



Beyond Words
empowering people through pictures



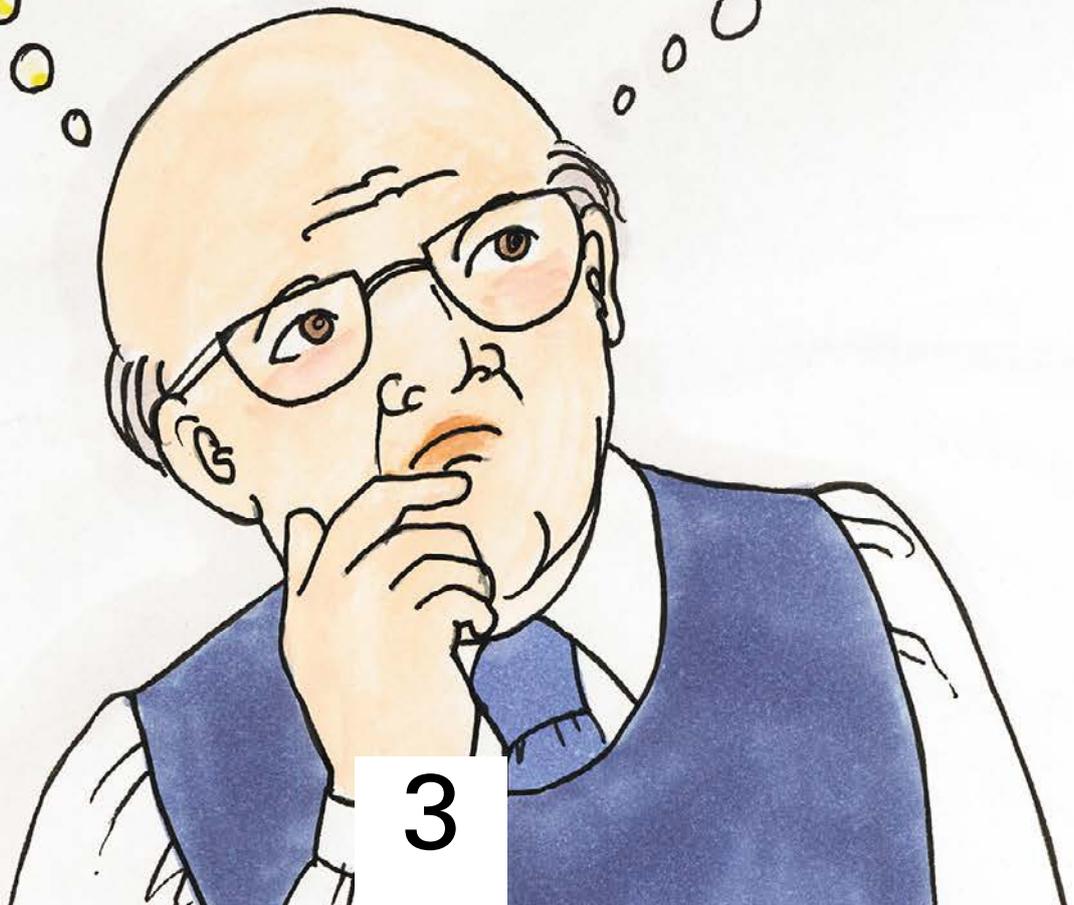
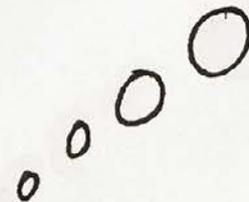
