

Appendix 1

Health and Wellbeing activity across Nottinghamshire libraries and Adult and Community Learning Service

Health & Wellbeing Activity	Public Libraries	Adult and Community Learning Service (ACLS)
Children, Young People and Families	<p>Information and Guidance</p> <ul style="list-style-type: none"> • Adoption and Fostering collections; expanded with funding from NCC Adoption and Fostering Services • Parents and Carers collections • A resource for children who receive their education outside of school <p>Books & other library materials</p> <ul style="list-style-type: none"> • Free library membership • Up to 24 items may be borrowed at any one time • No overdue charges for children and young people up to the age of 19 • No charges for lost or damaged books for children under five • Online access to free e-books, e-magazines and online subscriptions to support homework • Membership entitlements for Childminders, 	<ul style="list-style-type: none"> • Two dedicated funding streams to manage and deliver bespoke family learning opportunities to Nottinghamshire families. • In 2012/13 1300 parents/carers engaged in Family English and Maths Activities. Approximately 100 Functional Skills qualifications have been achieved. Over 750 parents /carers were involved in broader family learning activity during the same period; a number of these also achieved accreditation for the work undertaken. • As part of this work bespoke activity has been arranged for Foster and Adoptive parents; this activity was arranged in conjunction with the Public Library Service • ACLS has also funded activity to align with the Local Authority's Closing the Gap agenda. • The majority of the above mentioned activity has taken place in the Authority's schools and / or Children's Centres.

Playgroups/Nurseries, Foster Carers and Schools which allow group borrowing and no charges

Reading & Literacy

- Bookstart offers the gift of free books to all children at two key ages before they start school, to inspire a love of reading that will give children a flying start in life. Distributed via Health Centres, Early Years Centres and other partners such as Nottinghamshire Family Nurses
- Targeted work with under-fives settings such as children's centres, refuges, Homestart, voluntary groups, day nurseries, LA nurseries, playgroups and health centre baby groups to promote shared reading and the library service.
- The Early Years team work with all Early Years professionals across the county demonstrating best practice, promoting the Bookstart scheme and the Library Service.
- Work with Schools including:
 - Introductory library visits to explain the range of materials and services on offer
 - Book exchange visits to regular visits to maintain the children's' interest in reading for pleasure.
- Summer Reading Challenge is aimed at children aged 4 – 11 encouraging children to keep reading over the summer holidays.

	<p>Children challenged to read 6 books and rewarded with stickers and other incentives including a medal and certificate when they complete the challenge.</p> <ul style="list-style-type: none"> • Chatterbooks Reading Groups Regular children's' reading groups are run in selected libraries and encourage children to read regularly and adventurously. They develop confidence as readers and learn to shape and express their ideas and opinions • Letterbox Club for Looked After Children Working with the Virtual School, the Library Service administers the Letterbox Club which aims to support and improve literacy and numeracy skills. Children who are looked after in school years 3, 5 & 7 receive personalised parcels delivered direct to their address filled with books, simple games and stationery items. <p>ICT Access</p> <ul style="list-style-type: none"> • Free access to Internet • Free Wi Fi in larger libraries 	
Smoking and tobacco control	<ul style="list-style-type: none"> • Community space for health promotion and cessation workshops • Promotion on mobile libraries 	<ul style="list-style-type: none"> • ACLS manages the delivery of learning that engages 8000+ people per year. • As shown by the studies mentioned above,

	<ul style="list-style-type: none"> • Health information events for families • Advertising on library digital screens • Supported access to NHS choices • Self-help books on giving up smoking • Signposting to other health providers • Delivering health awareness sessions in communities 	<p>engagement in learning increases smokers' chances of giving up.</p> <ul style="list-style-type: none"> • Health awareness literature can be made available to learners. • Learners can be signposted to Health awareness sessions.
<p>Healthy Weight, Healthy Life: Obesity</p>	<ul style="list-style-type: none"> • Community space for health promotion • Promotion on mobile libraries • Health information events for families including life style health checks e.g. blood pressure, BMI check • Advertising on library digital screens • Supported access to NHS choices • Self-help books on health eating, healthy cooking and health lifestyle • Sports collections at Retford, Beeston, Newark, Arnold and Sutton in Ashfield 	<ul style="list-style-type: none"> • Delivery of Healthy Eating Courses, Healthy Cooking, cooking on a budget, understanding food labels, exercise courses In local communities where they are accessible and "safe"

