

# **The Public Library contribution to health and wellbeing**

**YOHHLNet Christmas Study Day  
12<sup>th</sup> December 2018**

**Andy Wright  
@LibrariandyW**

# **The Public Library contribution to health and wellbeing**

- **Setting the context**
- **Engaging Libraries**
- **Examples from Wakefield**

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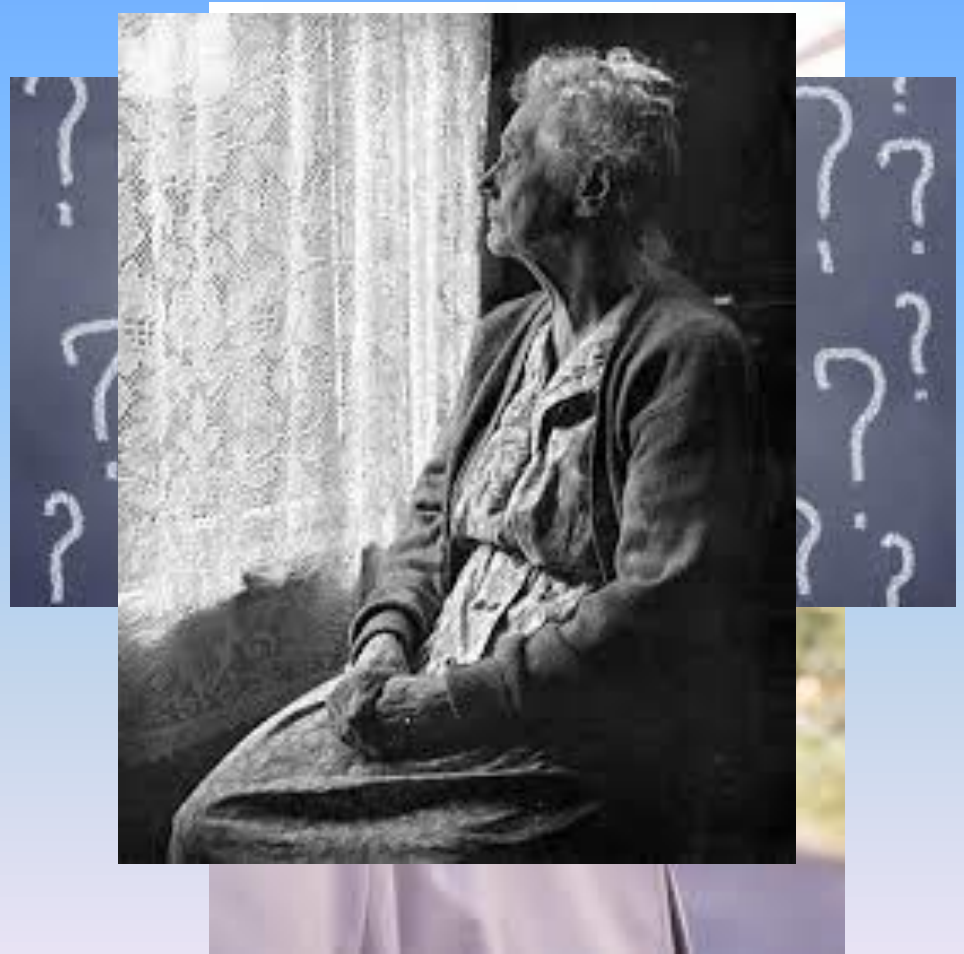
# Your “service users”



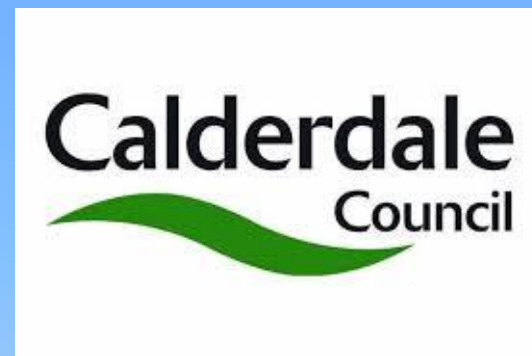
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# Our “service users”

- The well
- The unwell
- The worried well
- The curious
- The lonely



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**SCL** Leading & Managing  
Public Libraries



**Libraries  
Connected**

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A partnership offer delivered by SCL and The Reading Agency

Libraries support health literacy and self-management, provide health related events and activities, stimulate creativity and learning and connect individuals and communities...

