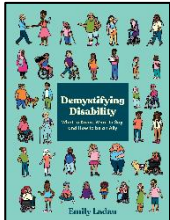


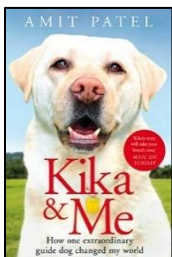
## Building Abilities Network Resource List

### BOOKS - Physical disability



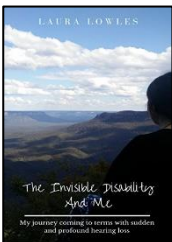
**Demystifying disability: what to know, what to say, and how to be an ally (2021) by Emily Ladau. ISBN: 9781984858979**

*People with disabilities are the world's largest minority, an estimated 15 percent of the global population. But many of us--disabled and nondisabled alike--don't know how to act, what to say, or how to be an ally to the disability community. Demystifying Disability is a friendly handbook on the important disability issues you need to know about.*



**Kika & me : how one extraordinary guide dog changed my world (2020) by Amite Patel. ISBN: 9781529021233**

*Amit Patel is working as a trauma doctor when a rare condition causes him to lose his sight within thirty-six hours. Totally dependent on others and terrified of stepping outside with a white cane after he's assaulted, he hits rock bottom. He refuses to leave home on his own for three months. With the support of his wife Seema he slowly adapts to his new situation, but how could life ever be the way it was? Then his guide dog Kika comes along.*



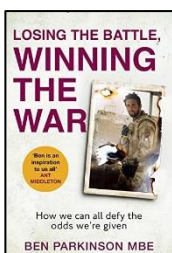
**The invisible disability and me (2017) by Laura Lowles. ISBN: 9781326916961**

*For the hearing impaired/deafened individual who struggles with everyday situations and life in general and wants to get their confidence and independence back, this book is for you. Through this book, you will learn useful tips and tricks for all kinds of situations; from meetings at work to those big social events you always shy away from. My tips and hints will not only make you feel more confident in yourself but will also enhance communication with those around you.*



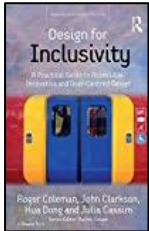
**Aim high (2007) by Tammi Grey Thompson. ISBN: 9781905170890**

*Aim High is an inspirational book written by the UK's leading wheelchair athlete, Dame Tanni Grey-Thompson. She has won 16 medals, eleven of which are gold, countless European titles, six London Marathons and over 30 world records have catapulted this Welsh wheelchair athlete so firmly into the public consciousness. Aim High reveals what has motivated her through her best and worst times.*



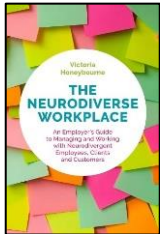
**Losing the battle, winning the war (2021) by Ben Parkinson. ISBN: 9780751580259**

*Ben Parkinson MBE is an inspiration to everyone. He suffered 37 injuries when his Land Rover hit a mine in Helmand in 2006, including brain damage, breaking his back and losing both his legs. This book follows the story of what led him to that moment his life changed forever - and what happened next. Doctors didn't think Ben could survive the trauma - then they didn't think he would wake up, or talk again, or walk again. Time after time, Ben pushed the ceiling on what was possible, going on to carry the Olympic flame in 2012 and receiving an MBE for the enormous feats he has undertaken for charity.*



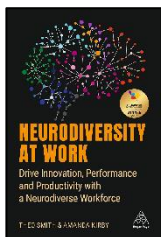
**Design for inclusivity : a practical guide to accessible, innovative and user-centred design (2007) by Roger Coleman et al. ISBN: 9781317152460 [E-BOOK]**  
*Inclusive design not only ensures that products, services, interfaces and environments are easier to use for those with special needs or limitations, but in doing so also makes them better for everyone. Design for Inclusivity, written by a team that has pioneered inclusive design practice internationally, reviews the recent social trends and pressures that have pushed this subject to the fore, and assesses design responses to date in an international context.*

