



Be Sun Safe

06.02.003

A set of 3 x A3 brightly coloured laminated posters, containing the following message. Give your skin a chance - cover in advice. Did you know?~ Skin cancer is now the second most common for of caner in the UK.~ Up to 80% of the sun's skin damaging rays can penetrate light clouds, mist and fog.~ Sunscreens are not intended to increase sun exposure time but to increase protection during unavoidable exposure.~ The sun causes thickening of the skin leading to premature aging and wrinkles. Take care not to burn!~ Cover up with a hat and loose clothing~ Seek the shade between the hours 11am - 3pm~ Use a high factor sunscreen SPF15 or higher. Take special care with Children & Babies There is increasing evidence that excessive sun exposure and particularly episodes of sunburn in children under the age of 15 are a major risk factor for skin caner in later life.

Breast Awareness

06.02.002

A set of two colourful A1 Posters, contains useful information and explains that "Breast awareness includes a simple monthly check that all is well. It is unlikely you will find anything wrong; nine out of ten lumps are not cancer. Early Detection =Early Treatment Also explains; When to check your Breasts and How to check your Breasts.

Cervical Smear

06.02.001

A set of two colourful A1 Posters, contains useful information and explains that "Over 2,000 women in Britain die each year from cervical cancer. A cervical smear test (or screening) could have saved at least half of these women. The purpose of thistest is to detect early changes in the cervix (the neck of the womb) which may later lead to cancer. Also explains; Who should be tested? and about "Having a Smear Test"



Be Sun Safe Banner

06.03.003

A large, bright, waterproof banner, measures 3 x 8 ft, shows the following message: Sun Safety for Children. Take care NOT to burn: * cover up with a hat and loose clothing* Seek the shade between 11am - 3pm.* Use a high factor sunscreen SPF15 or higher for periods of unavoidable exposure.* Remember, reflection off water, sand, snow and concrete increases risk of burning.* Drink water throughout the day.



The Good News About Breast Care: Flipchart

06.03.001

W R Spencer, MD

Learn the facts about breast cancer with our educational flip-chart. It stresses the importance of combining breast self examination, mammography and an annual doctor's examination as your best defence against breast cancer. The 12"x17" flipchart measures 12"x17".



What Every Male Should Know About Cancer Of The Testis

06.03.002

W R Spencer, MD

Cancer of the testicle is hard for most men and boys to talk about. However, with excellent illustrated instructions for doing Testicular Self Examination pictured on the six front panels, and a straightforward script on the back of each panel, this flip chart makes it easy to get the point across. The flipchart measures 12"x17".



Breast
06.07.002

Breast Self-Examination Trainer - made from a synthetic tissue which feels just like a real breast, the model has five lumps simulating easy and hard-to-find breast tumours. (The trainer includes an optional use slip-on cover and carrying case).



Sunshine Sam Teddy
06.07.006

Designed to be used with 4-7 year olds introducing (or re-inforcing) the sun-safety messages:-* Always apply a sunscreen (at least SPF 15) before going out into the sun.* Cover up with closely-woven, loose clothing, an appropriate hat and sun glasses if desired. * Stay in the shade when the sun's rays are at their strongest (usually between 11.00am and 3.00pm). This pack comprises of a large 34" cardboard teddy bear who wears only a pair of shorts when undressed. T-shirt, hat, sunglasses, sunscreen & umbrella so children can dress the bear themselves. There are 6 x posters which show the teddy adopting sun-safe practices; 3 x photocopiable worksheets, a parents' leaflet & comprehensive user notes which give factual information on sun-safety and additional follow-up activity ideas. Ideal for work in nurseries, schools, play schemes and family centres.



Testicular Self-examination Trainer
06.07.008

This model of the scrotum and testicles, made from a soft material, has one simulated

tumour embedded in each testicle. Includes Instructions booklet 'Testicular Cancer and the Importance of TSE'.