Expert staff in a non-stigmatised & trusted community space

Assisted digital access

Volunteering activities & events

WHAT IS IT?

Libraries Deliver:

Ambition for Public Libraries in England 2016-2021 by the Libraries Taskforce

...describes how libraries support a number of outcomes aligned with national and local priorities, including healthier and happier lives for individuals.

WHY WE NEED THIS OFFER



1 in 4 people and their families experience the consequences of poor mental health

WHY WE NEED THIS OFFER



10% of older people are lonely

Provide health information & support



MOOD BOOSTING BOOKS

WHY WE NEED THIS OFFER

15m people



are living with a long term physical condition

Health promotion events

Creative opportunities for individuals and groups



READING GROUPS

Dementia Cafes & reminiscence groups



Dementia Cafe

WHY WE NEED THIS OFFER

One person develops dementia every 3 minutes

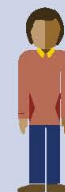
Admiral Nurse

As a nurse, sometimes I have the feeling that I haven't much to offer, except for a shoulder to cry on. Whereas a book to read is something tangible, something else to suggest and offer.



CBT therapist

One of my patients suffers from social anxiety: we are working together using the book that I prescribed to him. He reads one chapter or paragraph every week, and our conversation starts from that. He finds it very useful.



LIBRARIES HELP LOCAL COMMUNITIES TO BE HEALTHY AND LIVE WELL

Your public library supports the health and wellbeing of communities

# LIBRARIES TASKFORCE





**Libraries  
Deliver**

Reduced levels of loneliness by bringing people together

Community led health initiatives

Supported digital access

Volunteering opportunities – keeping people active

Free, supportive and accessible community space

Quality assured health information



WELLBEING

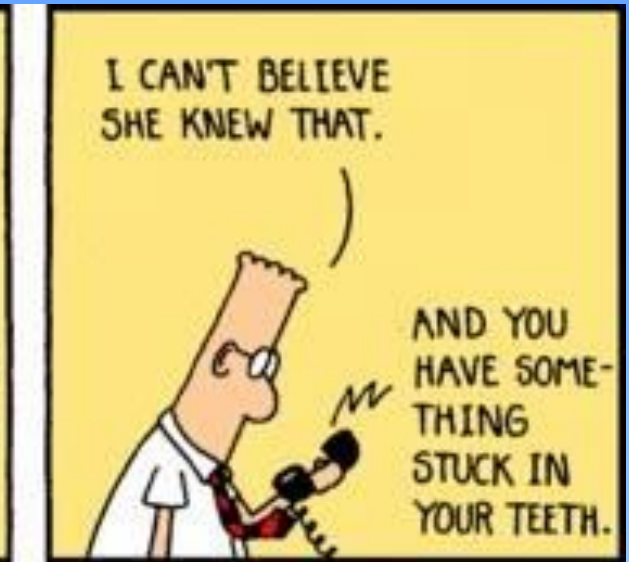
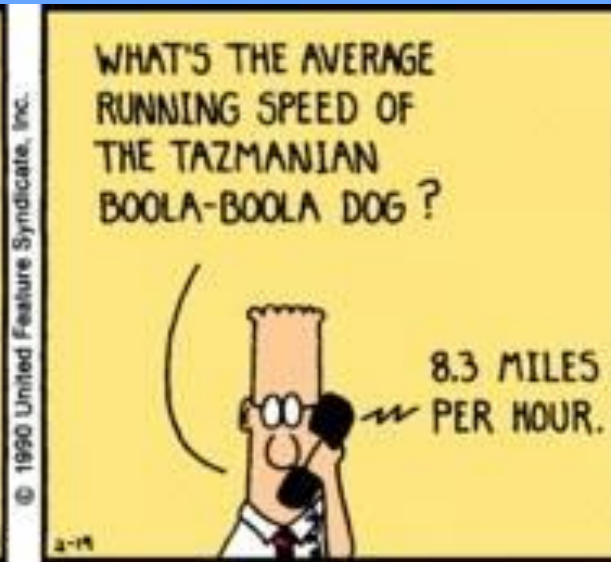
**cilip**



