

Physical Health

No.	Organisation Name	Subject	Web Address	Format	Time (mins. secs)	Language	Comments
14a	Sign Health	Asthma	http://www.signhealth.org.uk/health-information/health-advice/asthma/	Videos 1-3 of 12 1. What is Asthma; 2. What Causes Asthma? 3. Asthma Symptoms.	1. 1.20; 2. 1.12; 3. 0.41.	BSL & English Text	Asthma UK
14b				Videos 4-6 of 12 4. Asthma and Lifestyle; 5. Treatment; 6. Are Steroids Safe?	4. 1.00; 5. 2.18; 6. 2.02.	BSL & English Text	Asthma UK
14c				Videos 7-9 of 12 7. Tablets and Asthma; 8. Controlling Your Asthma; 9. Symptoms Getting Worse?	7. 1.33; 8. 0.38; 9. 0.58.	BSL & English Text	Asthma UK
14d				Videos 10-12 10. Asthma Attacks; 11. Asthma and Pregnancy; 12. Want More Information?	10. 0.49; 11. 1.52; 12. 1.06.	BSL & English Text	Asthma UK
15	Sign Health	Back Pain	http://www.signhealth.org.uk/health-information/health-advice/back-pain/	Video	4.25	BSL and Spoken English	NHS Choices

16	Sign Health	Calories	http://www.signhealth.org.uk/health-information/health-advice/calories/	Videos x3 1. What are Calories? 2. How to Check Calories in Food 3. BMI Calculator	1. 03.04; 2. 02.00; 3. 00.42.	BSL & English Text	
17	Sign Health	Cancer and Living with it-Advanced Cancer	http://www.signhealth.org.uk/health-information/health-advice/advanced-cancer/	Video x 1	3.36	BSL and Spoken English	
18	Sign Health	Cancer and Living with it-Bladder and Kidney Cancer	http://www.signhealth.org.uk/health-information/health-advice/bladder-and-kidney-cancer/	Video x 1	8.17	BSL, Sub-titled, Spoken English	NHS Choices
19	Sign Health	Cancer and Living with it-Bowel Cancer	http://www.signhealth.org.uk/health-information/health-advice/bowel-cancer/	Video x 2	1. 08.05; 2. 03.04.	BSL, Sub-titled, Spoken English	
20	Sign Health	Cancer and Living with it-Breast Cancer	http://www.signhealth.org.uk/health-information/health-advice/breast-cancer/	Videos x2 1. About Breast Cancer; 2. Breast Cancer Awareness- TLC.	1. 15.21; 2. 03.01.	1. BSL; 2. BSL and Spoken English.	NHS Choices
21	NHS Choices	Breast Cancer in Women Over 70	http://www.nhs.uk/video/pages/bcoc-breast-cancer-over-70-bsl-tv-ad.aspx	Video- TV ad	0.31	BSL and Spoken English	
22	Sign Health	Cancer and Living with it-Chemotherapy	http://www.signhealth.org.uk/health-information/health-advice/chemotherapy/	Videos x4 1. An introduction To Chemotherapy; 2. About Chemotherapy; 3. Side Effects of Chemotherapy; 4. Having Chemotherapy.	1. 03.47; 2. 21.29; 3. 16.21; 4. 08.00.	BSL & Sub-titled	MacMillan
23	Sign Health	Cancer and Living with it - Diet and Cancer	http://www.signhealth.org.uk/health-information/health-advice/diet-and-cancer/	Video x 1	3.27	BSL and Spoken English	MacMillan

24	Sign Health	Cancer and Living with it - Financial Support	http://www.signhealth.org.uk/financial-support/	Video x 1	3.56	BSL and Spoken English	MacMillan
25	Sign Health	Cancer and Living with it - Hair Loss	http://www.signhealth.org.uk/health-information/health-advice/coping-with-hair-loss/	Video x 1	6.53	BSL and Spoken English	MacMillan
26	Sign Health	Cancer and Living with it - Living with Colon Cancer	http://www.signhealth.org.uk/health-information/health-advice/living-with-colon-cancer/	Video x 1	3.27	BSL and Spoken English	MacMillan
27	Sign Health	Cancer and Living with it - Lung Cancer	http://www.signhealth.org.uk/health-information/health-advice/lung-cancer/	Video x 1	9.37	BSL, Sub-titled, Spoken English	NHS Choices
28	Sign Health	Cancer and Living with it - Mouth Cancer	http://www.signhealth.org.uk/health-information/health-advice/mouth-cancers/	Videos x4 1. What is Mouth Cancer And what Affects Your Risk? 2. What Should You Look Out For? 3. How Can You Reduce Your Risk Of Developing Mouth Cancer; 4. Looking At Your Mouth And How Your Dentist Can Help?	1. 1.27; 2. 1.40; 3. 2.15; 4. 1.24.	BSL & English Text	
29	NHS Choices	Oesophago-gastric Cancer Signs	http://www.nhs.uk/video/pages/oesophagogastric-cancer-signs-bsl.aspx	Video- TV ad	0.30	BSL and Spoken English	
30	Sign Health	Cancer and Living with it - Ovarian Cancer	http://www.signhealth.org.uk/health-information/health-advice/ovarian-cancer/	Video x 1	8.35	BSL, Sub-titled, Spoken English	NHS Choices
31	Sign Health	Cancer and Living with it - Prostate Cancer	http://www.signhealth.org.uk/health-information/health-advice/prostate-cancer/	Video x 1	9.09	BSL	NHS Choices