Being Breast Aware Cd-rom

06.09.005

Presented by Linda Robson, this video promotes and reinforces the breast awareness message. Both entertaining and educational, it is primarily intended for health or community professionals to use with groups of women in a breast awareness session or as part of an ongoing health promotion programme. There are interviews with women (and a man) who have had breast cancer. The film inevitably touches on breast cancer and some viewers may find this difficult or distressing; for example, if they or someone close to them have had experience of any cancer. It is important to be prepared for this possibility so that you can deal with it appropriately if it arises. The accompanying users' guide contains background information about breast awareness and breast health, suggestions for activities and useful contacts for further information.



Boys Talking Balls

06.09.002

An interactive CD Rom that allows young men to explore facts about testicular cancer and awareness. It has been designed for young men aged 13 or over and can be used by individuals, teachers, youth workers for group discussions, or as a resource for presentations. The CD Rom contains printable suggested lesson plans, fact sheets and a testicular awareness quiz.



Cancerbacup

06.09.001

This CD provides a wealth of information & factsheets. The CancerBACUP's publications are available in full and are written by cancer specialists on specific cancers & their treatments, as well as practical advice on issues ranging from pain control, hair loss and diet, to insurance and finances. There are databases for local support groups and cancer organisations searchable by tumour type and area, as well as a searchable database of all UK Hospices.



Keep Yourself Healthy: Breasts

06.09.003

This CD Rom uses sound, pictures and animation to help women check their breasts for early signs of cancer. For windows use Includes a leaflet



Keep Yourself Healthy: Testicles

06.09.004

This CD Rom uses sound, pictures and animation to help men check their testicles for early signs of cancer. For windows use Includes a leaflet



A Simple Check

06.11.014

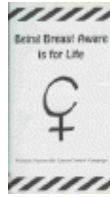
Although over 80% of women do now respond to "call & recall" for cervical smear tests, there are still women who are apprehensive and/or embarrassed. This video deals with these fears and demonstrates how a smear is taken, how abnormalities can develop & discusses risk factors - including smoking! The video will be useful for Health professionals when talking to women & for women's groups in workplace, school or college situations.



Being Breast Aware

06.11.007

Presented by Linda Robson, this video promotes and reinforces the breast awareness message. Both entertaining and educational, it is primarily intended for health or community professionals to use with groups of women in a breast awareness session or as part of an ongoing health promotion programme. There are interviews with women (and a man) who have had breast cancer. The film inevitably touches on breast cancer and some viewers may find this difficult or distressing; for example, if they or someone close to them have had experience of any cancer. It is important to be prepared for this possibility so that you can deal with it appropriately if it arises. The accompanying users' guide contains background information about breast awareness and breast health, suggestions for activities and useful contacts for further information.

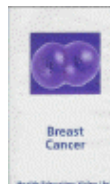


Being Breast Aware Is For Life

06.11.010

Womens Nationwide Cancer Control Campaign

This video introduces breast awareness as a part of general healthcare in an easy and natural way. Looks at the normal breast and breast changes women experience. Women are seen checking themselves in the shower, on the bed and in the mirror, and in discussion with a Practice Nurse.



Breast Cancer

06.11.002

Concord Video & Films Council Ltd

Breast cancer is by far the most common cancer in women with more than 35,000 women diagnosed every year in the UK. Breast cancer is also the commonest cancer affecting ethnic minority women in the UK. One in five of all cancers affecting women are breast cancers. Most of these women who get breast cancers are past their menopause, but over 7,000 are under 50 years old. About 200 men are also diagnosed with breast cancer every year. This video clearly narrated by Angela Rippon, uses a combination of live images and 3D computer graphics to explain the subject both intelligibly and comprehensibly. The video covers the biology, prevention, early detection and treatment of breast cancer. It encourages women over 50 to attend screening clinics. It also urges all women to perform regular breast self examinations, and demonstrates how they are performed.



Dying For A Tan
06.11.012

This video aims to raise awareness of the dangers of excessive sun exposure and offers practical ways in which people can reduce their personal risk. It features case studies of people who have had skin cancers including people who work outdoors.



Fighting Cancer: Facts & Fiction
06.11.001

Video 1. FIGHT CANCER - considers the different risk factors associated with cancer and how we may reduce the risk of getting cancer. Video 2. MYTHS & ATTITUDES TO CANCER - considers the many myths and misconceptions about cancer which can act as potential barriers to knowledge and behaviour change.



