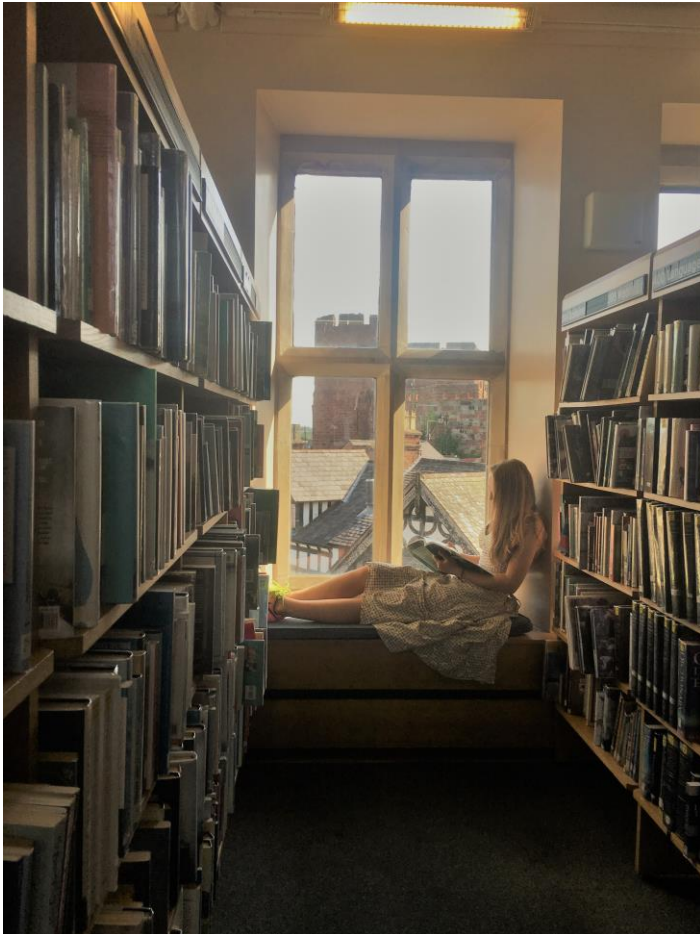


Social Prescribing



Mirka Duxberry
Library Development Manager

“I was under the librarians' protection. Civil servants and servants of civility, they had my back. They would be whatever they needed to be that day: information professionals, teachers, police, community organisers, computer technicians, historians, confidantes, clerks, social workers, storytellers, or, in this case, guardians of my peace.”

— Marilyn Johnson

What is social prescribing?

Why libraries should be at the heart of social prescribing?

Because of the library, I can read lots of books that I can't afford to buy. Because I suffer from depression, books help take my mind off my problems and can take me to another world.

- Warm places
- Free resources to inform, imagine and discover
- Free events, groups and activities
- Access to the internet and variety of e-resources
- Information provided by knowledgeable, trained and non-judgmental staff

...having a new baby can be quite isolating. Having the two groups on a Monday and Wednesday has meant I can meet other mums and babies. We have started coming at 5 weeks old. Lots of peer support at the group.

Thank you

I visit the mobile library which is my absolute saviour. Being able to read keeps me sane and as I am no longer working, I couldn't afford to buy my books. I often request sewing or craft books and these inspire me to do something for myself which is crucial when you're a carer.