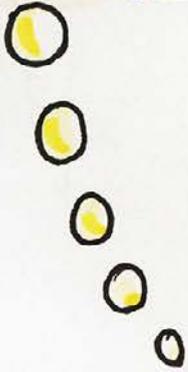
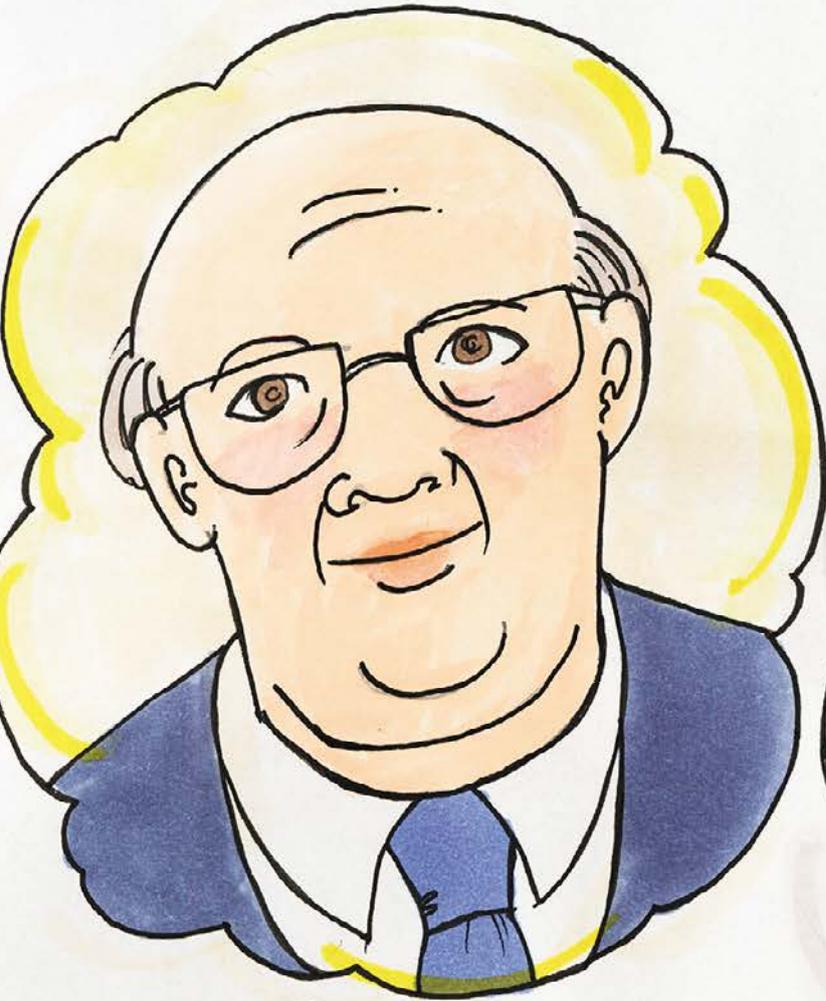
Having a Flu Jab

