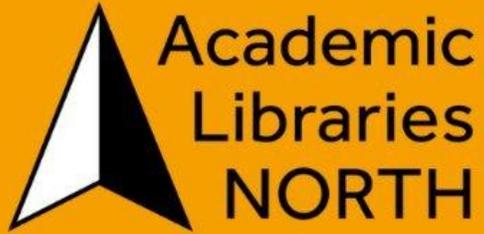




Sharing good practice on supporting wellbeing: NHS libraries and Academic Libraries North

A joint LIHNN and Academic Libraries North event

18th April 2023



Academic Libraries North Mental Health and Wellbeing Advocacy

18th April 2023

Andrew Cox a.m.cox@sheffield.ac.uk

PS Project Supporting Mental Health & Wellbeing

Private group

- Home
- Policy context
- The library role overview
- Student involvement
- Defining mental health a...
- Student mental health – t...
- Evaluation
- Library staff mental healt...
- Case studies - shared by ...
- Checklist of prompts for ...
- Select bibliography and r...
- Your feedback
- About this resource
- Recycle bin
- Edit

+ New Page details Analytics

Published 6/7/2022 Michelle O'Connell is editing this page Edit



Welcome to the Academic Libraries North Mental Health and Wellbeing Advocacy Resource

The resource contains:

1. Policy context
2. The library role overview
3. Student involvement
4. Defining mental health and well-being
5. Student mental health – the specifics
6. Evaluation
7. Library staff mental health and well-being (coming soon)
8. Case studies – shared by ALN libraries
 - a. Folders
 - b. Case studies submissions

Academic Librar...
@AcadLibsNORTH · 3h

As part of ALN's staff development programme, @UoMLibrary are hosting an event on:

Using Chat for enquiries & referrals
20 April, 10-11.30am

Book your place here:
academiclibrariesnorth.ac.uk/using-chat-enq...

Academic Libraries North Mental Health and Wellbeing Advocacy Resource

Policy context

The library role
overview

Student
involvement

Defining mental
health and well-
being

Student mental
health – the
specifics

Evaluation

Library staff
mental health
and well-being

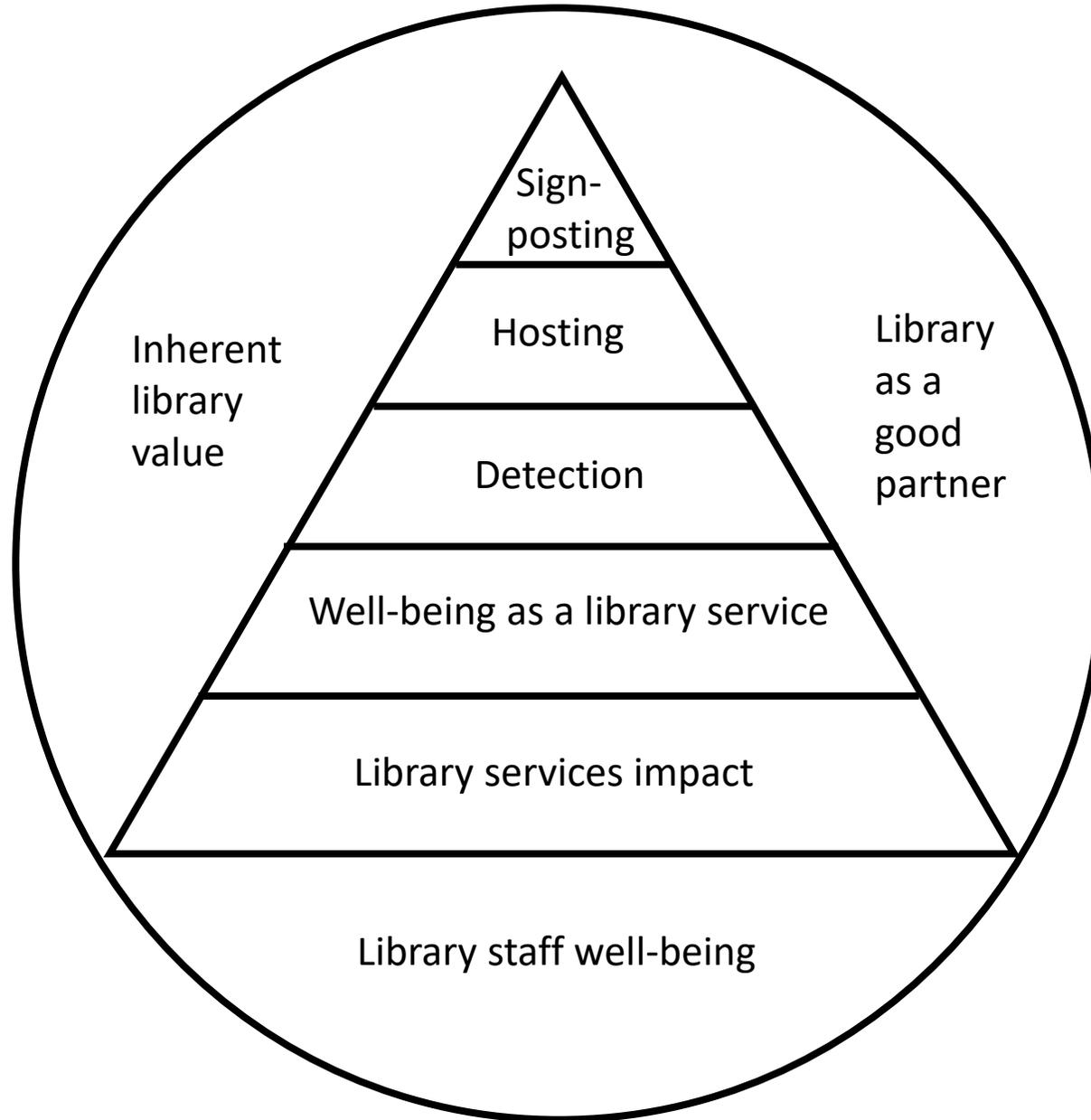
Case studies –
shared by ALN
libraries

Checklist for
planning an
activity

Select
bibliography and
resource list

Your feedback

A holistic model of library support to mental health and well-being





Home

Policy context

The library role overview

Student involvement

Defining mental health a...

Student mental health – t...

Evaluation

Library staff mental healt...

Case studies - shared by...

Checklist of prompts for ...

Select bibliography and r...

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Recycle bin

Edit

+ New ▾ Send to ▾ Promote Page details Immersive Reader Analytics

Published 5/25/2022



Case studies - shared by ALN libraries

ALN libraries have provided case studies of activities and other initiatives that they have undertaken, using a pre-defined template.

