

Books Beyond Words

Many people can understand pictures better than words.

Books Beyond Words tell stories about important or difficult events that happen to people in their lives. The pictures speak for themselves. They tell us what could happen and show us how people deal with their feelings.

“This series has established the highest reputation for tackling complex and difficult issues, clearly, compassionately and with considerable skill.” – **Viewpoint**



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Series jointly published by the Royal College of Psychiatrists and the Division of Mental Health at St George's, University of London

Code:
BBW8 J

"Excellent value ...a welcome resource for anyone helping the person with a learning disability to learn more about coping."

Learning Disability Practice

"Enables people with special needs to explore their emotions. *When Somebody Dies* makes a timely and valuable contribution to the field of bereavement work."

British Journal of Special Education



Features of *Books Beyond Words*:

- People with learning disabilities trial the pictures before publication to ensure they can be readily understood.
- Supporting text and guidelines are given at the back of each book (such as a suggested storyline and tips on how to use the book).
- Exceptional colour illustrations include mime and body language to communicate simple, explicit messages.
- The authors are all experts in their fields.
- Lists of further resources and helpful organisations are always provided.

"These books are powerful interpretive tools for anyone who works with people with developmental disabilities."

Developmental Medicine and Child Neurology

"The *Books Beyond Words* series works because people with a learning disability and professionals work together as equals in producing them."

Viewpoint

A New Kind of Trainer: Developing the Training Role for People with Learning Disabilities By Sheila Hollins, Katherine Owen and Gary Butler.

The *Valuing People* White Paper recommends that service users are involved in preparing health and social care professionals to work well with people with learning disabilities. This book, illustrated with black and white photographs, shows how a service user obtains and develops his job teaching medical students and helping to develop *Books Beyond Words*.

A4, 64 pages, 2004, ISBN 978-1-904671-18-3, price £10.00 www.rcpsych.ac.uk/trainer

**SEE
ALSO**



Books Beyond Words can be used by:

- Anyone who understands pictures better than words.
- People with learning or communication difficulties.
- People with literacy problems.
- People for whom English is a second language when an interpreter is not available.
- Deaf people with mental illness.
- Teachers, social workers, healthcare and legal professionals, police officers.
- Relatives, friends, supporters, carers and advocates.

We all worry when our life changes. We worry about our health, get upset when someone dies or if someone hurts us.

For people with learning or communication difficulties there can be extra anxieties:

I'm embarrassed/scared/miserable. I don't understand long words. How can I explain my feelings? What is the treatment for? Do I have to take it? What if I don't want to? Why do they talk to my supporter and not to me?

People are afraid they will not be heard or understood. They are afraid they will not understand.

Professionals, supporters and family members also worry: *How can I find out if anything is wrong? Can this person give their consent? What if they don't or can't understand?*

Using *Books Beyond Words* can help overcome these communication problems and anxieties.

"These books are an excellent way of promoting discussion about difficult topics."
Communication (National Autistic Society)

"The pictures use expressions, body language and colours to spell out clear, unambiguous messages."

Times Educational Supplement Extra for Special Needs

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Enjoying Sport and Exercise

NEW

Sheila Hollins and Caroline Argent.
Illustrated by Catherine Brighton.

Most leisure centres have classes which can be adapted to include people with special needs. In this book three people want to take up a sport and are supported to do so. Jasmine is a wheelchair user who is delighted to find she can play badminton while her mum takes up Tai Chi; Charlie, who is overweight, discovers dog walking and cricket; James is a runner and, with training, fulfils his ambition to run a marathon.

114 pages, 2008, price £10.00
ISBN 978-1-904671-55-8



Food...Fun, Healthy and Safe

Sheila Hollins and Margaret Flynn.
Illustrated by Catherine Brighton.

This book shows how choosing, cooking and eating food can be fun as well as healthy and safe. Matt and Lynne learn how to prepare food and entertain their friends. They are helped with shopping and preparing for a party. Various aspects of kitchen hygiene and cleanliness are illustrated. Included are do's and don'ts to prevent choking, general advice on eating well and outlines of special diets.

62 pages, 2003, price £10.00
ISBN 978-1-901242-95-9



Looking After My Heart

By Sheila Hollins, Francesco Cappuccio and Paul Adeline. Illustrated by Lisa Kopper.

Jane's father dies of a heart attack. Despite this, Jane likes to smoke, drink alcohol and eat party food. Later on she has chest pains but refuses to visit her GP. Only after she has a heart attack in the street and is taken to hospital, does she begin to look after herself better. She is given medication and advice on preventing further heart disease through eating a healthy diet and taking exercise and, in time, makes a full recovery.

104 pages, 2005, price £10.00
ISBN 978-1-904671-24-4



Looking After My Breasts

Sheila Hollins and Wendy Perez.
Illustrated by Beth Webb.

