

# BSL HEALTH DIRECTORY

UPDATED MARCH 2020

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## ABOUT THIS DIRECTORY AND HOW TO USE IT

Information about staying healthy is easy to come by if you are hearing, but very little is made available in sign language for deaf people. That's part of the reason that deaf people are generally not as healthy as hearing people. Information on common illnesses and advice on how to keep yourself healthy can be hard to come by in sign language.

Healthwatch Bexley produced this health directory which provides a selection of information video's in British sign language, or with subtitles, on a variety of health and wellbeing topics. The videos provide advice about different illnesses and diseases as well as some self-help guides.

The health videos can be accessed by **holding down the control key on your keyboard and clicking on the relevant link.**

## USEFUL INFORMATION & HEALTH REPORTS

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>The “Sick of It” report</b> BSL	<ul style="list-style-type: none"> <li>This ground-breaking research from 2014 reveals a story of unintentional neglect, shortened lives and wasted money. Our health service is making it difficult for Deaf people to get help. Potentially life-threatening health conditions are being missed, and poor treatment is offered when a diagnosis is made. It’s unfair and unjust.</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/sick-of-it-report/sick-of-it-in-bsl/">https://www.signhealth.org.uk/health-information/sick-of-it-report/sick-of-it-in-bsl/</a>
<b>Valuing Audiology Report</b> <i>NHS Hearing Aid Services on England</i> <i>Report written by Peter Kunzmann</i> Written Report	<ul style="list-style-type: none"> <li>Valuing Audiology looks at the performance of NHS hearing aid services in England, and sets out policy solutions to increase accountability, boost access, ensure adherence to national guidance, and make use of emerging technology. Hearing aids can provide a lifeline to the 9 million people affected by hearing loss in England. Our report scrutinises NHS hearing aid services. We wanted to identify where they are performing well, where they need to improve, and whether the commissioning arrangements are fit for purpose.</li> </ul>	<a href="https://www.actiononhearingloss.org.uk/how-we-help/information-and-resources/publications/research-reports/valuing-audiology/">https://www.actiononhearingloss.org.uk/how-we-help/information-and-resources/publications/research-reports/valuing-audiology/</a>
<b>Emergencies</b> BSL	<ul style="list-style-type: none"> <li>How to register for emergency SMS text service</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/emergencies/">https://www.signhealth.org.uk/health-information/emergencies/</a>
<b>Making a complaint</b> BSL	<ul style="list-style-type: none"> <li>Had to wait too long? Member of staff rude? Not offered communication support? If you are not happy with your care, or the way you have been treated, then you can complain.</li> </ul>	<a href="https://www.signhealth.org.uk/2360-2/">https://www.signhealth.org.uk/2360-2/</a>

## USEFUL INFORMATION & HEALTH REPORTS

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>NHS 111 Information Video</b> BSL and Subtitles		<a href="https://www.bing.com/videos/search?q=nhs+inform+bsl+videos&amp;view=detail&amp;mid=27741B0A08C1CDE9269B27741B0A08C1CDE9269B&amp;FORM=VIRE">https://www.bing.com/videos/search?q=nhs+inform+bsl+videos&amp;view=detail&amp;mid=27741B0A08C1CDE9269B27741B0A08C1CDE9269B&amp;FORM=VIRE</a>

## SCREENING

Screening is a way of identifying apparently healthy people who may have an increased risk of a particular condition. The NHS offers a range of free screening tests.

Finding out about a problem early can mean that treatment is more effective.

Screening can save lives.

The NHS screening programmes currently offered in England are listed below:

SCREENING		
Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Cervical Screening</b> Subtitles	<ul style="list-style-type: none"> <li>What is cervical screening?</li> </ul>	<a href="https://www.nhs.uk/conditions/cervical-screening/">https://www.nhs.uk/conditions/cervical-screening/</a>
<b>Breast Screening</b> BSL	<ul style="list-style-type: none"> <li>A video showing what happens when women attend their appointment for a mammogram.</li> </ul>	<a href="http://www.cancerscreening.hscni.net/2173.htm">http://www.cancerscreening.hscni.net/2173.htm</a>
<b>Bowel Cancer</b> BSL and Subtitles	<ul style="list-style-type: none"> <li>Cancer Research "Be Clear on Bowel Cancer Screening" leaflet.</li> </ul>	<a href="https://www.bing.com/videos/search?q=bsl+bowel+cancer+video&amp;view=detail&amp;mid=227D4F54DE84883D7190227D4F54DE84883D7190&amp;FORM=VIRE">https://www.bing.com/videos/search?q=bsl+bowel+cancer+video&amp;view=detail&amp;mid=227D4F54DE84883D7190227D4F54DE84883D7190&amp;FORM=VIRE</a>

## CANCER

The following cancer information videos will help you understand and cope with cancer. They cover what cancer is, signs and symptoms of cancer, what to expect if you are diagnosed, living with cancer, diet and cancer, coping with side effects, and cancer treatments.