We have organised them under the following headings:

Collections

Spaces

Activities aimed at students

Activities aimed at staff

Activities aimed at library staff



Project Supporting Mental Health & Wellbeing

Private group

- Home
- Policy context
- The library role overview
- Shared with us
- Student involvement
- Defining mental health...
- Student mental health ...
- Evaluation
- Library staff mental he...
- Case studies - shared ...
- Folders**
- Case-studies-submi...
- Checklist of prompts f...
- Select bibliography an...
- Your feedback
- About this resource
- Recycle bin
- Edit

+ New | Upload | Edit in grid view | Share | Copy link | Sync | Download | Export to Excel | Automate | Integrate | All Documents

Read only documents > Activities aimed at library staff specifically

Name	Modified	Modified By	+ Add column
Common Thread - Leeds Beckett University .docx	April 18, 2022	Anas Alsuhaibani	
December activities 2020 - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
December Quiz - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
Get Out & run - Leeds Beckett University.docx	April 18, 2022	Anas Alsuhaibani	
Library 'Love' Notes – Valentine's activity - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
Library Ramble - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
Mental Health & Wellbeing Teams Channel - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
Monthly Bulletins - University of Manchester.docx	April 20, 2022	Andrew Cox	
Online Social Event - University of Salford .docx	April 18, 2022	Anas Alsuhaibani	
Stretch and Breathe - John Rylands Library.docx	February 17	Angel Cossigny	
Time to Talk Day - University of Manchester.docx	April 20, 2022	Andrew Cox	
Wellbeing Group (University of York Library).docx	September 4, 2022	Serena Chester	
Wellbeing Staff Forum (Library Retreat) - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	
Xmas Advent 'Calendar' - University of Salford.docx	April 18, 2022	Anas Alsuhaibani	

Academic Libraries North Mental Health and Wellbeing Advocacy Group

Name	University	Name	University
Liz Brewster	Lancaster	Andrew Cox	Sheffield
Lesley Macnamara	Hull	Nicola Wylie	Lancaster
Fran Porritt	Teesside	Jo Horsfall	Leeds Beckett
Serena Chester	Salford	Michelle O'Connell	Edge Hill
Angela Greenwood	Sheffield		

Former members: Anas Alsuhaibani, Lindsay McCarthy, Katie Austin

We are currently expanding membership of the project team

Accessing the resource

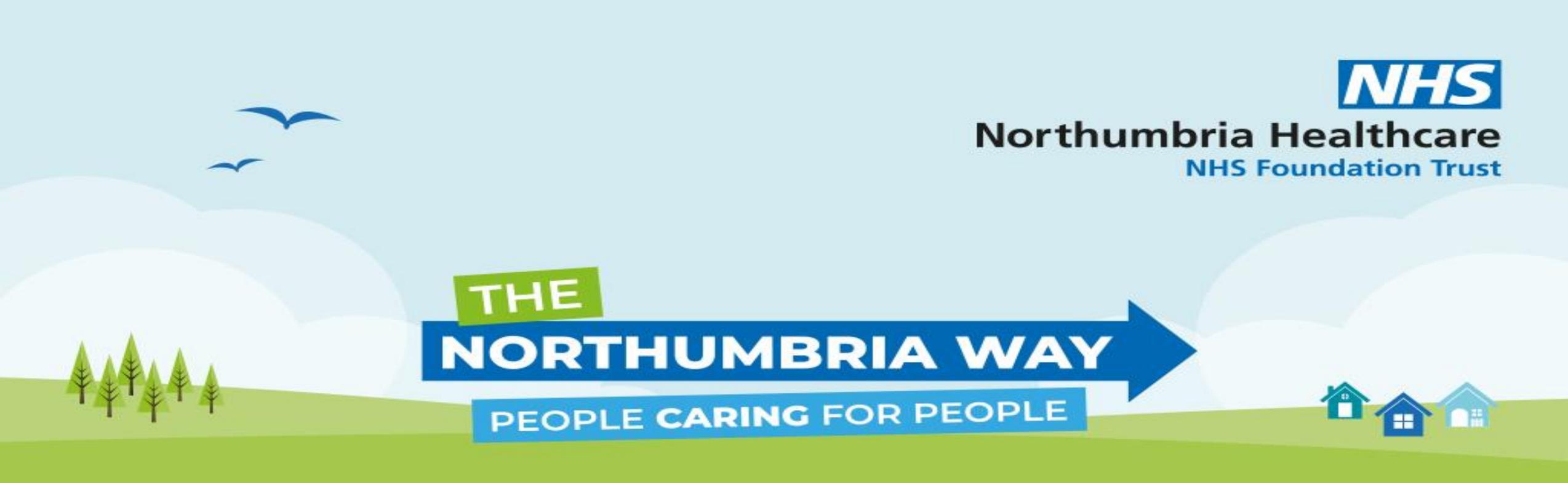
Access to the resource:

<https://www.academiclibrariesnorth.ac.uk/mental-health-wellbeing-advocacy-resource>



**THE
NORTHUMBRIA WAY**

PEOPLE CARING FOR PEOPLE



Supporting wellbeing at Northumbria Healthcare

Jenny Richardson

Health and wellbeing areas



Home How to... About us Staff networks Search books

Sense of belonging

We have identified books and other resources that help us to reflect on how we can develop a strong self-identity and empower ourselves and others to be our 'true self', while also promoting a sense of belonging to an organisation that fosters diversity and inclusion.

Here are just some of the books you can borrow from the library. Click on the cover to see more information. See more books here. We also have a collection of Equality, diversity and inclusion eBooks.



We believe that reading fiction can help us to understand other cultures, appreciate diversity and develop empathy. Our Book club encourages us to share our reflections on our reading and its impact on our personal and work lives.

Here are some of the fiction books that we recommend. Others can be browsed [here](#). We would like to develop this list, so please tell us about books that have had an impact on you.



The library has resources to support all the Trust's network group. You can see these on our [Staff networks](#) page.

Other resources
 The NHS [people plan](#) talks about looking after each other and encouraging a culture of inclusion and belonging.

- Feel books
- Advice
- Request an article
- Request a book
- Join the library

NHCT Library
 Looking to decompress?
 Reading is a great way to find a moment of calm and unwind. That's why our 'Feel Good' book selection from this year's #WorldBook Night collection features books to pair perfectly with your relaxation

ibr.it/cjKY

NHCT Library
 Do you have a favourite setting featured in the DCI Ryan books so far, or one you're hoping will be featured in a forthcoming story?
[linktr.ee/LJR_ossAuthor](#)

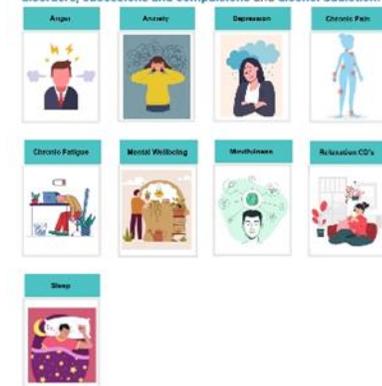
HWB books



Home How to... About us Staff networks Search books

Self Help

Self Help Books
 The library have a selection of self help books to help you overcome common problems, such as eating disorders, obsessions and compulsions and alcohol addiction.



