

# Library and Knowledge Service Leaflet Bulletin

September 2024



Welcome to the September edition of the Library and Knowledge Service leaflet bulletin. This issue features new and updated titles, and includes a spotlight on arthritis.

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.

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.

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!** HOW TO PROTECT YOUR BABY FROM RSV

UKHSA; June 2024



This [guide](#) to the RSV vaccination is to be given to all pregnant women before week 16 of their pregnancy.

### **NEW!** YOUR GUIDE TO THE RSV VACCINATION FOR OLDER ADULTS

UKHSA; June 2024



This [guide](#) to the RSV vaccination is aimed at all eligible older adults aged 70 to 79.

### **BACK IN STOCK!** TD/IPV TEENAGE 3 IN 1 BOOSTER

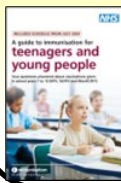
UKHSA; July 2023



This [leaflet](#) explains the teenage booster vaccination given in school year 9 or at age 14 to prevent tetanus, diphtheria and polio.

### **UPDATED!** A GUIDE TO IMMUNISATION FOR CHILDREN AND YOUNG PEOPLE

UKHSA; July 2024



This [leaflet](#) explains the HPV, Td/IPV and MenACWY vaccinations given to young people in school years 7 to 13.

### **NEW!** THINK MEASLES!

UKHSA; May 2024



This poster includes information on the symptoms of measles and vaccination. It is designed to be displayed in public areas. There is a [female](#) and [male](#) version.

### **UPDATED!** FLU VACCINATION FOR CHILDREN: LEAFLETS AND POSTERS

UKHSA; June 2024



[Leaflets and posters](#), including in different languages and formats, to support the 2024 to 2025 annual flu vaccination programme.

## SPOTLIGHT ON: ARTHRITIS

This section highlights some of the Versus Arthritis booklets we have in stock. If you would like any other booklets from their [range](#), please contact us and we can place an order on request.



### OSTEOARTHRITIS Versus Arthritis, 2019



This [booklet](#) provides an in-depth guide to osteoarthritis, its symptoms, causes, and affected joints. It details the diagnosis process, its impact, possible complications, and management.

### KEEP MOVING Versus Arthritis, 2021



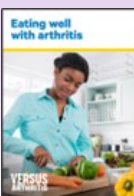
This [booklet](#) provides insights into the right amount of exercise, getting started, setting activity goals, suitable exercise types, and additional resources for support, including apps.

### LOOKING AFTER YOUR JOINTS Versus Arthritis, 2022



This [booklet](#) provides practical information on the importance of joint protection, how joints become damaged and when to start taking care of them. It outlines short-term solutions for pain and stiffness, as well as long-term strategies for lasting relief.

### EATING WELL WITH ARTHRITIS Versus Arthritis, 2020



This [booklet](#) explains the impact that diet can have on arthritis and how to eat well and maintain a healthy weight. It suggests foods that some people find help with their symptoms and discusses the impact that some foods may have with certain medications.

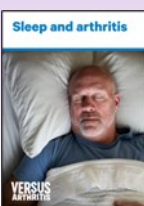
### BACK PAIN

#### Versus Arthritis, 2020



This [booklet](#) is a guide to back pain, including its causes and potential effects on daily life. It provides tips for managing the pain and advice for those affected at work. It also includes information on when to seek professional help, diagnosis and treatment options.

### SLEEP AND ARTHRITIS Versus Arthritis, 2020



This [booklet](#) explores sleep problems, including pain-related sleep issues, restless legs, and snoring with sleep apnoea. It offers guidance on improving sleep quality, including using cognitive behavioural therapy.

#### Contact Us:

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