussex Health & Care, 2024.)

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**Over 40? Get a free blood pressure check in pharmacy today** (Department of Health and Social Care, 2024.)

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**Stroke: your quick guide** (British Heart Foundation, 2014.)

**Taking control of salt** (British Heart Foundation, 2018.)

**Understanding blood pressure** (British Heart Foundation, 2018.)

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**Understanding cholesterol** (British Heart Foundation, 2018.)

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**Understanding a heart attack** (British Heart Foundation, 2024.)

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**Understanding high blood pressure** (British Heart Foundation, 2024.)

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**Understanding high cholesterol** (British Heart Foundation, 2024.)  
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**Understanding your heart health** (British Heart Foundation, 2024.)  
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**Ask Brook about contraception** (Brook, 2012.)

**BodyWorks: your guide to understanding reproduction** (FPA, 2016.)

**Combined pill** (FPA, 2017.)

**Contraceptive implant** (FPA, 2017.)

**Contraceptive choices after you've had your baby** (FPA, 2014.)

**Contraceptive injections** (FPA, 2017.)

**Contraceptive patch** (FPA, 2019.)

**Contraceptive vaginal ring** (FPA, 2014.)

Diaphragms and caps (FPA, 2014.)

**Emergency contraception** (FPA, 2017.)

**Hormonal IUD – the FPA guide** (FPA, 2025.)

**IUS** (FPA, 2015.)

**Long-acting reversible contraception (LARC)** (FPA, 2014.)

**Male and female condoms** (FPA, 2014.)

**Male and female sterilisation** (FPA, 2015.)

**Natural family planning** (FPA, 2014.)

**Progestogen only pill** (FPA, 2015.)

**Your guide to contraception** (FPA, 2014.)

**Your guide to the IUD** (FPA, 2017.)

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**A quick introduction to Parkinson's** (Parkinson's UK, 2014.)

**Asthma** (British Lung Foundation, 2014.)  
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**At home with dementia: tips for making your home dementia friendly** (Age UK, 2021.)  
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**Bladder and bowel problems: common problems and how to manage them** (Age UK, 2022.)  
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**Breathlessness** (British Lung Foundation, 2017.)  
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**Living with chronic obstructive pulmonary disease (COPD)** (Asthma + Lung UK, 2022.)  
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**Dementia and memory problems** (Royal College of Psychiatrists, 2014.)  
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**Dementia: helping your brain to stay healthy. NHS Health Check** (DOH 2015)  
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**Diabetes and your heart** (British Heart Foundation, 2013.)

**Diabetes everyday eating** (Independent Diabetes Trust, 2023.)  
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**Everyday living with arthritis** (Arthritis Research UK, 2011.)

**Food and nutrition** (Diabetes UK, 2020.)

**Hayfever** (ENTUK, 2016.)

**All you need to know about Irritable bowel syndrome** (Guts UK, 2021.)  
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**Living with dementia** (Age UK, 2021.)  
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**Newly diagnosed with diabetes** (Diabetes UK, 2022.)  
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**Osteoarthritis** (Arthritis Research UK. 2012.)

**Supporting someone with MS** (MS Society, 2017.)  
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**This is the face of M.E.** (Action for M.E. 2009.)

**Tuberculosis** (British Lung Foundation, 2013.)

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**Understanding your diabetes** (Insulin Dependent Diabetes Trust, 2022.)

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**Understanding Type 2 diabetes** (British Heart Foundation, 2018.)

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**Understanding vascular dementia** (British Heart Foundation, 2018.)

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**Understanding your risk of Type 2 Diabetes** (Diabetes UK, 2022.)

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**What every parent should know about Sepsis** (UK Sepsis Trust)

**What is MS?** (MS Society, 2021.)

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## **FOOD AND NUTRITION**

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**10 Top tips for a healthy weight** (Cancer Research UK, 2023.)

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**99 ways to cut 100 calories a day** (Comic Company, 2016.)

**Are you getting enough?** (Comic Company, 2015.)

**Are you ready for your fun family snack challenge?** (Change4Life, 2018.)

**Baby starts solids** (Comic Company, 2008.)

**Check the labels (salt sugar fat)** postcard (Comic Company, 2010.)

**Check the labels** booklet (Comic Company, 2017.)

**Eat 5** booklet (Comic Company, 2010.)

**Eat 5** postcard (Comic Company, 2010.)

**Eat Better to reduce your risk of heart and circulatory diseases** (British Heart Foundation, 2025.)

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**Eat fit: top ten healthy eating tips** (Comic Company 2013)

**Eating well for healthy lungs** (Asthma + Lung UK, 2022.)

**Eating well to stay healthy as you age** (Brighton & Hove Food Partnership, 2020.)

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**Eating well with diabetes** (Diabetes UK, 2021.)