Chartered Institute of  
Library and Information  
Professionals

ARTS COUNCIL  
ENGLAND

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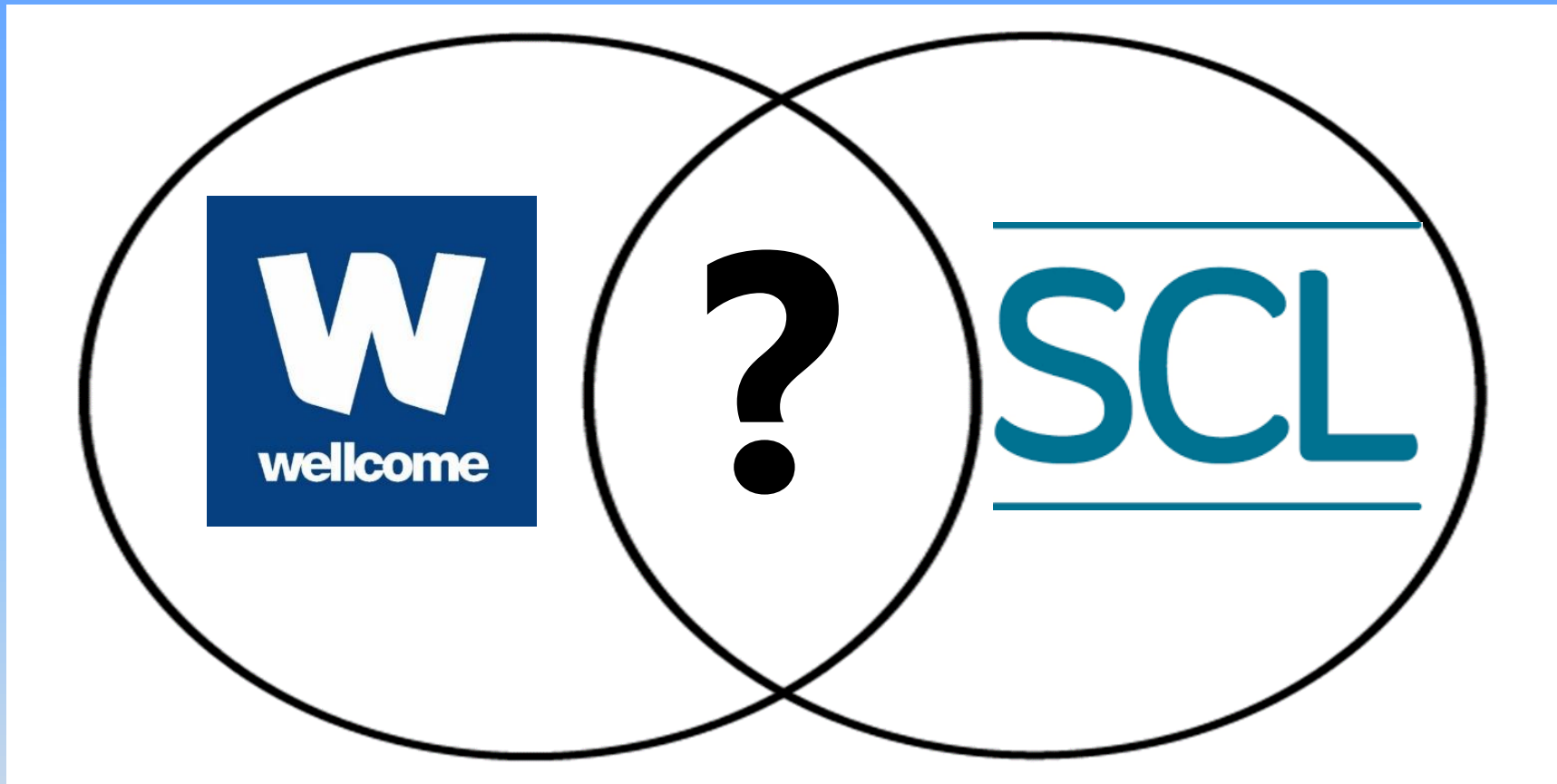
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—  
Good health makes  
life better. We want to  
improve health for  
everyone by helping  
great ideas to thrive.  
—

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Engaging Libraries will support innovative public library projects which place creative and imaginative public engagement ideas and health and wellbeing at their heart



**HEALTH AND WELLBEING THEMES**  
Projects might seek to engage people on issues like understanding how the brain works, exploring how to cope with a long term illness, or sharing experiences of IVF treatment



**PUBLIC ENGAGEMENT ACTIVITIES**  
Activities will create an opportunity for people to consider, participate and debate ideas, and might include exhibitions, film screenings, performances or the development of digital tools.

