

Wellbeing and Scottish public libraries

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

Wellbeing and Scottish Libraries

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.

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

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



**Social
Wellbeing**

**Cultural
Wellbeing**

**Economic
Wellbeing**

**Health
Wellbeing**

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.”



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

6.3

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



Social
Wellbeing

Cultural
Wellbeing

Economic
Wellbeing

Health
Wellbeing

Social Wellbeing: People, places & participation



Cultural Wellbeing: Communities and creativity

64%

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. ”

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

14
million
books

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

Print and Electronic



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. ”

“ 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

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

Wellbeing and Scottish Libraries

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. ” 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 Saved

Libraries save you money!

All the following are free at the library!

RECEIPT Date: 11/08/2021

8 x newspapers	£12.00
4 x children's comics	£7.90
4 x books borrowed	£36.00
1 x audio book subscription	£7.99
1 x magazine	£4.99
1 x broadband connection	£25.00

Total monthly saving £93.88

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

“ I don't have wi-fi at home... If it wasn't for the Learning Centre, I wouldn't be able to look for jobs as well as sign on. ”

Over **1.7m** computer hours used, in addition to free wi-fi access

Free Internet Access & Support

**1.7
million
hours**



Health Wellbeing: Self-management and signposting



Wellbeing and Scottish Libraries

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

(ACE, 2015)

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

Find out why
#LibrariesAreEssential

scottishlibraries.org
cilips.org.uk

1.9 x

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