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**Eatwell - tips for healthy eating postcard** (Comic Company 2017)

**Fat - Spread it thin** (Comic Company, 2019.)

**Food and nutrition** (Diabetes UK, 2022.)

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**Food labels made easy** (Diabetes UK, 2022.)

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**Healthy eating guide – advice for those keen to lower their cholesterol** (Heart UK, 2023.)

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**Healthy lunchbox** (Comic Company 2014)

**How food smart are you?** (Change4Life, 2017.)

**Introducing solid foods** (Download only, Department of Health, 2014.)

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**Let's eat and drink healthily** (Cancer Research UK, 2023.)

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**Let's get Sugar Smart pack** (Change4Life 2016)

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**Salt: shake the habit** (Comic Company, 2012.)

**Salt intake and the health of your children** (Action on Salt, 2023.)

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**Size matters** (Comic Company, 2009.)

**Small changes big benefits** (Comic Company, 2014.)

**Sugar: not so sweet** (Comic Company, 2017).

**Taking control of saturated fats** (British Heart Foundation, 2018.)

**Taking control of sugar** (British Heart Foundation, 2018.)

**Understanding your weight** (British heart Foundation, 2018.)

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**Food safety and your baby** (Foodlink)

**Food safety and your barbeque** (Foodlink)

**How to store foods safely** (Foodlink)

**Keep me cool keep me clean** postcard (Comic Company, 2003.)

**Preventing food poisoning** (FSA 2002)

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## **GENERAL HEALTH**

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**Annual health checks – Easy Read** (PDF only, Mencap, 2024.)

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**Enjoy the outdoors but ‘be tick aware’** (UK Health Security Agency, 2024.)

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**Getting the healthcare you need – Easy Read** (Sussex Health & Care, 2024.)

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**Hepatitis B - A guide to your care in pregnancy and after your baby is born** (NHS, 2020.)

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**Free NHS Health Check** (DOH, 2015.)

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**How are you? - Z card** (PHE, 2016.)

**Join Change 4 Life today – sign up form** (DOH, 2012.)

**Star Wars – Train like a Jedi** – activity and sticker pack for school children (PHE, 2018.)

**Taking antibiotics when you don’t need them puts you and your family at risk** (NHS, 2019.)

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**Top tips for top kids** (Change 4 Life, 2010.)

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**Wellbeing action plan** (Charlie Waller Memorial Trust, 2015.)

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**We’re here to help you stay well this winter** (DoH, 2020.)

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**A guide to the spring 2025 COVID-19 vaccination programme** (UK Health Security Agency, 2025.)

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**A guide to immunisations at one year of age** (UK Health Security Agency, 2025.)

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**A guide to immunisation for babies up to 13 months of age** (UK Health Security Agency, 2025.)

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**A guide to vaccinations for pre-school - for children aged two years old until starting primary school. Schedule from January 2026** (UK Health Security Agency, 2025.)

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**A guide to immunisation for teenagers and young people – your questions answered about the vaccinations given in school years 7 to 13 (HPV, Td/IPV and MenACWY)** (UK Health Security Agency, 2024.)

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**A guide to the Meningococcal B vaccine for protection against gonorrhoea for gay, bisexual and other men who have sex with men** (UK Health Security Agency, 2025.)

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**A guide to vaccinations for children aged 18 months** (UK Health Security Agency, 2025.)

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**A quick guide to childhood immunisations for parents of premature babies** (UK Health Security Agency, 2025.)

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**All about flu and how to stop getting it – simple text version for adults** (NHS, 2023.)

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**All about flu and how to stop getting it – simple text version for children** (NHS, 2021.)

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**Are you protected against measles, mumps and rubella?** (NHS postcard, 2023.)

**Easy read guide to the COVID-19 booster vaccination** (UK Health Security Agency, 2021.)

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**The flu vaccination: who should have it and why** (UK Health Security Agency, 2024.)

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**How to protect your baby from RSV** (UK Health Security Agency, 2024.)