Activities
 Trust libraries have books & DVD's to encourage you to develop new skills which can benefit your health and wellbeing by helping you to relax and cope with everyday stress. Why not check out our [Welcome To The North East](#) page which has lots of ideas on things to see and do.



Cumbria, Northumberland, Tyne & Wear Self Help
 CNTW have a range of self-help leaflets available in BSL, easy read and audio formats.

- Feel books
- Advice
- Request an article
- Request a book
- Join the library

NHCT Library
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ibr.it/cjKY

Fiction



Our Favourite Books 2021



All the Light We Cannot See
by Anthony Doerr

Although I haven't finished this book yet, it is already my favourite book that I have read this year.

The story begins in the build up to World War II and follows the paths of two children on opposing sides, a young, blind French girl from Paris and a young German boy from a mining village with a passion for engineering who is scouted to join the Hitler Youth. Each character undertakes an extraordinary journey that teaches them - and you - a lot about the intricacies and depths of human nature.

It is brilliantly written, Anthony Doerr has such a beautiful way of describing detail and you find yourself fully immersed in their worlds. It is a very compelling read and I cannot wait to finish it!

LIBRARY & KNOWLEDGE SERVICES

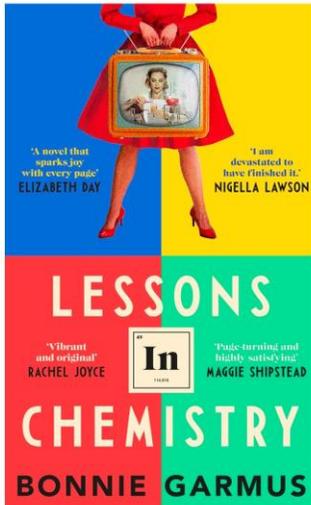


Book club



Book Of The Month

Lessons in Chemistry
by Bonnie Garmus



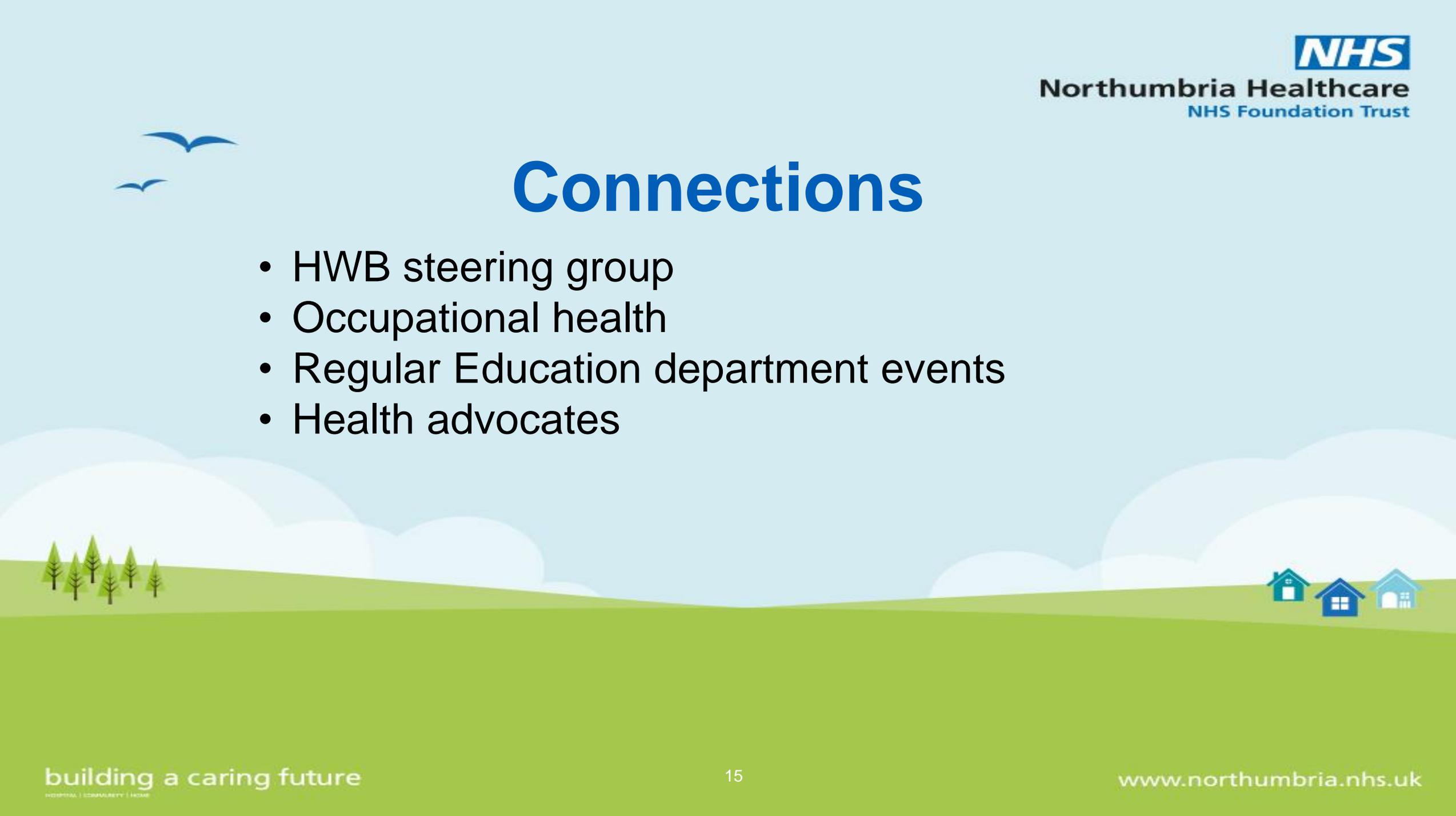
Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing.

But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with - of all things - her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ('combine one tablespoon acetic acid with a pinch of sodium chloride') proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Meet the unconventional, uncompromising Elizabeth Zott.



The background features a light blue sky with two stylized birds in flight. Below the sky is a green landscape with rolling hills. On the left, there is a cluster of stylized green trees. On the right, there are three stylized houses in shades of blue and green. The overall aesthetic is clean and modern.

Connections

- HWB steering group
- Occupational health
- Regular Education department events
- Health advocates



Student and Library Services in the Campus Heart:

Actions of the left and right ventricles.

Callum Anderson & Fran Porritt

A background image showing several hands of different skin tones cupping a glowing red heart. The hands are positioned around the heart, with fingers pointing towards the center. The background is a soft, light blue gradient.

Why activity ('sport')?

A healthy heart helps a healthy mind; Our heart is more than a blood pumping engine, it's our compass for wellbeing, mental state and emotional security.