Libraries in the context of Health and Wellbeing

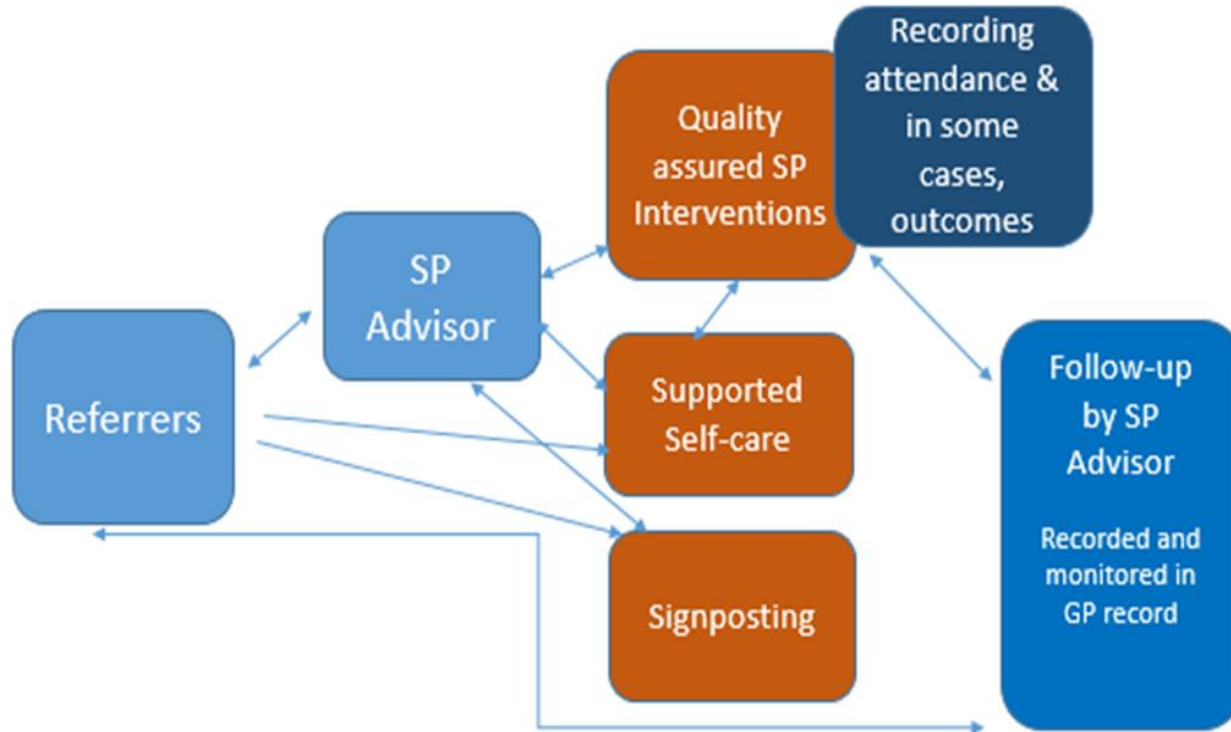
- Oswestry Library Social Prescribing pilot
- Health Zones
- Community Connectors
- Staff Training

Case study:

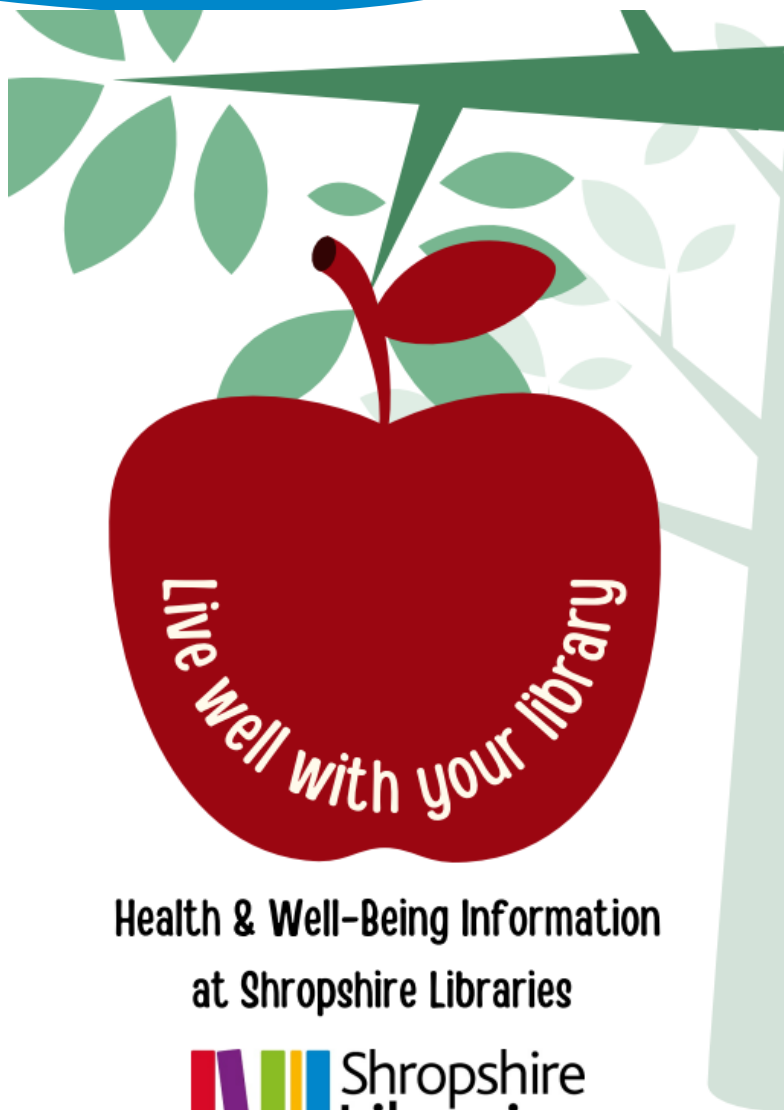
A librarian describes how a local customer had been coming into the Library for eighteen years, and **she had noticed how the person was very withdrawn, upset, and in general not in themselves.**

