



# How the Operational Team support Health & Wellbeing at LTHTr

By Sarah Woodhall

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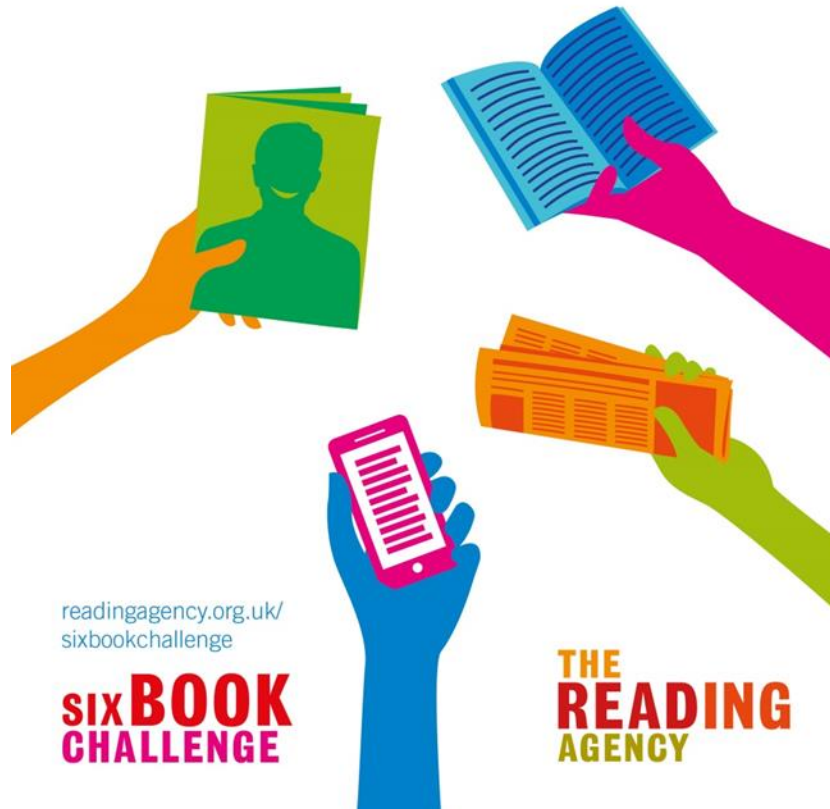




# Read anything. Read anywhere.

2015

Take part in the Six Book Challenge.