Any activity that gradually increases the demand on the heart is the most effective way of helping all of these, at every level.

This is true literally and metaphorically if taking the organisation as a whole and SLS as the heart.

Our offer:

- A fully functional gym and studios.
- A wide range of Sports Clubs (traditional, alternative and adventure based).
- Access to an All weather pitch, Sports hall, Climbing wall, Adventure activities, Campus based non Club activities, A program of staff activities.
- Student personal wellbeing and developmental adventure based activities.

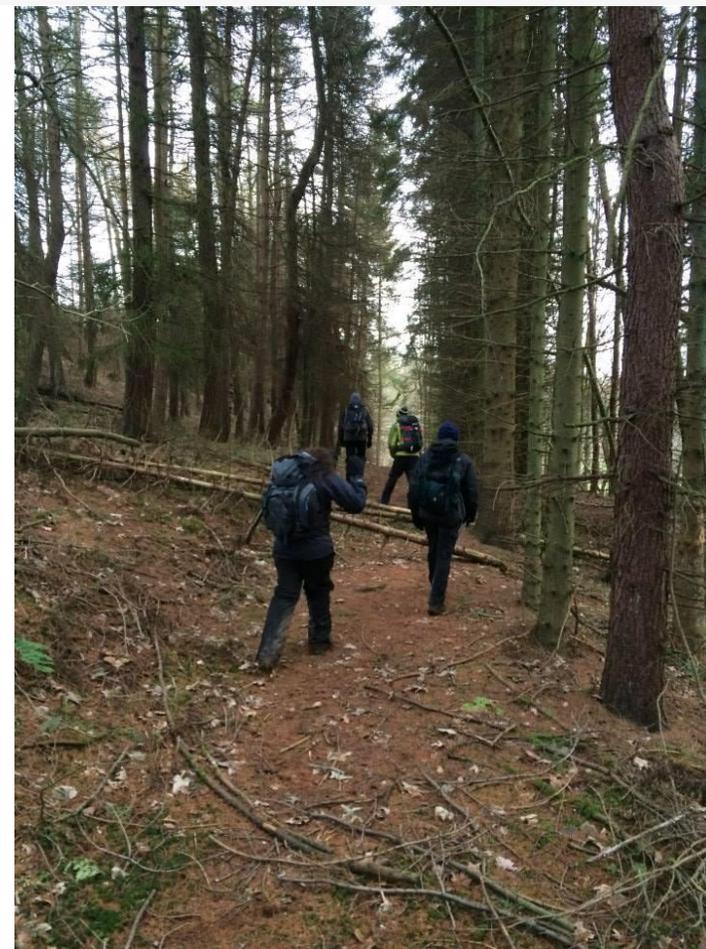
Adventure based personal wellbeing and development

Climbing, Walking, River tubing, Body Boarding and Body surfing, Green and Blue environment access for trying new activities or just taking time out in those environments.

Time in any natural environment is important.

“Natural environments and accessible green and blue spaces play a direct and indirect role in health and well-being. They can mitigate climate change impacts and lower the risks of disasters, as well as support active recreation; they provide a place to relax and leave daily stress behind for a while.”*

* World Health Organisation; Green and New Evidence and Perspectives for Action Blue Spaces and Mental Health Report



Student Feedback example

“The best part of today has been the journey down to the campsite in the canoes. Just the beautiful scenery and lovely weather. This is happiness. “

“A few of us had a night boating trip after everyone else had settled down by the beach campfire, it ended up with four people in two boats.... in the middle of the completely black lake looking up at the moon, which was beautiful and amazing. “

Wellbeing offer
in the Library in
the Winter
Vacation





Poem

- Talking Turkeys: Benjamin Zephaniah
- [Talking Turkeys - Benjamin Zephaniah](#)

Feedback

I think this is a lovely idea whilst the costa cafe is closed!

It was a nice and novelty initiative

The hot chocolate is very nice

Appreciate the coffee station

Amazing experience from the people from there. Had a wonderful experience.

I just like the Library system of operations

I love the gesture, it was so thoughtful during the break , i love the staff too , they were warm and chatty .

Such a lovely idea and so thankful for it after walking in the cold! Got me ready to study

It's is really helpful and keep as warm and active.

Thanks very much.

Amazing place. Lots of free space to study and work.

It was lovely, loved the Christmas spirit!! Please keep doing this every year!

Everyone was really friendly and it is a lovely thing to have in the holidays especially for people who don't have family nearby

Lovely staff! Thanks so much

Very good

Was good thanks

Really nice people handing out tea/coffee

Lovley service.

I like this initiative as it keep one focus by staying more to study in the library. Thanks

So many amazing activities available and also loved the tea and coffee availability especially because the cafe is closed. I think it's great that the university are doing this!