All the video's can be found on the Macmillan Cancer Support website by clicking on the link below.

CANCER		
Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>What is cancer?</b> BSL and Subtitles	<ul style="list-style-type: none"> <li>This BSL video explains what cancer is and how our lymphatic system works.</li> </ul>	<a href="https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html">https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html</a>
<b>Common cancers and reducing your risk</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>This BSL video is about common cancers in men and women and what you can do to reduce your risk of getting cancer.</li> </ul>	
<b>What to expect if you have been diagnosed with cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>This BSL explains what may happen next if you are diagnosed with cancer and what your treatment options are.</li> </ul>	
<b>Common cancer symptoms</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>This BSL video explains what symptoms are and things to watch out for.</li> </ul>	
<b>Prostate cancer symptoms and the PSA test</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>A description of the symptoms of prostate cancer and an explanation of the PSA test (prostate-specific antigen test).</li> </ul>	
<b>Brain tumour treatment</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>Life after cancer treatment and side effects.</li> </ul>	
<b>Coping with cancer and hearing loss</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>Gwen, who is deaf, explains her experience and the difficulties she faced when she was diagnosed with breast cancer.</li> </ul>	

**CANCER**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Introduction to financial support available</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• A welfare rights adviser explains the various forms of financial help that might be available to people affected by cancer.</li> </ul>	<a href="https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html">https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html</a>
<b>Living with bowel cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Living with colon cancer and life after surgery.</li> </ul>	
<b>Living with advanced cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Living with advanced breast cancer.</li> </ul>	
<b>Healthy eating and cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Ideas for simple changes which could make your diet healthier.</li> </ul>	
<b>Eating problems and cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Tips for managing the eating problems caused by cancer.</li> </ul>	
<b>Neutropenic sepsis</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• What is neutropenic sepsis</li> </ul>	
<b>Coping with fatigue</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• We explain what fatigue is, the symptoms, and tips for getting a good night's sleep</li> </ul>	
<b>Hair loss</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Treatment for cancer can cause hair loss. Two people are brought together to share their experiences of cancer and hair loss.</li> </ul>	
<b>What is chemotherapy</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• This BSL video explains what chemotherapy is, how and why it is given, what happens in hospital and how chemotherapy can affect your life.</li> </ul>	
<b>Preparing for chemotherapy</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• This BSL video explains the things to think about and action to take before starting chemotherapy.</li> </ul>	
<b>What is radiotherapy</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• This BSL video explains what radiotherapy is, how and why it is given, what happens in hospital and how radiotherapy can affect your life.</li> </ul>	
<b>Preparing for radiotherapy</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• This BSL video explains the things to think about and action to take before starting radiotherapy.</li> </ul>	



CANCER

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<p><b>Surgery</b> BSL &amp; Subtitles</p>	<ul style="list-style-type: none"> <li>This BSL playlist has 7 videos about surgery, including an introduction, why you might have surgery, and what will happen before and after your operation.</li> </ul>	<p><a href="https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html">https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html</a></p>

CORONAVIRUS



BSL translation of the information provided from Public Health England and the Department of Health and Social Care.

CORONAVIRUS		
Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<p><b>Coronavirus</b> BSL &amp; Subtitles</p>	<ul style="list-style-type: none"> <li>• What is Coronavirus?</li> <li>• How do I avoid getting sick or spreading the virus?</li> <li>• What are the symptoms of coronavirus?</li> <li>• I have travelled recently, do I need to self-isolate?</li> <li>• What if I am not feeling well and I am worried I have coronavirus?</li> <li>• I was in contact with someone who might have coronavirus, what should I do?</li> <li>• Do I need avoid public places?</li> <li>• How do I avoid catching coronavirus?</li> </ul>	<p><a href="https://www.signhealth.org.uk/coronavirus/">https://www.signhealth.org.uk/coronavirus/</a></p>

Contact NHS 111 services if you are worried you have coronavirus, you have travelled within the last 14 days OR may have come in contact with someone who has coronavirus. Call NHS 111 in BSL by visiting [interpreternow.co.uk/nhs111](http://interpreternow.co.uk/nhs111) or use their app on your mobile device. Or use the NHS 111 online service at [111.nhs.uk/covid-19](http://111.nhs.uk/covid-19). **Do not go to a GP surgery, pharmacy or hospital.**

## PREPARING FOR A GP VISIT

Visiting the doctor can be a stressful experience if you are deaf, but it is vital that communication barriers don't stop you from going and interfere with your health.