## BOOKS - Neurodiversity



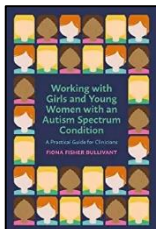
**The neurodiverse workplace (2019) by Victoria Honeybourne. ISBN: 9781787750333**

*This practical, authoritative business guide will help managers and employers support neurodiverse staff, and gives advice on how to ensure workplaces are neuro-friendly. The book demonstrates that neurodiversity is a natural aspect of human variation to be expected and accepted, rather than a deficit to be accommodated.*



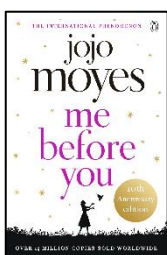
**Neurodiversity at work: drive innovation, performance and productivity with a neurodiverse workforce (2021) by Amanda Kirby & Theo Smith. ISBN: 9781398600249**

*This book is a practical guide that explains what neurodiversity is, why it's important and what the benefits are. It covers how to attract, recruit and engage neurodiverse talent and provides guidance on how to adapt HR policies, processes and workplaces to ensure that all employees, including the 2 in 10 employees in the UK who are neurodiverse, can reach their full potential.*



**Working with girls and young women with an autism spectrum condition: A practical guide for clinicians (2018) by Fiona Fisher Bullivant. ISBN: 9781785924200**

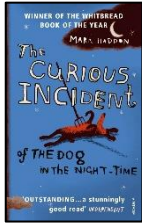
*This guide shows how clinicians can help girls and young women with ASC to reach their full potential, by adopting more relationship-based, individualised approaches. With contributions from young women about their experiences in clinical settings, the book reflects on what clinicians have done right and wrong to date, why girls and women with ASC are too often misunderstood, and how the culture of how clinicians work with them needs to change in order to achieve better results.*



**Me before you (2012) by JoJo Moyes. ISBN: 9780718157838**

*Lou Clark knows lots of things. She knows how many footsteps there are between the bus stop and home. She knows she likes working in The Buttered Bun teashop and she knows she might not love her boyfriend Patrick. What Lou doesn't know is she's about to lose her job or that knowing what's coming is what keeps her sane.*

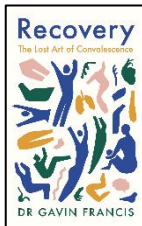
*Will Traynor knows his motorcycle accident took away his desire to live. He knows everything feels very small and rather joyless now and he knows exactly how he's going to put a stop to that. What Will doesn't know is that Lou is about to burst into his world in a riot of colour. And neither of them knows they're going to change the other for all time.*



**The curious incident of the dog in the night-time (2004) by Mark Haddon. ISBN: 9780099450252**

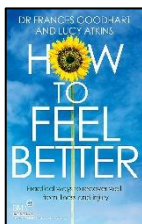
*The Curious Incident of the Dog in the Night-Time is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.*

## BOOKS - Chronic conditions



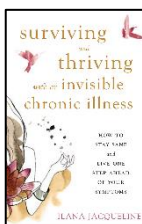
**Recovery: the lost art of convalescence (2022) by Gavin Francis. ISBN: 9781800810488**

*When it comes to illness, sometimes the end is just the beginning. Recovery and convalescence are words that exist at the periphery of our lives - until we are forced to contend with what they really mean. Here, GP and writer Gavin Francis explores how - and why - we get better, revealing the many shapes recovery takes, its shifting history and the frequent failure of our modern lives to make adequate space for it.*



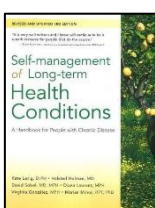
**How to feel better: practical ways to recover well from illness and injury (2015) by Ilana Jacqueline. ISBN: 9781626255999**

*This new book centres on the crucial, research-based (but widely overlooked) truth that 'getting better' is not just about the body - emotions play a huge part. Often, a person's emotional state is the one thing stopping them from a full recovery. Contents include: Why getting better takes time; why relaxation and exercise are both vital; how to build your confidence and tackle low mood and depression; how to eat for recovery; how to deal with medical advice and communicate well with your doctor; how to keep family life and relationships on track and much more.*



