Torfaen Library and Information Service

Christine George
Group Leader

Norah Williams
Health & Wellbeing Information & Support Officer
Supporting the health & wellbeing of our communities

- General Book stock
- Supportive Book Collections
- Health & Wellbeing Information & Support Service
- IT Support
- Library at Home Service
- Therapeutic activities
- Inter-agency working
Supportive book stock
Supportive services
IT drop-in sessions
Library at Home Service
Bringing Libraries to You
Key factors for sustainability

• Enthused line-management
• Engaged and supportive library colleagues
• Active and engaged independent Steering Group
• Strong links with local services
• A co-ordinator familiar with library objectives
• Participation in sharing best practice
• Timing – agenda for change to self-management of chronic conditions
Aims and Objectives

‘People are independent and can make their own choices because they have access to information and services’

Aim one:
People take ownership of their health issues

Aim two:
People feel less frightened and are well supported

Aim three:
Libraries are recognised as providers of good quality health information
Torfaen Libraries
Health & Wellbeing
Information & Support Service

September 2013
Working with other agencies
Shared Reading Group
Ty Cae Nant Care Home
## Shared Reading Groups

<table>
<thead>
<tr>
<th>Torfaen MIND</th>
<th>Growing Spaces</th>
<th>Trevethin and Penygarn Women’s Mental Health Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Connects - Oakfield</td>
<td>Ty Cae Nant Sheltered Housing</td>
<td>Cwmbran House Residential Home</td>
</tr>
<tr>
<td>Ty Bryn  Care Home</td>
<td>The Stroke Association</td>
<td>Memory Café – Alzheimers Society</td>
</tr>
<tr>
<td>Age Connects - Pontypool</td>
<td>The M.S. Society</td>
<td>Age Connects - Croesyceiliog</td>
</tr>
<tr>
<td>Thomas Gabriel Nursing Home</td>
<td>Llanyrafon Care Home (independently run)</td>
<td></td>
</tr>
</tbody>
</table>
Read To Me Service
Volunteer-led one-to-one sessions
Some of the things service users have said

‘It’s not just about reading or getting to know the story. It’s about voicing our opinions about things as well.’
Lesley, Abersychan

‘I really enjoy these sessions, I cannot speak more highly to my doctors about the good I feel it is doing me.’
Bill, Cwmbran.

‘It’s a life-changer, I’m so much more confident now.’
George, full-time carer, Pontypool

‘Loneliness is the most horrible thing, so I am very appreciative of the company this service provides, I love it. It breaks the day up. I might not see any one else all day. I’d give my volunteer 10 out of 10, a gold star’.
Therapeutic Activities
Knit ‘n’ Natter
Community engagement

SLIPPER TALK!

Help us find a home this Winter so we can help keep people safe!

Nominate someone today by picking up a form from your local Torfaen library!
Slipper Talk Festival 2018
Memory Lane Club
Slipper Talk Festival 2018
Multi-agency event
Dementia Friendly Communities