

January 2023

Welcome to the January edition of the Library and Knowledge Service leaflet bulletin. This issue features some key updates regarding changes to leaflets which we hope will help to keep you informed. It also features materials relating to **winter wellness**. Materials can be downloaded free of charge by clicking on the link in the description.

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

You can view our entire leaflet collection via the [library catalogue](#). Enter **leaflet collection** into the search field to bring up all of the leaflets we have in stock.

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

NEWS AND UPDATES

UPDATED! OFF TO THE BEST START Public Health England; 2022



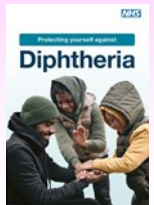
This [leaflet](#) provides parents with top tips on how to breastfeed and contains information about the 24/7 Breastfeeding Friend from Start for Life. An abridged version of this leaflet is also available as a [wallet card](#).

UPDATED! GUIDE TO BOTTLE FEEDING Public Health England; 2022



This [leaflet](#) contains information about how to prepare infant formula and sterilise feeding equipment to minimise the risks to your baby.

NEW! PROTECTING YOURSELF AGAINST DIPHTHERIA (HARD COPIES COMING SOON) UKHSA; November 2022



This [leaflet](#) provides information for those who receive the diphtheria vaccine and treatment. Other languages are available to download. There is also a [record card](#).

UPDATED! USING PARACETAMOL TO PREVENT AND TREAT FEVER AFTER MENB VACCINATION UKHSA; November 2022



This [leaflet](#) provides information on the increased risk of fever when the MenB vaccine is given alongside other immunisations at 2 and 4 months of age and the recommended use of prophylactic paracetamol. The leaflet is also available to download in [other languages](#).

SUPPLY ISSUES

We would like to apologise to those of you who are still waiting for orders. This is due to issues with some of our suppliers that we are working hard to resolve. Thank you for your patience.

January 2023

NEWS AND UPDATES CONTINUED...

These are just a selection of our Diabetes UK leaflets. To view the whole collection, go to our [library catalogue](#) and click on **Advanced**. Select **Authors** from the drop-down menu on the left and type **Diabetes UK** into the search box.

UPDATED! NEWLY DIAGNOSED WITH DIABETES

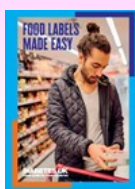
Diabetes UK; May 2022



This [leaflet](#) is an introduction to both type 1 and type 2 diabetes. It includes top tips and advice to get started and details of where to find more information and support.

UPDATED! FOOD LABELS MADE EASY

Diabetes UK; May 2022



This [leaflet](#) explains about traffic light labels, back of pack labels and reference intakes, and gives some top tips for making healthy choices in the shops.

UPDATED! UNDERSTANDING YOUR RISK OF TYPE 2 DIABETES

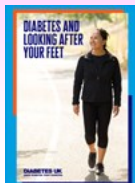
Diabetes UK; September 2022



This [leaflet](#) explains the different risk factors for type 2 diabetes and gives practical advice and tips on what you can do to reduce your risk.

UPDATED! DIABETES AND LOOKING AFTER YOUR FEET

Diabetes UK; 2022



This [leaflet](#) explains what it means to be at risk of a foot problem, how to take care of your feet and what to do if you need help with a foot problem.

SPOTLIGHT ON: WINTER WELLNESS

WINTER WRAPPED UP

Age UK, September 2022



This [leaflet](#) explains what older people can do to get themselves and their homes ready for winter, as well as where to go for more information and support. It includes an insert, *Help with energy costs*.

STAYING STEADY

Age UK, February 2022



This [leaflet](#) explains ways in which older people can reduce their risk of falling by looking after their health and making sure their home is a safe environment.

STAY WELL THIS WINTER (DOWNLOAD ONLY) UKHSA, 2022



This [leaflet](#) provides advice on how to stay well this winter including vaccinations, keeping warm, mental health support, looking after others and where to go for medical care.

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)