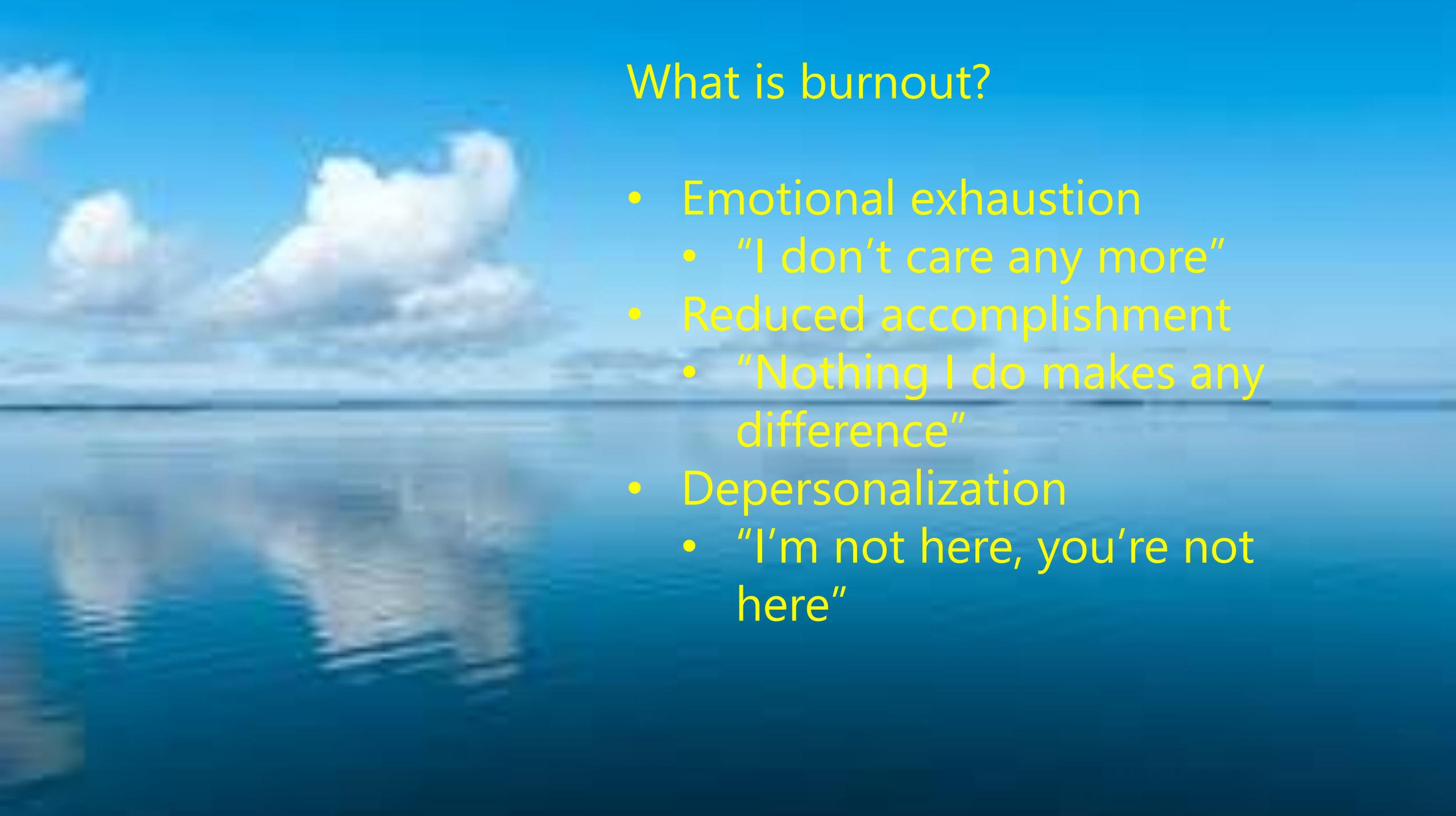
Really good, nice people

Yes , coffee desk is very welcoming thanks for such an arrangement

Burnout – A Short Introduction

John Gale – JET Library

Mid-Cheshire Hospitals NHS Foundation Trust

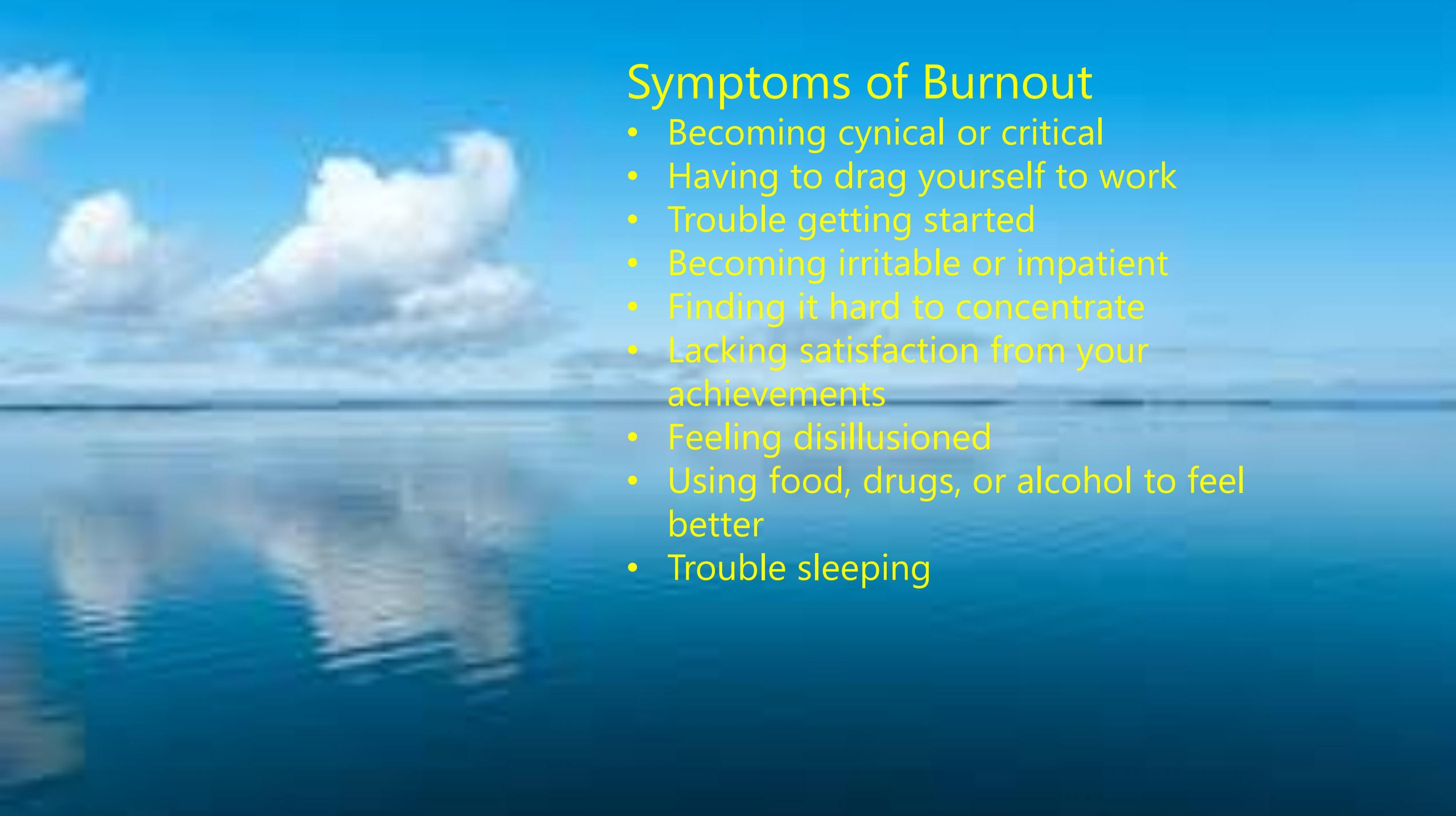


What is burnout?