Know Your Balls.....check 'em Out!
06.11.003

Between the age of 15-50 years about one in 500 men will develop testicular cancer - this rate has doubled over the last 20 years. It's time to 'Know Your Balls - Check 'Em Out!' Chris Evans & Jonathan Ross introduce this fast moving and highly entertaining video. Crammed full of celebrities including some of Britain's top sportsmen. Designed to amuse whilst educating young men about testicular cancer. Presented by comedian Colin Murnane, the video takes a light hearted & frank look at the serious look at testicular cancer. It outlines:~ possible symptoms~ shows what the treatment involves~ talks to patients~ hears from sportsmen who have experienced testicular cancer. Guaranteed to make you laugh, this awareness video is essential viewing for all young men, their families & friends. And remember - if you lose your balls, you're not out to the game. Accompanied by A5 Booklet: Teaching and promoting testicular self-examination, A4 Poster and Quiz Sheet.



Prevention & Early Detection Of Cancer
06.11.006

This video describes the biology of cancer, its causes, clinical investigations and treatment. Concentrates on six major cancers, lung, colorectal, skin, breast, cervical and testicular. Looking at the risk factors associated with each, early symptoms, treatment and the ways of minimising the risks.



Ray Of Hope

06.11.004

This video, presented by Judith Chalmers, looks at the facts about breast cancer, its symptoms and the importance of breast screening.

Testicular Self Examination

06.11.005

This video contains information and advice for men on how to examine their testicles for any signs of testicular abnormality.



Wake Up To Sunshine! Wake Up To The Solar Uv Index!

06.11.013

Sun Know How

The Health Education Authority has produced this short film to explain the SOLAR INDEX. It is aimed at the general public, but it is a particularly useful educational resource for schools. The SOLAR UV INDEX is a new system being used by weather forecasters in the UK to give the daily strength of the sun's ultraviolet radiation. It features dermatologists, meteorologists, research scientists & health promoters giving advice and information that is easy to understand.



What You Really Need To Know About...cancer Of The Prostate

06.11.011

If you're suffering from Cancer of the Prostate - or if someone you're close to is - then this video will help you understand what the condition is all about, how treatment can help and other important practical points. Introduced by John Cleese and presented by Dr Robert Buckman.



Cancer In South East England 2002
06.13.013

Cancer incidence, prevalence, survival and treatment for residents of South East England. This report provides description and analysis of the information the Thames Cancer Registry (TCR) has collected on cancer patients diagnosed in 2002.



Cancer Prevention
06.13.012

This document has been produced to support the implementation of the prevention aspects of The NHS Cancer Plan (DH, 2000a). It is aimed at people working in primary care trusts (PCTs), cancer networks, strategic health authorities, local authorities and partner agencies to assist them in their local strategic planning and delivery of initiatives to prevent cancer. Makes recommendations for action based on the evidence of what works best in tackling the key cancer risk factors highlighted in The NHS Cancer Plan: Smoking; Diet and nutrition; Obesity; Physical activity; Alcohol; Sunlight; Radon. Each section includes information on the case for action; an overview of the evidence for the features of effective approaches; and ideas for local action and signposting to useful resources.



Cancer Issues
06.13.007

Editor: Craig Donnellan

Information gathered from a wide variety of sources to stimulate debate. Looks at the causes and types of cancer, cancer treatments and the search for cures. Offers a useful starting-point for those who need convenient access to information about the many issues involved. Includes a list of organisations you may want to contact for further information.



**Food, Nutrition And The Prevention Of
Cancer: A Global Perspective**

06.13.016

Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective, is a comprehensive analysis of the literature on diet, physical activity and cancer. It builds on the foundation, first established by the WCRF global network in 1982, to analyse, interpret and make public the available scientific evidence to help individuals to reduce their risk of developing cancer. This work began in 1982 when the American Institute for Cancer Research (AICR) took the US National Academy of Science expert Report ‘Diet and Cancer’ and sought permission to print and distribute 30,000 copies to scientists, policy makers and health professionals in the USA. WCRF/AICR continued the tradition by publishing its own report, Food, Nutrition and the Prevention of Cancer: a Global Perspective, in 1997. This report was a catalyst for change, creating great opportunities for advancement in the area of diet and cancer prevention. Its publication stimulated a surge in research in the field. Since then, advances in technology have revolutionised the way that information is collected and



