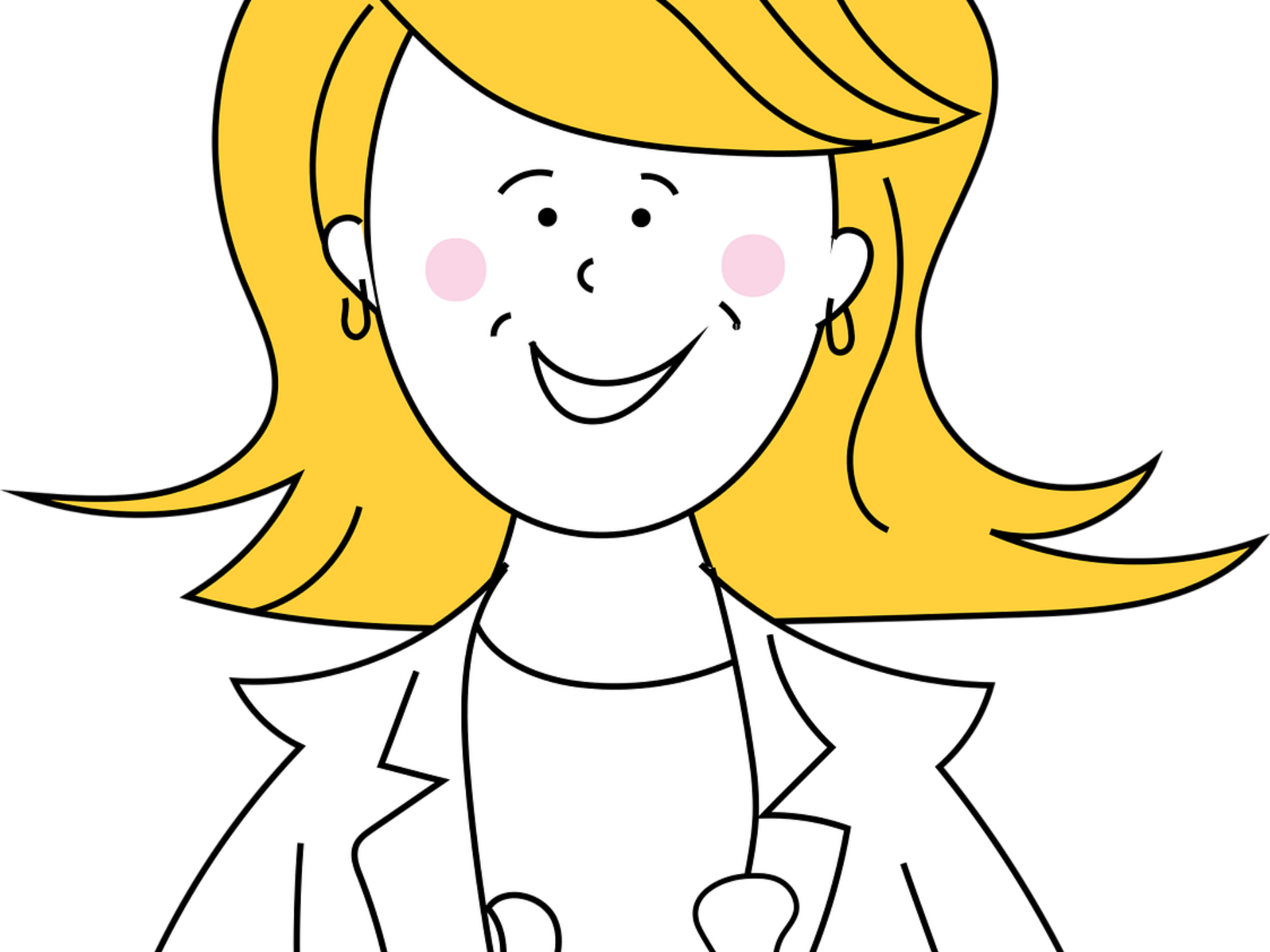


Working with the Health & Wellbeing Team

Jenny Emmel, Leeds Teaching Hospitals NHS Trust

Health & Wellbeing Collection

<https://www.leedslibraries.nhs.uk/resources/health-wellbeing/>



Unsolicited Tweets



Twitter



Helping health professionals
FIND
quality information to improve
evidence based practice



Following

LTHT Library
@lthtlib Follows you

We are the NHS library service in
[@LeedsHospitals](#) helping colleagues gain
access to evidence to support clinical
practice, patient care and service
management.

Tweets	Following	Followers
718	437	483

NHS
The Leeds
Teaching Hospitals
NHS Trust



Following

LTHT People
@LTHT_People

Keeping you up to date with the working
lives of the 17,000 + employees, our
volunteers & students at LTHT. Follows &
RT are not endorsements.

Tweets	Following	Followers
10.1K	403	3,061

Unsolicited Tweets



Unsolicited Tweets



LTHT People @LTHT_People · Sep 2

Did you know LTHT staff have access to not only @lthtlib but also @UoLLibrary too?

What a fantastic opportunity!