- Emotional exhaustion
 - “I don’t care any more”
- Reduced accomplishment
 - “Nothing I do makes any difference”
- Depersonalization
 - “I’m not here, you’re not here”

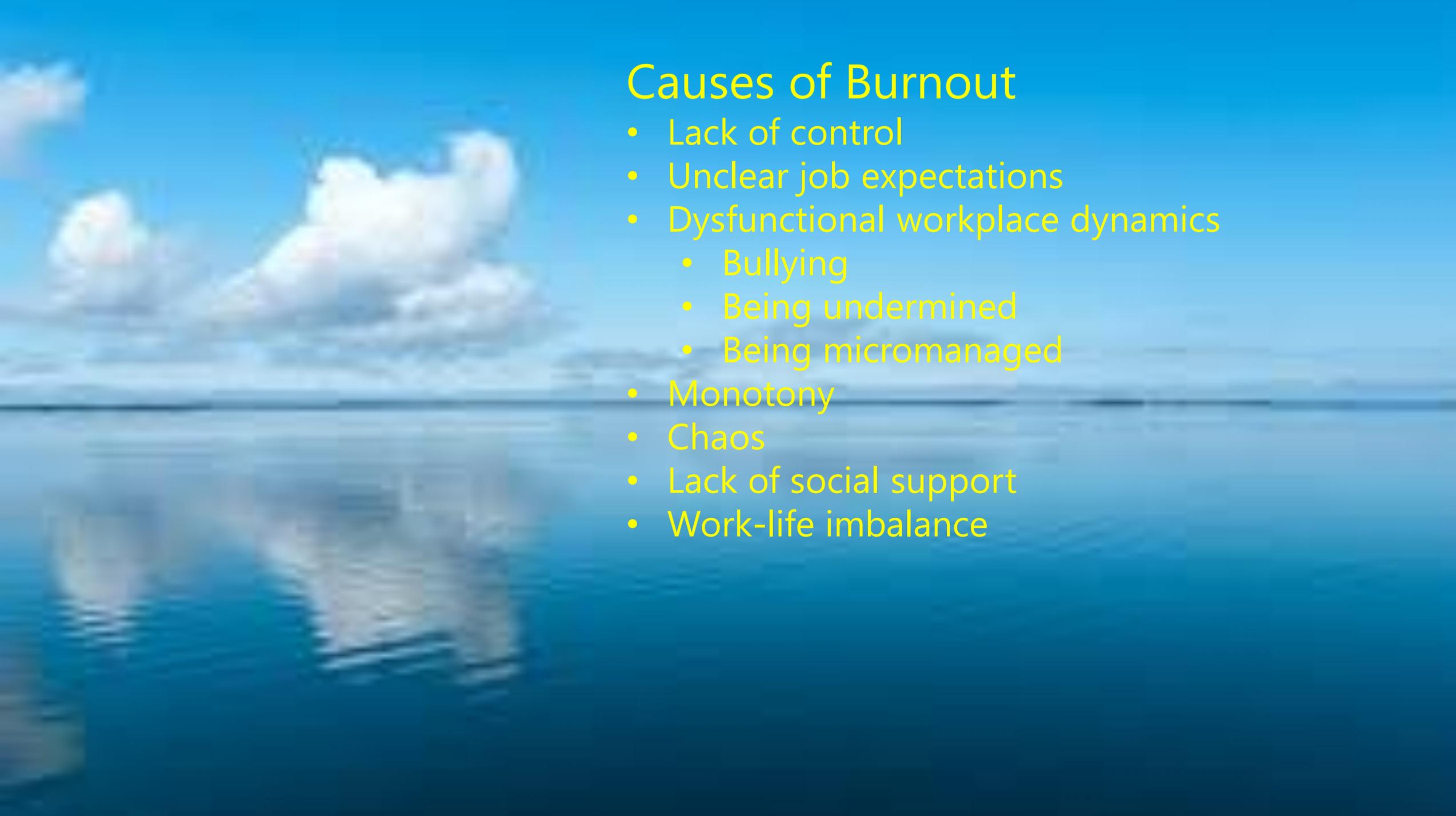
Burnout and Depression

Is a link between the two but burnout is **context-specific**. You can feel burnout at work but feel OK as soon as you get home.



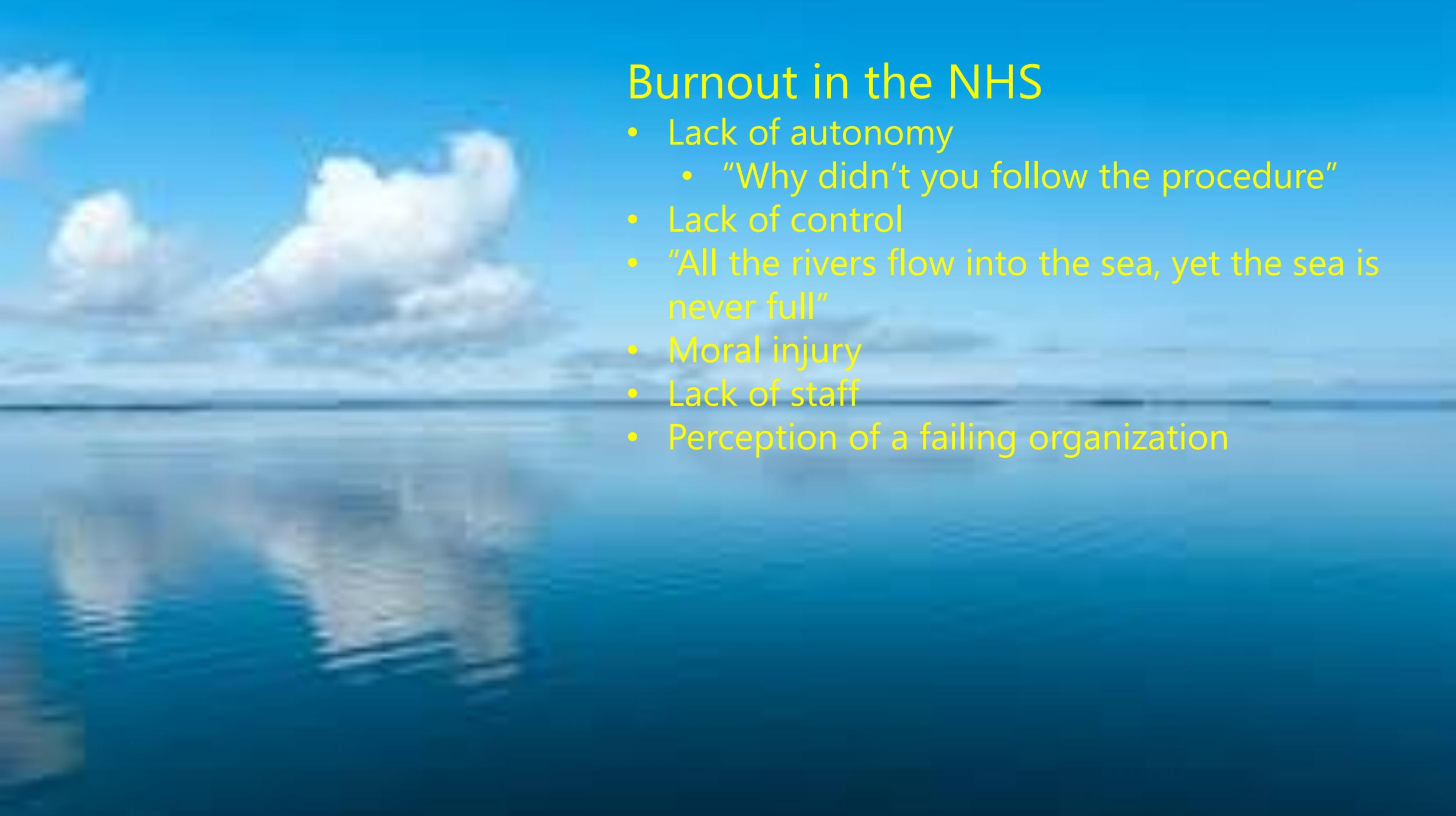
Symptoms of Burnout

- Becoming cynical or critical
- Having to drag yourself to work
- Trouble getting started
- Becoming irritable or impatient
- Finding it hard to concentrate
- Lacking satisfaction from your achievements
- Feeling disillusioned
- Using food, drugs, or alcohol to feel better
- Trouble sleeping



