

Healthcare Library

Reading List

January 2023

Resources for Staff Carers



All books held in Salisbury Healthcare Library and across libraries in the Southwest can be searched on the [SWIMS catalogue](#)

To borrow any of these books please visit the library or email us and we can put them aside for you. If you are not already a member just complete this [membership form](#).

All Trust staff and students can access the Library and become a member. Library members also get 24/7 access to the library building so you can visit us at any time and use our resources.

The Library is staffed Monday – Friday 09:00 – 16:00.

For further information or support please contact the Library:

Phone: 01722 429054 Or 01722 336262 ext 5335

Email: sft.library.office@nhs.net

Visit our website: <http://www.library.salisbury.nhs.uk/>
and follow us on Twitter: [@SDHLibrary](https://twitter.com/SDHLibrary)

Books

Finding Information Online

UpToDate and BMJ Best Practice

Carers Corner

Staff Wellbeing Space

Useful Contacts



Books

A selection of books for **Carers** held in the library. Click on each title for more information:

[**An extra pair of hands : a story of caring, ageing and everyday acts of love**](#)

Kate Mosse. 2022
Shelf mark: WA190

[**Calm : 50 mindfulness exercises to de-stress wherever you are**](#)

Arlene Unger. 2020.
Shelf mark: WLM229

[**Caring for a loved one with an eating disorder : the new Maudsley skills-based training manual**](#)

Jenny Langley, Gill Todd and Janet Treasure 2019.
Shelf mark: WM175

[**Dementia : support for family and friends**](#)

Dave Pulsford and Rachel Thompson 2020.
Shelf mark: WM224

[**Loving, supporting and caring for the cancer patient : a guide to communication, compassion and courage**](#)

Stan Goldberg 2016.
Shelf mark: QZ820

[**Pulling through : help for families navigating life-changing illness**](#)

Catherine Jessop. 2021.
Shelf mark: WA190

[**The 36-hour day : a family guide to caring for people who have Alzheimer Disease, other dementias and memory loss**](#)

Nancy L. Mace and Peter V. Rabins 2017.
Shelf mark: WM224

[**The art of breathing**](#)

Danny Penman. 2020.
Shelf mark: WLM229

[**The carer's handbook : essential information and support for all those in a caring role**](#)

Jane Matthews 2019.
Shelf mark: WA190

[**The first episode of psychosis : a guide for patients and their families**](#)

Michael T. Compton and Beth Broussard 2021.
Shelf mark: WM200

[**When your spouse has a stroke : caring for your partner, yourself, and your relationship**](#)

Sara Palmer, Jeffrey B, Palmer 2011.
Shelf mark: WL435

If you would like to suggest new books for Carers, please contact the library.

Finding Information Online

The Library can support you with finding health information online, whether you want to find information about specific conditions or you want to do a little reading about different treatments and interventions.

Simply ask us in person, over the phone or via email and we can arrange to show you some hints and tips to find good quality, reliable health information online.

UpToDate and BMJ Best Practice

Patient education leaflets providing easy to read information on many medical conditions are available from both **UpToDate** and **BMJ Best Practice**.



Keep up to date with UpToDate - an evidence-based clinical decision support resource. Available from the intranet home page or Hospital Web Apps without a login. For more information on UpToDate go to <https://www.uptodate.com/>

BMJ Best Practice

Fast access to the latest evidence-based diagnosis and treatment guidance to support your clinical decisions. Available from the intranet home page or Hospital Web Apps without a login. For more information on BMJ Best Practice go to <https://www.bmj.com/company/hee/>

UpToDate and BMJ Best Practice are accessible from work or from home. At home log in with an NHS Open Athens username and password. To register go to: <https://openathens.nice.org.uk/> Mobile app versions of both products are also available.

Carers Corner

New Carers Corner for Staff in the Healthcare Library

Staff who are also carers are welcome to relax in this quiet area in the library where books and information to support carers are available.

Staff Wellbeing Space

Health and Wellbeing Space for Staff in the Healthcare Library

Staff are welcome to use the area to relax in comfy chairs within the quiet environment of the library.

- Bring a drink
- Read and take out books from our fiction and moodboosting collections
- Help complete a jigsaw
- Do some colouring

Useful Contacts

A selection of local and national organisations providing information and support for patients and carers.

Adult Social Care Wiltshire Council <https://adults.wiltshire.gov.uk/>

Age UK Wiltshire <https://www.ageuk.org.uk/wiltshire/>

Alzheimer's Society <https://www.alzheimers.org.uk/>

Alzheimer's Support <https://www.alzheimerswiltshire.org.uk/Listing/Category/activities>

Autism group <https://www.autismlinks.co.uk/support-groups/group-support-south-west/nas-south-wiltshire?region=>

Cancer Support Salisbury <https://www.cancersupportsalisbury.com/>

Carers Support Wiltshire <https://carersupportwiltshire.co.uk/>

Carers UK <https://www.carersuk.org/>

Citizens Advice Wiltshire <https://www.citizensadvicewiltshire.org.uk/>

Dementia UK <https://www.dementiauk.org/>

MS Society <https://www.mssociety.org.uk/care-and-support/local-support/local-groups/salisbury-district-group/ms-support>

Parkinson's UK <https://localsupport.parkinsons.org.uk/provider/salisbury-branch>

Stroke Association <https://www.stroke.org.uk/finding-support/clubs-and-groups/onward-club>

Wiltshire Parent Carer Council https://www.wiltshireparentcarercouncil.co.uk/en/Home_Page

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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