**Surviving and thriving with an invisible chronic illness: how to stay sane and Live one step ahead of your symptoms (2018) by Dave Pulsford and Rachel Thompson. ISBN: 9781626255999**

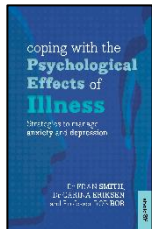
*Written by a blogger who suffers from two autoimmune diseases, Surviving and Thriving with an Invisible Chronic Illness offers peer-to-peer support to help you stay sane, be your own advocate, and get back to living your life. This smart, compelling guide is written for anyone suffering with an illness no one can see - such as postural orthostatic tachycardia syndrome (POTS), chronic fatigue syndrome (CFS), fibromyalgia, multiple chemical sensitivity (MCS), Lyme disease, lupus, dysautonomia, or even multiple sclerosis (MP).*



**Self-management of long-term health conditions: a handbook for people with chronic disease (2014) by Kate Lorig. ISBN: 9781936693627**

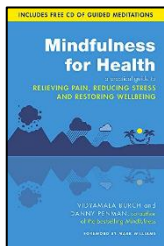
*This book is a vital resource full of practical tips, suggestions, and strategies to build confidence in managing chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support.*





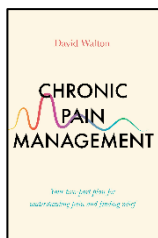
**Coping with the psychological effects of illness: strategies to manage anxiety and depression (2015) by Fran Smith. ISBN: 9781847093431**

*Sudden, severe ill health comes as a shock and presents several challenges, most notably, loss of confidence. Suddenly people are afraid to take exercise, have sex or even go to the shops. Their entire self-image takes a battering, and this roller-coaster of uncertainty often leads to anxiety and depression. This book looks at the learning curve involved in sudden and chronic illness, and explores key ways to build psychological resilience during this time of challenge.*



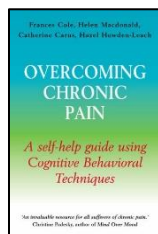
**Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing (2013) by Vidyamala Burch. ISBN: 9780749959241**

*Pain, suffering and stress can be intolerable - but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.*



**Chronic pain management: your two-part plan for understanding pain and finding relief (2021) by David Walton. ISBN: 9781785786983**

*David Walton, a clinical and cognitive psychologist who experiences chronic pain himself, guides readers through an understanding of the nature of pain; how the body and mind react to it; how to minimise pain; and how to choose the right therapies, medication and relief strategies. Modern research is presented in an engaging and positive way, alongside self-assessment questionnaires, case studies and practical do's and don'ts.*



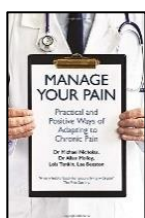
**Overcoming chronic pain: a self-help guide using cognitive behavioral techniques (2005) by Frances Cole et al. ISBN: 9781841199702**

*Chronic pain can be extremely debilitating, however it does not need to dominate your life. This self-help book is based on highly effective self-help methods developed by specialists and used in community and hospital pain-management programs. Your experience of pain can be greatly reduced by pacing daily activities, reducing stress, learning relaxation techniques and effective ways to cope with depression, anxiety, worry, anger and frustration.*



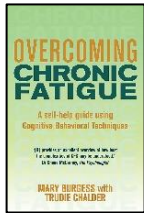
**Pain is really strange (2015) by Steve Haines. ISBN: 9781848192645**

*Understanding pain is a very good way of relieving it. This engaging, funny, and highly original research-based graphic book explains the nature of pain and how you can effectively relieve pain by changing your mind's habits.*

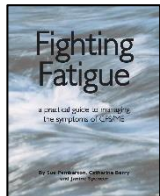


**Manage your pain: practical and positive ways of adapting to chronic (2019) by Michael Nicholas. ISBN: 9781788164474**

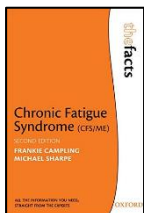
*An indispensable guide to understanding why your pain persists, what is going on inside your body and the symptoms that pain triggers, Manage Your Pain presents possible medical treatments and guides you through practical exercises for daily life. Dr Nicholas and Dr Molloy's strategies make it possible to set short and long term goals that will minimise the impact of pain on both work and leisure. In short, this book offers clarity and control.*



