

# Library and Knowledge Service Leaflet Bulletin

March 2024



Welcome to the March edition of the Library and Knowledge Service leaflet bulletin. This issue features campaign news, recently updated leaflets, and Start for Life materials.

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

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](mailto: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

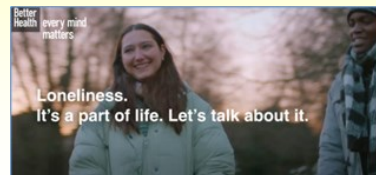
### NHS APP CAMPAIGN

NHS England's NHS App campaign aims to increase the use of the app by showcasing the ways in which it can be used and demonstrating the benefits of using it. Materials are available to download from the [Campaign Resource Centre](#).



### EVERY MIND MATTERS CAMPAIGN

The Every Mind Matters Loneliness campaign aims to normalise feelings of loneliness to reduce the stigma so people feel able to seek help and support. Materials are available to download from the [Campaign Resource Centre](#).



### **UPDATED!** LET'S EAT AND DRINK HEALTHILY Cancer Research UK; June 2023



This [leaflet](#) provides practical guidance on how to reduce the risk of cancer by eating and drinking healthily. It includes information on the healthy portion plate, foods to eat more of, foods to eat less of, cutting down on alcohol, and sugar.

## NEWS AND UPDATES CONTINUED...

### **UPDATED!** 10 TOP TIPS FOR A HEALTHY WEIGHT

Cancer Research UK; June 2023



This [leaflet](#) explains Ten Top Tips – Cancer Research UK's weight loss programme based on scientific evidence to help build healthy habits into everyday life.

### **UPDATED!** YOU CAN BE SMOKEFREE

Cancer Research UK; June 2023



This [leaflet](#) gives practical guidance on how to go about stopping smoking and reducing the risk of cancer.

## SPOTLIGHT ON: START FOR LIFE PUBLICATIONS

The Better Health [Start for Life](#) campaign provides help and advice to parents. It focuses on the key topics of breastfeeding, introducing solid foods and developing communication, language and literacy skills.

### **GUIDE TO BOTTLE FEEDING** DHSC, January 2023



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

### **OFF TO THE BEST START: A GUIDE TO HELP YOU START BREASTFEEDING** DHSC, January 2023



This [leaflet](#) provides parents with top tips on how to breastfeed and contains information about the 24/7 Breastfeeding Friend app. There is an accompanying [wallet card](#).

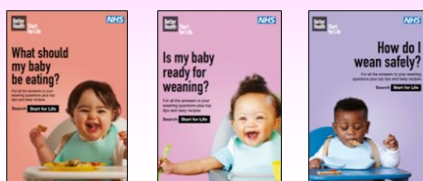
### **TIME TO START SOLID FOODS?** DHSC, March 2022



This [wall chart](#) provides tips on weaning and is for parents and carers to use at home. It includes a timeline showing what might be happening at different stages between the ages of 6 to 12+ months.

### **WEANING POSTERS** DHSC, March 2022

Three different A4 [posters](#) promoting weaning messages.



### **Contact Us:**

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