



Knowledge, Library & Information Service

Health & Wellbeing



Leisure Library, DRI

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@DBHLib

Health & Wellbeing

Health & Wellbeing Collection

At the DRI Leisure Library we offer a range of books and resources for adults, carers and children which aim to help people improve their health and wellbeing. The collection contains books on health conditions, mental health issues, diet, exercise and general wellbeing – all of which are available for staff or patients to borrow. If we do not have the title you need, we will try to obtain it for you, free of charge, from another Doncaster Library.

Reading Well Books on Prescription Collections

The Reading Well Books on Prescription Collections help you to understand and manage your health and well-being using self-help reading. The scheme is endorsed by health professionals and supported by libraries.

The **dementia** collection recommends books you might find helpful if you have dementia, are caring for someone with dementia or would like to find out more about the condition. The books provide information and advice, support for living well, advice for relatives and carers, and personal stories. <https://reading-well.org.uk/books/books-on-prescription/dementia>

The **mental health conditions** collection provides helpful information and step-by-step self help techniques for managing a variety of mental health conditions, including depression and anxiety. The books have been recommended by mental health professionals and people with experience of the conditions covered. <https://reading-well.org.uk/books/books-on-prescription/mental-health>

The **long term conditions** collection provides information and support for people living with a long term health condition and their carers. The booklist covers general advice and information about living with a variety of long term conditions or common symptoms such as arthritis, bowel conditions, diabetes, heart disease and stroke. The books have all been recommended by people with lived experience of long term conditions and health professionals.

<http://reading-well.org.uk/books/books-on-prescription/long-term-conditions>

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Shelf Help – the Reading Well Books on Prescription Scheme for Young People

The **Reading Well Shelf Help** collection for Young People is a collection of 35 self-help titles aimed at 13-18 year olds, covering a variety of topics such as anxiety, depression, bullying, self-esteem and other life experiences.

<http://reading-well.org.uk/books/books-on-prescription/young-people-mental-health>

Reading Well Mood Boosting Books

The Reading Well Mood-boosting Books scheme is a national promotion of uplifting novels, non-fiction and poetry selected by readers. Reading is known

Current Awareness

Health Information Resources

At the DRI Leisure Library we also offer a Health Information Service. If you need further assistance with obtaining health or patient information on a condition or following diagnosis of an illness, we may be able to help. We will signpost you to online sources of reliable patient information, for both adults and children. Please ask library staff for further information.

Disclaimer: any information provided is not a endorsement of how your condition or illness should be managed. You must always seek help and advice from your local GP or other healthcare professional.

Patient Health Information Pages

Good information about medical conditions, treatments and healthy living can be tricky to find using internet search engines like Google. We've put together a range of high quality websites



Further Information

The Leisure Library

Is part of Doncaster Libraries, offers recreational reading, DVDs, e-books and audiobooks for all Trust staff, students and patients at DRI. For those patients unable to visit the library in person, a ward trolley service of leisure reading is provided on a regular basis throughout the week at DRI and Montagu Hospitals.

Joining the Library

Complete the registration form available in the Library. You will need to show your staff or student ID. Once you have registered, you will have access to all public libraries in Doncaster. If you are already a member of Doncaster Libraries, you can use your card at DRI. The library offers a comfortable environment for quiet study, group work, e-learning or just relaxing. There are PCs available or you can connect laptop or mobile device to the Trust wi-fi.

Doncaster Libraries

The Doncaster Libraries website contains further information about health information available in other Doncaster Libraries, with links to several useful factsheets with details of books on a range of topics, including stroke, breast cancer and dementia. You will also find links to local organisations offering help and advice about health matters.

Contact Information

The Leisure Library at DRI is situated on the basement corridor, between the Pharmacy and the Chapel (downstairs from the Health Library)

Staffed: Monday to Friday 9am-5pm

Doncaster Libraries Online

<http://library.doncaster.gov.uk/web/arena>

Doncaster Royal Infirmary Leisure Library

<https://www.dbth.nhs.uk/services/library-services/leisure-library/>

Health and Wellbeing Library Services

<https://www.dbth.nhs.uk/services/library-services/health-wellbeing-library-services/>

Patient Health Information Pages

<https://www.dbth.nhs.uk/services/patient-information/>