



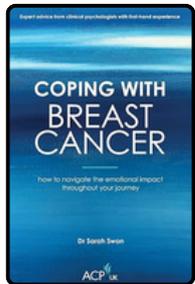
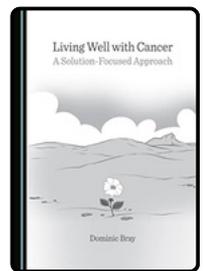
Resource Guide

Abilities@MWL

Books - Cancer

Living well with cancer : A solution-focused approach (2022) by Dominic Bray. ISBN: 9781527587212

This book is about that sort of 'both/and' approach to the challenge of living with cancer. Starting with a recognition of the lived experience of diagnosis and treatment, a crucial part of 'being heard', it moves on to discuss how, by using solution-focused thinking, life may be lived well, whether it's for a very short or, ultimately, a very long time. Written in an informal style, as if the reader is taking part in a chatty, but powerfully effective appointment, it is for people of any age who have, or have had, cancer, as well as their families and friends. The book includes information and suggestions for health professionals who seek to help these people, and will also be highly relevant to other profoundly life-changing conditions.

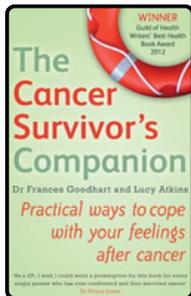
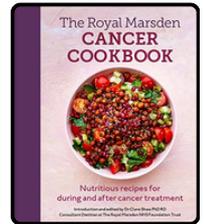


Coping with Breast Cancer : How to navigate the emotional impact throughout your journey (2023) by Dr Sarah Swan. ISBN: 9781914110221

This self-help book is the first of its kind: written by a highly experienced clinical psychologist, who has herself gone through the devastating impact of breast cancer, drawing from the evidence-based Acceptance and Commitment Therapy (ACT) approach to provide you with essential coping skills. This book takes you through what your journey may look like through diagnosis, treatment and recovery, and explains the ACT skills that can help you to cope with the emotional impact of this disease and its treatment. The ACT approach enables you to respond differently to the painful thoughts and feelings that will arise during your cancer journey. Rather than fighting with them, the skills in this book help you to acknowledge and step back from your difficult thoughts and feelings so that you can focus on living your life in a way that will positively impact your physical and emotional wellbeing.

Royal Marsden Cancer Cookbook: Nutritious recipes for during and after cancer treatment, to share with friends and family (2022) by Catherine Phipps. ISBN: 9781804190654

One in three people will be diagnosed with cancer. Such news is life changing, and brings with it many psychological, emotional and physical challenges, including changes in body weight, appetite and the ability to taste and swallow, as well as alterations in the way your digestive system works. The Royal Marsden Cancer Cookbook explores the foods that will support and nourish you during this time and offers more than 150 delicious, healthy recipes divided into 'During Treatment' (dishes with more energy and in a form that is easier to eat) and 'After Treatment' (healthy options that encourage a balanced diet). There are also masses of inspirational ideas, variations and tips. All the recipes, which are designed for all the family, have been reviewed and analysed by Dr Clare Shaw PhD RD, Consultant Dietician at The Royal Marsden.



The cancer survivor's companion : practical ways to cope with your feelings after cancer (2013) by Dr Frances Goodhart and Lucy Atkins. ISBN: 9780749954901

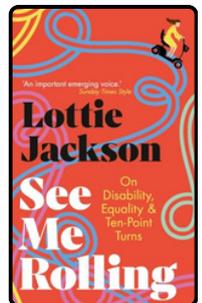
Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn't true for countless survivors. Many feel unexpectedly alone, worried and adrift. You're supposed to be getting your life 'back on track' but your life has changed. You have changed.

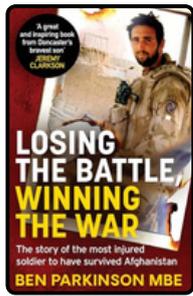
With reassurance and understanding, Dr Frances Goodhart and Lucy Atkins help readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended. Drawing on Dr Goodhart's extensive experience working in the NHS with cancer survivors, this guide is packed with 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.

Books and E-Books- Physical disability

See me rolling: on disability, equality and ten-point turns (2023) by Lottie Jackson. ISBN: 9781529156058

In this heartfelt, thought-provoking and often hilarious book, Lottie Jackson reflects on her experiences of living with disability: from the pitfalls of going shopping on a mobility scooter, and the headache of defining oneself on a tick-box form, to a slapstick scuffle with the so-called 'easy-pull' tights aid, and the intense pleasure of finally swapping a hospital gown for a slinky dress. Lottie captivately expresses the raw vulnerabilities, injustices and untold joys of disability, as well as the bizarre everyday occurrences that able-bodied people usually don't experience.



