

Staff Book Club & Early Morning Crafting

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Foundation Trust

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Staff Book Club

- Academy of Fabulous Stuff Pledge
- In partnership with Wirral Libraries
 - Multiple copies
 - E-books/E-audio books (BorrowBox)
- Open to all Hospital staff
- Deliberately called Book Club not Reading Group
- No reading out loud



Tweets
3,283Following
594Followers
860Likes
1,998Lists
1**Victoria Treadway** @Librarianpocket · Dec 14

When the author of your book club book likes your book club tweet 🍷

**Graeme Simsion** liked your tweet

A fabulous start to the @WUTHstaff Book Club! Lots of laughs as we discussed The Rosie Project. Our next read is Kate Atkinson's 'A God in Ruins'; get in touch if you'd like a copy. Our next meeting is 14th Feb 2018 🍷
#wuthbookclub pic.twitter.com/Eng215oTEh

**Stephen Evans** liked your reply

We enjoyed it too!

**Victoria Treadway** @Librarianpocket · Dec 13

Huge thank you to Kath and colleagues from @Winnalibraries for helping us to get the @WUTHstaff Book Club off the ground. Today was a fantastic discussion and we are planning 2018 dates 🍷📖



Victoria Treadway
@Librarianpocket

অনুবরণ করুন

Thanks to the author of our most recent Book Club read, Sarah Winman, for sending a specially signed large print copy of her book! Join us next time to chat about Breakfast at Tiffany's (copies available for @WUTHstaff from the library) on 8th August 📖📖



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১টি পুনঃ টুইট ৩টি পছন্দ



Stuff we do

- Disability
 - Partially sighted
 - Migraines
 - Dyslexia
- Solutions
 - Large print
 - Coloured reading screens

Stuff we do

- #wirralbookclub
- Contacted authors
- Link to Reading Ahead
- World Book Day
- Members swap book recommendations/books
- Biscuits and cake



Search Twitter profiles



#三浦拓 #KulonDay

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#HelloMyNameIsLeanne RN 🇬🇧🇮🇪🇩🇪

@lockley_le
2 years ago



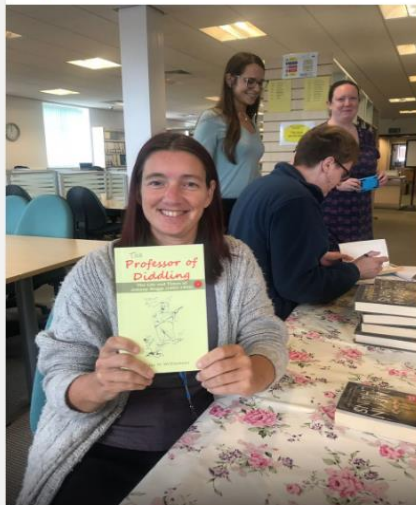
@lindataylor123 hosting the first #wirralbookclub in partnership with @wuthnhs and @WirralLibraries

0 5 12



Linda Janet Taylor

@lindataylor
a year ago



Katie Williamson, one of our loyal Book Club members today shared a lovely story with us today. She is proudly displaying her father's creative work, just published, which has taken years to produce and at one point all of it was lost. @WUTHstaff #wirralbookclub @Wirrallibraries

0 4 10



0 1 1



Linda Janet Taylor

@lindatayl
a year ago

Come and join us for the [@WUTHstaff](#) book club at 12.00 today in the McArdle Library to discuss "Breakfast at Tiffany's". It's always a lively session. [#wirralbookclub](#) in partnership with [@wuthnhs](#) and [@Wiralibraries](#). 10th October for the thriller [Daisy in Chains](#) by S.J. [Bolton](#).

0 1 3

Loading new tweets

Stuff you could do

- Scoring
- Book of the year
- Blog dissemination

Publicised

- Via staff e-bulletin
- LKS webpages
- Facebook
- Twitter
- Email
- Induction
- Blackboards
- Trust Wellbeing events

Benefits

- Gets people into/interacting with the LKS who would not otherwise engage
- Supports the Literacy Agenda at no cost (other than time) to the individuals
- Gets people interacting with other Trust staff that they would not otherwise meet
- Partnership with Wirral Libraries
 - Reminiscence Boxes/Events
 - Staff training re finding good quality health evidence

Early Morning Crafting

- Chronicles of Yarnia
- Before work
- Drop in

Chronicles of Yarnia



People come

- On every possible occasion
- Regularly
- Occasionally
- To learn a particular craft or skill
- To solve a problem

Crafts

- Knitting
- Crochet
- Quilting
- Lace making
- Paper craft
- Yarn bomb





introduction

The following chapters contain a variety of projects, ranging from simple to more complex. Each project is designed to be a fun and rewarding experience for the knitter. The projects are arranged in order of increasing difficulty, so that you can start with the simplest and work your way up to the more challenging ones. Each project includes a list of materials, a list of instructions, and a list of tips and tricks. The projects are designed to be fun and rewarding, and to provide a variety of challenges for the knitter. The projects are arranged in order of increasing difficulty, so that you can start with the simplest and work your way up to the more challenging ones. Each project includes a list of materials, a list of instructions, and a list of tips and tricks. The projects are designed to be fun and rewarding, and to provide a variety of challenges for the knitter.

