

Disability History Month 2021

Resource List

BOOKS



Exploring disability: a sociological introduction

By C Barnes & G Mercer (2010). Publisher: Polity. ISBN: 9780745634869

This book examines, amongst other issues, the changing nature of the concept of disability, key debates in the sociology of health and illness, the politicisation of disability, social policy, and the cultural and media representation of disability. As well as providing an overview of the literature in the area, the book develops an understanding of disability that has implications for both sociology and society



Disability : definitions, value and identity

By SD Edwards (2005). Publisher: Radcliffe. ISBN: 9781857757002

What is disability? Why terminate a pregnancy when disabling traits are diagnosed in the foetus? Can disability be part of a person's identity? These are important questions in the current climate of increased prenatal screening programmes designed to further reduce the numbers of children born with disabilities. This book looks at disablement from a philosophical perspective by examining these questions through a combination of critical review, discussion and narrative theory



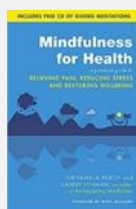
Learning disability today: a handbook for everyone committed to improving the lives of people with learning disabilities

By S Carnaby (2007). Publisher: Pavilion publishing. ISBN: 9781841962245

This newly revised edition of "Learning Disability Today" provides an updated introduction to some of the central issues in the lives of people with learning disabilities and their supporters. It provides context, underpinning knowledge and practical strategies for giving care and support to people with learning disabilities that promotes rights, independence, choice and inclusion

READING WELL BOOKS

The library has a collection of 'Reading Well' books on self-help, relaxation and mindfulness to help staff with long term physical and mental health conditions. Listed below are some of the books from that collection – many others are also available



Mindfulness for health: a practical guide to relieving pain, reducing stress and restoring wellbeing

V. Burch & D Penman (2013). Publisher: Piatkus. ISBN: 9780749959241

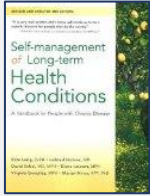
Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness



How to feel better: practical ways to recover well from illness and injury

F. Goodhart & L. Atkins (2013). Publisher: Piatkus. ISBN: 9780749958206

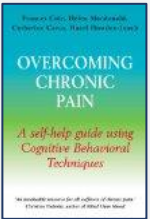
Serious health problems - including heart attack, cancer, stroke or surgery - can take their toll not just on your body, but on your emotions, morale and well-being. Consequently, many of us suffer long after our physical symptoms are under control. The authors offer simple, evidence-based strategies that will help you move on and cope after a serious health problem



Self-management of long-term health conditions

K. Lorig (2014). Publisher: Bull publishing. ISBN: 9781936693627

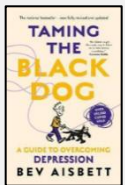
This book is a vital resource full of practical tips, suggestions, and strategies to build confidence in managing chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions,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



Overcoming chronic pain

F. Cole et al (2010). Publisher: Constable & Robinson. ISBN: 9781841199702

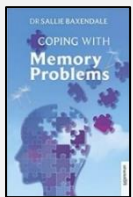
This book provides a clinically proven self-help approach to pain management based on the authors' work with sufferers at Bradford Hospital. Chronic pain that has lasted more than six months can be caused by a number of factors including stress, prolonged muscle tension and the fact that nerves carrying the pain message have developed a long-term 'memory' for the pain. Cognitive Behavioral Therapy can help patients become more active, relieve negative feelings, reduce their distress and help them to manage pain more effectively



Taming the black dog : a guide to overcoming depression

B. Aisbett (2019). Publisher: Harper Collins. ISBN: 9781460756966

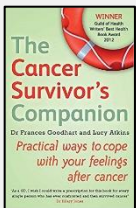
A clear, simple and accessible guide to alleviating the effects of depression and overcoming particularly tough periods. Combines information, humour and actionable advice



Coping with memory problems

S. Baxendale (2014). Publisher: Sheldon Press. ISBN: 9781847092748

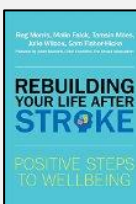
This book addresses many different kinds of memory problems. It suggests practical ways of coping, as well as what to do if you are concerned about your tendency to forget things, or if you are caring for someone with memory difficulties



