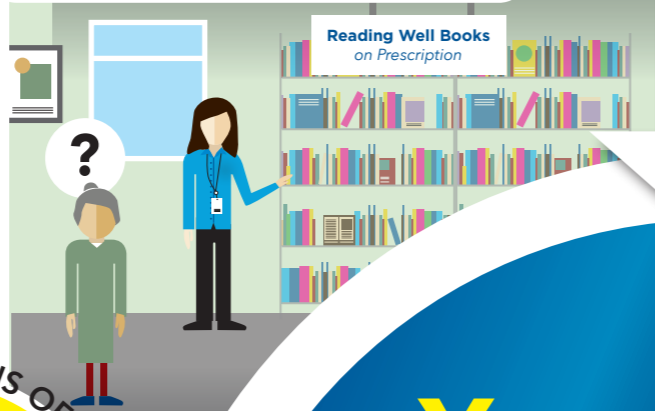


A partnership offer delivered by SCL and The Reading Agency

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



WHAT IS IT?

Assisted digital access



Volunteering activities & events



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.

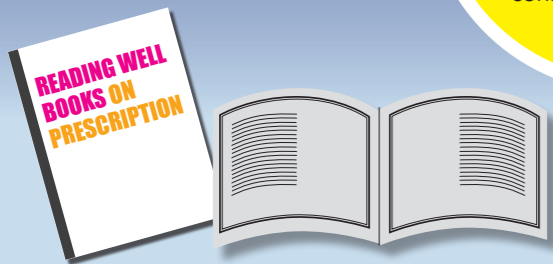
WHY WE NEED THIS OFFER

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

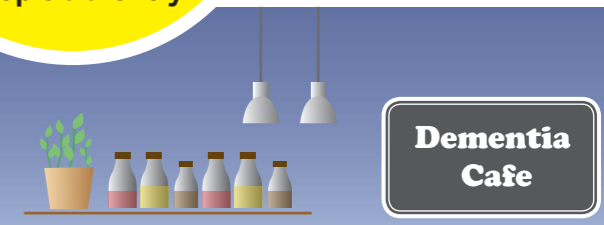
15m people

are living with a long term physical condition

Creative opportunities for individuals and 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