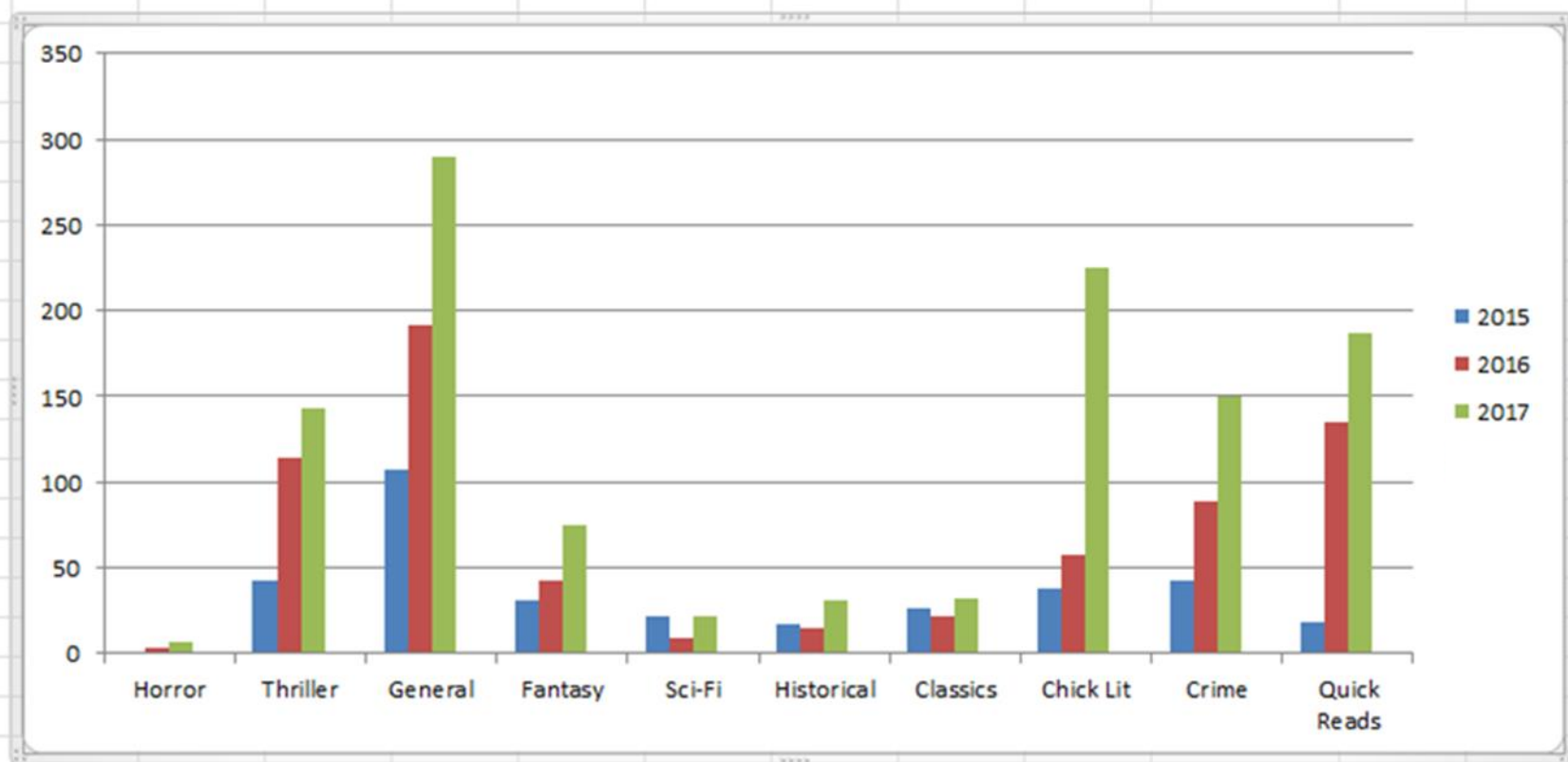


[readingagency.org.uk/  
sixbookchallenge](http://readingagency.org.uk/sixbookchallenge)

**SIX BOOK  
CHALLENGE**

**THE  
READING  
AGENCY**

	Horror	Thriller	General	Fantasy	Sci-Fi	Historical	Classics	Chick Lit	Crime	Quick Reads	Total
2015	0	43	107	31	22	17	26	38	43	18	345
2016	3	114	192	43	9	15	22	58	89	135	680
2017	7	143	290	75	22	31	32	225	150	187	1162





**Health &  
Wellbeing**







## Musculoskeletal Health (MSK)

*The Library has a growing collection of books for improving staff well-being.  
The following books on MSK health are available to borrow from the Trust Library.*

**Your bones: how you can prevent osteoporosis and have strong bones for life naturally**

by L Pizzarno (2013)

**Arthritis and you – complete guide for caregivers and you** by Maheed Ali (2013)

**A little course in Pilates** by Angela Hayes (2013)

**Exercises for fibromyalgia: the complete guide for managing and lessening fibromyalgia symptoms** by William Smith (2013)

**The complete arthritis health diet guide and cookbook** by Kim Arrey (2012)

**The posture workbook** by Carolyn Nicholls (2012)

**Smart guide to back care** by Janet Wakley (2012)

**The posture doctor: the art and science of good posture** by Dr. Paula Moore (2012)

**Treat your own knees** by Brad Walker (2011)

**50 things you can do to manage back pain** by Dr. Keith Souter (2011)

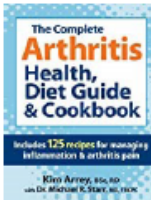
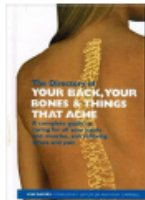
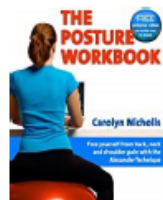
**Healthy shoulder handbook** by K Knopf (2010)

**Healthy hip handbook** by K Knopf (2010)

**Coping with rheumatism and arthritis** by Dr. Keith Souter (2010)

**Living with Osteoporosis** by Dr. Joan Gomez (2006)

**The directory of your back, bones and things that ache** by Kim Davies (2004)







# Welcome to the November 2019 edition of the Health & Wellbeing Newsletter



Please ask at the library desk at  
Preston if you would like to  
borrow a jigsaw to take home!  
You can donate and swap  
jigsaws too!





