Bibliotherapy - Empowering and enabling people through the power of written and spoken words in Midlothian

Stephen Harris  Libraries Development Officer
Fiona Bailey  Healthy Reading Bibliotherapist
The Need

FUNDING
Year One: PLIF
Year Two & Three: The Integrated Care Fund

MODEL
Social rather than medical
Creative & imaginative text, rather than self help

2014
Midlothian Libraries
BIBLIOTHERAPY SERVICE

STEERING GROUP
NHS & Social Care Professionals

Part-time
Healthy Reading
BIBLIOTHERAPIST
Achievements and Outcomes

**REFFERALS**
- GP
- Occupational Therapy, Red Cross Support Worker
- Library staff
- Self referral

**REGULAR LIBRARY BASED GROUPS**
- 2 weekly groups
  - Dalkeith Library (3-5) & Penicuik Library (5-9)
- 1 monthly group for Carers (5-8)

**VOLUNTEER PROGRAMME**
- Offers training & work experience

**EVALUATION**
- Ongoing internal & external

**OUTREACH & CONSULTANCY**
- Recovery from addiction
- Young people at risk of exclusion from mainstream education
All three BRAW BLETHER groups gave scores above average in all 10 outcomes.

"It reduces isolation"

"You were able to move from talking about a book to something more personal"

WHAT HAS BIBLIOTHERAPY HELPED YOU DO?

- Improved confidence
- Increased creativity
- Enriched your life
- Think more positively
- Reminisce about good times
- Feel more motivated
- Relax & focus
- Laugh & forget troubles
- Passion for reading
- Socialise more

UNEXPECTED OUTCOMES

- Facilitation skills are key
- The library setting and literary material can overcome stigma in wellbeing groups
- Bibliotherapy groups enabled transition to other social groups, further education & employment

"It helped me get back things I’d lost…during the worst kind of depression"

"…it opens up the world"
Finding out more

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Evaluation will shortly be available online at:
www.midlothian.gov.uk/libraries