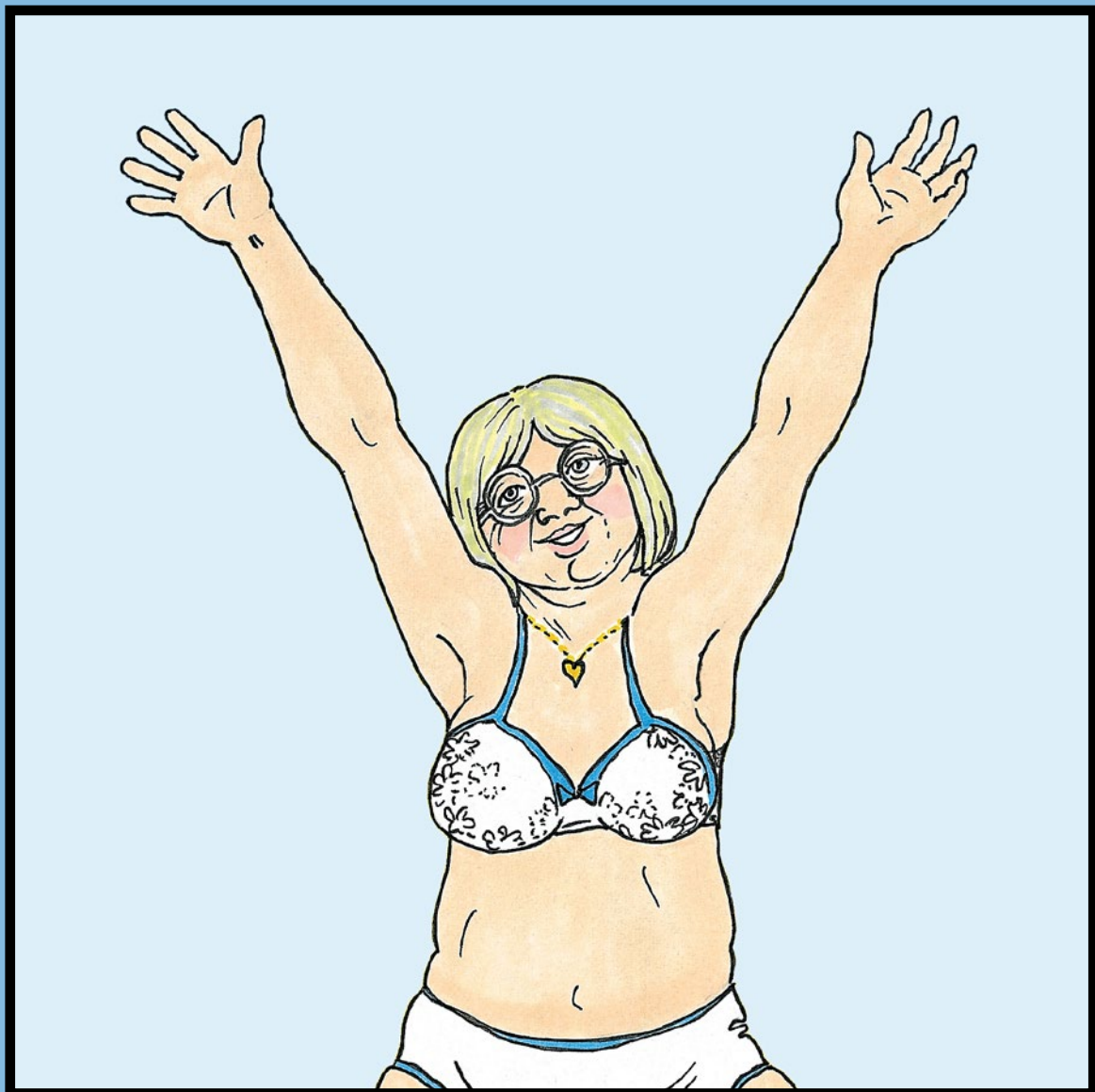


Beyond Words
empowering people through pictures

An Easy Guide to Breast Screening

Illustrated by Beth Webb

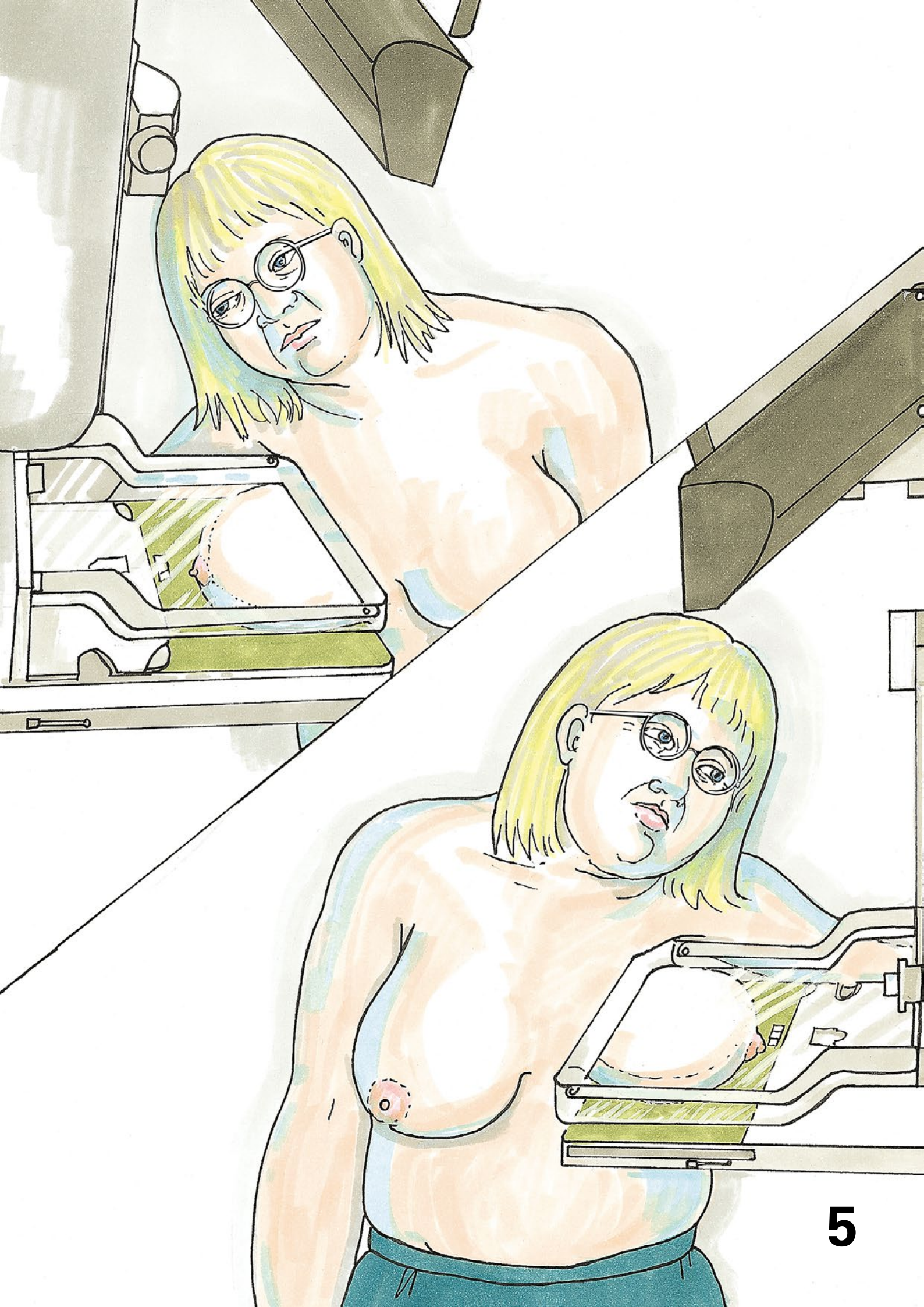
















A suggested storyline

1. Women aged between 50 and 70 are invited to have breast screening every three years. Breast screening is a way of checking for breast cancer.
2. You will be sent a letter about breast screening. If you need any extra help, or you are in a wheelchair, then you should arrange a special appointment with the breast screening unit.
3. You can decide if you want to go for breast screening.
4. Breast screening means having x-rays called mammograms.
5. The x-ray machine can be uncomfortable or painful for some women. You will have to keep very still while the x-ray is taken but it is only for a few seconds.
6. You will be sent a letter about the results of your x-rays. You don't have to come again for three years if your x-rays are OK. If something unusual is found on your x-rays, you will be asked to go back to the breast screening unit for some further checks.
7. You can ask someone to tell you more about breast screening.

A picture book called *Looking After My Breasts* gives more information about breast screening. The book can be ordered from the publisher, Beyond Words:

www.booksbeyondwords.co.uk

How to read this leaflet

This is a story for people who find pictures easier to understand than words. It is not necessary to be able to read any words at all.

1. Start at the beginning and read the story in each picture. Encourage the reader to turn the pages at their own pace.
2. Whether you are reading the story with one person or with a group, encourage them to tell the story in their own words. You will discover what each person thinks is happening, what they already know, and how they feel. You may think something different is happening in the pictures yourself, but that doesn't matter. Wait to see if their ideas change as the story develops. Watch, wait and wonder.
3. It can help to prompt the people you are supporting, gradually going deeper into the meaning, for example:
 - I wonder who that is?
 - I wonder what is happening?
 - What is he or she doing now?
 - I wonder how he or she is feeling?
 - Do you feel like that? Has it happened to you/ your friend/ your family?
4. Some people will not be able to follow the story, but they may be able to understand some of the pictures. Stay a little longer with the pictures that interest them.



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