	<ul style="list-style-type: none"> • Community space for dieting clubs • Signposting to other health providers • Providing information to ACLS learners (approx. 8000 per year) • Delivering health awareness sessions in communities such as health eating workshops 	
<p>Substance misuse: Alcohol & Drugs</p>	<ul style="list-style-type: none"> • Community space for health promotion • Promotion on mobile libraries • Health information events for families • Advertising on library digital screens • Supported access to NHS choices • Self-help books on substance abuse • Young Adult collections self-help books • Community space for cessation workshops • Signposting to other health providers • Providing information to ACLS learners (approx. 8000 per year) 	<ul style="list-style-type: none"> • ACLS manages the delivery of learning that engages 8000+ people per year. • As shown by the studies mentioned above, people engaged in a learning activity are less likely to report on drug or alcohol abuse problems. • Health awareness literature can be made available to learners. • Learners can be signposted to support sessions.

	<ul style="list-style-type: none"> • Delivering health awareness sessions in communities 	
Learning Disability and Autistic Spectrum Disorders	<ul style="list-style-type: none"> • 'Our library' courses aimed at adults with learning difficulties. The course aims to increase independent library use by giving participants confidence and skills in using libraries. • Promotion of services for parents and carers • Providing a welcoming and understanding library environment • Signposting to other health providers 	<ul style="list-style-type: none"> • A Priority group for ACLS is Learners with a learning difficulty or a disability. • In 2012/12 2770 learners reported having either a learning or physical disability (30% of the total) 73 learners reported being on the Autistic Spectrum. • Courses are funded in Day Service settings, Residential homes, Libraries, community centres and a small number in individual's homes. • Additional funding is provided to enable additional learning support to be provided. • Learning Providers talk to potential learners to discover which types of activities/subjects they would like to learn more about.
Physical Disability, Long Term Conditions and Sensory Impairment	<ul style="list-style-type: none"> • Library books delivered to customers at home via the Home library Service • Mobile Library Service delivering library services to communities without access to static libraries, often in rural locations • Promotion of services for parents and carers • Providing a welcoming and understanding environment. 	As above

	<ul style="list-style-type: none">• Health information• Self-help books• Support for mental health• Signposting to other health providers• Commitment to Six Steps to Library Services for Blind and Partially Sighted People which aims to improve access to library services by providing collections of large print and audio books, making sure accessible technology is available, and have a library champion for the reading needs of blind and partially sighted people• Four Visually Impaired Reading groups• Bookstart Bookshine packs for children who are deaf contain two board books, a booklet of advice about sharing books with deaf children, a book guide listing lots more great books, as well as useful organisations and resources and a nursery rhyme place mat featuring two rhymes and photographs of babies signing. The Bookshine pack also includes a book suitable for older children and a special bookmark that uses British Sign Language to sign key words from the story• Booktouch packs for children who are blind or partially sighted contain two touch and feel books, a	
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	<p>booklet of advice about sharing books with blind and partially sighted children, a book guide listing lots more great books, a leaflet listing useful services related to reading and a Rhymetimes CD and booklet. The Booktouch pack also includes a book suitable for older children, a noisy touch-and-feel book with a fun, interactive story.</p> <ul style="list-style-type: none"> • Braille picture books for children • Stories for older children in Giant Print 	
<p>Mental Health & Emotional Well Being</p>	<ul style="list-style-type: none"> • Community space for health promotion • Promotion on mobile libraries • Health information events for individuals and families • Advertising on library digital screens • Supported access to NHS choices • Signposting to other health providers • Reading Well Books on Prescription • Self help books • Young Adult collections self help 	<ul style="list-style-type: none"> • Bespoke funding and learning activities for those with Mental Health issues, linking in with groups such as Newark Mind within their local communities. • As demonstrated by the research outlines above, engagement in learning activity has proven to be of benefit to well-being.

	<ul style="list-style-type: none"> • Community space for workshops • Providing a welcoming and understanding environment • Providing information to ACLS learners (approx. 8000 per year) • Delivering health awareness sessions in communities • Unwind your mind information and taster days - library events with health professionals • Better with Books reading chains • Support for Carers including information displays during Carers Week and booklists of titles offering specific support for carers 	
Dementia	<ul style="list-style-type: none"> • Self-help books • reminisce resources • Supported access to NHS choices • Signposting to other health providers • Reading about Dementia - a range of self-help books aimed at those who have recently been diagnosed with dementia, their carers and families 	As above

