A TO Z OF HEALTH AND WELLBEING SERVICES IN LIBRARIES

A
AUTISM friendly – spaces, staff, activities

B
BIBLIOTHERAPY (therapeutic reading)

BOARDGAME sessions/groups (for socialising and brain training)

BOOKS on prescription (formal or informal recommended healthy reading lists)

CARERS’ collection / carer’s support group

CHATTY CAFES or similar, e.g. ‘Blether bench’, ‘Book blether’ group

COLOURING groups (for mindfulness)

DEMENTIA friendly – spaces, staff, activities and resources

E-BOOKS on health and wellbeing topics

FERRULES for walking sticks

FESTIVAL – week or longer on health and wellbeing

FILM CLUBS for dementia, autism, or families

FOOD and nutrition information

G
GUIDES and leaflets on health topics

HEALTH literacy skills

HEARING aid batteries and repairs

INFORMATION on healthy behaviours (exercise, diet, smoking, drinking etc.)

JIGSAW clubs (for social inclusion and brain training)

JOINT working

K
KNIT & natter groups

LITERACY skills (digital, health, reading)

M
MACMILLAN Cancer Information and Support services

MAKE Every Opportunity Count conversations

MEMORY bags/boxes

MENOPAUSE groups

MENTAL health activities and groups

MINDFULNESS activities

MUSIC for dementia (Playlist for Life)

N
NEW things to try

NHS Scotland links and partnerships

OLDER people groups

PERIOD products (free)

PROMOTIONS based around health awareness days/weeks, e.g. Stress Awareness Week

PUBLIC health promotion activities, e.g. blood pressure tests, health checks

Q
QUIET place to relax or study

R
READING groups with health or social focus

REMINISCENCE groups, activities and resources

SIGNPOSTING groups, activities and resources

S
SMOKING cessation groups

T
TAI CHI

TEEN café

THERAPETS

TRAINING, e.g. digital skills

U
UNIVERSAL – open to all

V
VOLUNTEER opportunities

W
WALKING groups (including walk & talk book groups)

WELLBEING collections

X
EXERCISE and fitness classes/activities

Y
YOGA, including chair and baby yoga

Z
ZONES for health and wellbeing

Most of these activities and groups are delivered by

SPACE for hire by local health groups/organisations/charities

SPECIALIST software, e.g. Boardmaker

SLiC Scottish Library & Information Council