#readingwell #wellbeingbooks
reading-well.org.uk #ltht_staffwellbeing



LTHT Library @lthtlib

All LTHT staff can have the best of both worlds; not only can you join and use @LTHT_People @LeedsHospitals library resources - you can also use @UoLLibrary library resources as well...



Reading Well
Mental health
helpful books
at your local library

Health & Wellbeing Champions



Staff Health and Wellbeing Champion is a voluntary role, which is open to any member of Trust staff.

Champions support the Trust to improve the health and wellbeing of the workforce.

Health Information Week



LTHT Library @lthtlib · 27 Jun 2018

Next week is Health Information Week and we have free body composition analysis checks for [@LTHT_People](#) in the Library & Evidence Research Centre, LGI. Monday 2 July, 11am - 2pm [#HIW2018LDS](#)



Health Information Week



LTHT People @LTHT_People · 3 Jul 2017

#Staff_Wellbeing **Health Information Week** 3/7- 9/7 multi-sector approach to promote **health**, focus on mental **health** leedslibraries.nhs.uk/health-informa...



LTHT People @LTHT_People · 22 Jun 2017

#Staff_Wellbeing #Leedsway **Health Information Week** #HIW2017 taking place 3 - 9 July 2017 Get involved!
resources.lihnn.nhs.uk/wiki/GetFile.a...



1



LTHT People @LTHT_People · 22 Jun 2017

As part of **Health Information Week** #HIW2017 we have a 'Getting the message across' brief on 6/7 12.30-1.30 Library & Evid Reseach Centre LGI



1



Health Information Week



LTHT People @LTHT_People · Jul 1

Health Information Week

Today the library team are focussing on healthy lifestyles as part of Health Information Week. oneyouleeds.org.uk #HIW2019LDS

ONE YOU LEEDS



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5



LTHT People
#Staff_V
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LTHT People
#Staff_V
3 - 9 J
resou



LTHT People

As part of **Health Information Week** in Leeds
across' brief on 6/7 12.30-1.30 Library & Evid Reseach Centre LGL



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Health Information Week



LTHT People @LTHT_People · Jul 4

Being connected to the community has lots of benefits that support resilience & good physical & mental health!

Examples include; volunteering, arts activities, group learning, gardening ect.

Visit [leedslibraries.nhs.uk/health-informa...](https://leedslibraries.nhs.uk/health-information) for more info!

[#ltht_staffwellbeing](#)



of Health

World Mental Health Day

<https://www.leedslibraries.nhs.uk/world-mental-health-day/>

Wellbeing @ Work Week

Wellbeing at work week 14th - 18th October 2019

The focus for this year's **Wellbeing at Work week** is **Healthy Living**. We are looking at the holistic approach to health and wellbeing to be more inclusive for all staff within the Trust.



Mon 14th Oct
11:00am - 1:30pm
Chapel Allerton
Meeting Room 063
(limited space)



Tue 15th Oct
11:00am - 2:00pm
LGI
Great George Street
entrance

Wed 16th Oct
12:00pm - 1:30pm
SCH
Meeting Room 133
(limited space)



Thur 17th Oct
11:00am - 2:00pm
SJUH
SJUH Health and
Fitness Centre



Fri 18th Oct
12:00pm - 1:30pm
Wharfedale
Outside Outpatients
(limited space)

