

Library and Knowledge Service Leaflet Bulletin

July 2026

Welcome to the July edition of the Library and Knowledge Service leaflet bulletin. This issue features titles that are new into stock and our range of leaflets from Kidney Care UK.

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.

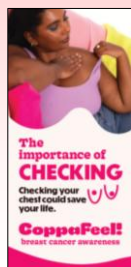
Many leaflets are available in a range of languages and formats if requested. Please contact us if you require a leaflet in a language other than English or in an alternative format.

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.

NEW IN STOCK! THE IMPORTANCE OF CHECKING

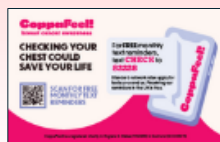
Coppafeel!; April 2024



This [leaflet](#) explains how to check your chest for signs of breast cancer and why it is important to do so.

NEW IN STOCK! CHECKING YOUR CHEST COULD SAVE YOUR LIFE

Coppafeel!; April 2024



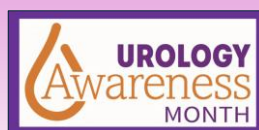
This checking card raises awareness of the signs of breast cancer and contains a QR code to scan for monthly text reminders.

OFF TO THE BEST START Department of Health and Social Care; 2022



World Breastfeeding Week runs from 1 – 7 August 2026. This [leaflet](#) provides information about breastfeeding and signposts to support services. We can also supply a [Guide to Bottle Feeding](#).

UROLOGY AWARENESS MONTH

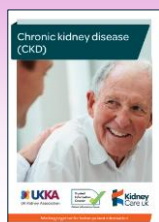


[Urology Awareness Month](#) is an annual campaign running

in September to raise awareness of urology diseases. To mark the month, we are showcasing our leaflets from Kidney Care UK.

CHRONIC KIDNEY DISEASE

Kidney Care UK; September 2024



This [leaflet](#) provides information about chronic kidney disease (CKD), its treatments and what to expect.

EARLY STAGE CHRONIC KIDNEY DISEASE

Kidney Care UK; October 2025



This [leaflet](#) provides information about stages 1-3 (mild or early stage CKD), its diagnosis, treatment and general lifestyle advice.

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DEALING WITH A DIAGNOSIS OF KIDNEY DISEASE

Kidney Care UK; November 2023



This [leaflet](#) explores the emotional impact a diagnosis of CKD might have on an individual and their loved ones and signposts to sources of support.

DIABETES AND KIDNEY DISEASE

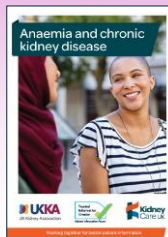
Kidney Care UK; May 2024



This [leaflet](#) explains what diabetes is, how it affects the kidneys and how to look after your kidneys if you have diabetes.

ANAEMIA AND CHRONIC KIDNEY DISEASE

Kidney Care UK; September 2023



This [leaflet](#) provides information about CKD and anaemia, its treatment, and how to manage it.

FATIGUE (TIREDNESS)

Kidney Care UK; May 2024



This [leaflet](#) provides information about fatigue in kidney patients, treatments, and how to manage it.

EXERCISE AND BEING ACTIVE

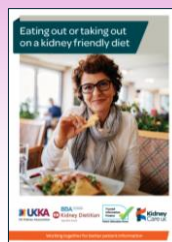
Kidney Care UK; November 2023



This [leaflet](#) outlines the types of exercise that are recommended for people with kidney problems and gives advice on the best ways in which to exercise.

EATING OUT OR TAKING OUT ON A KIDNEY FRIENDLY DIET

Kidney Care UK; October 2024



This [leaflet](#) provides information on eating out or having a takeaway with CKD. It includes menu options for different cuisines.

EMOTIONAL RESILIENCE

Kidney Care UK; January 2024



This [leaflet](#) provides an introduction to emotional resilience and provides some tips on how it can help you to cope with life's stresses.

CONTACT US

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