

Inspire Libraries: Health and wellbeing for adults



This easy read tells you about the ways Inspire Libraries can help you be healthier and happier.

Wellbeing Bags



Wellbeing bags are small collections of books, items and activities in a bag.



They are for helping adults take care of themselves and improve their mental health.



They can be borrowed for free for 6 weeks at a time.



- A stress ball.



- Leaflets with health information and advice.

What are the different bags?



Each bag has a different name so you can remember which ones you have already borrowed.



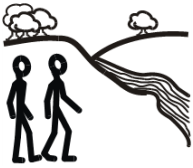
There are 10 different bags:



- The Confidence Bag



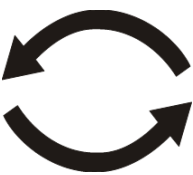
- The Mindful Bag



- The Nature Bag



- The Meditation Bag



- The Change Bag



- The Friendship Bag



- The Happiness Bag



- The Living Well Bag



- The Aromatherapy Bag



- The Ayurvedic Bag



- The Poetry Bag

How do I borrow a Wellbeing Bag?



Wellbeing Bags are for adults so they must be borrowed with an adult library card.



[You can reserve a bag online.](#)



You can [contact Ask Inspire.](#)



You can speak to a member of staff at [your local library.](#)

Public Library Universal Health Offer



Libraries Connected asked people what the most important things for a modern library are.



They found 6 important things:



- Reading



- Information



- Digital



- Health



- Learning



- Culture



Using this list, they made The Universal Offers.

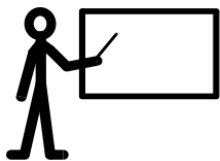


The Universal Health Offer is the library saying they will help the health and wellbeing of local communities.



It means they will provide services like health information and creative and social activities.

Health and Wellbeing Courses



[Inspire Libraries](#) have courses to help you [improve your wellbeing.](#)

Health Information



You can find books and information about your condition from lots of different places.



Try the [library catalogue](#) to find books about your health condition.



[Your Notts Directory](#) (previously called Notts Help Yourself) has information about local services.



[ABL \(A Better Life\)](#) has services for getting healthier.



[Nottinghamshire Talking Therapies](#) can be used by anyone aged 18+ and whose GP is in Nottingham or Nottinghamshire.



[The Hub of Hope](#) is the UK's leading database on mental health.



It has information on many different mental health services in one place.



[Nottinghamshire Carers Association](#) works with employers, community groups and education to help support carers.



[Carers Federation](#) supports adult carers in Nottinghamshire

[East Midlands TuVida](#) gives support and guidance for young carers in Nottinghamshire



[Carers Space Notts](#) is a network of professionals and carers where people can share knowledge and experiences.



With the network, people can have a say in how services are designed.



[Nottinghamshire Care Services Directory](#) has information on types of care you can receive.



The directory is available online or as a book you can order for free.

Reading Well



You can get books suggested for you that can help you take care of your health and wellbeing.



The books have information for people who have different problems with their body or mental health.



The books also have advice for family, friends and carers.



There are 5 different lists of suggested books:



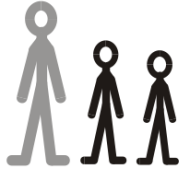
- [Reading Well for Mental Health](#)



- [Reading Well for Dementia](#)



- [Reading Well for Teens](#)



- [Reading Well for Children](#)



- [Reading Well for Families](#)



You might be suggested a book by a doctor or another person who works in healthcare.



Or you can visit your local library and choose a book yourself.



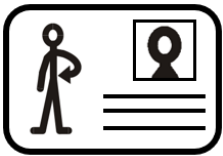
You will need to be a library member to borrow a book.



Becoming a library member is easy and free.



You can become a member online [here](#) or [by visiting your local library.](#)



You will need 1 form of ID that shows your name and where you live.



You can find out which Reading Well books are available on the [online catalogue.](#)



Or you can ask a member of library staff.



You can borrow books for up to 3 weeks.



You can renew books 4 times, if no one else has asked to borrow them.



You can [renew your book online](#) or by calling Ask Inspire on 01623 677 200.



If the book you read is not helping, you should contact your GP or another healthcare person.



You can also get more help from:

[NHS Choices Helpline on 111](#)



or

Improving Access to Psychological Therapies (IAPT)



There is a lot of evidence that reading can make you healthier and happier.



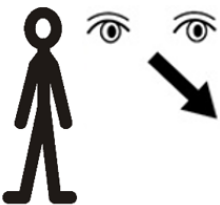
The Reading Agency does yearly checks of the Reading Well scheme.



These show the good effects it has on the people who use it.



The books have been picked by doctors using guides from NICE (National Institute for Health and Care Excellence).



They have also been tested by people who have the health problems the books are about.



Reading Well is supported by lots of groups of health care workers. This includes Public Health England, NHS England, and The Royal College of GPs.



[You can see all the groups who support the Reading Well programme here.](#)

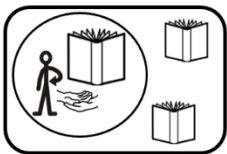
Health and Wellbeing Books



Our librarians have put together lists of books about health and wellbeing.



You can find these in a special section at some Inspire libraries.



The books are not just self-help guides.



The lists have good books about specific topics.

Book Topics



Autism

True stories and fiction about autism.



Life After Loss

Fiction and non-fiction books for adults about life after the death of a loved one.



Dementia friendly

True stories and fiction about dementia.



Dyslexia friendly

Books for children, young adults, and adults with dyslexia.



[Mental health e-books and e-audiobooks](#)

Online books about mental health that you can read or listen to.



[For visually impaired readers](#)

Ideas of ways to keep reading after sight loss.



You can click on the book covers to find them in the online catalogue.

Links in this document

Reserve and Renew

inspireculture.org.uk/reading-information/search-reserve-and-renew/

Contact Ask Inspire

inspireculture.org.uk/contact-us/

Find your local library

inspireculture.org.uk/reading-information/find-a-library/

Health and wellbeing courses

inspireculture.org.uk/skills-learning/online-health-and-wellbeing-courses/

Library catalogue

nottslibraries.inspireculture.org.uk/

Your Notts Directory

yournottsdirectory.org.uk/

A Better Life

ablhealth.co.uk/

Nottinghamshire Talking Therapies

notts-talk.co.uk/

The Hub of Hope

hubofhope.co.uk/

Nottinghamshire Carers Association

nottinghamshirecarers.co.uk/

Carers Federation

carersfederation.co.uk/

East Midlands Tu Vida

tuvida.org/eastmidlands

Carers Space Notts

carersspacenotts.com/

Nottinghamshire Care Services Directory

carechoices.co.uk/publication/nottinghamshire-care-services-directory/

Reading Well

readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/

Become a library member

nottslibraries.inspireculture.org.uk/protected/join-the-library

NHS Choices

nhs.uk/

The Reading Agency- Reading Well

readingagency.org.uk/get-reading/our-programmes-and-campaigns/reading-well/

Autism book list

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/autism/

Life After Loss book list

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/life-after-loss/

Dementia friendly book list

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dementia-friendly-books/

Dyslexia friendly book list

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dyslexia-friendly-books/

Mental health e-books and audiobooks

inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/mental-health-e-books-and-e-audiobooks/

Visually impaired readers

inspireculture.org.uk/reading-information/recommendations-our-visually-impaired-readers/

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