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**If you could get pregnant, act now to protect against rubella** (UK Health Security Agency, 2022.)

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**Information on the smallpox vaccine** (UK Health Security Agency, 2022.)

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**Measles: don't let your child catch it** (DOH, 2013.)

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**Measles: Protect yourself, protect others** (DOH, 2018.)

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**MMR vaccination** (UK Health Security Agency, 2023.)

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**Moved to the UK: Get up-to-date with your vaccinations** (Public Health England, 2019.)

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**Pregnant? These vaccines help to protect you, your baby and your pregnancy** (UK Health Security Agency, 2024.)

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**Protect yourself against flu – Information for those in secondary school** (UK Health Security Agency, 2025.)

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**Protect yourself from flu, have the flu vaccine - Easy read version** (NHS, 2020.)

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**Protecting your baby against hepatitis B with the hepatitis B vaccine** (UK Health Security Agency, 2025.)

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**Protecting your baby against rotavirus** (UK Health Security Agency, 2021.)

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**Protecting your child against flu – information for parents and carers** NHS, 2025.)

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**TB BCG vaccine and your baby** (DoH, 2021.)

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**TB: tuberculosis the disease its treatment and prevention** (NHS, 2016.)

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**There is a vaccine to help protect you against measles, mumps and rubella - Easy read** (UK Health Security Agency, 2025.)

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**There's a vaccine to help protect you from the pain of shingles** (UK Health Security Agency, 2025.)

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**Think measles - It's not just a kids' problem** (Public Health England, 2019.)

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**Vaccines for adults** (NHS postcard, 2023.)

**Vaccines for children** (NHS postcard, 2023.)

**Whooping cough and pregnancy: your questions answered on how to help protect your baby with the whooping cough vaccine** (UK Health Security Agency, 2024.)

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**Why do I have to wait for my vaccination against monkeypox?** (UK Health Security Agency, 2022.)

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**Your guide to the RSV vaccine for older adults** (UK Health Security Agency, 2026.)

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## [LGBT](#)

**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health 2015)

**Hepatitis C: the facts for gay and bisexual men** (Terrence Higgins Trust, 2014.)

**LGBT+: navigating later life** (Age UK, 2019.)

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**NHS population screening: information for transgender and non-binary people** (PHE 2019, PDF only)

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**Stepping out: a rough guide for young people who are lesbian gay bisexual or questioning their sexuality** (Sheffield Centre for HIV & Sexual Health 2011.)

**The Facts about Hepatitis A - Z card** (Terrence Higgins Trust, 2017.)

**Top tips for working with trans and gender questioning young people** (Allsorts, 2017.)

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## [MENINGITIS](#)

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**Are you starting university in England? Protect yourself against meningitis and septicaemia** (Department of Health, 2016.)

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**Common signs & symptoms of meningitis and septicaemia – Z card** (Meningitis Now, 2019.)

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**A guide to the Meningococcal B vaccine that protects against meningitis and septicaemia** (UK Health Security Agency, 2026.)

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**Meningitis and Septicaemia – don't ignore the signs** (UK Health Security Agency, 2023.)

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**In school years 9-13? Protect yourself against meningitis and septicaemia** (Department of Health, 2016.)

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**Leaving school or college? MenACWY vaccine** (NHS, 2017.)

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**Meningitis can affect anyone** (Meningitis Now, 2022)

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**Protect yourself against meningitis and septicaemia with the MenACWY vaccine** (UK Health Security Agency, 2023.)

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**Protecting your baby against meningitis and septicaemia** (Department of Health, 2015.)

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**Protecting your baby against meningitis and septicaemia: a 3-minute guide** (Department of Health, 2015.)  
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## **MEN'S HEALTH**

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**A YMHC guide to testicular cancer** (BHCC, 2017.)  
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**Beat stress - feel better** (Men's Health Forum, 2017.)

**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health, 2015.)

**Osteoporosis in men** (National Osteoporosis Society, 2016.)  
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**Serious drinking** (Men's Health Forum, 2016.)  
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**Size matters** (Comic Company, 2009.)

**Spotting cancer early saves lives – information for men** (Cancer Research UK, 2020.)  
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**The man manual: men's health made easy** (Haynes & Men's Health Forum, 2017.)

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## **MENTAL HEALTH**

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**Anorexia & bulimia** (Royal College of Psychiatrists, 2014.)  
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**Anxiety and panic attacks** (Mind, 2023.)