# SUMMER READING JOURNEY

ESCAPE WITH A  
GOOD BOOK

4TH MAY - 14TH SEPTEMBER



- Read and review any 5 of our fiction and well-being books
- Receive incentives throughout the journey and once all 5 books are read you will be entered into a prize draw
- Winner will receive £30 Amazon gift voucher
- 2 runners up will receive £10 Amazon gift voucher each
- Join online or in the libraries which are located in EC1/EC3

We will be in Charters 12pm-1pm every Thursday from May 11th and Chorlies every Wednesday from May 10th for you to choose and change your books

Win me



The fiction and well-being stock were purchased using the staff lottery fund

Scan me







# SUMMER READING JOURNEY

ESCAPE WITH A  
GOOD BOOK

4TH MAY - 14TH SEPTEMBER



## Your Staff Library



Read and review  
any 5 of our fiction  
and well-being  
books







Winner will  
receive £30  
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voucher







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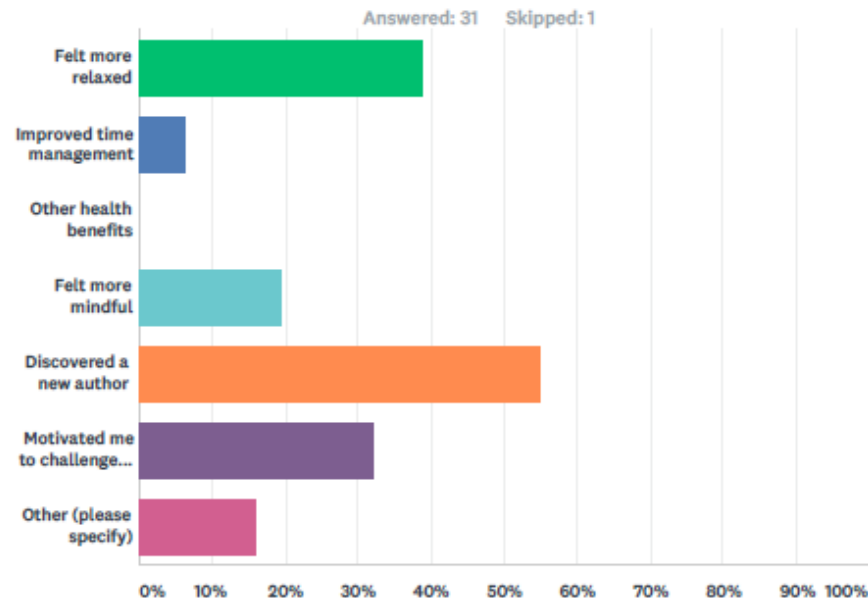
n Specialist

re to help  
!

Reading



## Q10 Did you experience any of the following benefits



Answer Choices	Responses	
Felt more relaxed	38.71%	12
Improved time management	6.45%	2
Other health benefits	0.00%	0
Felt more mindful	19.35%	6
Discovered a new author	54.84%	17
Motivated me to challenge myself	32.26%	10
Other (please specify)	16.13%	5
Total Respondents: 31		

#	Other (please specify)	Date
1	Got back into reading which is something I really wanted to do - thank you.	11/7/2016 3:25 PM
2	I found that I tried different genres of books	10/25/2016 9:33 AM
3	We have since found other books in the series by the Author and this has encouraged us to carry on reading. We have also purchased others books that I will eventually donate to the library at RPH.	10/24/2016 1:53 PM
4	motivated me to read more	10/24/2016 12:10 PM





# WINTER Book Review

## *Cosy up with a good book*

19th November - 14th December

Read and review any LTHTR Library book to get entered into the prize draw to win a chocolate hamper!

Hand your review in to a member of staff or fill it in on our website



Please note: the winner will be required to have their photo taken and it will be posted on social media





## WINTER Book Review



### Cosy up with a book

Title: Sexually Transmitted  
Diseases (4<sup>m</sup> Edition)

Author: Holmes, Sparling, Stamm, et al.