**This year's theme
is: Healthy Living**


Staff
Health & Wellbeing

supported by
**leeds
cares**
The charity dedicated to
improving lives

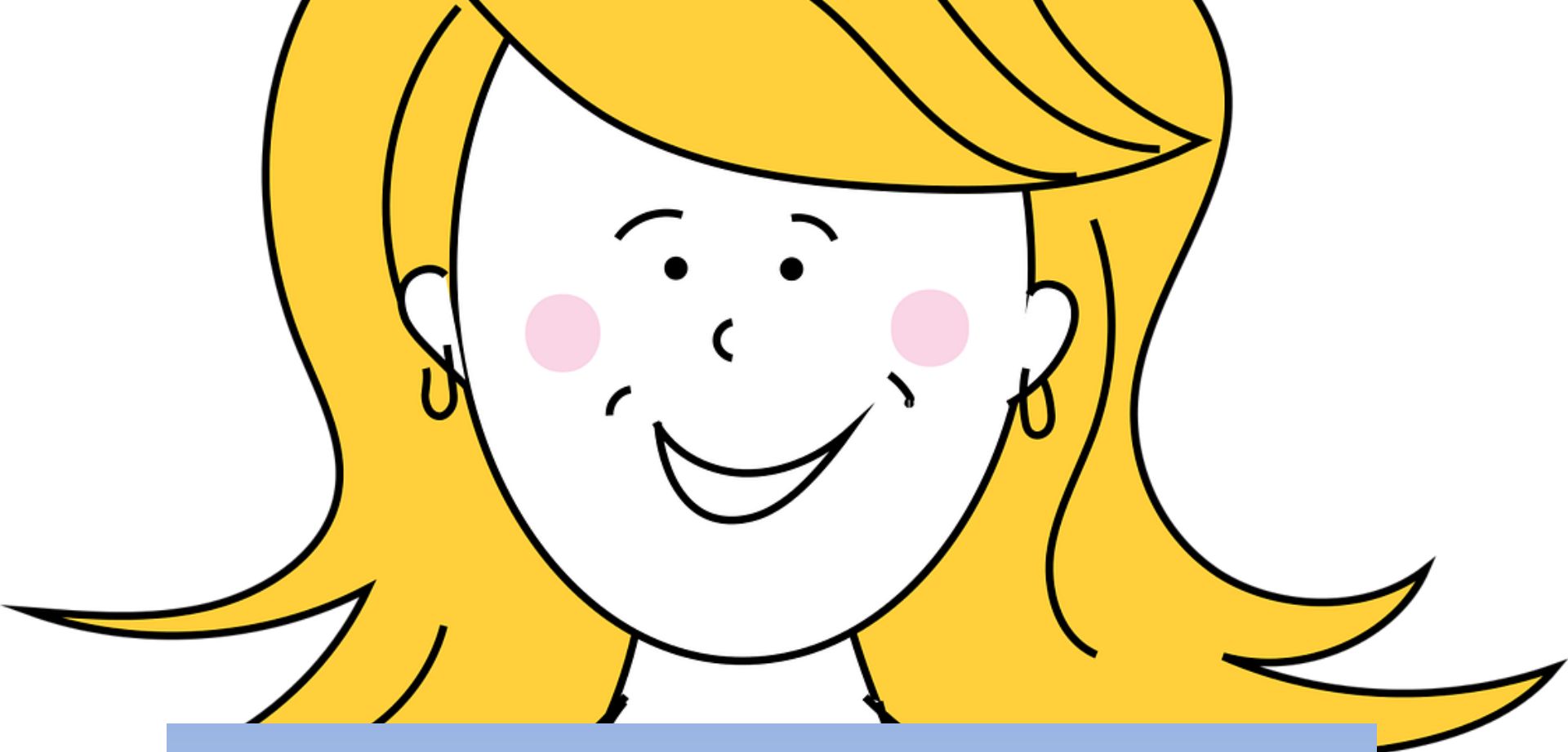
Supported by
 **Sovereign
Health
Care**



The Leeds
Teaching Hospitals
NHS Trust

We will be having a free
prize draw again this
year and some of the
prizes are:

- £50.00 voucher - Fazenda Leeds
- 2 x 1 years free membership at LTH Staff gyms
- 30 minutes free sports massage from Megan - Remedy Therapy (www.remedythrapy.org.uk).
- Free game of golf for 2 people and a free drink at Junk Yard Golf Club, Leeds.
- 1 x 4 tickets for Leeds Playhouse (only on selected performances)



Get to know your
Lizzie

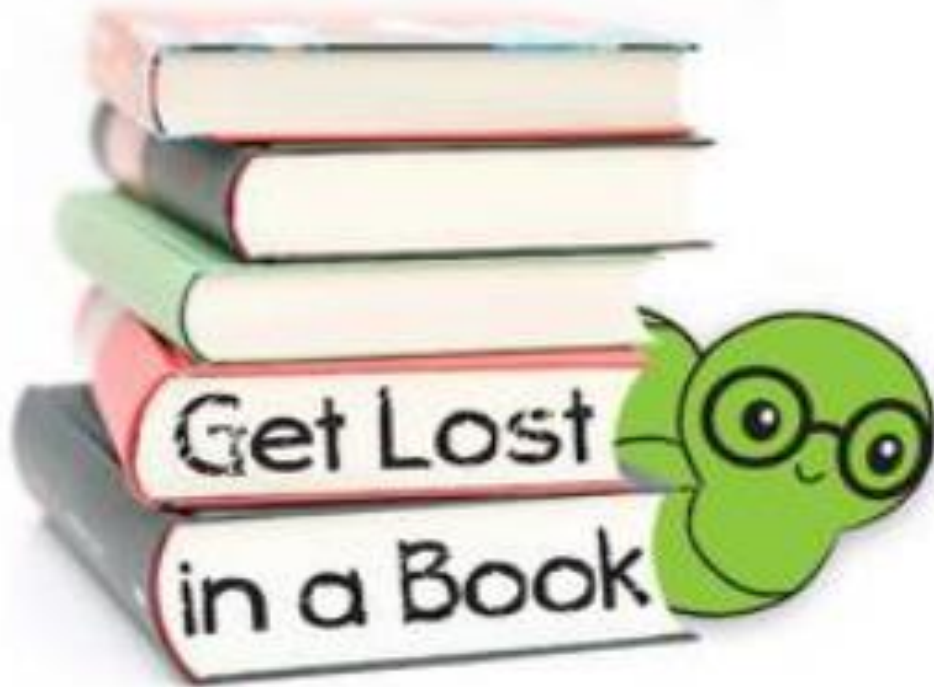




I enjoyed taking part in the lucky dip. Unfortunately, I am not a fan of the author of the one I received. It did have a positive outcome as each time I tried to read a chapter it reminded me of all the books I wanted to read so I read 4 others instead 😂



Get Lost in a Book



<https://www.leedslibraries.nhs.uk/get-lost-in-a-book/>