

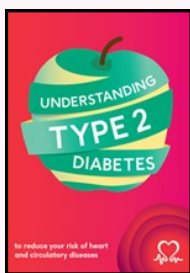
January 2022

Welcome to our re-launched leaflet bulletin featuring some of our most frequently requested materials. All of the titles can be downloaded free of charge by clicking on the link in the description.

The materials can also 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. Orders can be sent to GP practices and health centres via internal transport or can be collected from the library.

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

UNDERSTANDING TYPE 2 DIABETES British Heart Foundation; September 2018



This A6 [leaflet](#) explains what diabetes is, and the symptoms and risks associated with it. It explains how to manage type 2 diabetes by eating a healthier diet, getting portion sizes right, cutting back on sugar, looking at food labels and moving more.

TAKING CONTROL OF FOOD PORTIONS AND LABELS British Heart Foundation; February 2019



This A6 [leaflet](#) explains what portion control is, shows how to measure portion size and states how many portions of various foods should be eaten per day. It shows how to read food labels and ingredient lists, and explains what various nutrition claims really mean.

TAKING CONTROL OF ALCOHOL British Heart Foundation; December 2018



This A6 [leaflet](#) outlines the risks of drinking too much alcohol. It explains about alcohol units and how to keep track of them and offers suggestions for simple swaps that can be made to reduce alcohol and calorie intake. It also contains information on drinking and stress and alcohol and medication.

TAKING CONTROL OF SUGAR British Heart Foundation; December 2018



This A6 [leaflet](#) explains how eating too much sugar can cause weight gain and obesity, which increases the risk of having a heart attack, stroke and developing type 2 diabetes. It explains the different types of sugar and suggests simple changes to reduce sugar intake. It also contains information on food labels and sugar in alcohol.

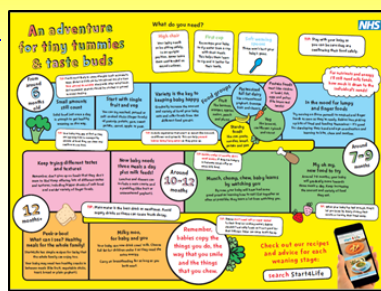
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To download and view the resources below you will first need to [register](#) for an account with the Public Health Campaign Resource Centre. Registering is easy and only takes a couple of minutes.

WEANING TAKE-HOME WALL PLANNER Public Health England; 2019



This double sided A3 [wall planner](#) provides a bite size guide to healthy weaning on one side and a timeline on the other, showing what might be happening at different stages between the ages of six and twelve+ months.

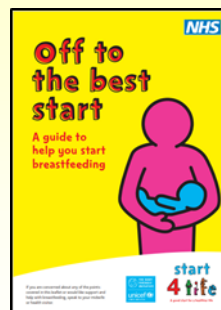


GUIDE TO BOTTLE FEEDING Public Health England; 2021



This A5 [leaflet](#) provides information on preparing infant formula and sterilising feeding equipment to minimise the risks. It also explains how to tell if your baby is getting enough formula and looks at combination feeding.

OFF TO THE BEST START Public Health England; November 2018



This A5 [leaflet](#) is a guide to starting breastfeeding. It includes information on: how to breastfeed; signs that your baby is feeding well; how do I know my baby is getting enough milk?; your baby's nappies; Vitamin D; 24/7 help with breastfeeding. It is also available as a wallet card.

SHINGLES

UK Health Security Agency; November 2021



This A5 [leaflet](#) is aimed at people aged 70-79 who are eligible for the Zostavax shingles vaccination. It describes shingles and the benefits of the vaccination. There is a [flyer](#) to download about the non-live vaccine, Shingrix, for people with weakened immune systems.

Appointment postcards are also available.

Contact Us:

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