

*How ELHT LKS has worked collaboratively to  
engage with Public Health and ELHT Health and  
Wellbeing, including embedding and facilitating  
outreach*

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East Lancashire Hospitals NHS Trust***

# How it first started



# What have we done?



**Attended Trust  
H&W events –  
hosting joint  
stands with BwD  
and Lancashire  
Libraries**



**Visited  
Blackburn  
Central Library  
and Burnley  
Central Library**



**We have an  
on-going  
corridor display  
– highlighting  
national health  
events**

# What have we done?

Attended a week of H&W events, Health Libraries Week, Competitions, Twitter marketing



Shared our story on the [FAB NHS news](#) website

Created a Health & Wellbeing page on our [library website](#)





**FRAZZLED CAFE**

Come along to talk to one of our trained advisors

**Wednesday 21st August 2019**  
Mackenzie library at BGTH  
from 10:30am - 12 noon

Frazzled Café is a drop in for anyone feeling frazzled and overwhelmed by the stresses of modern life.  
**It's OK to not be OK!**

**well**  
ELHT Health and Wellbeing

Well Team  
T: 01254 734629 ext: 84629  
E: Wellteam@elht.nhs.uk

**well**

ELHT Health and Wellbeing



**Menopause Cafes**

**14th October 2019**  
**11:00am – 2pm**  
**BGTH Mackenzie Library**

Safe | Personal | Effective

BMS  
British Menopause Society

**FREE Massages**

Free massages delivered across the sites...

**29th October 2019**  
BGTH Mackenzie Library


To book an appointment email:  
Wellteam@elht.nhs.uk

*You deserve a healing, relaxing, stress-relieving massage*

Relaxing the muscles in the neck, shoulders, head and back and alleviating tension in these areas, helps to reduce pain and improves joint mobility. When there is built-up tension in the head, neck, shoulders and upper back, it can often lead to headaches and/ or migraines.

**well**  
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wellteam@elht.nhs.uk

**Library space has been used to host Trust Health & Wellbeing Events**



**STAFF HEALTH CHECKS**

Tue 16th July  
10am—3pm  
Wed 14th August  
10am—3pm

Dr Behr Room  
Mackenzie Library  
BGTH

Safe | Personal | Effective

# Future Plans



- BwD currently creating a leaflet on Accessing Library Services Whilst in Hospital.



- Patients will be able to join the public library whilst in hospital – facilitated by the ELHT Library (e.g. we deliver their library card, number to them, demo the online services and how to access them (??) not confirmed as yet



- Get ELHT volunteers on board to market public library to patients – show how to access online library services e.g BorrowBox, eMagazines



- Continue to support ELHT Well Service - provide a space for events etc.