Visit the project web page at [www.bit.ly/engalibs](http://www.bit.ly/engalibs)  
Applications close Weds 23 August



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# Engaging Libraries Programme Portfolio



Release the Pressure, City of London  
No Filter, Essex

Empathy Day, Jointly: Essex, St Helens, Libraries Unlimited  
(Devon) and Sheffield

The Final Party - Celebrating Death through Celebrations of  
Life: Redbridge

Body, Image and Mind, Leeds  
Brainworks, East Dunbartonshire

Talking 'Bout Teddies, Dundee  
Great Minds, Lancashire

The Travelling Happiness Bar, Bolton  
Comics and Cosplay; Caring for Young Minds, Oldham

Slipper Talk, Torfaen

Teddy Bears Picnic, Bexley

Library Takeovers: Creating a Space for All, Somerset  
You Can't Judge a Book by its Cover, Norfolk

Visit the project web page to find out more [www.bit.ly/engalibs](http://www.bit.ly/engalibs)

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# Body, Image & Mind....



## Body Image & Mind Project

Thursday 8 February

1:00 – 4:00pm

Central Library, Art Library



A drop-in afternoon of creative taster sessions including; painting, printing, textiles and photography which explores body image. Meet the artists and library team and find out how you can get involved.

We are particularly interested in working with older women, young men, teen girls or boys and anyone with a physical or a hidden disability. Group facilitators please come along or get in touch

Part of the Engaging Libraries programme supported by Wellcome and Carnegie Trust



For more information call 0113 27 85005

or visit [www.leeds.gov.uk/libraries](http://www.leeds.gov.uk/libraries)

leedslibraries @leedslibraries



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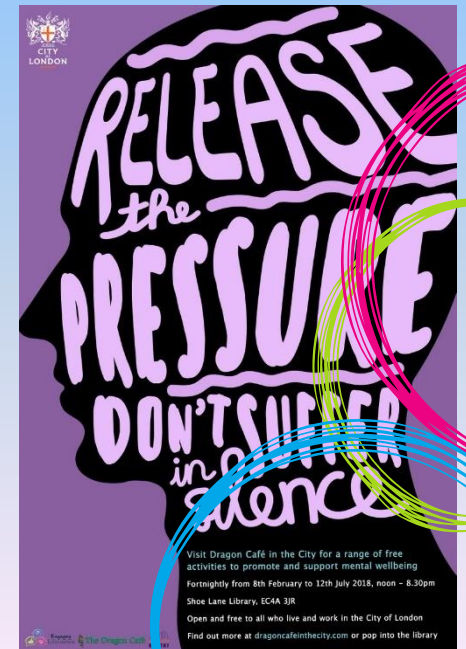
# Release the Pressure.....