Prostate Cancer

06.13.009

Roger S Kirby et al

In most developing and developed countries, prostate cancer is the most commonly diagnosed malignancy affecting men beyond middle age. Prostate cancer is a major concern for our ageing male population. Yet rapid scientific advances leave the family physician faced with new and often controversial ideas. Three leading urologists from the UK, USA and Belgium present a concise and up-to-date overview in the third edition of this immensely practical book. Contents: Epidemiology and pathophysiology; Clinical presentation; Staging prostate cancer; Management of localized disease; Management of locally advanced disease; Management of metastatic disease; Management of androgen-independent disease; Sexual function and prostate cancer; Future trends.



Saving Our Skins Toolkit

06.13.001

The aim of this toolkit is to help professionals working in local authorities, primary care trusts (PCTs), local health boards (LHBs), cancer networks and their partner agencies to develop strategies and campaign programmes to tackle the increasing incidence of skin cancer. The toolkit provides an evidence base to support action, signposts where information and promotional materials can be obtained, provides information and advice on running successful campaigns and includes a comprehensive listing of local interventions across a range of community settings. Whilst the information contained in the tool kit is comprehensive, it is neither exhaustive nor exclusive, and local authorities could add and use any further information that they feel may be of assistance.



Skin Cancer: A Brief Review Of Incidence And Causes

06.13.003

Elizabeth Skinner. Revised by Dr Meg Price

Cancers of the skin have now been recognised as preventable cancers. This report looks at different types of skin cancer; the scale of the problem and potential for preventive action.



The Use Of Sunscreens In School: A Good Practice Guide

06.13.010

Victoria Fitch

The purpose of this supplementary guidance is to clarify the position with regard to sunscreen use in schools and to highlight the main points schools need to consider. Sun safety should be viewed as part of a whole school policy that seeks to encourage the health, safety, well-being and education of its pupils. Parents have a vital role to play and their support and involvement is essential.



Sunbeds

06.13.005

Professor Brian Diffey

Commissioned by the Health Education Authority in response to growing concern about artificial tanning, this report provides data on sunbeds and what they do, the habits of users and any possible health effects.



The Use Of Sunscreens: Prevent Sunlight-induced Skin D

06.13.006

Dr Antony Young

This report examines the different effects of UVA and UVB rays on the skin and explains how sunscreens work to protect against them.



Sunscreens And The Consumer

06.13.002

Based on the results of a survey commissioned by the Health Education Authority, this report looks at people's attitudes towards sunscreens, their knowledge of sunscreen labelling and related technical terms and concepts.



Understanding Testicular Cancer

06.13.015

This booklet has been written for anyone who has or knows someone close to them who has testicular cancer. It has been prepared and checked by cancer doctors, other relevant specialists, nurses and patients. Together they represent an agreed view on this cancer, its diagnosis and management, and the key aspects of living with it.



Young People's Attitudes To Sunbathing

06.13.004

Wendy Howard

Research into current attitudes to sunbathing and likely health receptiveness of young people to anti-sunbathing messages.



Addressing Sun Safety With Outdoor Workers

06.15.026

Maya Twardzicki & Terri Roche

The aim of this pack is to provide a resource enabling professionals to conduct sustainable sun safety interventions with outdoor workers. It is a comprehensive resource, complete with overheads, sessions plans, photocopiable factsheets, background information, useful addresses and references. The pack has been developed especially for professionals who have a role in providing health or health and safety to outdoor workers.



Cancerfacts

06.15.005

Ian Harvey and Michael Reiss

This pack presents the facts about cancer and should also facilitate discussion about the personal and social aspects of the subject. A wide range of teaching methods can be employed in using this pack.



Cancertalk: Primary Pack

06.15.023

Macmillan Cancer Relief
www.macmillan.org.uk/classaction

This teaching pack contains teachers notes, resource sheets and a video. The resources are designed to help you feel confident teaching pupils about cancer. Further information about cancer in the booklet will provide you with all the facts you need, complete with an extensive glossary. Extensive revisions to the pack, including advice on talking to pupils about cancer and

combating pupils' fears, together with the new video, ensure that the Cancertalk programme is ideal for teachers new to PSHE/PSE/PSD and Citizenship.



