

Healthcare Library

Resource List

May 2023

Wellbeing Resources

The Healthcare Library is situated in Block 29, opposite Hedgerows, and open from 09:00 to 16:00 Monday – Friday, with 24/7 access for Library members.

Membership is available for all Trust staff, students and volunteers and includes up to 12 book loans plus access to 24/7 quiet study space. Email the Library on sft.library.office@nhs.net or phone #5335 / 01722 429054 for further details.

Carers Corner

The Library has worked with the Staff Carers Network to set up a dedicated space within the Library which has a range of resources to support any staff members with caring responsibilities. We have leaflets from local support organisations, information about the Carers Network and books on a range of topics. The Library can also support people in researching health conditions and how to search for reliable information online.

Cost of Living Crisis cookery books

A collection of cookery books with low cost recipes to help staff with the Cost of Living Crisis are available for loan. Titles include “Tin Can Cook” by Jack Monroe and the TV series title “Eat Well for Less: Happy and Healthy”.

Menopause books

A collection of books on issues surrounding the Perimenopause and Menopause are available. Titles include: “Quilt on Fire: the Messy Magic of Midlife” by Christine Watson, “Preparing for the perimenopause and menopause” by Louise Newson, and “Older and Wider”: a Survivor’s Guide to the Menopause” by Jenny Éclair.

Mood boosting and uplifting fiction

Nationally recognised mood boosting and uplifting fiction for NHS staff, recommended by NHS staff, are available to borrow.

Staff Network displays

There is a display for each of the networks with books and resource lists:

- Ability Confident Network: includes titles on neurodiversity, dyslexia and ADHD
- Armed Forces Network: includes books, local organisations, and take away leaflets
- Carers' Network: includes titles on caring for someone with dementia, stroke and carer wellbeing
- LGBTQ+ Network: includes titles on transgender health and how to create an inclusive workspace
- Race Equality Network: includes titles on microaggressions and organisational racism
- Women's Network: includes titles on flexible working, public speaking and imposter syndrome

Staff Wellbeing space

Get away from your busy ward/department and relax in comfy chairs within the quiet environment of the library.

- Bring a drink and/or snack – Hedgerows is just across the road
- Refill your water bottle from our newly installed Stars Appeal water fountain
- Read a book
- Help complete a jigsaw
- Do some colouring

Team building games

Games are available to borrow. Titles include:

- Communication - offers practical ways for individuals and teams to improve communication skills
- Removing Barriers - helps staff understand the barriers faced by disabled people
- Teams That Care – designed to help health and care teams improve their performance
- Working Stress – helps teams consider coping strategies to deal with work related stress

Wellbeing titles

The Library has books on a wide range of wellbeing related topics including:

- Mindfulness and the art of breathing
- Stress
- Anxiety
- Depression
- Low Self Esteem
- Managing pain with therapies and relief strategies
- Nature and gardening

30 inclusive digital resources to specially selected to help NHS staff to live well and enjoy better health can be accessed <https://library.nhs.uk/yhc/>

Feedback

This resource list was produced by Salisbury NHS Foundation Trust Healthcare Library. If you have any feedback or comments please contact sft.library.office@nhs.net



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