She was really concerned that the person would take his own life, and with the person's consent, **contacted safeguarding and social prescribing teams.**

She says: “Thankfully I talked to him at length giving him **lots of positive reasons to be alive, all the health and well being things we have to offer at the Library and in the community.** I said I would refer him and somebody would be in touch. Thankfully quite quickly too. Looking back, I am so glad I did the referral and he is so grateful. **He calls in to see me most days to give me an update which** also helps get things off his chest.”



Shropshire Social Prescribing (SP) Operational Diagram



Health & Well-Being Information
at Shropshire Libraries

- Library Induction
- Reading Well collections
- Shared Memory bags
- Concessionary card
- Digital support for people 65+
- Your Health Admin

Brought to you by The Reading Agency

Learn more

Log in

READING WELL

- Home
- The books
- Resources**
- News
- Get Involved
- Donate

Resources

Here you'll find a range of downloadable resources to help you make the most of the Reading Well programme. To purchase print resources, visit our [online shop](#).

Search

Search

Filter by category

Children

Dementia

Long term conditions

» **Mental Health**

Teens

Wales



Plasma screen artwork - all 5 Reading Well schemes

A digital slide for displaying on plasma screens in libra...

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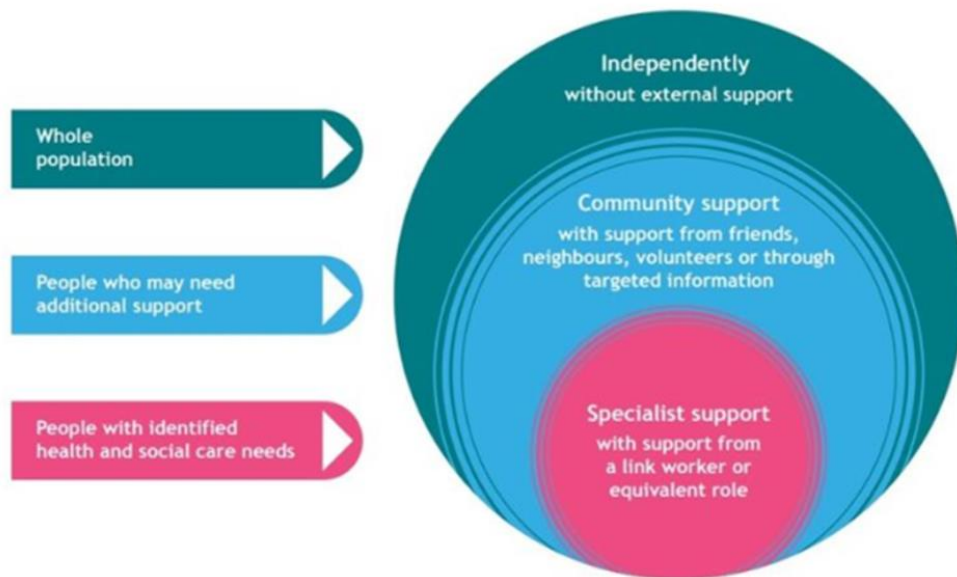


Book Guide and Signposting for Grief and Bereavement

This guide recommends books that can lend a hand in helpi...

[Read more](#)





Source: National Academy for Social Prescribing

120 people referred/signposted specifically to libraries through social prescribing

3,249 events and activities with 52,212 people taking part

601,166 physical footfall

260 volunteers gave 6,859 hours of their time to value of £109,744

823 hours of informal digital support

145 people over 65 supported through one to one digital project so far

Case study:

Each week, Ann met with a Digital Volunteer at the library, gradually building her confidence. “For me, it’s been life-changing,” she smiled. “I’ve learned to use my iPad for online exercise classes, which I enjoy even more than going to the gym. I download my favourite magazines from the digital library and keep in touch with my walking group using email. The NHS app means ordering my prescriptions takes just moments.”



Challenges and future plans:

- Recognising the impact of libraries
- 1 in 5,000
- We need to tell better stories



“people with low health literacy, compared with the general population are 1.5-3 times more likely to experience increased hospitalisation or death” (PHE).
The life expectancy gap between the wards with the highest and lowest literacy is 26 years.

Source: National Literacy Trust

“The universe is made of stories, not of atoms.”

-Muriel Rukeyser

Thank you.

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