Cancertalk: Secondary Pack

06.15.024

Macmillan Cancer Relief
www.macmillan.org.uk/classaction

This teaching pack contains teachers notes, resource sheets and a video. The resources are designed to help you feel confident teaching pupils about cancer. Further information about cancer in the booklet will provide you with all the facts you need, complete with an extensive glossary. Extensive revisions to the pack, including advice on talking to pupils about cancer and combating pupils' fears, together with the new video, ensure that the Cancertalk programme is ideal for teachers new to PSHE/PSE/PSD, Citizenship and Religious and Moral Education.



Educating About Cancer

06.15.009

Martin Buczkiewicz

A Training Manual for Professionals who Wish to Run Sessions on Preventive Cancer Education. This manual offers trainers a practical down-to-earth approach which will enable them to run courses on cancer awareness and cancer prevention for a variety of client groups.



Exposure
06.15.025

This pack explores and challenges the persuasive power of images concerned with sun worship and summer, encouraging students to delve beneath the images of shining tans and fun in the sun. The material can be used with students at both Key Stage 3 and 4. Contains: Teachers' Notes, Photocopiable activity sheets and a five minute 'stimulus' video.



How To Check Your Testicles
06.15.019

This pack has been designed for people who have a learning disability to use with their carers. It is not designed as a screening tool but to enable men to be aware of their own testicles and testicular cancer. The information contained in this pack is designed for carers to use and has been prepared using basic terminology



Feeling Different: Breast Awareness Workbook
06.15.012

This is a collection of easy to use learning materials and activities for group work with girls and women. It can be used with women of all ages in any setting. Contains materials used and developed during a project run by North and South Birmingham Specialist Health Promotion Services and Women and Theatre.



Men With Breast Cancer
06.15.030

Written just for men, this resource covers symptoms, diagnosis and treatment. Men who have had breast cancer offer their unique insight into the problems and issues they faced.



Going For A Smear Test
06.15.020

The purpose of this guidance is to describe good practice to ensure that women with learning disabilities have the same right of access as all other women to the NHS Cervical Screening Programme (NHSCSP). The pack is intended to help carers delivery information and also to provide a useful tool for carers themselves to answer any questions they may have.



Prostate Cancer: Risk Management Programme

06.15.028

Eila Watson et al

The Prostate Cancer Risk Management Programme has been established to ensure that men asking about PSA testing for prostate cancer are provided with full information regarding possible benefits and limitations of the test. This pack, which underwent preliminary evaluation involving men, GPs and Primary Care Nurses, provides primary care teams with information on PSA testing and prostate cancer. The pack contains a summary card, a more detailed booklet for primary care, and a leaflet for men about PSA testing for prostate cancer. The pack was distributed to all GPs in England and Wales. An extensive evaluation of the materials has been undertaken. The information booklet for primary care teams includes information on the following topics:

- ~Incidence and mortality~Natural history of prostate cancer
- ~Clinical features~Lower urinary tract symptoms (LUTS) and prostate cancer
- ~The PSA test~Digital rectal examination of the prostate~Transrectal ultrasound (TRUS) guided prosta



Shadowplay

06.15.003

Philip Boys & Corine Pearlman

This resource contains photocopyable activity sheets, for use in schools and cartoon workshops. Includes shade-related puzzles, stories and activities, simple graphic tools to develop cartoon and comic strip skills for classroom/workshop use. (Can be used in conjunction with "Sunstrokes: How to run cartoon & Comic Workshops" also available).



Sun Know How

06.15.010

Produced by the Health Education Authority, these two booklet resource offers guidelines designed to help schools incorporate sun safety into their curriculum. Includes photocopyable resources.