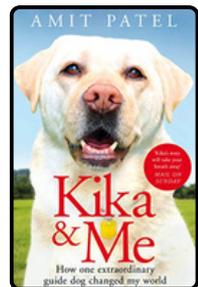


Losing the battle, winning the war (2021) by Ben Parkinson. ISBN: 9780751580259

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.

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.



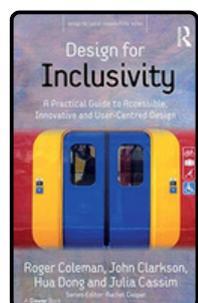
Aim high (2007) by Tammi Grey Thompson. ISBN: 9781905170890

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.

Books – Disability and inclusivity

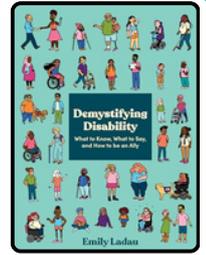
Design for inclusivity : a practical guide to accessible, innovative and user-centred design (2007) by Roger Coleman et al. ISBN: 9781317152460 [E-Book]

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.



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.



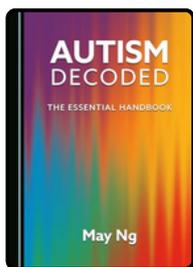
Positively purple : build an inclusive world where people with disabilities can flourish (2022) by Kate Nash ISBN: 9781398608474

For many people with a disability, either visible or invisible, that experience is hard to navigate in the context of work. Champion change, for yourself and others, challenge stigma and become Positively Purple.

Sharing a compelling personal story, Kate Nash offers practical advice for how employers can build environments of trust and support for those with disabilities, how employees with disabilities can advocate for themselves and flourish in the workplace and how those without disabilities can be true allies.

Don't become guilty of the soft bigotry of low expectations when it comes to disabled colleagues, employees and customers. Build disability confidence and help create spaces where people with disabilities feel valued and included.

Books – Neurodiversity

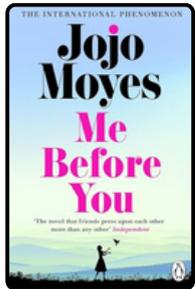
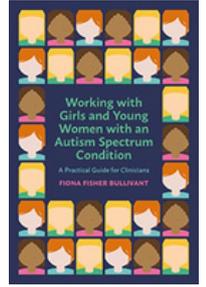


Autism decoded : the essential handbook (2024) by Dr May Ng. ISBN: 9781036415044

Embark on a transformative journey through the intricacies of autism and neurodiversity with multi-award-winning paediatrician Professor May Ng. In 'Autism Decoded,' she demystifies autism with clarity and empathy, offering a jargon-free, comprehensive account for parents, carers, educators, healthcare professionals, and anyone seeking a deeper understanding of neurodiversity. Drawing from her personal experience documented in 'A Journey with Brendan,' Professor Ng translates scientific nuances into accessible language, providing a roadmap to navigate the autistic spectrum. 'Autism Decoded' equips readers with knowledge, fostering empathy and appreciation for the diverse strengths within the neurodiverse community. The book offers practical insights to enhance the lives of autistic individuals, empowering readers to embrace neurodiversity and fostering a world of understanding and acceptance.

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.

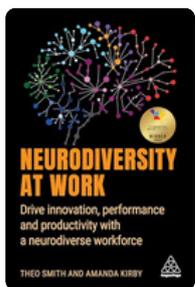
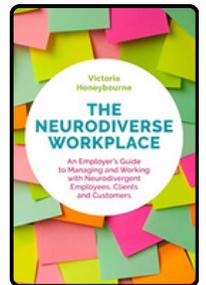


Me before you (2012) by JoJo Moyes. ISBN: 9780718157838

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 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

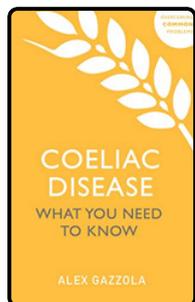
This book is a practical guide that explains what neurodiversity is, why it's important and what the benefits are. It covers how to attract, recruit and engage neurodiverse talent and provides guidance on how to adapt HR policies, processes and workplaces to ensure that all employees, including the 2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

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



Coeliac Disease: What You Need To Know (Overcoming Common Problems) (2020) by Alex Gazzola ISBN: 9781529381085

This authoritative, accessible and supportive book will help you to find out if you or child need to avoid gluten, and how to set about getting a diagnosis. If you do need to avoid gluten - or if you already know you or a family member are coeliac - it will help you to understand labelling, to shop safely (and affordably), to eat out without fear, and to make the best healthy, gluten-free choices for your diet. There is plenty of psychological and emotional support, and insight into managing everyday challenges, from safe travel to personal care and other non-food exposures. The book also gives some insight into the latest research into coeliac disease, and possible future developments for managing the condition, giving continued hope that the newest, groundbreaking therapies may transform the lives of coeliacs ten years hence.