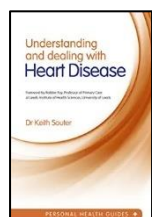
**Overcoming chronic fatigue (2009) by Mary Burgess. ISBN: 9781849011327**  
*Chronic Fatigue Syndrome (CFS) is a debilitating illness, characterised by severe exhaustion and flu-like symptoms affecting possibly 10 per cent of the UK population, for which conventional medicine currently has no cure. Now the authors, who practise at the CFS Research and Treatment Unit, University of London, have developed this new self-help guide. Via recognised CBT techniques that change our attitude and coping strategies, this approach is successful in breaking the cycle of fatigue, with a reduction in symptoms and disability in up to two-thirds of sufferers.*



**Fighting fatigue: managing the symptoms of CFS/ME (2009) by Sue Pemberton. ISBN: 9781905140282**  
*This practical manual comes from a nationally recognized centre for the condition and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy and they show how to put this advice into practice. They understand the way fatigue affects concentration and therefore break their guidance into easy-to-follow steps that can be worked through at the reader's own pace.*



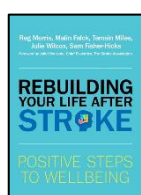
**Chronic fatigue syndrome: the facts (2008) by Frankie Campling. ISBN: 9780199233168**  
*Chronic Fatigue Syndrome: The Facts presents a compassionate guide to this illness, providing sufferers and their families, with practical advice, based solely on scientific evidence. It is unique in being written by both a sufferer and a physician, both of whom have had extensive experience of talking to, and helping, patients. Included in the book is a detailed guide to self-help, written from a patient's perspective, but evidence-based. The book also deals with a number of special issues, advising on how to choose therapies and therapists, and how to deal with CFS in children.*



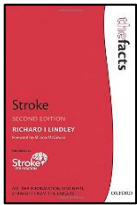
**Understanding and dealing with heart disease (2014) by Keith Souter. ISBN: 9781849535571**  
*The effects of coronary heart disease include angina, heart failure, abnormal heart rhythms, and most importantly, heart attacks. Heart disease has a serious effect on the lives of not only its sufferers, but also those who care for them, their family and friends. This book gives the basic information needed to understand coronary artery disease and, most essentially, how to deal with it.*



**The heart attack survival guide (2012) by Mark Greener. ISBN: 9781847092021**  
*This book aims to help people at high risk prevent their first or subsequent heart attack as well as helping those who experience a heart attack get back to a normal life as soon as possible. As this book shows, combining drugs and lifestyle changes can help you survive - and prevent - heart attacks.*

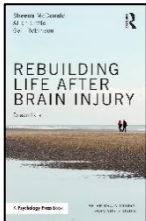


**Rebuilding your life after stroke: positive steps to wellbeing (2017) by Sam Fisher-Hicks et al. ISBN: 9781785923562**  
*With insight from many people who have experienced a stroke, this book focuses on what stroke survivors can do, rather than what they cannot. Using exercises, such as mindfulness techniques, to help move towards an acceptance of the long-term side effects, this book delivers a positive message to help survivors of strokes live a better and happier life.*



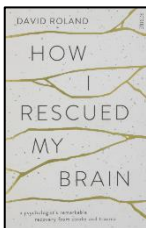
**Stroke: the facts (2017) by Richard I Lindley. ISBN: 9780198778189**

*The journey from treatment through to rehabilitation and preventing a further stroke is made easy by the author, a stroke doctor and researcher involved in many of the studies that have advanced care. Supplemented with case studies, this guide concentrates on developments in treatment, providing an important update on the first edition. It is essential reading for those who have had a stroke or Transient Ischaemic Attack and their families, and will also be of interest to medical professionals working within stroke care.*