Sun Safety Policy: Pre & Primary Schools

06.15.013

Contains a number of publications which were sent out to all Pre & Primary Schools within East Sussex, Brighton & Hove Health Authorities Sun Safety Policy. Contents as follows:

- ~ Sun Safety Policy 2003: Pre & Primary Schools
- ~ The Use of Sunscreens in Nurseries & Playgroups Across East Sussex Brighton & Hove
- ~ The Skin Cancer Fact File: Sun Know How campaign photopiabile factsheets
- ~ Information from Klassy Kids: Children's Legionnaires hats
- ~ Schools Sun Safety Policy Certificate



Sunstrokes: How To Run Cartoon & Comic Workshops

06.15.002

Philip Boys & Carine Pearlman

This pack is based on a series of comic and cartoon work- shops. The first part outlines the setting up of a workshop. The second part suggests workshop activities, followed by a sample workshop plans.



Sunwise Activity Sheets

06.15.021

Sunwise - colouring and activity sheets that will give hours of puzzle fun, and reinforce the SUNWISE message with mazes, wordsearches, crosswords and brain teasers. 8 x A4 Sheets



The Shady Crew And The Sunblock Files

06.15.018

Healthworks, Dorset's Health Promotion Agency.

The Sunblock files and accompanying story and activity books are designed in a creative and challenging way to maximise the impact on young children. They help raise sun safety awareness and show the basic steps needed to practice sun safe behaviour. Students will enjoy following Samir, Dan Poppi, Su-Li, Alice, Lulu and Ollie (the Shady Crew) as they show their friends basic steps the should take to practice sun safe behaviour.



Trees 'r' Cool!

06.15.016

This teaching pack contains witty and unusual Comic Strip Story [a class set, 40 copies] featuring the popular character Cool Cat. Promotes Key Sun Awareness and Environmental messages. Includes photocopiable Activity Sheets and Teachers' Notes, offers suggestions for using the comics in the classroom, and outline the importance of sun safety. Supports the National Curriculum in Science geography and other

subject areas.



Understanding Cancer: Set A

06.15.006

Ian Harvey Dr Michael Reiss

This pack presents the facts about cancer and should also facilitate discussion about the personal and social aspects of the subject. A wide range of teaching methods can be employed in using this pack and we don't anticipate that any one person will wish to use all of the materials presented here. Our aim has rather been to provide a resource bank to be drawn on and modified as required.



Understanding Cancer: Set B

06.15.007

Ian Harvey Dr Michael Reiss

This pack has been written as a sequel to Understanding Cancer: Set A to provide up-to-date & accurate information on cancer. It complements Understanding Cancer A, but extends it and covers many topic in more detail. Contains the following units:-Cancer: Fact from Fiction - Questions; Cancer: Fact from Fiction - Answers; Cancer Opinions; Cancer: The Statistics; Cancer Worldwide and Glossary of Terms.



**You Can't Be Serious: Cancer
Prevention**

06.15.008

Marilyn Harvey

The aim of this booklet is to set up health patterns that might help to prevent cancer whilst also enabling people to lead healthier lifestyles. Gives accurate information on cancer and discussion activities covering: smoking, taking health risks, lifestyle factors, experiencing cancer and sun safety. Contains: guidance on the role of a peer educator, activities for use by peer educators and case study.



Cancer
06.16.002

This laminated poster gives a general overview of cancer cell division and how this may be diagnosed through biopsies, x-rays, scintiscans and catscans. Explains about cancer treatments such as surgery, radiation therapy and chemotherapy and can be used as a teaching aid and/or a source of reference. Measures 20"x 26".



Understanding Cancer
06.16.001

This laminated poster explains about cancer, the risk factors, the warning signs, the diagnosis and treatment of cancer. Can be used as a teaching aid and/or a source of reference. Measures 20" x 26".



Skin Cancer
06.16.003

This laminated poster explains about many different aspects of skin cancer, can be used as a teaching aid and/or a source of reference. Measures 20"x 26".



Skin Cancer Prevention
06.16.004

This poster explains about skin cancer; Who is most at risk of melanoma? Who is most at risk of non-melanoma skin cancers? and Prevention advice. Shows examples of Benign or Border line lesions; Non-Melanoma Skin Cancer & Malignant Melanoma. Also covers the management of these conditions. This poster is intended for quick reference only. It is not a substitute for expert diagnosis.

