

# Library and Knowledge Services case study

# *University Hospitals Bristol and Weston NHS Foundation Trust: Wellbeing and Library Service*

April 2021

## Reason for enquiry

## At the start of the pandemic, many clinical colleagues experienced difficulty in accessing wellbeing resources at the time when it was greatly needed. The provision of a pop-up library at a safe temporary location within the Trust main hospital enabled colleagues to browse and select a range of books during rest breaks that provided effective strategies for dealing with typical psychological issues such as dealing with anxiety and practicing mindfulness.

## What the knowledge and library specialist did

The library team maintained a daily range of self-help books for colleagues to loan. This initiative was incredibly accessible and as a result, encouraged new joiners to the library service and to material and tools they may not ordinarily explore.

# Impact of input from the library and knowledge service

*[General Comments]*

## Immediate Impact

Verbal feedback from service users was extremely positive. Colleagues expressed gratitude to the library team in providing this offer at a time when other facilities were increasingly unavailable and found the resources a positive distraction during breaks. Membership increased through raising awareness in a collaborate manner of both the library service and workplace wellbeing offer to those who may not usually engage with it. Wellbeing tips and tools adopted by colleagues to help them to stay safe and well during the various waves of the pandemic and beyond.

## Probable future Impact

The Trust charity has agreed to fund additional resources to enable this provision to be re-provided in the future to support wellbeing events held within the multiple site.

## Submission by:

Claire Haley, Workplace Wellbeing Lead, University Hospitals Bristol and Weston NHS Foundation Trust

## For further information on how you can get similar support contact your local NHS library and knowledge service.