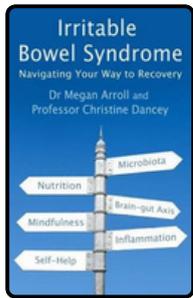
Go your Crohn way : a gutsy guide to living with Crohn's disease (2016) by Kathleen Nicholls. ISBN: 9781848193161

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.



IBS answers at your fingertips (2017) by Ehoud Schmueli. 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.

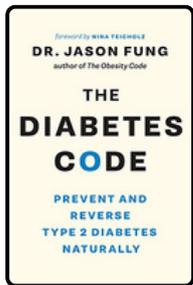
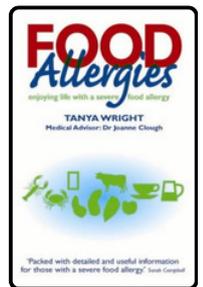


Irritable bowel syndrome: navigating your way to recovery (2016) by Megan Arroll & Christine Dancey. ISBN: 9781781610695

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.

Food allergies : enjoying life with a severe food allergy (2001) by Tanya Wright ISBN: 185959039X

With a number of well-publicised deaths caused by food-induced anaphylaxis in recent years, there is widespread recognition that preventative measures and prompt action are essential to living with this condition. This practical guide enables sufferers to take a more pro-active role in its prevention. Information on special diets, restrictive diets and eating away from home, medical terms explained in layman's language and a comprehensive list of organisations to contact for further help and support are also included.

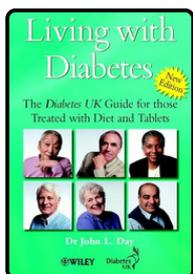
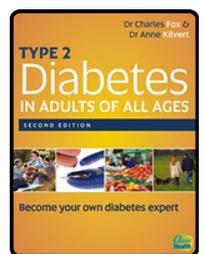


The diabetes code: prevent and reverse type 2 diabetes naturally (2018) by Jason Fung. ISBN: 9781771642651

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.

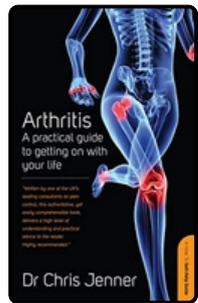
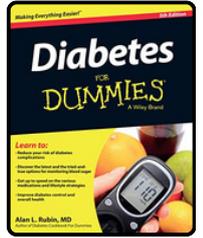


Living with diabetes : the diabetes UK guide for those treated with diet and tablets (2001) by Dr John L Day ISBN: 0471487139

In Diabetes UK's Guide for those treated with diet and tablets you will find all the answers you need to understand and take control of your diabetes. Knowing about diabetes is key to coping with it. Dr John Day, an outstanding authority in diabetes and an experienced doctor, clearly explains all the latest recommendations for healthy eating, exercise and medical treatment, helping people with diabetes to maximise their lifestyle while minimising their difficulties. Practical and realistic solutions to common problems are given.

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.

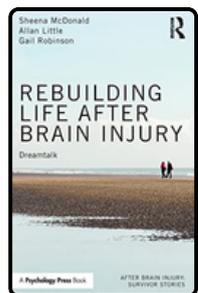
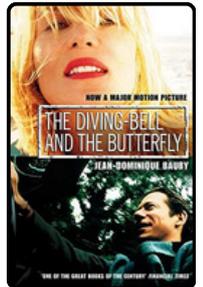


Arthritis: a practical guide to getting on with your life (2011) by Chris Jenner. ISBN: 9781845284718

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.

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, JeanDominique 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.

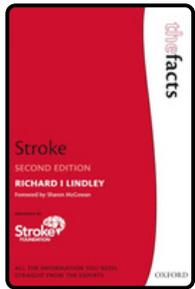
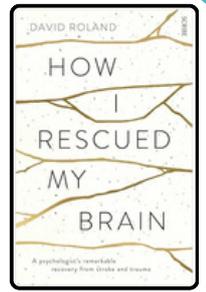


Rebuilding life after brain injury: dreamtalk (2019) by Sheena McDonald. ISBN: 9781138600737

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.

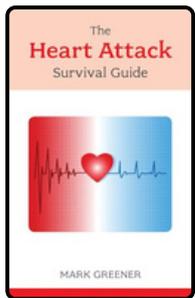
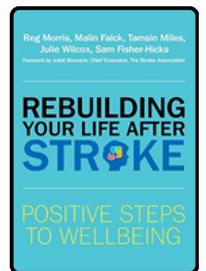


Stroke: the facts (2017) by Richard I Lindley. ISBN: 9780198778189

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 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 longterm side effects, this book delivers a positive message to help survivors of strokes live a better and happier life.