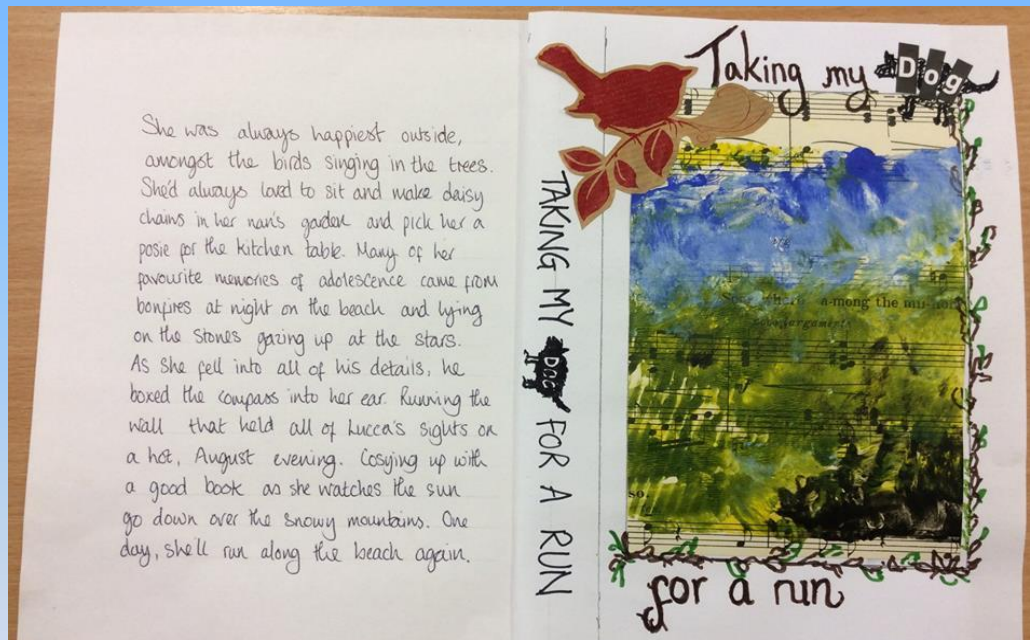
**TODAY!**  
Dragon Café in the City  
at Shoe Lane Library  
2-3.30pm  
Cakes and Ladders  
A social afternoon board game session,  
where you can learn some new games,  
and how playing with others can  
improve our wellbeing.



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# You can't judge a book by its cover.....



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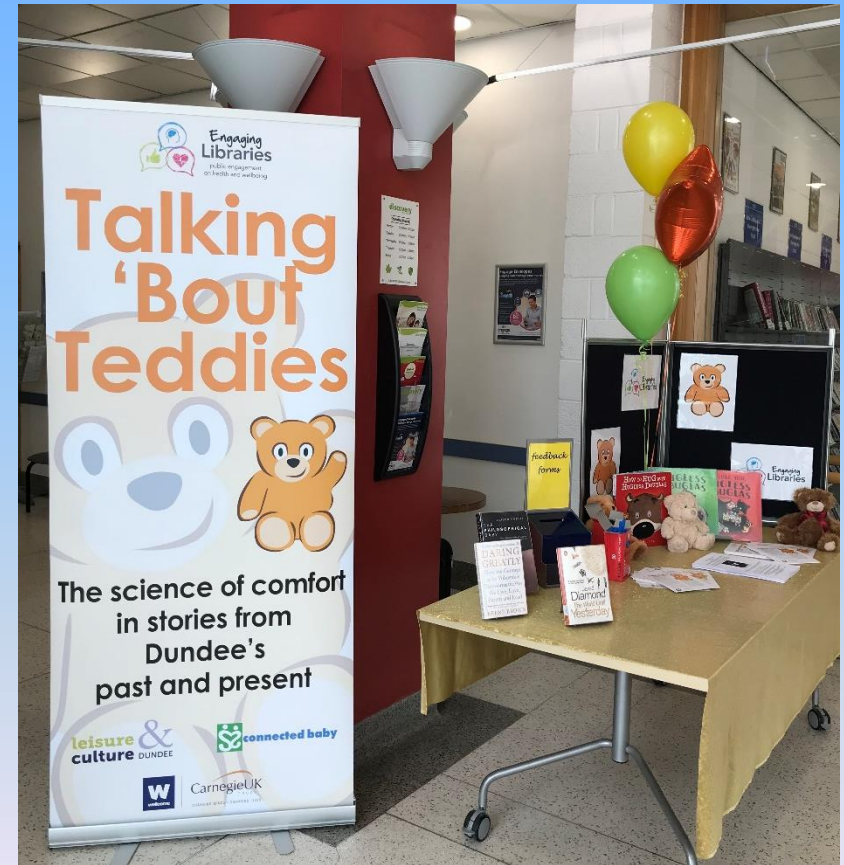
# Comics and cosplay; caring for young minds.....



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# Talking 'bout Teddies...



