

### **Events**

Regular advice events on health topics, Books Aloud for adults, friendly reading groups and sociable drop-in activities.

### **Mobile Libraries**

Our mobile libraries also bring health information to you.

### **Online**

Use a computer at any Shropshire library to find support and information on how to make healthy changes in your lifestyle. You can also find local support groups on the Shropshire Community Directory, renew and request items online and download e-books, e-audio books, e-magazines, and e-newspapers free of charge.

### **Extra Support**

If you are a carer or have a health condition, you are entitled to a concessionary ticket. Your library offers a wide range of large print titles and audio books. If you're struggling to get to the library, ask about the Home Library Service.



## **Health & Well-Being Information**

### **at Shropshire Libraries**





### **Reading Well Mental Health**

Self-help books chosen by health professionals, covering common mental health conditions such as anxiety, stress, depression, eating disorders, self-harm and bullying for adults, young people and children.

### **Reading Well Dementia**

Books offering help to people living with dementia, their families and carers. Each collection includes information and advice, personal stories, and ideas for therapeutic activities.

### **Shared Memory Bags**

An easily portable collection of items, books and activities to share at home or in a group to prompt conversation. Games, puzzles and therapeutic objects can also be borrowed - ask staff for details.

### **Reading Well for Long Term Conditions**

Books to help you manage health conditions such as high blood pressure, diabetes and heart disease plus leaflets from support organisations.



### **Health Information**

Books covering a vast variety of conditions and information leaflets from local and national support organisations.

### **Family Health**

Information for parents and carers raising children in good health as they grow. Your library also has picture books to help children to understand special situations such as bereavement and divorce.

Visit your library today and  
find new ways to relax and enjoy life.

01743 255024 [shropshire.gov.uk/libraries](https://www.shropshire.gov.uk/libraries)

### **Mood Boosting Books**

Reading is a great way to relax and research has shown that it can be really good for our health. Ask staff in your branch for details of books hand-picked to lift your spirits.