

## North Yorkshire Libraries Health Offer

Libraries – what you need to know in a nutshell about what we have to offer to support Health and Wellbeing!

**Self-Care Toolkits (Teens)** - A portable collection of items, books and activities to encourage young people (11+) to practice self-care and enhance mental wellbeing. Free to borrow and request from any North Yorkshire library by individuals or practitioners, for use at home, in the library or out in the community. 3-week loan for free and can be renewed if not requested.

[Help with health and wellbeing from your library | North Yorkshire Council](#)

Ask at your library or request online by searching for *Self Care Toolkit* on the library catalogue: [Catalogue Home \(librarymanagementcloud.co.uk\)](http://librarymanagementcloud.co.uk)



Self-Care Toolkit for Teens

‘One of the things I loved about the bag was that I could use it with my kids...As a Mummy with depression that was great’



Wellbeing Bag for Adults

**Wellbeing Bags (Adults)** - A portable collection of items, books and activities to encourage adults to practice self-care and enhance mental wellbeing. Free to borrow and request from any North Yorkshire library by individuals or practitioners, for use at home, in the library or out in the community. 3-week loan for free and can be renewed if not requested.

[Help with health and wellbeing from your library | North Yorkshire Council](#)

Ask at your library or request online by searching for *Wellbeing Bag* on the library catalogue:

[Catalogue Home \(librarymanagementcloud.co.uk\)](http://librarymanagementcloud.co.uk)

**Reading Well Collections** - Reading Well Books on Prescription scheme helps people manage their own health and wellbeing through recommended self-help books endorsed by health experts. You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself. The titles can be searched for and requested online or ask at your library and request them free of charge.

We currently host 4 collections – Reading Well for Dementia (new from May 2024), Reading Well for Mental Health (Adults) Reading Well for Teens, and Reading Well for Children.

[Help with health and wellbeing from your library | North Yorkshire Council](#)

Follow links to book lists and ask at your library or request individual titles online by searching for the title on the library catalogue. Some titles are also available as e-books.

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In our recent Public Library User Survey 45% of adult users said they felt the library supported their health and wellbeing and that 37% felt that the library helped them to meet new people.

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**Tough Topics (Children)** - Packs of books and activities chosen by librarians and professionals to help children aged 3-8 years process their emotions and allow conversations about their feelings around big life-changing events. They aim to encourage children to talk to their parents, carers, grandparents and other trusted adults in a gentle and supportive way, with related practical activities to complement the stories in each pack. Themes include New Baby, Divorce & Separation, and Grief & Loss.

Free to request and borrow, no fines if they become overdue.

Ask at your library or request online by searching for *Tough Topics* on the library catalogue: [Catalogue Home \(librarymanagementcloud.co.uk\)](http://librarymanagementcloud.co.uk)

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Our eBook platform, Borrowbox also contains most of our Reading Well Collection titles.

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“Families loved the [stim] kits and couldn’t believe they could request to use them while visiting the library”

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**Family Matters (Adults)** - Book collections for parents, carers, family members and professionals working with children to help deal with ups and downs of family life. Books for adults and books to share with children.

Ask at your local library where these are shelved – identified by a blue round label on the spine.

**Stim Kits** - Sensory resources for use for autism-friendly events/activities across county to help create a friendly environment in the library for young people who are on the autism spectrum. The StimKits get their name from the practice of ‘stimming’, a word used by people with Autism Spectrum Disorder (ASD), to describe self-stimulatory behaviour, which helps people on the spectrum feel relaxed and safe.

If you would like a stim kit for your visit or attendance at an event, please speak to your library before you attend.



Stim kit – available for use in our libraries



**Books for people who find reading more challenging – dyslexia, eye strain, low literacy, tiredness** - 1 in 6 adults in the UK struggle with reading and 1 in 3 adults do not regularly read for pleasure. England ranks 23rd out of 23 OECD nations for literacy level amongst 16-19 year olds. In addition, studies have shown that those who do read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations.

Quick Reads provide a route into reading that prioritises great story telling and adult-focused content while ensuring the books are written in an accessible and easy to read style. The books are written by some of the most popular authors in the UK.

Barrington Stoke (children/teens) - Dyslexia-friendly, printed on off-white paper.

Clarity (adults) - Titles have been created especially for people who find reading challenging. These challenges can range from dyslexic readers to those who suffer from eye strain and tiredness. Clarity books are printed in a large text size, using a specific font, ink colour and paper stock colour – all of which have been proven to promote easier reading.

Oxford Bookworm (secondary/adults) - Seven reading levels with over 270 original and adapted texts graded to ensure a comfortable read at every level.

**Playlist For Life** – Our libraries are Playlist for Life Help Points. Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Our resources can help people put together a meaningful, shareable playlist for life.



Launch of blood pressure monitors at Whitby Library to support better health.

**Healthy Start Vitamins** – Working with Public Health, we have been able to make free vitamins available in four of our libraries: Harrogate, Scarborough, Northallerton and on our Supermobile Library. Anyone with a Healthy Start card can receive their free vitamins at these sites.

**Blood Pressure Monitors** – Whitby Library is piloting one loanable and one fixed blood pressure monitor. We hope to expand the pilot in the future to make more blood pressure monitors available for loan.

**Home Library and Information Service** - We can select and deliver books, audiobooks, DVDs and information to the homes of people or families who find it difficult to get to their local library due to age, illness, a disability or if you are a carer. We also offer this free service to people who live in residential settings.

You can use the home library service on a temporary basis if you prefer, for example only in the winter or for short-term reasons such as being at home with a new baby or recovering from an operation.

More information can be found here: [Home library service | North Yorkshire Council](#)

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“Without the Home Library Service I should be very lonely as I rely on the people who bring my books...Reading has always been my pleasure”

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**eBooks and eAudiobooks** – We offer a free eBook service through Borrowbox and eAudiobook service through Borrowbox and also Libby. As well as this we offer free, up to date, daily newspapers and magazines through PressReader. Not only could you save money by switching to this service but you can also access most of our Reading Well Collection titles, change the font size, style, and page colour, as well as alter the reading speed.

Links to our eBook services can be found here: [Download e-books, e-magazines and digital audiobooks | North Yorkshire Council](#)

**And remember everything else too...**