32	Sign Health	Cancer and Living with it - Radiotherapy	http://www.signhealth.org.uk/health-information/health-advice/radiotherapy/	Videos x4 1. About Radiotherapy; 2. Having Radiotherapy; 3. Radiotherapy Side Effects; 4. Helpful Resources If You Are Having Radiotherapy.	1. 08.11; 2. 17.18; 3. 16.01; 4. 01.15.	BSL & Sub-titled	MacMillan
33	Sign Health	Cancer and Living with it - Skin Cancer	http://www.signhealth.org.uk/health-information/health-advice/skin-cancer/	Videos x5 1. What Is Skin Cancer & Who Is At Risk? 2. What Causes Skin Cancer & What Are The Signs?;3. The ABCD Rule; 4. Where Can Skin Cancer Start And Can It Spread? 5. What Will The Doctor Do?	1. 01.37; 2. 01.20; 3. 02.18; 4. 00.52; 5. 01.18.	BSL	
34	Sign Health	Cancer and Living with it - Surgery	http://www.signhealth.org.uk/health-information/health-advice/surgery/	Videos x3 1. About Surgery; 2. Having Surgery For Cancer; 3. Your Operation.	1. 3.58; 2.16.09; 3.18.49;	BSL & Sub-titled	MacMillan
35	BDA	Cancer- Pancreatic	https://www.bda.org.uk/health-pancreatic-cancer	Video	8.28	BSL and English Text	
36	Drip Media	My Cancer Battle- A Personal Update	https://vimeo.com/162725484?lite=1	Video	6.31	BSL and occasional English Text	
37	BDA	Chronic Obstructive Pulmonary Disease	https://www.bda.org.uk/health-copd-chronic-obstructive-pulmonary-disease	Video	12.10	BSL and English Text	

38	Sign Health	Diabetes	http://www.signhealth.org.uk/health-information/health-advice/diabetes/	Videos x4 1. What is Diabetes? 2. Risk Factors; 3. Diabetes Symptoms; 4. Hypers and Hypos.	1. 02.52; 2. 01.21; 3. 01.22; 4. 01.38.	1. BSL and English Text; 2. BSL & Sub-titled; 3. BSL and English Text; 4. BSL and English Text	2. British Heart Foundation
39	Diabetes UK	Diabetes- An Animation	https://www.youtube.com/embed/Oq5J9CAI2hY?rel=0	Video	8.41	BSL, Sub-titled, Spoken English	
40	Diabetes UK/ RNID	Diabetes- Understanding Diabetes- for Adults	https://www.youtube.com/embed/rxAUvIwmFAI?rel=0	Video	1.00.37	BSL & Sub-titled	
41	British Heart Foundation	Heart Health-Diabetes	https://www.bhf.org.uk/heart-health/risk-factors/diabetes/diabetes-in-bsl	Video	1.20	BSL & Sub-titled	
42	Sign Health	Ebola Virus	http://www.signhealth.org.uk/health-information/health-advice/ebola-virus-explained-in-bsl-2/	Videos x2 1. Ebola Virus Explained 2. Ebola News	1. 2.36; 2. 4.56.	BSL and English Text	
43	Sign Health	Flu	http://www.signhealth.org.uk/health-information/health-advice/flu/	Videos x2 1. What is Flu, Its Symptoms and Who is at Risk? 2. Flu Vaccination	1. 2.47; 2. 2.03.	BSL and English Text	
44	NHS Choices	Free NHS Healthcheck	http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/marketing_and_branding/accessible_materials/	Videos x2 1. An Introduction to Health Checks; 2. Dementia.	1. 6.43; 2. 9.23.	BSL & Sub-titled	
45	NHS Choices	Free NHS Healthcheck	http://www.healthcheck.nhs.uk/commissioners_and_healthcare_professionals/marketing_and_branding/accessible_materials/	Video	4.45	BSL, Sub-titled, Spoken English	
46	BDA	Glaucoma	https://www.bda.org.uk/health-glaucoma	Video	5.52	BSL and English Text	