80 pages, 2000, price £10.00
ISBN 978-1-901242-53-9

Keeping Healthy 'Down Below'

Sheila Hollins and Jackie Downer.
Illustrated by Beth Webb.

88 pages, 2000, price £10.00
ISBN 978-1-901242-54-6

These books help to support women who are invited for breast screening or for a smear test. The first book shows Beth having a mammogram and getting a normal result. Another woman then demonstrates how to be aware of changes in her own breasts. The second book shows Carol making a preliminary visit to the GP practice, deciding whether she will have the smear or not, having it and receiving the results. Both are then recalled for further tests. Feelings, consent and health education are addressed in both books.

Titles in the Books Beyond Words series

Going to the Doctor

Sheila Hollins, Jane Bernal and Matthew Gregory. Illustrated by Beth Webb.

This book illustrates a variety of experiences which may occur at a GP practice. These include meeting the doctor, having one's ears syringed, a physical examination, a blood test, a blood pressure check and getting a prescription.

74 pages, 1996, price £10.00
ISBN 978-1-874439-13-4



Going Into Hospital

Sheila Hollins, Angie Avis and Samantha Cheverton. Illustrated by Denise Redmond.

102 pages, 1998, price £10.00
ISBN 978-1-901242-19-5

Going to Out-Patients

Sheila Hollins, Jane Bernal and Matthew Gregory. Illustrated by Denise Redmond.

68 pages, 1998, price £10.00
ISBN 978-1-901242-18-8

These books explain what happens to people in hospital. *Going Into Hospital* covers planned admission for an operation and emergency admission to A&E. *Going to Out-Patients* covers tests such as an ultrasound, X-ray and hearing test. Feelings, information and consent are all addressed.

Am I Going to Die?

NEW

Sheila Hollins, Irene Tuffrey-Wijne and Amelia Jones. Illustrated by Lisa Kopper.

John is terminally ill. His story deals honestly and movingly with the physical and emotional aspects of dying. As he gets weaker John looks back at his life, and chooses how to spend his remaining time. He dies at home among family and friends.

Spring 2009, price £10.00
ISBN 978-1-901671-62-6

Jenny Speaks Out (2nd edition)

Sheila Hollins and Valerie Sinason.
Illustrated by Beth Webb.

Jenny has been sexually abused and feels unsettled when she moves into a new home in the community. Her carer and friends sensitively help Jenny to unravel her painful past as a victim of sexual abuse, to begin a slow but positive healing process.

74 pages, 2005, price £10.00
ISBN 978-1-904671-14-5



I Can Get Through It

Sheila Hollins, Christiana Horrocks and Valerie Sinason. Illustrated by Lisa Kopper.

This is the story of a woman who is abused. It shows how, with the regular help of a counsellor/therapist, she is able to get through the experience and back to coping with life. It provides an invaluable resource for families who are looking for treatment for their son or daughter who has been abused.

82 pages, 1998, price £10.00
ISBN 978-1-901242-20-1

Supporting Victims

NEW

Sheila Hollins, Kathryn Stone and Valerie Sinason. Illustrated by Catherine Brighton

Polly is the victim of an assault. The man she accuses is arrested, and she is asked to be a witness at his trial. This shows how the police help her to choose the special measures she needs to give her best evidence in court. All the special measures which are now available to vulnerable people are explained in this book. It is important to Polly that she is believed and listened to. Having a policeman, an intermediary, Victim Support and a judge all listening to you shows how powerful your voice can be.

96 pages, 2007, price £10.00
ISBN 978-1-904671-52-7



You're Under Arrest

Sheila Hollins, Isabel Clare and Glynis Murphy. Illustrated by Beth Webb.

This book shows the procedures used by the police when a vulnerable adult is under arrest for any crime. Dave is very worried about what will happen to him when he is arrested.

72 pages, 1996, price £10.00
ISBN 978-1-901242-01-0

You're on Trial

Sheila Hollins, Glynis Murphy and Isabel Clare. Illustrated by Beth Webb.

This book will help someone who has been accused of a crime. It shows what happens to Dave when he has to go on trial in a Magistrate's Court.

72 pages, 1996, price £10.00
ISBN 978-1-901242-00-3

When Mum Died (3rd edition)

Sheila Hollins and Lester Sireling.
Illustrated by Beth Webb.

84 pages, 2004, price £10.00
ISBN 978-1-904671-03-9

When Dad Died (3rd edition)

Sheila Hollins and Lester Sireling.
Illustrated by Beth Webb.

84 pages, 2004, price £10.00
ISBN 978-1-904671-04-6

These two books take an honest and straightforward approach to death and grief in the family. The pictures tell the story of the death of a parent in a simple but moving way. *When Dad Died* illustrates a cremation, while *When Mum Died* shows a burial. The approach is non-denominational.