Before visiting your doctor, be sure of what you want to ask and the help you want to get. Inform the GP surgery that you are deaf and need an interpreter. It is the surgery's responsibility to book an interpreter for you. If you are deaf, or hard of hearing, it is important to have an interpreter when visiting your doctor. This is especially true if you speak sign language. A person who can sign to you what the doctor is saying will help you communicate better. You may want an interpreter even if you read lips and use spoken language. You may not be familiar with some of the terms your doctor uses. This can make it more difficult to read his or her lips.

You may want to ask a friend or relative to be your interpreter. But you should know that interpreters should be trained. Using a friend or family member could put you at risk if they misinterpret something during your visit. Also, your doctor may need to ask personal questions. Make sure you are comfortable enough to answer those questions through your interpreter.

If you have trouble hearing, tell the receptionist that calling your name isn't the best way to tell you that the doctor is ready to see you. Ask him or her to come and get you or get your attention visually when the doctor is ready for you.

BODY TOPICS

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Abortion</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• What is an abortion?</li> <li>• Are abortions safe?</li> <li>• Types of abortion</li> <li>• Abortion law across the UK</li> <li>• Should I have an abortion?</li> <li>• How to get an abortion</li> <li>• What happens before an abortion?</li> <li>• What will happen on the day of the abortion?</li> <li>• What will happen after an abortion?</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/abortion/">https://www.signhealth.org.uk/health-information/health-advice/abortion/</a>
<b>Asthma</b> BSL	<ul style="list-style-type: none"> <li>• What is asthma?</li> <li>• Asthma symptoms</li> <li>• Asthma and lifestyle</li> <li>• Tablets and asthma</li> <li>• Controlling your asthma</li> <li>• Symptoms getting worse?</li> <li>• Asthma attacks</li> <li>• Asthma and pregnancy</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/asthma/">https://www.signhealth.org.uk/health-information/health-advice/asthma/</a>
<b>Breast Cancer Awareness</b> BSL	<ul style="list-style-type: none"> <li>• Checking your breasts TLC (Touch, Look, Check)</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/breast-cancer-awareness-tlc/">https://www.signhealth.org.uk/health-information/health-advice/breast-cancer-awareness-tlc/</a>
<b>Breast cancer in women over 70</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Be clear about eh signs of breast cancer in women over 70.</li> </ul>	<a href="http://www.nhs.uk/video/Pages/bcoc-breast-cancer-sign-language.aspx?searchtype=Tag&amp;searchterm=Sign+language&amp;">http://www.nhs.uk/video/Pages/bcoc-breast-cancer-sign-language.aspx?searchtype=Tag&amp;searchterm=Sign+language&amp;</a>
<b>Breathlessness</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Breathlessness can be a sign of a serious problem. If you suddenly or unexpectedly get out of breath doing things you'd normally find easy to do, tell your doctor.</li> </ul>	<a href="http://www.nhs.uk/video/Pages/lets-be-clear-on-breathlessness-bsl-version.aspx?searchtype=Tag&amp;searchterm=Breathing&amp;">http://www.nhs.uk/video/Pages/lets-be-clear-on-breathlessness-bsl-version.aspx?searchtype=Tag&amp;searchterm=Breathing&amp;</a>

