

Library and Knowledge Service Leaflet Bulletin

June 2024



Welcome to the June edition of the Library and Knowledge Service leaflet bulletin. This issue features news, updated titles, and includes a spotlight on diabetes leaflets.

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](#).

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

NEWS AND UPDATES

NEW! YOUR CHILD'S VACCINE SCHEDULE UKHSA; 2024



This [postcard](#) shows the childhood immunisation schedule from 8 weeks to 3 years and 4 months. It encourages parents to follow the schedule to protect their child against illnesses.

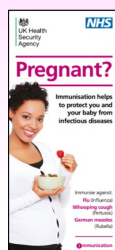
NEW! ENJOY THE OUTDOORS BUT 'BE TICK AWARE' UKHSA; May 2024



This [leaflet](#) explains what ticks are, their health risks, how to avoid ticks, how to carry out a tick check, and what to do if you are bitten by a tick. There is also an accompanying [poster](#).

WHOOPIING COUGH MATERIALS

A reminder that we have leaflets explaining how pregnant women can protect their babies against whooping cough. [Whooping cough and pregnancy](#) and [Pregnant? Immunisation helps to protect you and your baby from infectious diseases](#) are both available to order.



LEAFLETS IN LANGUAGES OTHER THAN ENGLISH

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.

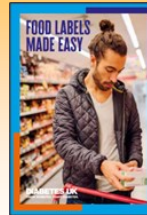
SPOTLIGHT ON: DIABETES

DIABETES WEEK

[Diabetes Week](#) runs from 10 –16 June 2024. The week raises awareness about the things that matter to people with diabetes. This year's theme is health checks.



FOOD LABELS MADE EASY Diabetes UK, May 2022



This [leaflet](#) explains how understanding the information on food labels can help you make healthier choices. It covers traffic light labels, back of pack labels, reference intakes, energy, carbohydrates, saturated fats, salt, and fibre.

EATING WELL WITH DIABETES Diabetes UK, 2021



This [leaflet](#) helps people affected by diabetes to enjoy a healthy, balanced diet. It covers diabetes myths, a healthy diet, carbohydrates, the Glycaemic Index (GI), eating out, drinks, fasting, weight management, recipes, snack ideas, and food swap ideas.

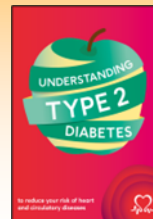
DIABETES AND LOOKING AFTER YOUR FEET Diabetes UK, May 2022



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.

UNDERSTANDING TYPE 2 DIABETES

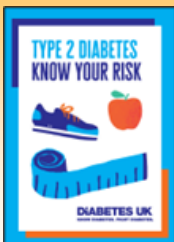
British Heart Foundation, 2018



This [leaflet](#) explains what diabetes is and how to manage it. It contains information on symptoms, associated diseases, diet, risks, food labels, and exercise.

TYPE 2 DIABETES: KNOW YOUR RISK

Diabetes UK, October 2022



This [leaflet](#) explains how to find out your risk of type 2 diabetes and offers practical advice and tips on what to do next. It folds out into a poster that provides further information about the different risk factors and where to go for support.

Contact Us:

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