The cancer survivor's companion: practical ways to cope with your feelings after cancer

F. Goodhart & L. Atkins (2011). Publisher: Piatkus. ISBN: 9780749954901

Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn't true for countless survivors. Many feel unexpectedly alone, worried and adrift. This book helps readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended. This guide is packed with practical and simple self-help tools to tackle issues such as worry and anxiety, depression and low mood, anger, low self-esteem and body image, relationships and sex, fatigue, sleep and relaxation



Rebuilding life after stroke: positive steps to wellbeing

R. Morris et al (2017). Publisher: Jessica Kingsley. 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

TRUST RESOURCES

Building Abilities Staff Network

Do you have a keen interest in contributing towards wellbeing and disability matters? Then we want to hear from you!

What is the aim of the network?

- For staff to have a collective voice and contribute towards the disability and wellbeing agenda.
- Increase disability awareness throughout the Trust.
- Share knowledge and experience in a safe and supportive environment

Who can join?

The network is open to all staff with a positive interest in driving forward disability and wellbeing matters within the Trust. We meet in a safe and confidential environment and welcome all opinions and ideas. Contact: laura.marks@sthk.nhs.uk to find out more

EDI

STHK: Equality, Diversity and Inclusion

<http://nww.sthk.nhs.uk/services/Equality%20Diversity%20and%20Inclusion/Pages/default.aspx>
(Intranet only)

St Helens and Knowsley Teaching Hospitals NHS Trust is committed to the principles of equality, diversity and inclusion

All staff, patients and visitors to the Trust can expect to be treated with dignity and respect and we will not tolerate any form of harassment, discrimination or victimisation

The Trust has a set of equality information initiatives that demonstrates our commitment to promoting equality of opportunity and tackling discrimination in access to health services, and in the way our staff are treated

Health, Work and Wellbeing

STHK: Health, Work and Wellbeing Department

<http://nww.sthk.nhs.uk/services/Health%20Work%20and%20Wellbeing/Pages/default.aspx>
(Intranet only)

The health and wellbeing of our staff is one of the Trust's top priorities, and we want you to be aware of the wealth of support that is available for you. Whether its physical or mental support required, advice with your finances, or maybe support around cultural or lifestyle matters, we are here for you!

ONLINE RESOURCES



NHS Employers: Supporting disabled staff in the workplace

<https://www.nhsemployers.org/articles/supporting-disabled-staff-workplace>

Find out about the different types of disability and what the NHS is doing to support its disabled workforce



UK Disability History Month

<https://ukdhm.org/>



Disability Rights UK

<https://www.som.org.uk/sites/som.org.uk/files/Guidance-on-menopause-and-the-workplace.pdf>



Scope

<https://www.scope.org.uk/>

LIBRARY AND KNOWLEDGE SERVICE – ACCESSIBILITY AND SUPPORT

The Library and Knowledge Service is able to provide support to users who are disabled, dyslexic or have medical conditions which may affect their access to services and resources.

If you need any assistance when using the Library or any of its resources, library staff will be able to help you by:

- Finding and retrieving books from the shelves for you
- Extending the loan periods of your books
- Copying and scanning texts if you are unable to use the self-service facilities
- Providing tutorials on using any of our online resources
- Making wrist or foot rests available to help you use your PC comfortably
- Providing book rests to hold your book at a convenient angle
- Obtaining books in alternative formats
- Copying on to coloured paper

If you have any questions or would like to discuss your information needs further, please contact us by:

- email: library@sthk.nhs.uk
- tel: 0151 430 1342
- visiting us at the library in Nightingale House, Whiston Hospital

To borrow any of the books listed, contact the library at: library@sthk.nhs.uk or call on: 0151 430 1342 or visit us in Nightingale House, Whiston Hospital.

If you are not already a library member you can join by completing our online registration form:

<https://www.knowledge-nw.nhs.uk/join-the-library>



LIBRARY &
KNOWLEDGE
SERVICE

Website: <https://www.knowledge-nw.nhs.uk/>

Email: library@sthk.nhs.uk

Facebook: <https://www.facebook.com/STHKNHSLibrary/>

Twitter: <https://twitter.com/STHKNHSLibrary>