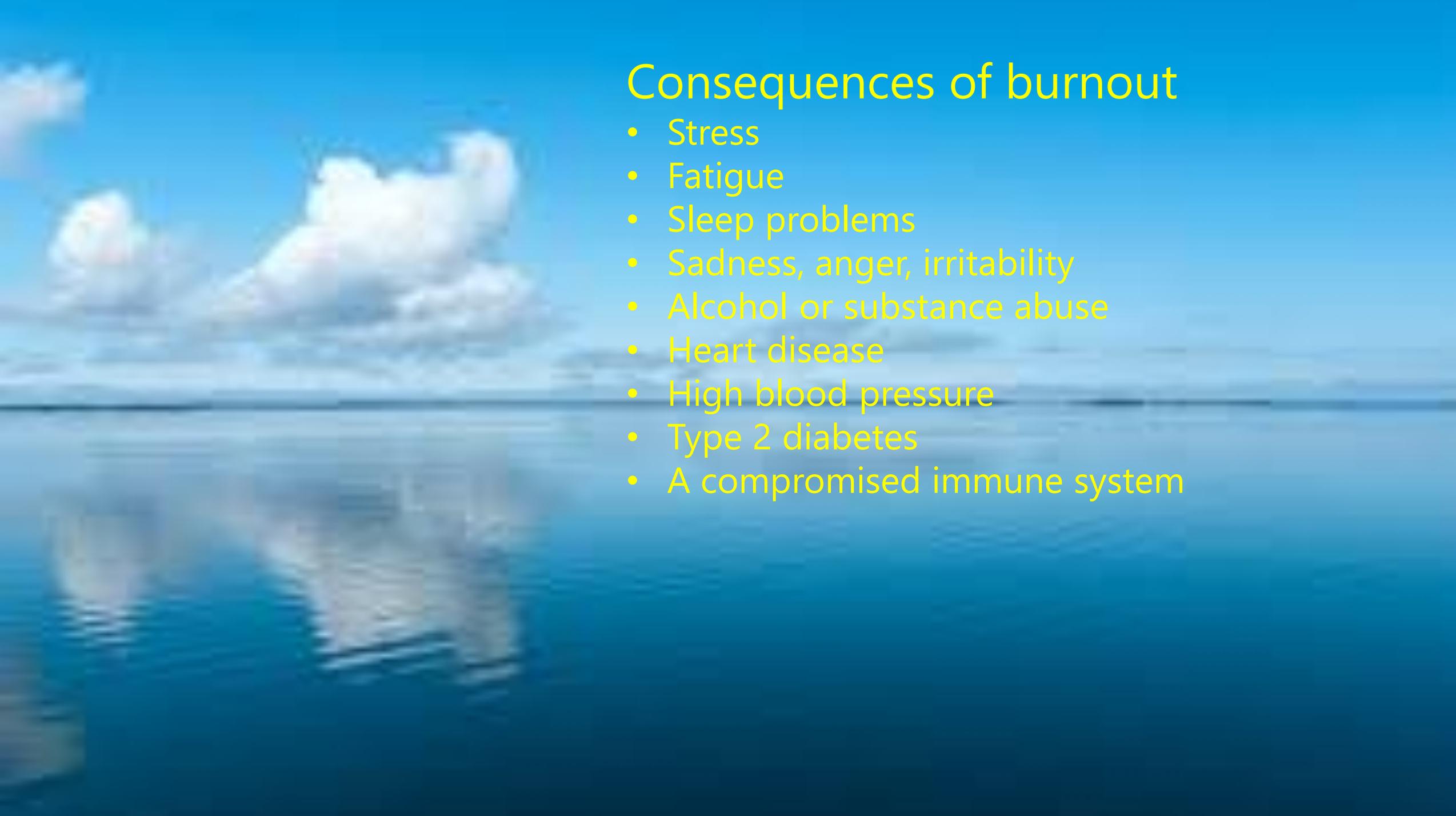
Causes of Burnout

- Lack of control
- Unclear job expectations
- Dysfunctional workplace dynamics
 - Bullying
 - Being undermined
 - Being micromanaged
- Monotony
- Chaos
- Lack of social support
- Work-life imbalance