# The Final party.....



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# #EngagingLibs

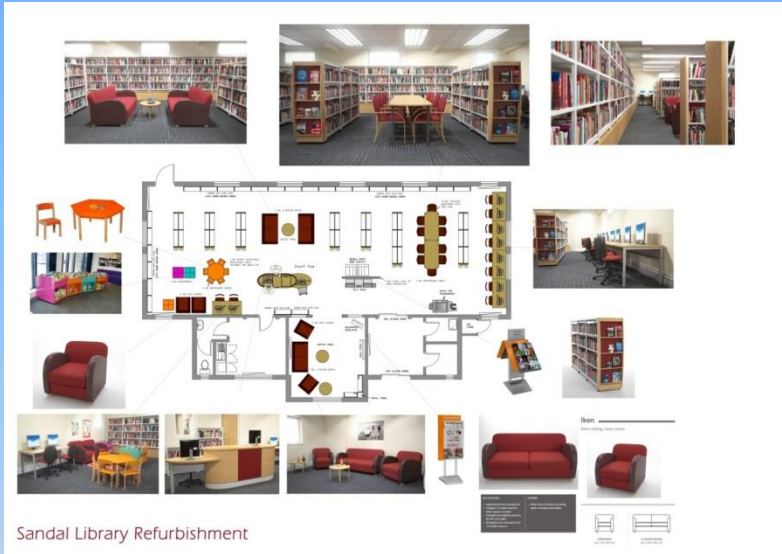
- Scalable and replicable
- Changing perceptions
- Value of virtual networks / peer support
- “libraryness” is a thing

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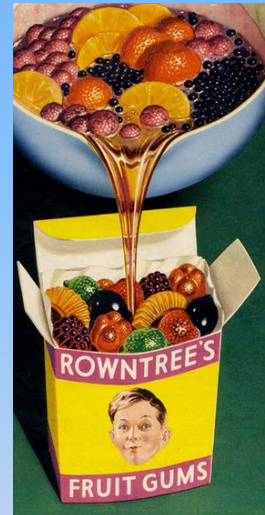


Engaging  
Libraries

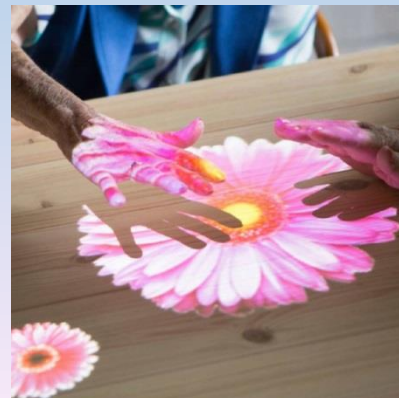




Sandal Library Refurbishment



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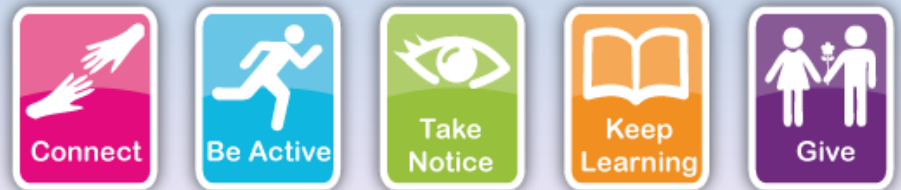


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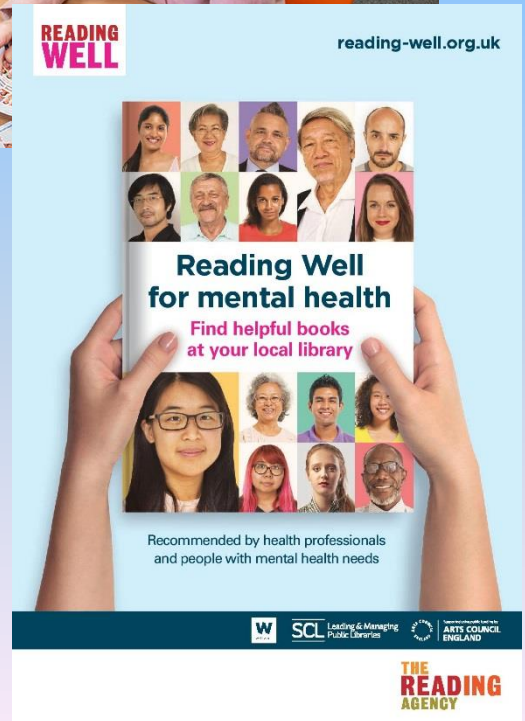
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5 Ways to Wellbeing