**Rebuilding life after brain injury: dreamtalk (2019) by Sheena McDonald. ISBN: 9781138600737**

*Rebuilding Life after Brain Injury: Dreamtalk tells the survival story of Sheena McDonald, who in 1999 was hit by a police van and suffered a very severe brain injury. Sheena's story is told from her own, personal standpoint and also from two further unique and invaluable perspectives. Allan Little, a BBC journalist and now Sheena's husband, describes both the physical and mental impact of the injury on himself and on Sheena. Gail Robinson, Sheena's neuropsychological rehabilitation specialist, provides professional commentaries on Sheena's condition, assessment and recovery process.*



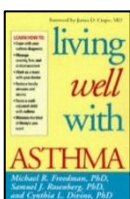
**How I rescued my brain: a psychologist's remarkable recovery from stroke and trauma (2015) by David Roland. ISBN: 9781922247421**

*How I Rescued My Brain is the story of David's neurological difficulties and his remarkable cognitive recovery. It is also an account of a journey to emotional health and wellbeing. In the tradition of Marc Lewis's Memoirs of an Addicted Brain and Jill Bolte Taylor's My Stroke of Insight, this is an amazing tale of one man's resilience, and his determination to overcome one of the most frightening situations imaginable — the fear that he had lost his mind, and might not get it back.*



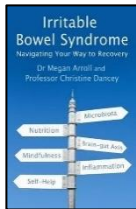
**The diving-bell and the butterfly (2008) by Jean-Dominique Bauby. ISBN: 9780007139842**

*Locked-in syndrome: paralysed from head to toe, the patient, his mind intact, is imprisoned inside his own body, unable to speak or move. In my case, blinking my left eyelid is my only means of communication.' In December 1995, Jean-Dominique Bauby, editor-in-chief of French 'Elle' and the father of two young children, suffered a massive stroke and found himself paralysed and speechless, but entirely conscious, trapped by what doctors call 'locked-in syndrome'. Using his only functioning muscle - his left eyelid - he began dictating this remarkable story, painstakingly spelling it out letter by letter.*



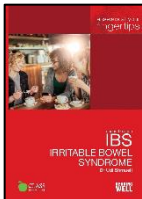
**Living well with asthma (1998) by Cynthia L Diino. ISBN: 9781572300514**

*If you or someone you love has asthma, this book will help you "breathe easier" about the challenges it poses in relationships, at work, and in everyday activities. From social embarrassment, to anxiety, to feelings of incapacity and low self-esteem, each chapter is packed with real-life stories of commonly encountered problems and step-by-step strategies for solving them.*



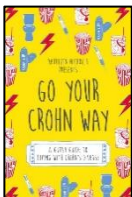
**Irritable bowel syndrome: navigating your way to recovery (2016) by Megan Arroll & Christine Dancey. ISBN: 9781781610695**

*IBS is an invisible disease - sufferers battle on pretending nothing is wrong and hiding their embarrassing symptoms. And it isn't life-threatening - so why would anyone take it seriously? Yet it can seriously restrict how we live, work and play. Based on their experience as both sufferers and health specialists, Dr Arroll and Professor Dancey provide the latest guidance on causes, diagnosis and treatment, including the hugely significant part played by stress.*



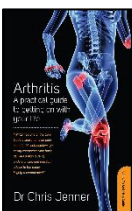
**IBS answers at your fingertips (2017) by Ehoud Shmueli. ISBN: 9781859596449**

*If you suffer from IBS, this book will answer the questions that you were too embarrassed to ask. Based on his long experience as a consultant gastroenterologist, Dr Shmueli provides detailed guidance on all aspects of the condition, answering over 430 questions from people with IBS.*



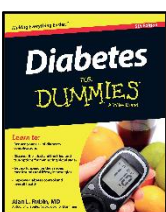
**Go your Crohn way : a gutsy guide to living with Crohn's disease (2016) by Kathleen Nicholls. ISBN: 9781848193161**

*Warm and inspiring, this book demonstrates how Crohn's can be life-changing, but not just for the worse. Kathleen gives advice and tips on adapting and thriving through Crohn's, including a specially created phrasebook, which proves that so long as you know how to ask for the nearest bathroom, globe-trotting is still firmly on the agenda.*



