

Promoting the health and wellbeing benefits of our library service



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Background to the service



Why is it so important?

Popping up around the hospital





Stress-free sofa zones



Health and wellbeing room



Work in partnership with other teams in the organisation

Events in the Library

Easter Treasure Hunt

Running at RPH & CDH Libraries
2nd to 9th April

Answer 3 short questions (collect slip from counter) to be in with a chance to win a Mini-Eggs Easter egg

Hand in the completed treasure hunt slip to a member of staff and receive a mini chocolate egg for entering (while supplies last)

Winner will be drawn at 10am, Wednesday 10th April

Happy egg-hunting!



DRAWING SESSION

2nd Wednesday in every month
12 - 1pm

in RPH Library

The session is aimed at giving some space for people to practice or develop drawing skills.

Materials are provided and we will be using dry media only, but feel free to bring along any drawing material of your own.

Please contact Omar.Aboothtr.nhs.uk if you have any questions

Yearly winter advent calendar

This
Advent Calendar
is for you to open
throughout
December

Each day please
open one of the
Advent windows to
receive a mindful
moment

We hope that you
enjoy it!



CHECK OUT OUR WEBPAGE

[HTTP://HEALTHACADEMY.LANCSTEACHINGHOSPITALS.NHS.UK/SUMMER-READING-JOURNEY](http://healthacademy.lancsteachinghospitals.nhs.uk/summer-reading-journey)

TO SEE MORE DETAILS ABOUT THE PRIZES

HAVE A BROWSE OF OUR FICTION AND WELL-BEING STOCK

@LANCSHOSPLIB



REVIEWS FROM LAST YEAR

"EXCELLENT CHOICE OF BOOKS"

"VERY ENJOYABLE"

"MOTIVATED ME TO READ MORE"

"HELPED ME GET BACK INTO READING"

"I FELT MORE RELAXED"

"IMPROVED MY TIME MANAGEMENT"



GATE:
EC1/EC3



CHECK IN
ONLINE USING
THE QR CODE



READING PASS

DEPARTING: THE LIBRARY

DESTINATION:
SUMMER READING JOURNEY
ESCAPE WITH A GOOD BOOK

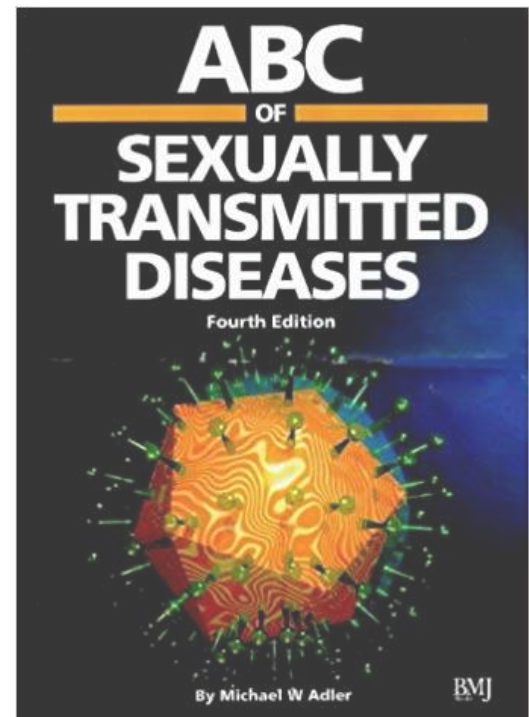
DATE OF DEPARTURE: 4TH MAY - 14TH SEPTEMBER



Reading challenges

**Review: A great read in front
of the fire at Christmas**

**Book: ABC of sexually
transmitted diseases**



CILIP PPRG Marketing Excellence Awards





Feedback from library users

“Good to have a social event, we re-joined the library too”

“Guilt free healthy snacks on an otherwise difficult day. Brightened it up to have an unexpected treat.”

“I really enjoyed the smoothies and even managed to win the prize which obviously made my day! I think these ideas the library do for students are great: the puzzles, colouring, healthy fruits as snacks, chargers. We really do appreciate them, so thank you!”

“Enjoyed my visit to the Library (I work at the other end of the hospital so don’t usually have time at lunch to visit). Found the Library relaxing and welcoming with helpful staff.”



#BookFaceFriday

A close-up photograph of a dog, likely a Weimaraner or similar breed, sitting on a grassy lawn. The dog has a white chest and muzzle, with black and tan patches on its face and ears. It has large, floppy ears and is looking directly at the camera with a wide, happy smile, showing its teeth. The background is a soft-focus green lawn.

Future wellbeing events in the Library



Thank you