When Somebody Dies

Sheila Hollins, Sandra Dowling and Noelle Blackman. Illustrated by Catherine Brighton.

People with learning disabilities experience grief like everyone else, but are rarely given the support that others are. Mary and John are both upset when someone they love dies. By attending regular bereavement counselling sessions and from the comfort and companionship shown by friends, they learn to feel less sad and to cope with life better and better as time passes.

58 pages, 2003, price £10.00
ISBN 978-1-901242-90-4



Looking After My Balls

Sheila Hollins and Justin Wilson.
Illustrated by Beth Webb.

This book shows men with learning disabilities how to check their testicles, to look for anything that may be wrong and to seek help from their GP if they are worried. It contains details of physical examination and early investigation (e.g. ultrasound). It does not cover testicular cancer or its treatment.

88 pages, 2004, price £10.00
ISBN 978-1-904671-05-3



Getting on With Cancer

Veronica Donaghy, Jane Bernal, Irene Tuffrey-Wijne and Sheila Hollins.
Illustrated by Beth Webb.

When Veronica's doctor told her she had cancer, she was confused and terrified. Then he told her some cancers can be cured. This book shows Veronica (who has Down's Syndrome) having radiotherapy, chemotherapy and surgery and deals honestly with the unpleasant side of treatment. The book ends on a positive note.

74 pages, 2002, price £10.00
ISBN 978-1-901242-84-3



George Gets Smart

Sheila Hollins, Margaret Flynn and Philippa Russell. Illustrated by Catherine Brighton.

George works hard in a smelly job. He likes being with people and does not understand why they seem to avoid him. George's life changes when he learns to keep clean and smart. Not only is he happy with the way he looks and feels but his friends and work-mates want to be with him. George enjoys their company and no longer feels so lonely.

96 pages, 2001, price £10.00
ISBN 978-1-901242-52-2



Michelle Finds a Voice

Sheila Hollins and Sarah Barnett.
Illustrated by Denise Redmond.

Michelle has cerebral palsy and cannot communicate what she is feeling to the very people who might help her. Michelle and her carers explore various solutions to overcome these difficulties, including the use of signing, symbol charts and electronic communication.

88 pages, 1997, price £10.00
ISBN 978-1-901242-06-5

These titles were part of the series, but are now out of print:

A New Home in the Community

Bob Tells All (available online*)

Feeling Blue (available online*)

Going to Court

Hug Me Touch Me (available online*)

Making Friends

Peter's New Home

* The full content can be viewed on our website (more titles to follow):

www.rcpsych.ac.uk/bbw

(This leaflet published autumn 2008.)

Susan's Growing Up

Sheila Hollins and Valerie Sinason.
Illustrated by Catherine Brighton.

Susan does not understand what is happening to her when she finds blood on her sheets and clothes. She does not tell her mother, but goes straight to school. Other girls point at the bloodstains. A teacher explains to her that she has become a woman and her periods have started. Susan's mother takes her shopping to celebrate.

88 pages, 2001, price £10.00
ISBN 978-1-901242-51-5



Falling in Love

Sheila Hollins, Wendy Perez and Adam Abdelnoor. Illustrated by Beth Webb.

Mike and Janet are introduced by friends. They get on well and enjoy doing things together. This love story follows their relationship through the first date, meeting each other's parents and the issue of sex, until they are ready to make a commitment to each other and become engaged to be married.

88 pages, 1999, price £10.00
ISBN 978-1-901242-32-4

Getting on With Epilepsy

Sheila Hollins, Jane Bernal and Alice Thacker. Illustrated by Lisa Kopper.

This illustrates worrying experiences, like having seizures in public, going to the doctor, having a brain scan, EEG or blood test and taking daily medication. Activities such as safe drinking, swimming and cooking are covered, showing that it is possible to enjoy an active and independent life with epilepsy.

80 pages, 1999, price £10.00
ISBN 978-1-901242-39-3

Mugged

Sheila Hollins, Christiana Horrocks and Valerie Sinason. Illustrated by Lisa Kopper.

Charlie is a young man who is attacked in the street. This book shows how Charlie is helped by speedy police action, victim support and back-up from friends, family members and supporters. There are suggestions for role-playing different responses to unwelcome approaches from strangers and up-to-date advice about how to be a witness in court.

96 pages, 2002, price £10.00
ISBN 978-1-901242-82-9



Speaking Up For Myself

Sheila Hollins, Jackie Downer, Linette Farquarson and Oyepeju Raji.
Illustrated by Lisa Kopper.

It can be very hard to get good service if you have a learning disability and are from an ethnic minority group. This book shows how self-advocacy and getting friends to help can overcome these difficulties. In the first part, three friends get what they want in a café by being assertive and not giving up easily. The second part shows a young woman who is having problems dealing with her bank.

88 pages, 2002, price £10.00
ISBN 978-1-901242-79-9

