Wellbeing and Scottish public libraries

How libraries contribute to social, cultural, economic and health wellbeing

Wellbeing and **Scottish Libraries**

The quotes from library users show how people's lives are improved by the simple power of:

Social Wellbeing

readin

Cultural Wellbeing Economic Wellbeing

This document celebrates the impact libraries have on people's wellbeing.

It outlines the many ways libraries contribute to social, cultural, economic and health wellbeing.

- welcoming and free spaces
- learning new skills
- interaction with staff
 - reading
- digital inclusion
- group activities



Wellbeing and Scottish Libraries

Scottish libraries are social spaces, physical and virtual, where people learn, share, participate and create; where everyone is equal and everyone is welcome; and where improving our shared wellbeing is at the heart of the service.

- It provides an invaluable and possibly unquantifiable - community service.
- She was first in the queue with her new iPad. We helped her to reinstall the eBook app and she was off. She was dancing with excitement at being able to access her audio books again, saying we do not know the difference this makes to her life.

times more visits to public libraries than attendance at the men's Scottish Premiership matches

Social Wellbeing Cultural Wellbeing Economic Wellbeing

2,074

All the physical books borrowed from Scottish public libraries in one year, laid down end to end, would go up Ben Nevis 2074 times

> Health Wellbeing

Social Wellbeing: People, places & participation



Wellbeing and Scottish Libraries

Knowledgable and Friendly Staff

66 Friendly, helpful staff. The library has a lovely atmosphere and I could sit in there for hours. 99

Taking Part

Activities and adventures whatever your age: clubs, crafts and chat

66 The Bookbug sessions are brilliant and make a real difference to my daughter and I, both socially and for her reading, singing and numbers.

Bookbug aims to inspire a love of stories, songs and rhymes from birth.

Bookbug Sessions





Cultural Wellbeing: Communities and creativity

Reading for Pleasure

64% said that the library had helped them develop an interest or hobby during lockdown

(Carnegie UK Trust, 2020)

(Reading makes me happy, reading makes me sleep well but I can't buy a book every week as I read over 50 books a year.

64%

Since I started reading all the local history books I feel more at home here, even though this is where I was born.

million

books

14+ million print books borrowed and **4 million** electronic downloads from Scottish public libraries

Print and Electronic

Wonderful couple of hours. Made friends and Christmas gifts. Best time I've had in years. Thanks so much.

Wellbeing and Scottish Libraries

A Sense of Place

Languages, communities and histories

It's a place where I feel connected with other people in the community, with a shared interest and enthusiasm about books and stories - it's my place in the community.

6 Makes me think more creatively. 9-year-old reader

> Be inspired by words, music, art, tech and the space to play and create

Creativity for All

Economic Wellbeing: Skills, support and savings

Reading for Learning and Literacy

The brain develops fastest between the ages of zero and three. Because of this, it's important to foster literacy during the early stages of life. (TRA, 2021)

(Thank you all so much for help in locating books for me during my studies... The library is a terrific resource for students and you are all so obliging.

((It's helped by helping me to spell and learn new words and what they mean. 99 9-year-old reader

> I am now working as a result of passing exams (the mobiles provided many of the books for my course). I am financially better off as a result of working.

Skills for Life

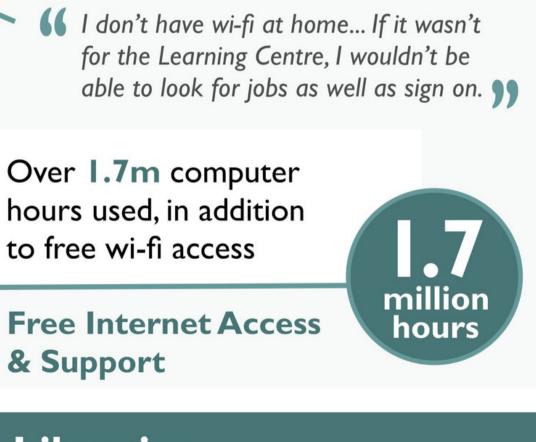
money!

& Support

Wellbeing and Scottish Libraries



It's a great space to apply for jobs, write articles or emails and simply browse the internet.



Health Wellbeing: Self-management and signposting



Wellbeing and Scottish Libraries

59% of young people said that reading during lockdown makes them feel better

> I read more and that has a fantastic impact on making me worry less. Reading reduces my stress levels and helps me relax.

59%

felt better

If I hadn't accessed this service (Macmillan) I would still feel anxious and alone. Having the service in the library helped me relax and talk more freely in my comfort zone.

> **Trusted Information**, **Signposting & Health Events**

Wellbeing and Scottish Libraries

Library usage is associated with higher life satisfaction, higher happiness and a higher sense of purpose in life.

So many things to do and see and try and so much friendly help. What a welcoming place!

apls

Association of Public Libraries in Scotland (ACE, 2015)

Find out why **#LibrariesAreEssential**

scottishlibraries.org cilips.org.uk

More public library visits than there are to the top 10 free visitor attractions in Scotland combined

Supporting document and list of sources available from scottishlibraries.org