

March 2022

Welcome to the March edition of the Library and Knowledge Service leaflet bulletin. This issue features some key updates regarding changes to leaflets and campaigns which we hope will help to keep you informed.

The second page of the bulletin features materials relating to self care. The titles in this section can be downloaded free of charge by clicking on the link in the description.

The self care 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.

NEWS AND UPDATES

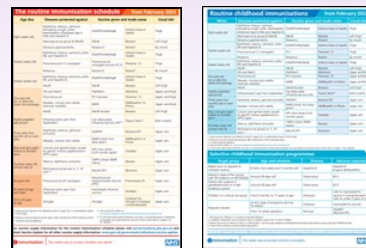
IMPORTANT INFORMATION ABOUT THE HEALTHY START SCHEME



The Healthy Start paper voucher scheme is changing and vouchers will be replaced with a prepaid card. The Healthy Start leaflet will no longer be available and health professionals are asked to encourage expectant mothers and families that meet the qualifying criteria to apply online. Please click [here](#) for further information.

NEW! ROUTINE IMMUNISATION SCHEDULE FROM FEBRUARY 2022

The [routine immunisation schedule from February 2022](#) and [Routine childhood immunisations from February 2022](#) have been published. Both titles are download only.



ONE YOU CAMPAIGN MATERIALS DISCONTINUED

The One You campaign resources have been discontinued. Tools and support for maintaining a healthy lifestyle, including advice on weight management, smoking cessation, physical activity and alcohol are now available via [Better Health](#). **Please dispose of any old One You branded stock.**



NEW! WEANING WALL CHART Public Health England; 2022



This A3 double sided [wall chart](#) contains tips on weaning and a timeline to help with the process showing what might be happening at different stages between the ages of 6-12+ months. **Please dispose of the old 2019 (yellow) version.**

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SPOTLIGHT ON: SELF CARE

KEEP YOUR HEART HEALTHY British Heart Foundation; 2019



This [leaflet](#) summarises the risk factors of heart and circulatory diseases. It offers simple changes for a heart healthy life, including eating better, managing weight, managing stress, quitting smoking, cutting down on alcohol and moving more.

UNDERSTANDING STRESS British Heart Foundation; 2018



This [leaflet](#) explains the link between stress and unhealthy habits that can increase the risk of heart and circulatory diseases. It gives tips to help lower stress levels to keep the body and mind healthy.

LET'S EAT AND DRINK HEALTHILY Cancer Research UK; June 2021



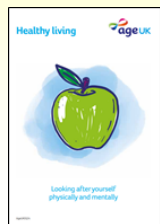
This [leaflet](#) provides practical guidance on how to reduce the risk of cancer by eating and drinking healthily. It includes seven ways to cut the risk of cancer.

10 TOP TIPS FOR A HEALTHY WEIGHT Cancer Research UK; June 2021



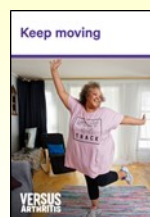
This [leaflet](#) offers ten weight loss tips based on scientific evidence to help build healthy habits into everyday life.

HEALTHY LIVING: LOOKING AFTER YOURSELF PHYSICALLY AND MENTALLY Age UK; August 2019



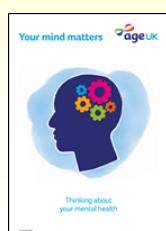
This [booklet](#) provides older people with ideas for small changes that have a big impact on physical and mental health. It includes information on keeping active; diet and lifestyle; mind and body; and tests and checks.

KEEP MOVING Versus Arthritis; 2021



This [leaflet](#) provides advice on exercise for people with arthritis. It outlines the benefits of exercise in helping manage the condition, getting started, types of exercise, setting goals and signposts to useful resources.

YOUR MIND MATTERS: THINKING ABOUT YOUR MENTAL HEALTH Age UK; October 2019



Aimed at older people, this [booklet](#) looks at talking about mental health, the common symptoms of mental health problems and what support is available.

Contact Us:

Library & Knowledge Service
King's Mill Hospital, Mansfield Road
Sutton-in-Ashfield, Notts NG17 4JL

Tel: 01623 622515 Ext 4009

Email: library.sfht@nhs.net

Twitter: [@SFHTLibrary](https://twitter.com/SFHTLibrary)