47	Sign Health	Heart Conditions and Causes	http://www.signhealth.org.uk/health-information/health-advice/heart-conditions-and-causes/	Videos x7 1. High Cholesterol; 2. Being Overweight; 3. High Blood Pressure; 4. Smoking; 5. Diabetes; 6. Lack Of Exercise; 7. Family History.	1. 01.50; 2. 01.52; 3. 01.51; 4. 01.09; 5. 01.21; 6. 01.46; 7. 00.45.	BSL & Sub-titled	British Heart Foundation
48	British Heart Foundation	Heart Health- Family History Extended Video	https://www.bhf.org.uk/heart-health/risk-factors/family-history/family-history-in-bsl	Video	5.39.	BSL and Spoken English	
49	British Heart Foundation	Heart Health- Healthy Lifestyle	https://www.bhf.org.uk/heart-health/preventing-heart-disease/heart-health-in-bsl	Video	16.21	BSL & Sub-titled	
50	Sign Health	Irritable Bowel Syndrome (IBS)	http://www.signhealth.org.uk/health-information/health-advice/irritable-bowel-syndrome-ibs/	Videos x5 1. What Is IBS? 2. What Causes IBS? 3. Do I Have IBS Symptoms? 4. Why Should I See My Doctor? 5. Foods That May Irritate The Gut.	1. 01.42; 2. 01.12; 3. 01.47; 4. 01.03; 5. 02.34.	BSL and English Text	
51	BDA	ME (Myalgic Encephalopathy)	https://www.bda.org.uk/health-me	Video	19.59	BSL and English Text	

52	Sign Health	Meningitis	http://www.signhealth.org.uk/health-information/health-advice/meningitis/	Videos x3 - Visual Aids x 3 1. What Is Meningitis And Who Is At Risk? 2. Meningitis Symptoms And Glas Test; 3. After Meningitis; 4. Quick-Check The Glass Test; 5. Quick-Check Symptoms In Adults; 6. Quick-Check Symptoms In Babies.	1. 03.38; 2. 02.17; 3. 01.32. 4. Image; 5. Image; 6. Image.	BSL and English Text	Meningitis Now
53	BDA	Migraine	https://www.bda.org.uk/health-migraine	Video	7.28	BSL and English Text	
54	BDA	MS (Multiple Sclerosis)	https://www.bda.org.uk/health-ms	Video	16.28	BSL and English Text	
55	Sign Health	Norovirus	http://www.signhealth.org.uk/health-information/health-advice/norovirus/	Videos x4 1. What is Norovirus? 2. Treatment; 3. Dehydration; 4. How To prevent Norovirus Spreading?	1. 1.30; 2. 1.55; 3. 2.11; 4. 3.30.	BSL and English Text	
56	Sign Health	Obesity	http://www.signhealth.org.uk/health-information/health-advice/obesity/	Videos x2 1. Obesity & BMI 2. The Risk of Being Overweight	1. 3.02; 2. 1.52.	BSL and English Text	NHS Choices
57	BDA	Parkinson's Disease	https://www.bda.org.uk/health-parkinsons-disease	Video	7.04	BSL and English Text	
58	BDA	Pneumonia	https://www.bda.org.uk/health-pneumonia	Video	5.18	BSL and English Text	
59	Sign Health	Quit Smoking	http://www.signhealth.org.uk/health-information/health-advice/quit-smoking/	Video	6.46	BSL	

60	BDA	Stroke	https://www.bda.org.uk/health-stroke	Video	8.30	BSL & Sub-titled	
61	Sign Health	Stroke	http://www.signhealth.org.uk/health-information/health-advice/strokes/	Videos x3 1. What is a Stroke? 2. What is a Mini-Stroke 3. Treatment	1. 03.05; 2. 01.30; 3. 02.48.	BSL and English Text	
62	Sign Health	Thyroid	http://www.signhealth.org.uk/health-information/health-advice/thyroid/	Videos x3 1. What is a Thyroid? 2. Underactive Thyroid 3. Overactive Thyroid	1. 01.36; 2. 02.37; 3. 02.43.	BSL and English Text	
63	Sign Health	Tinnitus	http://www.signhealth.org.uk/health-information/health-advice/tinnitus/	Video	4.47	BSL and Spoken English	NHS Choices

Mental Health and Wellbeing

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64	Sign Health	12 Steps to Wellbeing	http://www.signhealth.org.uk/health-information/health-advice/12-steps-to-well-being/	Video	5.48	BSL & Sub-titled	
65	Royal College of Psychiatrists	ADHD	http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/adhd/hyperkineticdisorder/britishsignlanguagebsl.aspx	Video	9.45	BSL	
66	Royal College of Psychiatrists	Autism and Asperger's Syndrome	http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parents/carers/autismandaspergerssyndrome/britishsignlanguagebsl.aspx	Video	9.26	BSL	