**Anxiety, Panic & Phobias** (Online only, Royal College of Psychiatrists, 2015.)

**Beat stress - feel better** (Men's Health Forum, 2017.)  
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**Bereavement** (Royal College of Psychiatrists, 2020.)  
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**Dementia and memory problems** (Royal College of Psychiatrists, 2014.)  
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**Depression (in adults)** (Royal College of Psychiatrists, 2020.)  
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**Discover simple steps to look after your mental health - Z-card conversation starter** (NHS, 2025.)  
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**Good for your body, good for your mind** (NHS, 2022.)

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**Help is at hand: support after someone may have died by suicide** (PHE, 2018.)

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**Help is at hand - Z-card** (PHE, 2018.)

**How to be mentally healthy at work** (Mind, 2016.)

**How to deal with anger** (Mind, 2016.)

**How to look after your mental health** (Mental Health Foundation, 2018.)

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**How to look after your mental health in later life** (Mental Health Foundation, 2018.)

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**How to manage and reduce your stress** (Mental Health Foundation, 2025.)

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**How to overcome fear and anxiety** (Mental Health Foundation, 2018.)

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**How to sleep better** (Mental Health Foundation.)

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**How to support mental health at work** (Mental Health Foundation.)

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**How to support someone who feels suicidal** (Mind, 2017.)

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**Living with dementia: from concerns and diagnosis to support and future care** (Age UK, 2021.)

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**Memory problems & dementia** (Royal College of Psychiatrists, 2019.)

**Mental health and debt** (MoneySavingExpert, PDF only, 2025.)

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**Postnatal depression** (Royal College of Psychiatrists, 2015.)

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**Quick tips - Looking for help with your mental health** (Mind, 2023.)

**Quick tips on panic attacks** (Mind, 2025.)

**Relaxation - a short guide** (Mind, 2023.)

**Schizophrenia** (Royal College of Psychiatrists, 2014.)

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**Self-harm** (Royal College of Psychiatrists, 2016.)

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**Sleep - a short guide** (Mind, 2019.)

**Sleep - A guide to getting enough sleep for drug & alcohol users** (Exchange Supplies, 2021.)

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**Sleeping well** (Online only, Royal College of Psychiatrists, 2015.)

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**StayAlive - A suicide prevention resource** (Grassroots, 2021.)

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**Top tips to improve your mental wellbeing - Easy read** (NHS, 2023.)

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**Understanding mental health problems** (Mind, 2018.)

**Understanding self-harm** (Mind, 2016.)

**Your mind matters: thinking about your mental health** (Age UK, 2019.)

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## **OLDER PEOPLE**

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**A practical guide to healthy ageing** (Age UK, 2014.)

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**Age and dementia friendly what's on guide** (Brighton & Hove City Council, 2026.)

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**At home with dementia: tips for making your home dementia friendly** (Age UK, 2025.)

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**Bladder and bowel problems: common problems and how to manage them** (Age UK, 2023.)

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**Brighton & Hove Dementia Care Journey booklet** (Brighton & Hove City Council, 2026.)

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**Caring for someone with dementia: Practical help and emotional support** (Age UK, 2023.)

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**Dementia - reducing your risk** (Alzheimer's Society, 2026.)

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**Dementia and memory problems** (Royal College of Psychiatrists, 2014.)

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**Eating well to stay healthy as you age** (Brighton & Hove Food Partnership, 2024.)

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**Get up and go! A guide to staying steady** (Saga, 2017.)

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**How to look after your mental health in later life** (Mental Health Foundation, 2018.)

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**Keeping well for retirement in Brighton & Hove** (Brighton & Hove City Council, 2025.)

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**Lesbian, gay, bisexual or trans: navigating later life** (Age UK, 2018.)

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**Let's talk about dying** (PDF only, Hospice UK, 2020.)

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**Living with dementia: from concerns and diagnosis to support and future care** (Age UK, 2025.)

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**Memory problems & dementia** (Royal College of Psychiatrists, 2019.)

**Over 60? Your bowel screening test will arrive by post postcard** (NHS, 2015.)

**Staying steady: How to reduce your risk of falling** (Age UK, 2022.)

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**Staying steady and independent with dementia – hints and tips to help reduce your chance of falling** (Brighton & Hove City Council, 2024.)

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**Supporting bereavement** (Hospice UK, 2020.)

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**Talking about dying with children** (PDF only, Hospice UK, 2020.)