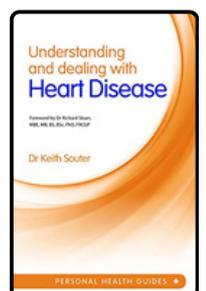


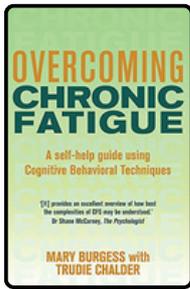
The heart attack survival guide (2012) by Mark Greener. ISBN: 9781847092021

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.

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.



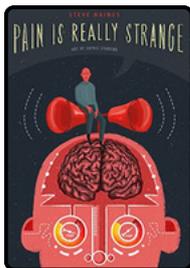
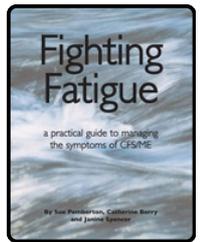


Overcoming chronic fatigue : a self-help guide using cognitive behavioral techniques (2009) by Mary Burgess ISBN: 9781849011327

Chronic Fatigue Syndrome (CFS) is a debilitating illness, characterised by severe exhaustion and flu-like symptoms. This book offers improving sleep patterns; practical strategies for balancing activity and rest; dealing with blocks to recovery; stress and ways of coping; and, how relatives and friends can help

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.

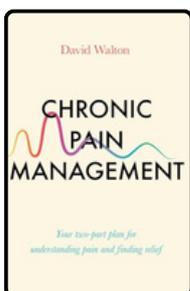
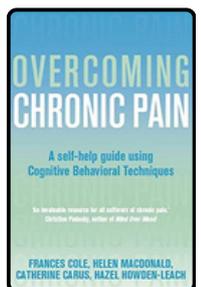


Pain is really strange (2015) by Steve Haines. ISBN: 9781848192645

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.

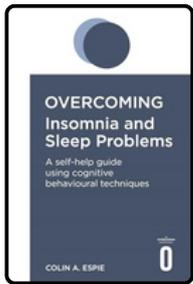
Overcoming chronic pain: a self-help guide using cognitive behavioral techniques (2005) by Frances Cole et al. ISBN: 9781841199702

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.



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.

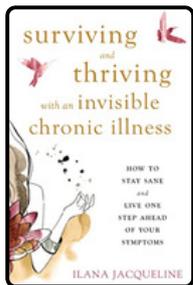
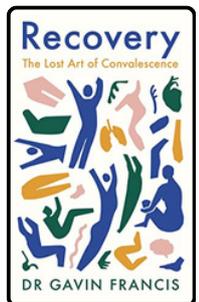


Overcoming insomnia and sleep problems : a self-help guide using cognitive behavioural techniques (2006) by Colin A Espie ISBN: 9781845290702

All the help you need to conquer your sleep problems and start living life to the full. Poor sleep is one of the most common health problems and can leave you feeling exhausted, stressed and run-down. While prescribed medications and over-the-counter remedies rarely offer lasting benefits, Cognitive Behavioural Therapy can help enormously and is the treatment of choice for insomnia. Contents: Develop good pre-bedtime routines; The most effective relaxation techniques; Establish a new sleeping and waking pattern; Deal with a racing mind; Use sleeping pills more effectively; Handle jet lag and sleepwalking.

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.

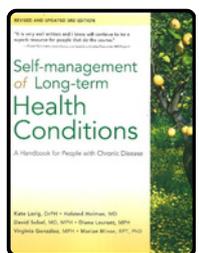


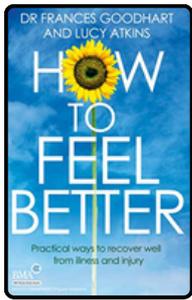
Surviving and thriving with an invisible chronic illness: how to stay sane and Live one step ahead of your symptoms (2018) by Dave Pulsford and Rachel Thompson. ISBN: 9781626255999

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.



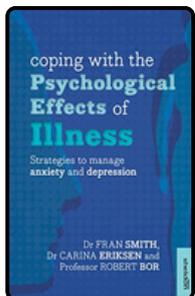
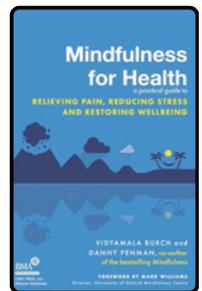


How to feel better: practical ways to recover well from illness and injury (2015) by Ilana Jacqueline. ISBN: 9780749958206

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.

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.



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.

All the books listed above are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library. You will need an NHS OpenAthens account to read the e-books



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.nhs.uk/conditions/menopause/>

ADHD UK

<https://adhduk.co.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 Wellbeing Resources page at <https://library.merseywestlancs.nhs.uk/wellbeing-resources>

Find out more about the Abilities@MWL Staff Network on the Trust Extranet, or email:

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