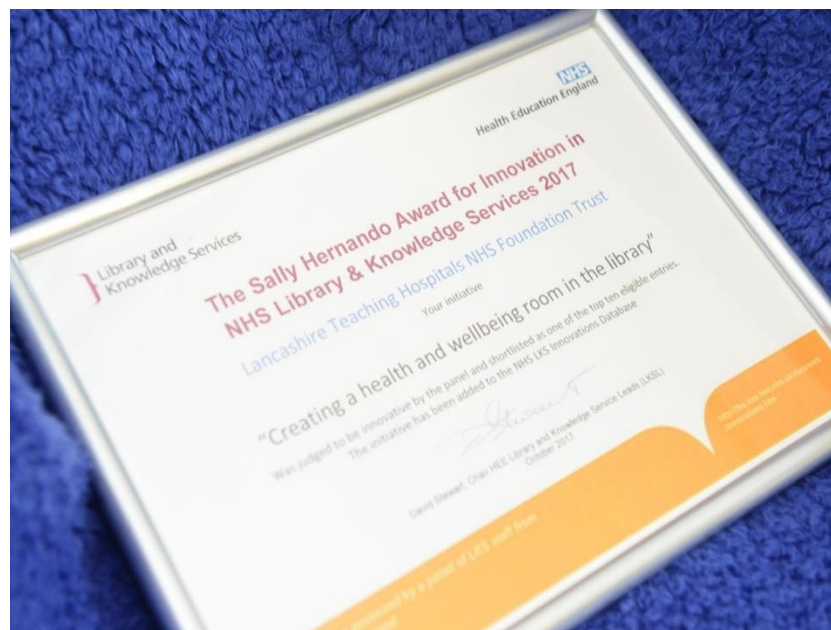
Reviewed by: Mark Cattermull

Review: A great read in  
front of the fire around  
Christmas.











“Peaceful mindful reading. So quiet and restful. Thank you!”

“Used by doctors after stressful death.”

“Used for 10 mins stretching to ease my back pain after a morning working at the PC – thank you.”

“Great room great facilities, amazing idea for students and anybody else who can make good use.”

“Used for a break during boring admin work. Read The Little Book of Positivity. What a lovely space.”

“Appreciative of the space made available for staff to have “downtime”. Thank you.”

“This space is amazing, only stumbled on it today. It would be fantastic if more of these were available around the Trust. I felt calm and collected within 30 seconds!”

“Used to read books to choose which I would like to take home. Very lovely space and lovely staff.”







## Your Library 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!



# YOUR STAFF LIBRARY NEWS

Volume 2, Issue 10

Date: 01/10/2019

Inside this issue:

Cover - Welcome New Medical Students

Cover - Summer Reading Journey Winner

Page 2 - Living Library

Page 2 - Pop-up library

Page 3 - Allied Health Professions Day

Page 3 - What have the library staff been up to?

Page 4 - Digital Libraries Week


Special points of interest:

- Living Library
- Digital Libraries Week
- Allied Health Professions day

## Welcome New Medical Students

We welcomed over 90 new medical students to the Library on 9th September!

We hope you will enjoy your time here at Lancashire Teaching Hospitals. Don't forget to follow our social media pages and look out for useful resources and competitions.




**Welcome to all our students!**

We're here to help so ask us about:

- Textbooks
- How to renew books using the My Circa app
- E Resources and Athens registration
- Dynamed, BMJ Best Practice, Interim and many other databases
- Browline: to access full text journal content via desktop or app
- Fiction and well being books
- and much more...

Don't forget to follow us on Twitter and Facebook



## Summer Reading Journey Winner!

The Summer Reading Journey competition ran throughout summer and finished on September 12th. We had 68 people taking part and 24 who completed the challenge so well done and thank you to all those who joined in! Leila White took home first prize winning a £30 Amazon voucher. We had two runners up winning £10 amazon voucher and these went to Carole and Claire.



We hope the challenge encouraged you to continue reading and we'll be running a new competition soon so watch this space!

Here's Claire Harrop with her runner up prize!





IT'S  
THE  
ADVICE

ME!  
GOOD  
CUPCAKE!



Any Questions ?