**BODY TOPICS**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Calories</b> BSL	<ul style="list-style-type: none"> <li>• What are calories?</li> <li>• How to check calories in food?</li> <li>• BMI calculator</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/calories/">https://www.signhealth.org.uk/health-information/health-advice/calories/</a>
<b>Cancer</b> BSL & some subtitles	<ul style="list-style-type: none"> <li>• A link to the Macmillan website showing British Sign Language cancer information videos helping you understand and cope with cancer. They cover what cancer is, signs and symptoms of cancer, what to expect if you are diagnosed, living with cancer, diet and cancer, coping with side effects, and cancer treatments.</li> </ul>	<a href="https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html">https://www.macmillan.org.uk/information-and-support/resources-and-publications/other-formats/british-sign-language.html</a>
<b>Contraception</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• STIs and condoms</li> <li>• Contraception and emergency contraception</li> <li>• Contraception - The Method</li> <li>• So you want to find out if you are pregnant</li> </ul>	<a href="https://www.bpas.org/resources/education-and-training/british-sign-language-videos/">https://www.bpas.org/resources/education-and-training/british-sign-language-videos/</a>
<b>Dementia</b> BSL	<ul style="list-style-type: none"> <li>• What is dementia?</li> <li>• What is Alzheimer's disease?</li> <li>• What is vascular dementia?</li> <li>• What is dementia with Lewy bodies (DLB)?</li> <li>• What is frontotemporal dementia (FTD)?</li> </ul>	<a href="https://www.alzheimers.org.uk/get-support/publications-factsheets/bsl-factsheets">https://www.alzheimers.org.uk/get-support/publications-factsheets/bsl-factsheets</a>
<b>Depression and low mood</b> BSL	<ul style="list-style-type: none"> <li>• An expert describes the various levels of depression, the early warning signs and the treatments available.</li> </ul>	<a href="https://www.nhs.uk/video/Pages/bsl-depression.aspx">https://www.nhs.uk/video/Pages/bsl-depression.aspx</a>

**BODY TOPICS**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Diabetes</b> BSL	<ul style="list-style-type: none"> <li>• What is Diabetes?</li> <li>• Risk Factors</li> <li>• Diabetes Symptoms</li> <li>• Hypers and Hypos</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/diabetes/">https://www.signhealth.org.uk/health-information/health-advice/diabetes/</a>
<b>Eating Disorders</b> BSL	<ul style="list-style-type: none"> <li>• What is an eating disorder?</li> <li>• What causes eating disorders?</li> <li>• Bulimia nervosa</li> <li>• Anorexia nervosa</li> <li>• Binge eating disorder</li> <li>• Eating disorder not otherwise specified (EDNOS)</li> <li>• How can I help myself?</li> <li>• Treatment and support</li> <li>• How can family and friends help?</li> <li>• Information and questions</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/eating-disorders-2/">https://www.signhealth.org.uk/health-information/health-advice/eating-disorders-2/</a>
<b>Ebola Virus</b> BSL	<ul style="list-style-type: none"> <li>• Ebola Virus Explained</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/ebola-virus-explained-in-bsl-2/">https://www.signhealth.org.uk/health-information/health-advice/ebola-virus-explained-in-bsl-2/</a>
<b>Flu</b> BSL	<ul style="list-style-type: none"> <li>• What is Flu, its Symptoms and Who is at High Risk?</li> <li>• Flu Vaccination</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/flu/">https://www.signhealth.org.uk/health-information/health-advice/flu/</a>

**BODY TOPICS**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Heart Conditions and Causes</b> BSL and Subtitles	<ul style="list-style-type: none"> <li>• High Cholesterol</li> <li>• Being Overweight</li> <li>• High Blood Pressure</li> <li>• Smoking</li> <li>• Diabetes</li> <li>• Lack Of Exercise</li> <li>• Family History</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/heart-conditions-and-causes/">https://www.signhealth.org.uk/health-information/health-advice/heart-conditions-and-causes/</a>
<b>Irritable Bowel Syndrome (IBS)</b> BSL	<ul style="list-style-type: none"> <li>• What is IBS?</li> <li>• What Causes IBS?</li> <li>• Do I Have IBS Symptoms?</li> <li>• When Should I See My Doctor?</li> <li>• Foods that may Irritate the Gut</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/irritable-bowel-syndrome-ibs/">https://www.signhealth.org.uk/health-information/health-advice/irritable-bowel-syndrome-ibs/</a>
<b>Meningitis</b> BSL	<ul style="list-style-type: none"> <li>• What is Meningitis And Who Is At Risk</li> <li>• Meningitis Symptom And Glass Test</li> <li>• After Meningitis</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/meningitis/">https://www.signhealth.org.uk/health-information/health-advice/meningitis/</a>
<b>Norovirus</b> BSL	<ul style="list-style-type: none"> <li>• What is Norovirus?</li> <li>• Treatment</li> <li>• Dehydration</li> <li>• How to prevent norovirus spreading?</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/norovirus/">https://www.signhealth.org.uk/health-information/health-advice/norovirus/</a>
<b>Obesity</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Obesity + BMI</li> <li>• The risk of being overweight</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/obesity/">https://www.signhealth.org.uk/health-information/health-advice/obesity/</a>
<b>Ovarian cancer</b> BSL & Subtitles	<ul style="list-style-type: none"> <li>• Be clear about the signs of ovarian cancer.</li> </ul>	<a href="http://www.nhs.uk/video/Pages/bcoc-ovarian-cancer-sign-language.aspx?searchtype=Tag&amp;searchterm=Sign+language&amp;">http://www.nhs.uk/video/Pages/bcoc-ovarian-cancer-sign-language.aspx?searchtype=Tag&amp;searchterm=Sign+language&amp;</a>

