



Libraries Change Lives - how we support mental health and wellbeing.

Wednesday 5 June 2019, Exeter Library

<https://www.devonlibraries.org.uk/web/arena/exeterlibrary>

Aims for the day:

- To develop awareness of and pool information about good practice within the region and elsewhere in supporting library users and staff to maintain mental health;
- To consider how effective our existing provision is, and how this can be improved;
- To start to plan how to take this work forwards in our own organisation.

The course is designed for all staff who support library users from every sector, including HE, FE, schools, health, public and specialist.

Programme

- 10.00 Arrival, registration, coffee/tea
- 10.30 **Welcome and introductions:** Shelagh Levett (Director of SWRLS CIO)
- 10.40 **An introduction to mental health ... and what libraries can offer:**
This practical session looks at some key issues around mental health; at some of the ways that libraries have responded (both locally and to national strategies) and ways in which we can all develop better, safer provision. Led by John Vincent (The Network - tackling social exclusion) and Katharina Rayner, a trained facilitator and mental health and disability advocate.
- 12.45 Lunch - not included, but the library has an excellent café (with indoor and outdoor seating) and there are many sandwich shops in the immediate area. You are also welcome to bring your own lunch. Tea/coffee will be provided.
- 1.30 **Recap** John Vincent.
- 1.35 **Libraries Unlimited: Active Life Active Mind:** Colin Bray (Service Development Manager, Libraries Unlimited).
During January 2019, the 50 libraries across Devon and 4 libraries in Torbay hosted over 250 events and activities designed to get people of all ages exercising their mind, body and soul. Over 2,500 people attended an Active Life Active Mind event in 2017 with 80% of participants stating that the event helped them to make new connections within their community and

35% stated they were encouraged to be more active. This will be an opportunity to learn more about the Libraries Unlimited 2019 Active Life Active Mind programme including outcomes and impact generated for services and library customers.

2.05 **Yeovil College: Mind-Fully Booked: Being Well Stocked for Wellbeing:** Karen Foster (Head of Learning Centres) and April Cursons (Assistant Learning Resource Advisor, Yeovil College).
Resourcing Wellbeing for Our College Community: at Yeovil College the Learning Resource Centre created and curated a dedicated Wellbeing Area with resources for an academic community, including college staff and the wider organisation, as well as young adult learners and underserved sectors within that group. Karen and April will discuss how the project has positively impacted the college community, and its role within organisational wellbeing initiatives and strengthening the impact of library provision and relevance.

2.35 **“Reading Well”, “Reading Friends” and other Reading Agency health initiatives:** Georgia Newman (Assistant Programme Manager, Reading and Health) and Natalie Frost (Assistant Programme Manager, Reading Friends, The Reading Agency). The session will focus on the two major Reading Agency initiatives, “Reading Well” (which helps people to understand and manage their health and wellbeing using helpful reading), and “Reading Friends” (which connects people by starting conversations through reading. Delivered by volunteers and co-produced with older people, Reading Friends meet regularly to chat and share stories in groups or one-to-one sessions. It aims to empower, engage and connect older people who are vulnerable and isolated, people with dementia and carers). Georgia and Natalie will also introduce some of the other programmes in The Reading Agency health strand.

3.35 **Putting it all together:** Plenary session and goal-setting. John Vincent.

4.00 Close of course

Cost: £50 for SWRLS CIO Members and Network members, £90 for non-members.

See here for the booking form or go to www.swrls.org.uk