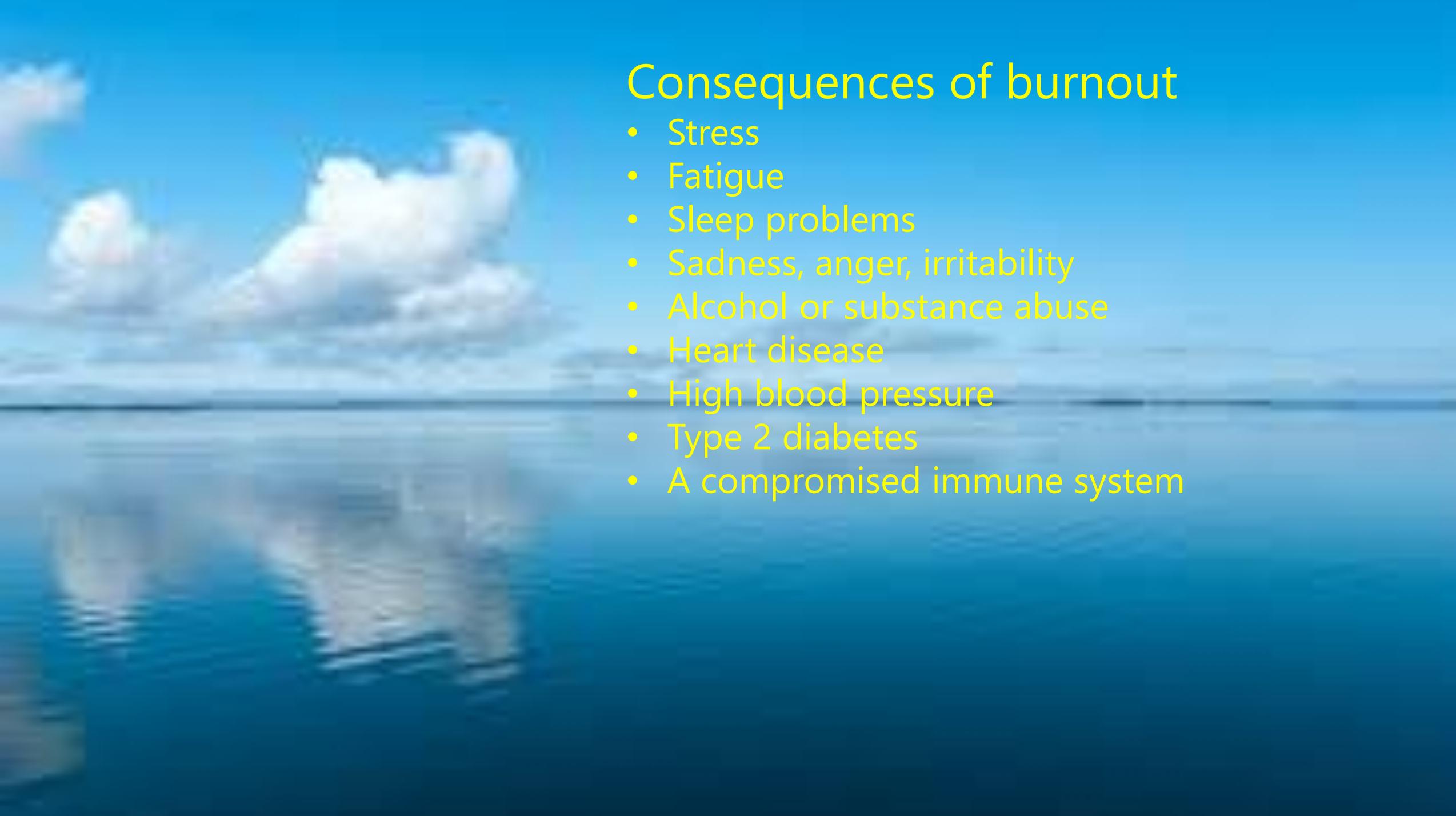
Burnout in the NHS

- Lack of autonomy
 - “Why didn’t you follow the procedure”
- Lack of control
- “All the rivers flow into the sea, yet the sea is never full”
- Moral injury
- Lack of staff
- Perception of a failing organization



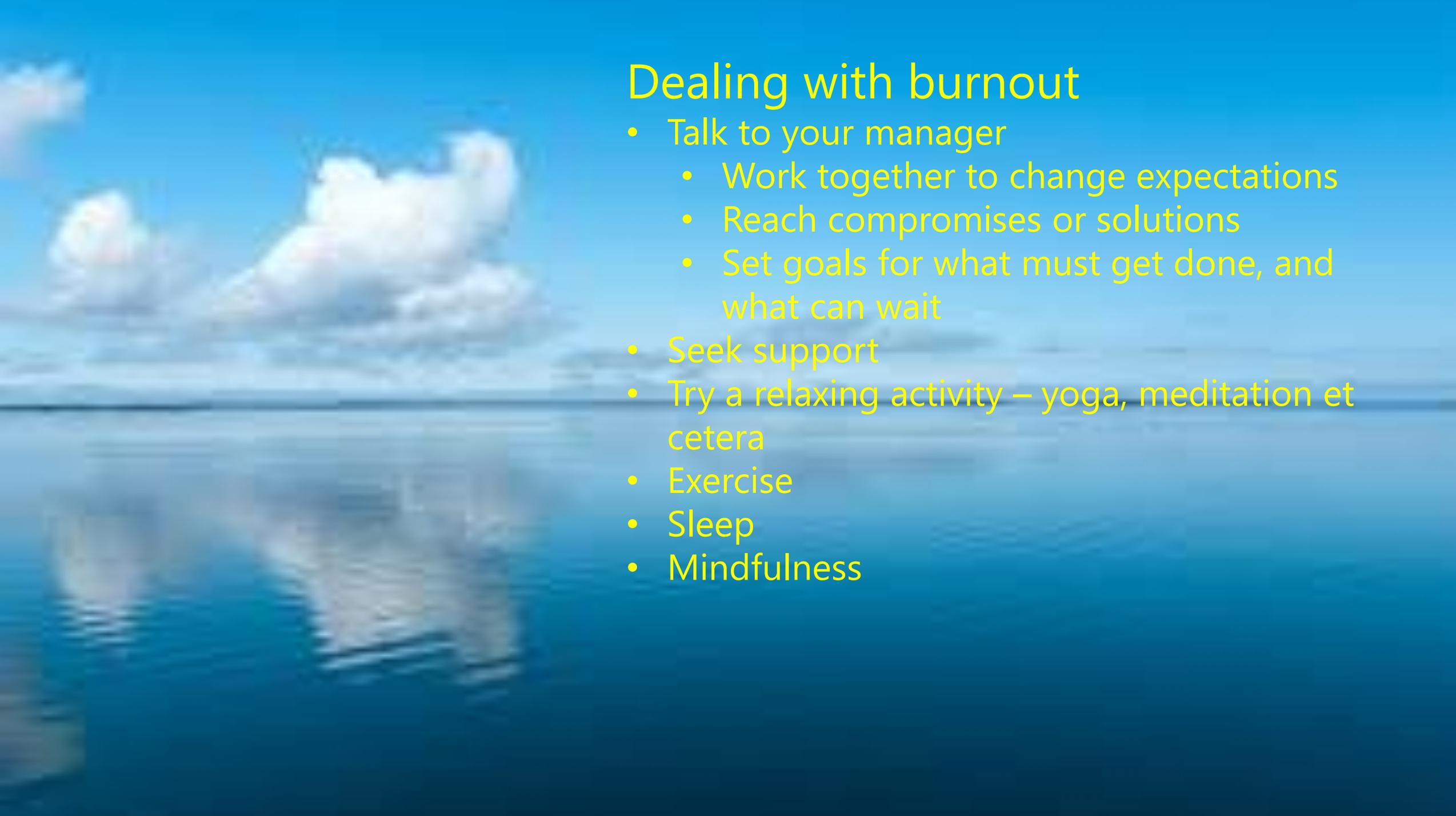
Consequences of burnout

- Stress
- Fatigue
- Sleep problems
- Sadness, anger, irritability
- Alcohol or substance abuse
- Heart disease
- High blood pressure
- Type 2 diabetes
- A compromised immune system



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- Type 2 diabetes
- A compromised immune system



Dealing with burnout

- Talk to your manager
 - Work together to change expectations
 - Reach compromises or solutions
 - Set goals for what must get done, and what can wait
- Seek support
- Try a relaxing activity – yoga, meditation et cetera
- Exercise
- Sleep
- Mindfulness

Discussion Groups

- Breakout rooms
 - Questions 1 and 2 in round one
 - Questions 3 and 4 in round two
-
- Use the Padlet wall to capture comments
 - https://padlet.com/katie_nicholas/JointHWBevent





Thank you