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**Talking about dying with people affected by dementia** (Hospice UK, 2020.)

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**There's a vaccine to help protect you from the pain of shingles** (UK Health Security Agency, 2023.)

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**Things to do before you die** (PDF only, Hospice UK, 2020.)

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**Top tips for keeping warm and well this winter** (UK Health Security Agency, 2024.)

**Winter wrapped up: a guide to keeping warm and well this winter** (Age UK, 2019.)

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**Your mind matters: thinking about your mental health** (Age UK, 2024.)

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**Give your teeth a makeover** postcard (Comic Company 2015.)

**Tell me about children's teeth** (British Dental Health Foundation, 2016)

**Tiny teeth - a short guide to healthy teeth for the under-fives** (Download only, Dairy UK, 2022.)

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**Top tips for teeth** – Z card (NHS Change 4 Life, 2018.)

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## **OSTEOPOROSIS**

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**Am I at risk of osteoporosis and fractures?** (Royal Osteoporosis Society, 2013.)

**An introduction to osteoporosis** (Royal Osteoporosis Society, 2016.)

**Healthy living for strong bones** (Royal Osteoporosis Society, 2021.)

**Osteoporosis** (Arthritis Research UK, 2011.)

**Osteoporosis in men** (Royal Osteoporosis Society, 2016.)

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## **PHYSICAL ACTIVITY**

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**Everyday fit!** (Comic Company, 2016.)

**Find movement that works for you** (We are Undefeatable campaign, 2019.)

**Get up and go! A guide to staying steady** (Saga, 2017.)

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**Good for your body, good for your mind** (NHS, 2022.)

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**Healthy Lifestyles Team – service leaflet** (Brighton & Hove City Council.)

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**Quick tips on physical activity** (Mind, 2024.)

**Swimfit** (Comic Company, 2005.)

**Understanding physical activity** (British heart Foundation, 2018.)

**Your exercise handbook** (Asthma + Lung UK, 2021.) [\(Click to download\)](#)

**Your guide to moving more when you have diabetes** (Diabetes UK,2021.)

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## **[PREGNANCY](#)**

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**Alcohol and pregnancy don't mix** (Brighton & Hove City Council, 2015.)

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**Baby on the way quit today: what you need to know about smoking and pregnancy** (Department of Health, 2012)

**Carbon monoxide screening: advice for health professionals** (Tommy's, 2018.)

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**No alcohol = no risk: alcohol in pregnancy advice** (Brighton & Sussex University Hospitals Trust, 2013.)

**Postnatal depression** (Royal College of Psychiatrists, 2015.)

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**Pregnancy: a young person's guide** (FPA ,2014.)

**Test your breath – Why carbon monoxide screening matters** postcard (Tommy's 2018)

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## **[SEXUAL HEALTH \(also see YOUNG PEOPLE\)](#)**

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**Abortion** (FPA, 2014.)

**Big weekend? Blue Monday? Are you worried about having sex while high?** (Terrence Higgins Trust, 2017.)

**The facts about Gonorrhoea** (Terence Higgins Trust, 2017.)

**Hep B: risky business** (Postcard, Public Health England, 2020.)

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**HIV** (FPA 2016)

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**Information about testing for chlamydia – this is for women, trans men, non-binary (assigned female at birth) and other people with a womb and ovaries - Easyread** (PDF only, UK Health Security Agency, 2023.)

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**Oral sex** (FPA, 2106.)

**Pregnant and don't know what to do?** (FPA, 2014.)

**Sexual health for under 25s** (Brighton SHAC, 2023.)

**So you think you might be pregnant?** (BPAS, 2012.)

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**Syphilis** (FPA, 2014.)

**Worried about sexual health, drugs or Alcohol?** (Toilet door poster, Brighton SHAC, 2021.)

**You can stop HIV** (Terence Higgins Trust, 2018.)

**Your guide to genital warts, genital herpes, pubic lice and scabies** (FPA, 2022.)

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**Your guide to Chlamydia, Gonorrhoea and Non-Gonococcal Urethritis (NGU)** (FPA, 2022.)

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**Your guide to thrush, bacterial vaginosis and trichomonas vaginalis** (FPA, 2023.)

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## **[SMOKING](#)**

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**Baby on the way quit today: what you need to know about smoking and pregnancy** (DOH, 2012.)