	<p>as well as anyone working with people with dementia. The collection was developed through funding by Sherwood Forest Hospitals</p> <ul style="list-style-type: none"> • The Pictures to Share collection comprises picture books which can help family and carers continue to communicate with those with advanced dementia in an enjoyable and meaningful way. The books contain photographs that are simple, clear and often colourful, with no confusing backgrounds or content that is difficult to interpret. They are chosen because they provide an opportunity for telling stories or for linking in to themes that the person with dementia will recognize. • Memory Lane kits for people with dementia and their carers. The kits are currently being piloted with the aim of expanding the collection and launching during Dementia Awareness Week June 2014 	
Older People	<ul style="list-style-type: none"> • Access to books at home via the Home Library Service • Well-being check carried out by RVS volunteers delivering the Home Library Service • Information direct into homes of Home Library Service customers • Delivery of books and information to isolated Nottinghamshire communities via the Mobile Library Service 	<ul style="list-style-type: none"> • 19% of ACLS learners are 60+. (460 are over 75 and 707 between 65 and 74) • Many learners comment on the social value of participating in an adult learning course. • Many courses have a mixed age • The majority of courses are held during the day time and in local accessible venues. • Recent BIS data suggest that learning can offset the

	<ul style="list-style-type: none"> • Facilitated attendance at author events for Home Library Service users • Welcoming environment and a place to meet others • Supported access to NHS Choices • Signposting to other health providers • Reading groups and other reading development events in the library • Providing access to other services e.g. Libraries acted as a pick up point for Ferrules (rubber ends for walking sticks) in winter 2012. Worn ferrules can be a cause of falls. 170 ferrules were distributed 	<p>natural decline in wellbeing associated with ageing</p>
Workplace health	<ul style="list-style-type: none"> • Community space for health promotion • Advertising on library digital screens • Supported access to NHS choices • Self-help books • Information • Signposting to other health providers 	<ul style="list-style-type: none"> • Courses attract learners for a variety of reasons. Approximately 28% of ACLS's learners are in either part time or full time employment. • 26% of learners completing evaluation forms reported that their course had helped them in their current job and 58% reported that they were no more aware of health and well-being issues.

Sexual Health	<ul style="list-style-type: none"> • Information • Self-help books for adults and young people • Supported access to NHS choices • Signposting to other health providers 	
Crime & Community Safety	<ul style="list-style-type: none"> • Free and non-judgemental space for the whole community • Volunteering opportunities for adults and young people • Information • Signposting to support agencies and support groups 	<ul style="list-style-type: none"> • Engagement in learning activity has shown to increase social cohesion and community engagement; both these factors contribute to the development of safer communities • Funding has been made available to support voluntary and community groups to deliver learning activities to particularly vulnerable groups e.g. victims of domestic violence.
Healthy environments in which to live, work and play	<ul style="list-style-type: none"> • Fully accessible, welcoming modern bright friendly libraries in 60 locations 	<ul style="list-style-type: none"> • ACLS will utilise up to 300 venues across the County in any one year to ensure learning opportunities are delivered within local communities.
Education, Personal Attainment and Aspirations	<ul style="list-style-type: none"> • Learning activities • Children activities including working with schools • Bookstock 	<ul style="list-style-type: none"> • 92% of ACLS learners report that they are more confident to learn having taken part if their course, 93% report that their course met their expectations. Some learners progress onto further and higher levels of learning; some either start or increase their engagement in community based activity e.g.

	<ul style="list-style-type: none"> • Bookstart including dual language books. Children who speak English as a second language are entitled to free dual language books in Bookstart packs. Twenty one languages are available • Involvement in the 'Every Child a Talker' (ECAT) programme providing information and training. 	<p>volunteering.</p> <ul style="list-style-type: none"> • In 12/13 ACLS learners had an 87% success rate. Good news stories are shared with Members from Time to time to illustrate the difference that can be made to lives.
<p>Lifestyle, community, local economy and activities</p>	<ul style="list-style-type: none"> • Workclubs are provided in partnership with Nottinghamshire Economic Regeneration in 8 libraries; Mansfield, Newark, Kirby, Worksop, Hucknall, Arnold and West Bridgford. Work clubs are free to attend. They give people the chance to meet others looking for work, build new contacts, share job hunting experiences and get advice on for example job searches, applications & CVs, interview techniques, volunteering and training opportunities. 	<ul style="list-style-type: none"> • Public investment in learning for adults throughout the life-course supports a stronger economy, promotes social mobility and is vital for the country's prosperity and wellbeing. • Learning for adults has never been more important. Not only is it intrinsic to a civilised, tolerant and successful society, it is critical both in addressing current and future economic and social challenges and in responding to the long-term implications of an ageing population