

What's available in Telford Health Library?

Fiction books for
Leisure and
Escapism.



Self Help books for
Mental Health &
Mindfulness.



Health information at your fingertips with our
own Telford Health
Library stock and
Healthy Lives
Collection.



Jigsaws for fun and to de-stress.



Uplifting Resources for the NHS from the NHS



Health Information Week

Inspiring Better Health

Shrewsbury and Telford Health Libraries

Contact your knowledge and library service:

Telford Health Library
sath.telford.library@nhs.net Ext: 4440

Shrewsbury Health Library
sath.shrewsbury.library@nhs.net Ext: 2512



Online Resources

Health Education England and the Reading Agency have crowd-sourced a list of uplifting, digital resources from NHS staff. The choices below were recommended by your colleagues in the NHS, and are ideal for boosting your mood. You can use them at your leisure via any computer or mobile device. Go to:

<https://library.nhs.uk/nhs-staff-and-learners/uplifting-resources/>

Poems

Still I Rise – Maya Angelou *“It is about triumph over adversity.”* <https://www.poetryfoundation.org/poems/46446/still-i-rise>

Love After Love – Derek Walcott *“...every time I read it, my heart swells.”* <https://allpoetry.com/love-after-love>

Making A Difference – Lemn Sissay https://www.youtube.com/watch?v=Y10_PqZvnW0&t=70s



Podcasts

You can use these at your leisure via any computer.

Nothing Much Happens

Bedtime stories for adults, to aid relaxation. *“It has really helped me when I feel anxious or I am finding it difficult to fall asleep.”* - <https://www.nothingmuchhappens.com/stories>

Desert Island Discs

Vascular and war surgeon David Nott. *“When I am having a bad day... I put this podcast on and it reminds me why I do this job and gives me a little bit of hope to carry on.”* - <https://www.bbc.co.uk/programmes/b07djzyq>

Happy Place

Fearne Cotton speaks to guests about life, love, loss and everything in between. *“Positive ways to find joy every day.”* - <https://podcast.app/happy-place-p439220/>

Don't Tell Me The Score

What can sport teach us about life and how best to live it? - <https://www.bbc.co.uk/sounds/series/p06qbt0y>

Websites

Soundscapes for Well Being –

Virtual soundscapes of nature and music from the BBC. *“Made me feel calm and connected to nature when I was staying inside.”* - <https://canvas-story.bbcrewind.co.uk/soundscapesforwellbeing/>

Music For Wellbeing

Music playlists for different moods from the Recovery College Online. - <https://www.recoverycollegeonline.co.uk/music-for-wellbeing/>

Your Mind Plan

A five question interactive quiz to get top tips and advice from Public Health England. *“I liked the digestible tips.”* - <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Yoga Pilates Youtube

This introductory Pilates course by the NHS is made up of extremely gentle and slow placed classes - <https://www.youtube.com/watch?v=44HquH6QyXc>

