



Appendix 1

Healthy Libraries Programme

Report to Communities and Localism Select Committee

29 June 2023



Healthy Libraries

Healthy Libraries is a programme of activities, information, and staff training that aims to promote happier and healthier lives for Buckinghamshire residents.



1 Support the implementation of the Buckinghamshire Libraries Vision and Strategy, the Health and Wellbeing Strategy, and Public Health workstreams.

1

Aims

2

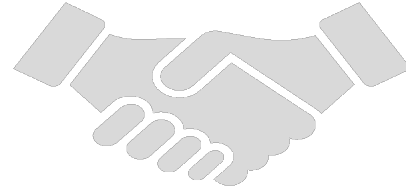
Promote the role of libraries as community hubs for health and wellbeing.

3 Upskill library staff and volunteers to support service users' health and wellbeing.

3

Partnership Approach

 mind Buckinghamshire



THE
READING
AGENCY

DAA Dementia
Action Alliance



 Alzheimer's
Society



maximus

Pilot libraries



● Buckingham



Aylesbury ●

Chesham ●

● High Wycombe

Gerrards Cross ●

Iver Heath ●

Burnham ●



Across Libraries

Cosy Corners

We launched **11** 'Cosy Corners' in our libraries during Dementia Action Week from 15-21 May 2023. Cosy Corners are a place where people will feel safe and welcome and can enjoy reminiscing.

Health and Wellbeing Book Stock

All **9** county libraries now have dedicated zones to support health and wellbeing with book displays

Staff and Volunteer Development

On-going **training** for staff and volunteers to equip them to support people's health and wellbeing

Early Years Week

803 people participated in activities during Early Years Communication Week in February.

Better Points

Promoting **Better Points** campaign across all libraries where residents can earn vouchers for healthy activities

Reading Agency

117 loans from the Reading Agency's "Your Health" Collection were recorded



Buckingham Library

11 health and wellbeing events took place at Buckingham Library during the pilot.

Dementia Information Points

On **28th February**, supported by The Alzheimer's Society, the Dementia Information Point was launched

Cosy Corners

Regular visits by local care homes to the library's dementia friendly, '**Cosy Corner**'

Dementia Action Week

During **Dementia Action Week** in May, a talk to support families with a diagnosis of dementia was delivered.

Healthwatch

Monthly drop-in sessions with **Healthwatch**, an organisation that champions Buckinghamshire residents who use health and social care services



Mum loved it.

Julia

Some great information available on living with dementia. A useful resource.

Anthony

Aylesbury Library

11 health and wellbeing events took place at Aylesbury Library during the pilot.

Health Station

Health station has been installed in the library to support the 'Pump it up! Make a start to a healthy heart' campaign

Blood Pressure Machines

42 portable blood pressure monitoring kits will also be available to borrow

Men can Heal Sessions

Monthly **Men Can Heal** sessions to give men a chance to chat and share their experiences regarding mental health

Healthwatch

Monthly drop-in sessions with **Healthwatch**, an organisation that champions Buckinghamshire residents who use health and social care services



Positioning health stations and portable blood pressure monitors in local libraries ensures they are accessible to people of all ages throughout the county.

Clive Harriss, Cabinet Member for Culture and Leisure

Chesham Library

7 health and wellbeing events took place at Chesham Library during the pilot.

Baby Sleep Advice Sessions

Fully booked sessions on **baby sleep advice** for new parents

Cosy Corners

Event to launch '**Cosy Corner**'

First Aid

First Aid for families delivered by **Happy Hearts First Aid**

Sing and Sign

Sing and Sign special session for Bounce and Rhyme

Perinatal Mental Health Clinic

50 parents attended the Perinatal Mental Health Clinic



We had an informal chat about keeping well as a new mum. It opened up a channel of conversation for them.

Health Practitioner

High Wycombe Library

24 health and wellbeing events took place at High Wycombe Library during the pilot.

Menopause Workshops

In partnership with Wycombe Wanderers Foundation, running four fully booked **menopause workshops**

Health Station

Health station has been installed in the library to support the 'Pump it up! Make a start to a healthy heart' campaign

Healthwatch

Monthly drop-in sessions with **Healthwatch**, an organisation that champions Buckinghamshire residents who use health and social care services

Child Health Drop-in

Weekly **Child Health Drop-in** provided by the Health Visiting Service

Blood Pressure Machines

42 portable blood pressure monitoring kits will also be available to borrow

NHS Health Checks

Two bookable **NHS Health Check** sessions

Ramadan Healthy Fasting

A **Ramadan healthy fasting** display of books and leaflets

I found it really useful and informative. I would love to see more workshops like this at the library.

Babs (pictured to the right)



Burnham, Gerrads Cross and Iver Heath Libraries

14 health and wellbeing events took place during the pilot.

Seed Sowing Workshops

Seed sowing workshops to encourage healthy eating for children

Time to Talk

Dop-in sessions with refreshments encouraging people to talk on **Time to Talk Day**



Singing for Memory

Singing for Memory at Burnham Library, a group for anyone with early onset dementia

Reminisce with a Cuppa

Reminisce with a cuppa weekly drop-in sessions at Gerrads Cross

Very friendly ladies, enjoyed the company and the coffee. Will come again.

Time to Talk participant.

Healthy Libraries Next Steps

1. Evaluate the pilot to understand how successful it was and to determine how it can be scaled up.
2. Roll out early in summer across all Buckinghamshire libraries.



**Buckinghamshire
Council**

