

# Library and Knowledge Service Leaflet Bulletin

December 2025



Welcome to the December edition of the Library and Knowledge Service leaflet bulletin. This issue features titles that have been updated.

Unless otherwise stated, materials can be ordered in hard copy from the Library and Knowledge Service at King's Mill Hospital. To place an order, please contact the Service on 01623 622515 Ext. 4009 or email us at [library.sfht@nhs.net](mailto:library.sfht@nhs.net). Orders can be sent to GP practices and health centres via internal transport or can be collected from the library.

Many leaflets are available in a range of languages if requested. Please contact us if you require a leaflet in a language other than English.

You can view our entire leaflet collection via the [library catalogue](#).

If you have any questions about the materials in the bulletin, please contact us.

## **UPDATED! WINTERWISE: A GUIDE TO KEEPING WARM, SAFE AND WELL THIS WINTER**

**Independent Age; October 2025**



This [leaflet](#) provides practical tips on staying warm and healthy in the winter months. It covers managing costs, keeping warm, home safety, scams, health emergencies, mental health, eating well, keeping active, and vaccinations.

## **UPDATED! IF YOU'RE FEELING LONELY: HOW TO STAY CONNECTED IN LATER LIFE**

**Independent Age; January 2025**



This [leaflet](#) makes suggestions to help reduce loneliness. It covers why you might be feeling lonely, ways to stay in touch, overcoming barriers, trying something new, learning to be alone, helping others, and where to look for help.

## **UPDATED! CARING FOR SOMEONE: HOW TO GET THE SUPPORT YOU NEED**

**Independent Age; April 2025**



This [leaflet](#) explains your rights and the benefits, services and support that may be available to help look after someone else. It covers what it means to be a carer, getting a carer's assessment, practical support, financial support, and self care.

## **UPDATED! YOUR CHILD'S VACCINE SCHEDULE**

**UKHSA; September 2025**



This [postcard](#) reminds parents and carers about the childhood immunisation schedule.

## **UPDATED! YOUR PREGNANCY VACCINES TIMELINE**

**UKHSA; September 2025**



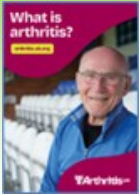
This [postcard](#) reminds pregnant women which vaccines they are eligible for and at what time during their pregnancy immunisation schedule.

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### **UPDATED! WHAT IS ARTHRITIS?** Arthritis UK



This [leaflet](#) explains what arthritis is, the main types of arthritis, when to see a doctor, other conditions with similar symptoms, and how to manage arthritis. It also signposts to support services.

### **UPDATED! EATING WELL WITH ARTHRITIS** Arthritis UK



This [leaflet](#) explains how diet can affect arthritis, how to maintain a healthy weight, what a balanced diet means, foods that may help or worsen the symptoms of arthritis, and diet and medication.

### **UPDATED! KEEP MOVING** Arthritis UK



This [leaflet](#) explains why exercise is important for people with arthritis, how much exercise to do, getting started, setting goals, and types of exercise. It also signposts to apps and exercise programmes.

### **UPDATED! HIP REPLACEMENT SURGERY** Arthritis UK



This [leaflet](#) explains what hip replacement surgery is, benefits and risks, how to prepare for surgery, going into hospital, and what to expect during recovery.

### **UPDATED! ELBOW PAIN** Arthritis UK



This [leaflet](#) explains what causes elbow pain, when to see a healthcare professional, how to manage elbow pain, treatments, exercises, and specific elbow conditions.

### **UPDATED! LGBT+ NAVIGATING LATER LIFE**

Age UK; June 2025



This [leaflet](#) provides information to help navigate the different areas of later life as an LGBT+ person, including money and legal, health and wellbeing, home and care, and planning for the future. It also signposts to useful organisations.

### **UPDATED! ATTENDANCE ALLOWANCE** Age UK



This [leaflet](#) explains what attendance allowance is, who is eligible, and how to apply.

### **UPDATED! CARER'S ALLOWANCE** Age UK



This [leaflet](#) explains what carer's allowance is, who is eligible, and how to apply.

### **CONTACT US**

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