

**TORFAEN
COUNTY
BOROUGH**



**BWRDEISTREF
SIROL
TORFAEN**

Torfaen Library and Information Service

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Group Leader

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Health & Wellbeing Information & Support Officer



Supporting the health & wellbeing of our communities





Supportive book stock



Supportive services IT drop-in sessions



Library at Home Service

Bringing Libraries to You



Macmillan Torfaen Libraries Cancer Information & Support Service

October 2010

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

energy
saving
trust



melin
together we can...



Care & Repair
Monmouthshire and Torfaen



Working with other agencies



Shared Reading Group
Ty Cae Nant Care Home

Shared Reading Groups

Torfaen MIND	Growing Spaces	Trevethin and Penygarn Women's Mental Health Group
Age Connects - Oakfield	Ty Cae Nant Sheltered Housing	Cwmbran House Residential Home
Ty Bryn Care Home	The Stroke Association	Memory Café – Alzheimers Society
Age Connects - Pontypool	The M.S. Society	Age Connects - Croesyceiliog
Thomas Gabriel Nursing Home	Llanyrafon Care Home (independently run)	



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

<https://www.Torfaen.gov.uk/en/Related-Documents/Libraries/Torfaen-Library-and-Information-Service-Strategy.pdf>



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!



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CarnegieUK
TRUST

CHANGING MINDS • CHANGING LIVES



wellcome



Engaging
Libraries

public engagement
on health and wellbeing





Slipper Talk Festival 2018
Memory Lane Club



Slipper Talk Festival 2018

Slipper wrapping session



Slipper Talk Festival 2018
Multi-agency event



Dementia Friendly Communities