**Being a parent starts right now: protecting your child from the dangers of cigarette smoke** (DOH, 2014.)

**Cannabis & Tobacco** (Comic Company, 2014.)

**Carbon monoxide screening: advice for health professionals** (Tommy's, 2018.)

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**Drug card - Tobacco** (HIT, 2012.)

**Healthy Lifestyles Team stop smoking service** (Brighton & Hove City Council.)

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**How to stop smoking** (Asthma + Lung UK, 2022.)

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**I quit! How to leave smoking behind you** (Comic Company, 2015.)

**I quit: day you stop postcard** (Comic Company, 2007.)

**Inside story - what smoking does to your body** (Comic Company, 2011.)

**Over 80% of cigarette smoke is invisible** (NHS, 2013.)

**Quit smoking – Easy Read** (NHS, 2023.)

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**Quit smoking - wallet card** (NHS, 2021.)

**Quitting is all about finding what works for you** (NHS, 2012.)

**Sex and smoking** (Comic Company 2015)

**Smoking - Safer sleep for babies Fact Sheet 2** (Lullaby Trust, 2018.)  
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**Stop smoking - Easy read** (Macmillan Cancer Support, 2019.)  
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**Vaping: a guide for health and social care professionals** (PDF only, National Centre for Smoking Cessation and Training (NCSCT), 2023.)  
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**Warning: smoking can seriously damage your smile. Smoking and your mouth** (GASP, 2017.)

**Why not quit now? A quit smoking guide for young people** (GASP, 2011.)

**You can be smoke free** (Cancer Research UK, 2023.)  
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## **SUN SAFETY**

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**Be safe in the sun – Easy read** (Macmillan, 2022.)  
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**Get sunwise: cool cat's hot tips** (Comic Company, 2008.)

**Let's stay safe in the sun** (Cancer Research UK, 2021.)  
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**Skin damage - also available in the UK** (Postcard, Cancer Research UK, 2019.)  
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**Slip! Slap! Slop! Get sunwise** (Postcard, Comic Company, 2015.)

**Staying cool in a heatwave** (Age UK, 2025.)  
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**Sun safety in Sussex schools** (Postcard, NHS.)

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## **TRAVEL**

**Travelling abroad to visit friends and relatives – advice for travellers** (UK Health Security Agency, 2022.)  
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**Bladder problems** (COB Foundation, 2012.)

**Spotting cancer early saves lives - information for women** (Cancer Research UK, 2017.)

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**Women's personal health - an easy guide** (Sussex Community NHS Trust, 2013.)

**Your guide to menopause** (FPA, 2022.)

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**4 Boys: a guide to the male body** (FPA, 2019.)

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**4 Girls: a guide to the female body** (FPA, 2019.)

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**4 You: Growing up - what's it all about?** (FPA, 2020.)

**Abortion** (FPA, 2014.)

**All change - boys** (Sexual Health Sheffield, 2015.)

**Are you starting university in England? Protect yourself against meningitis and septicaemia** (DOH, 2016.)

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**Ask Brook about contraception** (Brook, 2012.)

**Boys/Girls: Looking ahead** (Brook, 2008.)

**Bullying** (Young Minds.)

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**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health 2015)

**Coping with pressure at school** (Young Minds.)

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**Hep B: risky business** (Postcard, Public Health England, 2020.)

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**Is everybody doing it?** (FPA, 2020.)

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**Is this love?** (FPA, 2014.)

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**Love S.T.I.N.G.S** (FPA, 2014.)

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**Love sex & relationships** (FPA, 2020.)

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**Periods** (FPA, 2019.)

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**Pregnancy: a young person's guide** (FPA 2014)

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**Safer sex - the whole story** (HIT, 2012.)

**So you want to know about STIs?** (Download only, BPAS, 2014.)

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**Think you might be pregnant?** (BPAS, 2018.)

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**Star Wars - Train like a Jedi** – activity and sticker pack for school children (PHE, 2018.)

**Stepping out: a rough guide for young people who are lesbian gay bisexual or questioning their sexuality** (Sheffield Centre for HIV & Sexual Health, 2011.)

## **Easy read leaflets**

[About having a health check](#)

[Annual health checks](#)

[Annual health checks, a step by step guide: Brighton & Hove](#)

[Alcohol](#)

[Asthma](#)

[Being healthy booklet: For adults with a learning disability in Brighton & Hove](#)

[Blood pressure](#)

[Cancer screening: bowel](#)

[Cancer screening: breast](#)

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