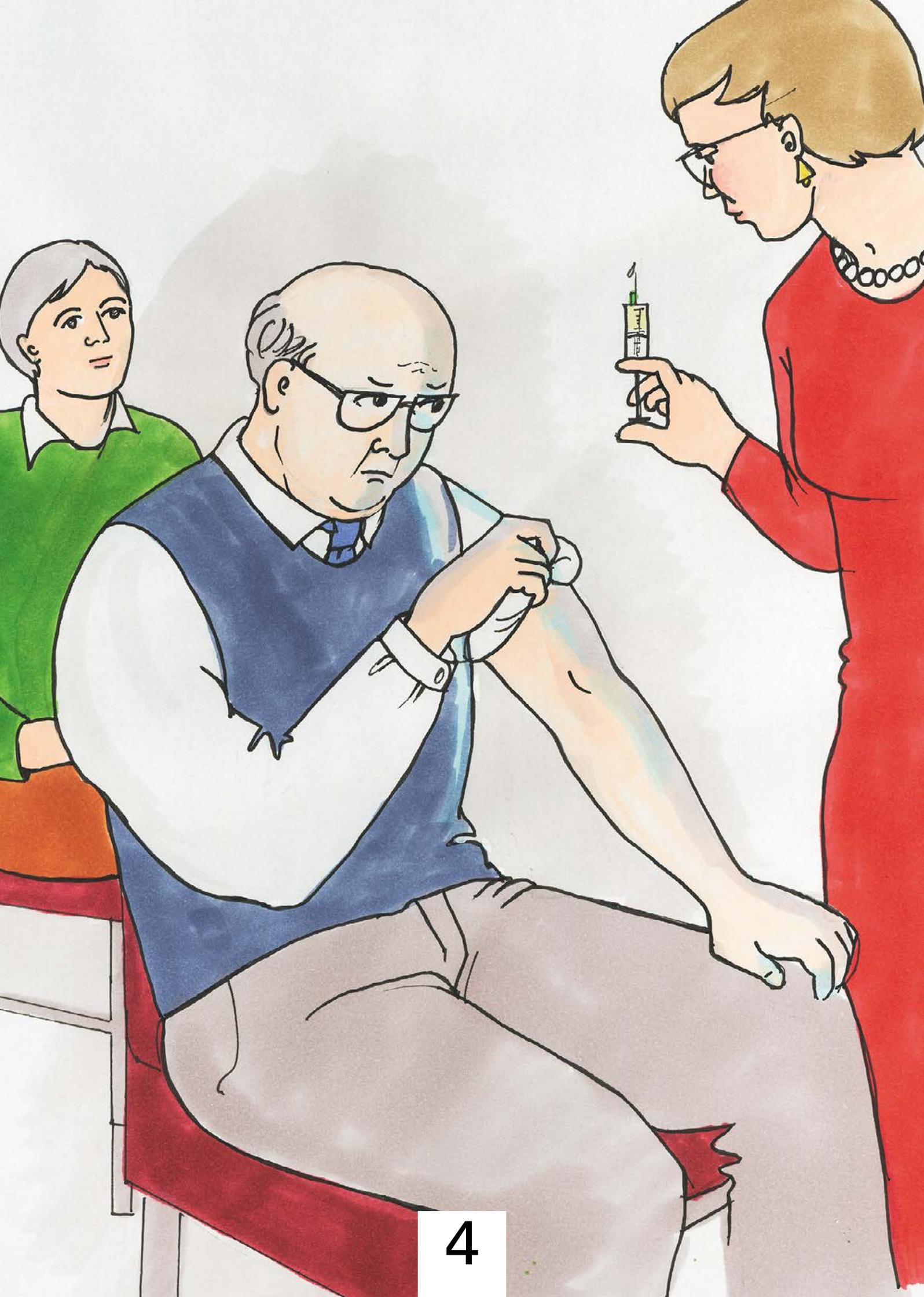
illustrated by Beth Webb

















Note for supporters

Looking at these pictures with the person you support can help you understand how they feel about having a flu, COVID or other vaccination and subsequently provide reassurance for any concerns they may have. In this way, the pictures can enable people to make informed decisions or be more involved in decisions about their health. Anyone wanting more guidance on how to use the pictures can find some suggestions on the next page.

Please note, the images in this resource are taken from [Going to the Doctor](#). They were developed to support conversations around injections in general. Details particular to the COVID vaccine, such as face coverings, social distancing measures and boosters, are not shown in the pictures.

A possible storyline

The following words are provided for readers and supporters who want some ideas about one possible story. Most readers make their own story up from the pictures.

1. "Come in please," says the doctor.
2. The doctor shows Jim what she needs to do. Jim asks her some questions: "Will it hurt?" "Why do you need to do it?"
3. Jim thinks. "Do I really want an injection?" "What will happen if I don't have the injection?" He has to decide. He can say "OK" to an injection or he can say "No, thank you."
4. Jim decides he does want to have the injection. He rolls up his sleeve and the doctor gets the needle ready.
5. The doctor sticks the needle in Jim's arm. "Ouch, that did hurt a bit!" It was not as painful as Jim expected.
6. The doctor puts a plaster on Jim's arm. That wasn't too bad.
7. The doctor answers his questions. "I'm glad that's over," Jim thinks.

How to read this story

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 book with one person or a group, encourage people to tell the story in their own words. You will discover what each person thinks are 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.

Useful resources in the UK

Flu jab

“Just don’t let anything stop you” is a video that debunks myths about the flu jab. It was produced for the NHS by The **Misfits Theatre Company**.

www.youtube.com/watch?v=fbHRZ0QpKX8

Coronavirus vaccine

More information on the coronavirus (COVID-19) vaccine can be found on the **NHS** website.

www.nhs.uk/covidvaccination

Mencap has produced lots of easy read guides on coronavirus, including one about the vaccine. All guides are free to download.

www.mencap.org.uk/advice-and-support/coronavirus-covid-19/coronavirus-help-stay-safe-and-well