



Promoting Positive Health and Wellbeing Policy

Date: 15 November 2018

Review Date: *November 2021*



Policy Information	
Policy Title	<i>Policy for Promoting Health and Wellbeing</i>
Policy Number:	<i>POL67</i>
Version	1
Policy Sponsor	<i>The Assistant Director with responsibility for Health Services</i>
Policy Owner	<i>The Service Development Manager with responsibility for Health Services</i>
Committee and date recommended for approval	<i>Services Committee</i>
Date approved by the Board	<i>13 December 2018</i>
Equality Screening Status	<i>Screened: 5 November 2018</i>
Rural Needs Impact Assessment Status	<i>Assessed: 26 October 2018</i>
Date Set For Review	<i>November 2021</i>
Related Policies	<ul style="list-style-type: none"> • <i>Stock Policy</i> • <i>Information and Learning Services Policy</i> • <i>Reading and Reader Development Policy</i> • <i>Partnership Policy</i>

Libraries NI
Promoting Positive Health and Wellbeing Policy

1. Introduction

- 1.1 There is growing recognition of the role that public libraries can play in promoting health and wellbeing, both through services that are directly health-related and through the benefits that library users experience as a result of visiting a library.
- 1.2 This role includes the supply of reading material including health information, the delivery of social programmes and health related activities and the availability of neutral venues for health promoting activities.
- 1.3 Research shows there are many health benefits to reading for pleasure. There is strong evidence that it can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life.
- 1.4 Libraries provide a wide range of health information in different formats including books, online and information from partner organisations. This information is important to empower people to make informed decisions about their health.
- 1.5 Loneliness has been identified as a major contributor to poor health and wellbeing and libraries are accessible, neutral, community and social spaces where people can spend time free of charge.
- 1.6 Libraries are seen as stigma free neutral venues and can host health related sessions as an alternative to community or statutory settings.

2. Purpose

- 2.1 The purpose of this policy is to outline Libraries NI's approach to promoting positive health and wellbeing through its services.

3. Policy

- 3.1 Libraries NI will promote health literacy by providing access to current, accurate and accessible health information. The means of providing this may include stock such as books, leaflets, journals and online resources, partnerships, events and signposting.
- 3.2 Libraries NI will recognise the importance of the library as a community hub and social space and its role in connectedness in order to combat the negative health impacts of isolation.

- 3.3 Libraries NI will provide a programme of social activities that encourage people to socialise and to develop connections.
- 3.4 Libraries will develop a range of health promoting activities that offer advice and support on improving both physical and mental health and wellbeing.
- 3.5 Libraries NI will promote reading for pleasure.
- 3.6 Libraries NI will provide stigma free, neutral community spaces that can be used by health professionals and health organisations for health promoting activities.
- 3.7 Libraries NI will work in partnership with health organisations and agencies to deliver mutually beneficial outcomes.

4. Authority

Policy Sponsor: The Assistant Director with responsibility for Health Services.

Policy Owner: The Service Development Manager with responsibility for Health Services

Policy Contact: The Senior Information and Learning Services Manager

5. Related Documents

Policies

- Stock Policy
- Information and Learning Services Policy
- Reading and Reader Development Policy
- Partnership Policy