

# 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)

C

**CARERS'** collection / carer's support group

**CHATTY CAFES** or similar, e.g. 'Blether bench', 'Book blether' group

**COLOURING** groups (for mindfulness)

D

**DEMENTIA** friendly – spaces, staff, activities and resources

E

**E-BOOKS** on health and wellbeing topics

F

**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

H

**HEALTH** literacy skills

**HEARING** aid batteries and repairs

I

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

J

**JIGSAW** clubs (for social inclusion and brain training)

**JOINT** working

K

**KNIT** & natter groups

L

**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

O

**OLDER** people groups

P

**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

S

**SIGNPOSTING**

**SING-ALONG** sessions (children and older adult groups, often with refreshments)

**SMOKING** cessation groups

**SPACE** for hire by local health groups/organisations/charities

**SPECIALIST** software, e.g. Boardmaker

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

**WOMEN'S** health group

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