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**Jen teaching crochet
(Palliative Care
Consultant and Head of
Health & Safety), being
on a well being stall and
modelling**



What we do

Craft individually and collaboratively

Gain benefits of emotional wellbeing from crafting

Share information re classes/products/suppliers/events

Attend craft shows

Share, swap and trial patterns/equipment

Achieve thrifty use of new materials, reworking of previously used ones.

Oddments of wool and material crafted into garments/blankets/twiddlemuffs

Bond, learn and share, laugh over mistakes, show achievements/celebrate completed projects.

Publicised

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- Blackboards
- Trust Wellbeing events






 Knitting
for
Health & Well-Being 

Library &
Knowledge
Service


 Books
about
Health & Well-Being 

 Reading
for
Health & Well-Being 

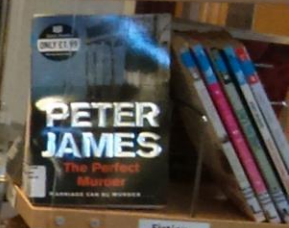
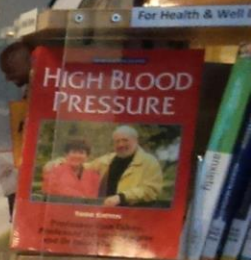
 Knitting
for
Health & Well-Being

The benefits of knitting for personal and social wellbeing in adulthood: findings from an international survey

The Library has many books to help support your health and well-being

 Evidence
Alerts

The Library has over 1000 fiction books



Benefits

- Gets people into/interacting with the LKS who would not otherwise engage
- Supports the Literacy Agenda (reading patterns) and problem solving
- Gets people interacting with other Trust staff that they would not otherwise meet or know
- Informal discussion leading to LKS service requests
 - Journal Club
 - Training
- Giving
 - Blankets for African AIDS orphans
 - Pregnant staff
 - Neonatal Unit
 - Twiddlemuffs for Dementia patients



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The Benefits of Knitting for Personal and Social Wellbeing in Adulthood: Findings from an International Survey

Jill Riley, Betsan Corkhill, Clare Morris

First Published February 15, 2013 | Research Article

<https://doi.org/10.4276/030802213X13603244419077>



Article information ▾

Benefits

Media coverage claims that craft-based hobbies are good for mental health/general wellbeing.

Recent reports compare these activities to mindfulness and meditation, due to the repetitive/focused nature of many crafts. Evidence is largely subjective and self reported with studies rarely using experimentally derived methods or peer-reviewed reporting.

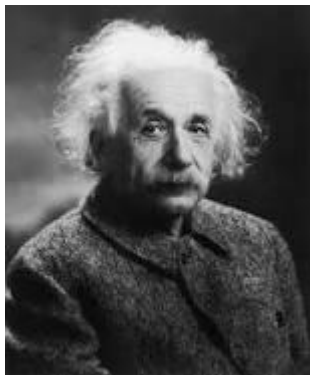
Yarn based crafts

- Textile making is known to improve wellbeing (Vercillo, 2012; Kenning, 2015) and according to Yair (2011), group crafting activities can also produce multiple therapeutic, cognitive and social benefits. By engaging in group crafts with textiles, individuals can give, be active, learn, take notice and connect with others – all factors associated with wellbeing (Aked & Thomson, 2011).

Benefits

- Knitting has significant psychological and social benefits, which can contribute to wellbeing and quality of life. As a skilled and creative occupation, it has therapeutic potential.

Guess who?



Albert Einstein was reputed to have knitted between projects to “calm his mind and clear his thinking”



Russell Crowe – anger management

Personal, psychological and social benefits according to the evidence

Can:

- Contribute significantly to quality of life, personal and social wellbeing
- Relieve/reduce depression, anxiety, thereby reducing disease
- Build self-esteem, provide a sense of accomplishment/satisfaction
- Reduce or postpone odds of dementia and mild cognitive impairment
- Assist with insomnia
- Reduce irritability and restlessness
- Help with grief processing and anger management

Personal, psychological and social benefits according to the evidence

Can

- Improve mood, concentration, perceived happiness, social contact, connections and communication with others, build community
- Express personal ability, creativity, self expression, creative outlet
- Link with cultural traditions, history and family
- Be meditative and therapeutic, induce an enhanced state of calm, create a space for contemplation
- Improve confidence, empower people to be more able to take risks
- Provide diversion from negative thoughts

Personal, psychological and social benefits according to the evidence

- Higher cognitive function and improve short term memory
- Skills development
 - Mathematical skills
 - Problem solving skills
 - Planning organising
 - Visual and spatial awareness
- Pleasure when teaching a skill and seeing others succeed/improve
- Form of prayer
- Give/share gifts

Any questions?

