

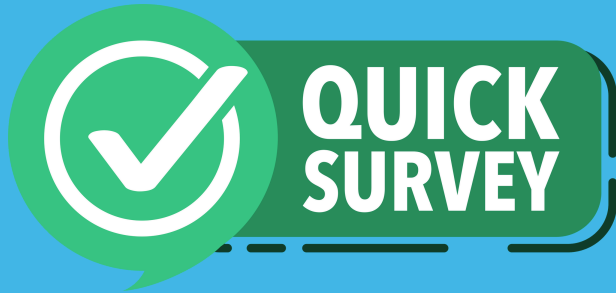


Newsletter

January Edition

Help us, help you!

Please fill in this quick survey to help us see how you are using the library service, any feedback on our resources and how we can stay in contact with you.



Click here to fill in the survey!

Click here to listen to Library 'Lights!



Episode 4 out now!

Our fourth episode of Library 'Lights is out now on YouTube. Join us as we speak with members of the Public Library team to explore how libraries support health literacy and help communities access trustworthy health information. We discuss the work we're doing together, the services available to the public, and how libraries play a key role in improving community wellbeing.

Our Impact In Action Last Month

People we have trained: **66** Articles we have delivered: **149**

Books we have loaned: **354** Evidence searches completed: **16**

"Very good teaching and engagement"

"Many thanks for the very helpful service providing up to date evidence to support and inform clinical practice"

Health Literacy Training

We've added new resources to help staff build confidence in supporting health literacy. Training videos introduce the key principles of clear communication, along with practical tools like Teach Back and Chunk and Check to help ensure patients understand the information they're given.

Click here for our Health Literacy Webpage



Health Literacy



This month we're focusing on Health Literacy: helping people understand and use health information confidently. When information is clear and accessible, people are better able to manage their health and make informed decisions.

Improving health literacy isn't just about giving out information, it's about communicating in ways that are easy to understand, signposting to trusted resources, and creating supportive spaces where people feel comfortable asking questions.

To make a real difference, health literacy needs to be embedded across the whole system, with everyone playing a part in ensuring that health information reaches people in a way that truly helps them.

Public Library Health & Wellbeing

Useful links for public library resources for NHS staff and patients

Public Library Website

Discover everything your local library offers — from books and digital resources to events, learning opportunities, and community support.

Digital Books, Audiobooks and Magazines

Enjoy thousands of e-books, audiobooks and digital magazines for free — available anytime, anywhere with your library membership.

Supporting Wellbeing and Health Page

Explore our dedicated health and wellbeing resources, designed to help you find trustworthy information and support your mental and physical health.

Showcase Page

Watch our short films to see how your library supports reading, learning, wellbeing and community life across Somerset.

Resource of the Month

inSPIRE Repository

For our Resource of the Month, we're spotlighting BorrowBox — the free app that lets you access eBooks, audiobooks, magazines and newspapers with your library card. It's your library on the go: simple to use, available 24/7, and packed with bestsellers, children's titles and themed collections. Just download the app, sign in, and start borrowing instantly.



[Click here to find out more about BorrowBox!](#)

New books on our shelves



What are we reading?

To support our focus on health literacy, we're highlighting two beautifully written books by Musgrove Park's own Dr Lucy Pollock: *The Book About Getting Older (For People Who Don't Want to Talk About It)* and *The Golden Rule*. Dr Pollock blends expertise with compassion, making complex topics around ageing, frailty, dementia and end-of-life care truly accessible. Her storytelling offers clarity, warmth and reassurance for anyone. Whether you work in healthcare, care for an older relative, or simply want to understand ageing better, these books are worth reading.

The Book About Getting Older

(for people who don't want to talk about it)



DR LUCY POLLOCK



To join BookEnds, please email the library to express your interest!



[Click here for the library website](#)

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