**BODY TOPICS**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Skin Cancer</b> BSL	<ul style="list-style-type: none"> <li>• What is Skin Cancer &amp; Who is at Risk?</li> <li>• What Causes Skin Cancer &amp; What are the Signs?</li> <li>• The ABCD Rule</li> <li>• Where can Skin Cancer Start and can it Spread?</li> <li>• What will the Doctor do?</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/skin-cancer/">https://www.signhealth.org.uk/health-information/health-advice/skin-cancer/</a>
<b>Smoking</b> BSL	<ul style="list-style-type: none"> <li>• How to quit</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/quit-smoking/">https://www.signhealth.org.uk/health-information/health-advice/quit-smoking/</a>
<b>Stroke</b> BSL	<ul style="list-style-type: none"> <li>• What is a stroke?</li> <li>• When stroke strikes, act F.A.S.T. Learn how to recognise the signs of stroke.</li> </ul>	<a href="https://vimeo.com/114558049">https://vimeo.com/114558049</a>  <a href="https://www.nhs.uk/video/Pages/stroke-act-fast-bsl-leaflet.aspx">https://www.nhs.uk/video/Pages/stroke-act-fast-bsl-leaflet.aspx</a>
<b>Thyroid</b> BSL	<ul style="list-style-type: none"> <li>• What is a Thyroid?</li> </ul>	<a href="https://www.signhealth.org.uk/health-information/health-advice/thyroid/">https://www.signhealth.org.uk/health-information/health-advice/thyroid/</a>
<b>Tinnitus</b> BSL	<ul style="list-style-type: none"> <li>• Tinnitus causes people to hear constant sounds in one ear, both ears or in their head. An audiologist explains the possible causes and effects it often has, such as stress and anxiety, plus how to deal with them.</li> </ul>	<a href="https://www.nhs.uk/Video/Pages/bsl-tinnitus.aspx">https://www.nhs.uk/Video/Pages/bsl-tinnitus.aspx</a>



FIRST AID		
Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Bleeding heavily</b> BSL	Shows what to do in an emergency and how to treat heavy bleeding.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-bleeding-heavily/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-bleeding-heavily/</a>
<b>Asthma attack</b> BSL	Shows what to do in an emergency and how to treat an asthma attack.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-asthma-attack/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-asthma-attack/</a>
<b>Broken bone</b> BSL	Shows what to do in an emergency and how to treat a broken bone.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-broken-bone/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-broken-bone/</a>
<b>Burn or scald</b> BSL	Shows what to do in an emergency and how to treat a burn or scald.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-burn-or-scald/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-burn-or-scald/</a>
<b>Choking</b> BSL	Shows what to do in an emergency and how to treat choking.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-choking/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-choking/</a>
<b>Diabetic emergency</b> BSL	Shows what to do in a diabetic emergency	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-diabetic-emergency/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-diabetic-emergency/</a>
<b>Distressed</b> BSL	Shows what to do in an emergency and how to treat a distressed person.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-distressed/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-distressed/</a>
<b>Head injury</b> BSL	Shows what to do in an emergency and how to treat a head injury.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-head-injury/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-head-injury/</a>
<b>Heart attack</b> BSL	Shows what to do in an emergency and how to treat someone who has a heart attack.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-heart-attack/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-heart-attack/</a>

