

Love Life
Love Libraries

Health & Wellbeing



*Feel better with a little
help from your library....*



Reading for health

Apart from expanding your vocabulary, improving writing & thinking skills, increasing your knowledge and offering free entertainment, reading also provides proven health benefits:

Reading:

- Takes your mind off your troubles
- Reduces stress, is relaxing and quietens the mind
- Helps slow down or prevent the onset of dementia stimulating memory and exercising the mind
- Helps you sleep better
- Self help books can ease your anxiety and depression
- Can act as inspiration and be a catalyst for achievement
- Alleviates boredom
- Can be a companion if you are lonely or have to spend long periods of time on your own
- Improves empathy.

And much more! So help improve your health and your life – read a book!!

“There is no friend as loyal as a book”

Ernest Hemingway.

“Books are the most quietest and most constant of friends. They are the most accessible and wisest of counsellors and the most patient of teachers” Charles William Eliot.

“I do believe something magical can happen when you read a good book”
J K Rowling.



Join a Group

Some people describe books as their best friend, but there are other ways of meeting people, with a little help from your library!

We have a range of book groups across North Lanarkshire which invite readers to look at a wide range of contemporary and classic novels and chat about them in a relaxed and friendly atmosphere and membership of the groups is free.

Details of our groups are listed on culturenl.co.uk/libraries. Membership of the groups is popular so please contact the named contact person to ensure that there is a space on the group you are interested in.

Join a knit and natter group or other craft groups. Meet like-minded people and enjoy their company. Both reading and being creative have great health benefits alongside the feel good factor!

Alternatively, if you want to host your own group either in a library or your own home, we can help support you getting it started and provide you with access to reading materials.

Please contact the Customer Services Librarian on 01698 332626.



Healthy Reading Collections

Life can be full of things that can upset you or make you feel stressed and the Healthy Reading Collection of resources has been pulled together by health professionals to help people get the most from life. Subjects include living life to the full, becoming more assertive and confident, sleeping better and mental health issues such as anxiety, depression, stress and panic. There are titles available on a range of topics such as dementia and eating disorders and a special collection of books chosen by young people for young people. Titles are available to borrow for free from their local library. Look out for leaflets listing some of these titles and reserve a copy today!

If you see a Healthy Reading Plus label on the spine of a book, it's a title chosen for their uplifting and mood-boosting qualities. Some stories will have characters within them who you may be able to identify with.



Macmillan in Lanarkshire

CultureNL Libraries, South Lanarkshire Leisure and Culture Libraries, and NL Leisure have joined forces with Macmillan Cancer Support to provide and improve cancer support services in Lanarkshire. Services range from cancer information, self-help books, physical activity programmes, move more and volunteering opportunities. No-one should face cancer alone. Contact your local library for more information.



Well-informed

Well-informed provide a relaxed and informal resource for people asking about mental health and wellbeing issues at a local level. Well-informed provide leaflets in all libraries and regular outreach stands in most town centre libraries. From time to time, most of us feel stressed, anxious, worried or afraid. We may also have experiences that are very difficult to cope with, such as losing our job or the end of a relationship. These can all have an impact on our mental health.

Doing something positive can make all the difference - for ourselves and for others. The service enables people to make informed choices in their treatment and care by guiding them to resources relevant to their enquiry as well as further information about positive mental health and wellbeing. Call freephone 0800 073 0918 for more information, check out the leaflets in your local library or come along and chat to someone if well-informed are scheduled to be in a library.



eLibrary

Our eLibrary resources are available 24/7, even when the library is closed! Our eBooks, eAudiobooks and eMagazines can be easily accessed as long as you have a suitable device and your membership number and password (available via your local CultureNL library or by emailing libraries@culturenl.co.uk). You can also join online and access the apps straightaway. There is something for everyone in our collections and advantages include:

- always there if you run out of reading material and the library is closed
- lighter in weight if you find physical books too heavy to hold
- you can listen to eAudiobooks, or view eMagazine and

eBooks in Large Print if you are visually impaired and your device enables you to change the font or has text to speech capabilities

- listen in the car and on the go
- listen whilst doing the housework, exercise or just relaxing
- special dyslexic layout, font and sepia background
- listen in bed (can be a great way to fall asleep) especially when you use the sleep timer
- listen as a family
- free to borrow and no overdue fines
- some Healthy Reading, Macmillan titles and Healthy Reading Mood boosting titles are available.

Visit our eLibrary at culturenl.co.uk/elibrary

Bookbug

Calling all parents and carers!

This is a free, fun and friendly event for babies, toddlers, pre-schoolers and their families to enjoy together. Bookbug is available in most CultureNL libraries. Sharing stories, songs



and rhymes with your child has many wonderful benefits. It will develop your child's language skills, give you time to cuddle, and helps your child feel more relaxed and confident. Join a Bookbug group today - visit culturenl.co.uk/libraries/bookbug for available sessions.

Memory Lane

There are Memory Lane Corners in each library where you will find reminiscence books, local photos and occasional reminiscence events – visit culturenl.co.uk for information on forthcoming events. You can reminisce about past times or come along to events to browse and blether.



Home Delivery

This free delivery service of books and other items is available to all North Lanarkshire residents who are temporarily or permanently confined to their home due to disability, infirmity, illness or being a carer of someone being affected by these conditions. You can still enjoy the benefits of reading! For more information phone Outreach Services on 01698 524790.

VIRGIL

You may immediately think of Thunderbirds or old classics texts, however, in this case, VIRGIL stands for Visually Impaired Reading Group in Libraries. A Virgil meets every month in Cumbernauld Library to discuss their latest reads. Much fun occurs there so should you wish to join the group or would like to request a group in your area, phone Outreach Services on 01698 524790. Guide dogs welcome.

Digital health Information and help

CultureNL LogintoLearn Centres can help you:

- improve your ability to find health information
- use apps to support your health and wellbeing
- offer courses to stretch your mind
- increase your skills by using computers and the internet
- enable you to be more connected with distant friends and family
- help you use your mobile devices.

A wealth of health information and support is available out there including NHS



Inform, Care Information Scotland, Breathing Space as well as helpful apps around dyslexia, health & fitness, memory, reminiscence and mental health.

Cafes

Some of our libraries have cafes (Motherwell, Wishaw and Bellshill) which offer healthy and tasty options from teas and coffees, to healthy snacks and lunches. Why not meet a friend there or just treat yourself?



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