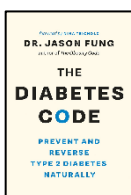
**Arthritis: a practical guide to getting on with your life (2011) by Chris Jenner. ISBN: 9781845284718**

*Dr Chris Jenner's easy-to-read and highly informative book shows that much of the suffering experienced as a result of this painful condition is unnecessary. Starting with a no-nonsense look at the condition itself, Dr Jenner focuses on the many ways in which arthritis can affect daily life and leads the reader through the variety of options available to sufferers. He shows how the effects of this potentially debilitating disease can be minimised so that quality of life is restored.*



**Diabetes for dummies (2015) by Alan L Rubin. ISBN: 9781119090724**

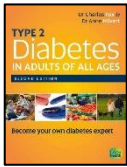
*With diabetes now considered pandemic throughout the world, there have been enormous advances in the field. Now significantly revised and updated, this new edition of Diabetes For Dummies includes the latest information on diabetes medications and monitoring equipment, new findings about treating diabetes in the young and elderly, new ways to diagnose and treat long- and short-term complications, updated nutritional guidelines, new tools for measuring blood sugar and delivering insulin to the body, and much more.*



**The diabetes code: prevent and reverse type 2 diabetes naturally (2018) by Jason Fung. ISBN: 9781771642651**

*Writing with clear, persuasive language, Dr. Fung explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication.*





**Type 2 diabetes in adults of all ages (2013) by Charles Fox & Anne Kilvert. ISBN: 9781859593745**

*This comprehensive reference book will provide you with all the information you need to put you in the driving seat so you can cope with any eventuality you may encounter. Controlling your diabetes is the key to avoiding long-term health problems. If you can follow a healthy diet, control your weight and understand your medications you can look forward to good health and well-being for many years to come.*

All of the books listed above are available from the library.

- You can read the ebooks by searching for them on the library catalogue and clicking on the link (NHS Open Athens Account required)
- The books can be found on the library shelves and can be borrowed for four weeks at a time. You can also ring/email to borrow them and we can post them out to you.

## Online Resources

- **Disability Rights UK**  
<https://www.disabilityrightsuk.org/>  
Disability Rights UK is the UK's leading organisation led by, run by, and working for Disabled people.
- **Scope**  
<https://www.scope.org.uk/>  
Disability equality charity in England and Wales.
- **GOV.UK: Benefits and financial support if you're disabled or have a health condition**  
<https://www.gov.uk/browse/benefits/disability>
- **NHS: Supporting disabled staff in the workplace**  
<https://www.nhsemployers.org/articles/supporting-disabled-staff-workplace>
- **NHS England: Disability and Wellbeing Network (DAWN)**  
<https://www.england.nhs.uk/about/working-for/staff-networks/dawn/>
- **ADHD UK**  
<https://adhduk.co.uk/>
- **ADHD Foundation – Neurodiversity Charity**  
<https://www.adhdfoundation.org.uk/>
- **MIND – ADHD and Mental Health**  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/>



- **British Dyslexia Association**  
<https://www.bdadyslexia.org.uk/>
- **British Pain Society: People Living with Pain**  
<https://www.britishpainsociety.org/people-with-pain/>
- **Pain UK**  
<https://painuk.org/>
- **The ME Association**  
<https://meassociation.org.uk/>

For books and resources on stress, anxiety, depression and other mental health conditions, please see our Reading Well Collection at <https://www.knowledge-nw.nhs.uk/reading-well-collection>

Building  
Abilities @  
STHK  
(Disability and  
Wellbeing)

Find out more about the ***Building Abilities Staff Network*** here:

<https://intranet.sthk.nhs.uk/extranet/circle/61d0b1d38343a933fa6984a2e2119a67?page=24681928425f5a9133504de568f5f6df> on the Trust Extranet, or email:  
[BuildingAbilities.staffnetwork@sthk.nhs.uk](mailto:BuildingAbilities.staffnetwork@sthk.nhs.uk)



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