# READING WELL



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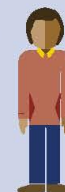
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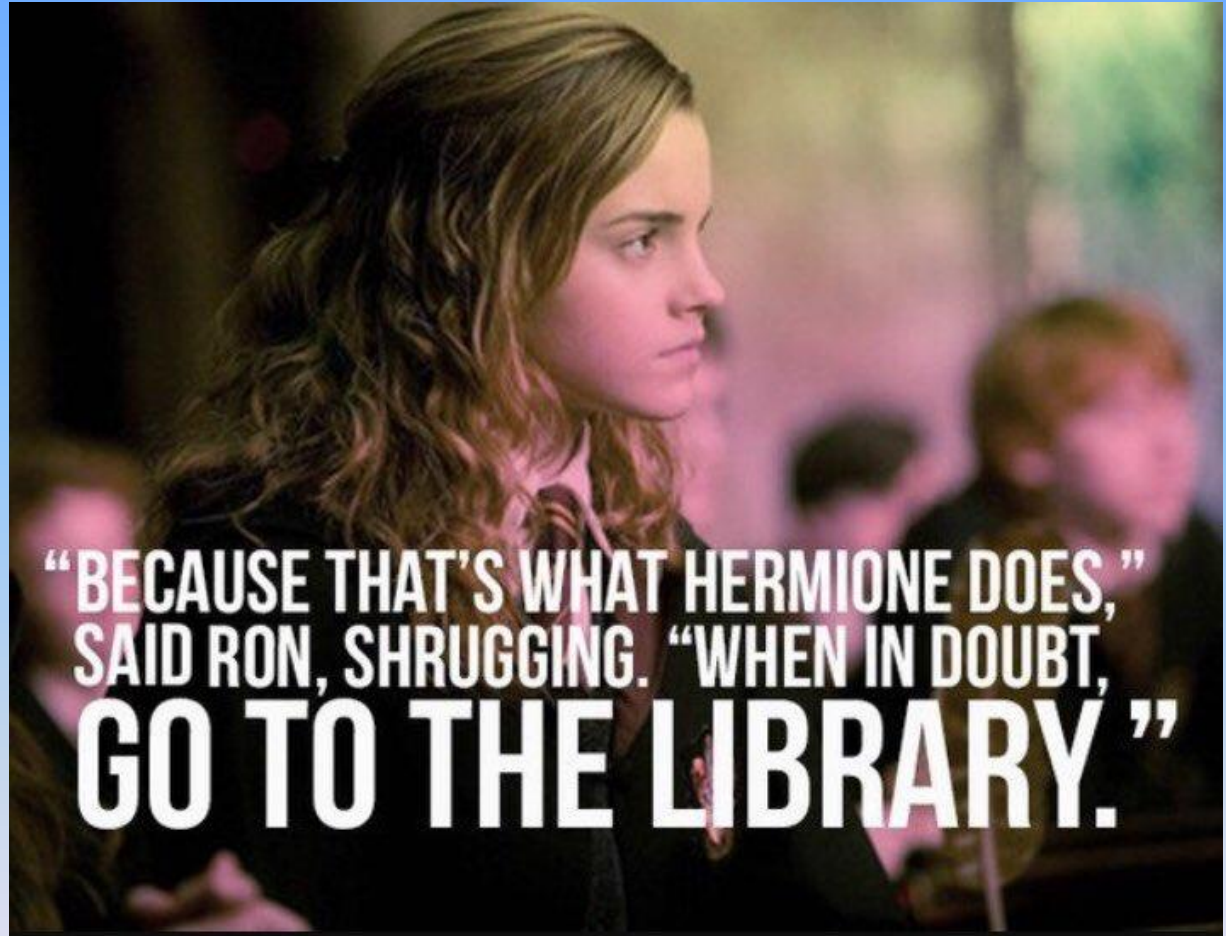
- Calendar spikes
- Shared venues for displays
- Shared contact network

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# Thank you!



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