**BODY TOPICS**

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Poisoning/harmful substances</b> BSL	Shows what to do in an emergency and how to treat someone who has been poisoned.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-poisoningharmful-substances/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-poisoningharmful-substances/</a>
<b>Seizure/epilepsy</b> BSL	Shows what to do in an emergency and how to treat someone who has a seizure or epileptic fit.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-seizureepilepsy/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-seizureepilepsy/</a>
<b>Stroke/brain attack</b> BSL	Shows what to do in an emergency and how to treat someone who has a stroke/brain attack.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-strokebrain-attack/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-strokebrain-attack/</a>
<b>Unconscious and breathing</b> BSL	Shows what to do in an emergency and how to treat someone who is unconscious and breathing	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-unconscious-and-breathing/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-unconscious-and-breathing/</a>
<b>Unconscious and not breathing</b> BSL	Shows what to do in an emergency and how to treat someone who is unconscious and NOT breathing.	<a href="https://www.signhealth.org.uk/health-information/health-advice/first-aid-unconscious-and-not-breathing/">https://www.signhealth.org.uk/health-information/health-advice/first-aid-unconscious-and-not-breathing/</a>

EMOTIONAL WELLBEING		
Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Alcohol and You</b> BSL	A guide on the effects of alcohol, how to control drinking and alcohol related problems	<a href="https://www.signhealth.org.uk/health-information/alcohol-and-you/">https://www.signhealth.org.uk/health-information/alcohol-and-you/</a>
<b>Anxiety</b> BSL	A guide anxiety, how to understand and manage it.	<a href="https://www.signhealth.org.uk/health-information/anxiety/">https://www.signhealth.org.uk/health-information/anxiety/</a>
<b>Bereavement</b> BSL	Bereavement – coping with bereavement and grief.	<a href="https://www.signhealth.org.uk/health-information/health-advice/bereavement/">https://www.signhealth.org.uk/health-information/health-advice/bereavement/</a>
<b>Controlling Anger</b> BSL	Understanding anger and the causes Controlling Anger Controlling The Physical Symptoms of Anger Controlling Angry Behaviours	<a href="https://www.signhealth.org.uk/health-information/controlling-anger/">https://www.signhealth.org.uk/health-information/controlling-anger/</a>
<b>Obsessions and Compulsions (OCD)</b> BSL	Obsessions and Compulsions self-help	<a href="https://www.signhealth.org.uk/health-information/health-advice/obsessions-and-compulsions/">https://www.signhealth.org.uk/health-information/health-advice/obsessions-and-compulsions/</a>
<b>Panic</b> BSL	What is panic attack? Recognising and understanding panic What causes panic attacks Techniques to cope	<a href="https://www.signhealth.org.uk/health-information/health-advice/panic/">https://www.signhealth.org.uk/health-information/health-advice/panic/</a>
<b>Post Traumatic Stress (PTSD)</b> BSL	A self help guide to PTSD	<a href="https://www.signhealth.org.uk/health-information/health-advice/post-traumatic-stress/">https://www.signhealth.org.uk/health-information/health-advice/post-traumatic-stress/</a>
<b>Shyness and Social Anxiety</b> BSL	A self-help guide explaining symptoms and what causes it.	<a href="https://www.signhealth.org.uk/health-information/health-advice/shyness-and-social-anxiety/">https://www.signhealth.org.uk/health-information/health-advice/shyness-and-social-anxiety/</a>

EMOTIONAL WELLBEING

Video Title & Format	Description	Link <i>(hold down control key and click on link)</i>
<b>Sleep Problems</b> BSL	A self-help guide to understanding sleep and sleep problems	<a href="https://www.signhealth.org.uk/health-information/health-advice/sleep-problems/">https://www.signhealth.org.uk/health-information/health-advice/sleep-problems/</a>
<b>Stress</b> BSL	A self-help guide to what is stress and the signs.	<a href="https://www.signhealth.org.uk/health-information/health-advice/stress/">https://www.signhealth.org.uk/health-information/health-advice/stress/</a>

## MAKING A COMPLAINT

When you make a complaint, you encourage healthcare and social care providers to improve their services for people with hearing loss.

If you're deaf or have hearing loss, you should expect the same access to services as everybody else.

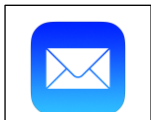
If you feel this wasn't the case when you used a service then you can make a complaint.

If you'd like more advice on how to make a complaint, you can contact Healthwatch Bexley who will be able assist you. Healthwatch Bexley listens to and works with local residents to improve health and social care service for everyone, enabling people to feel well connected, have easy access to information and the opportunity to have their say.

### Contact Details:



0208 304 9344



[Info@healthwatchbexley.co.uk](mailto:Info@healthwatchbexley.co.uk)



@HWBexley



[www.healthwatchbexley.co.uk](http://www.healthwatchbexley.co.uk)