

Promoting Positive Health and Wellbeing Policy

Date: November 2021

Review Date: November 2024

Connect with us
www.librariesni.org.uk



Policy Information	
Policy Title	<i>Promoting Positive Health and Wellbeing Policy</i>
Policy Number:	<i>POL67</i>
Version	<i>2 (November 2021)</i>
Policy Sponsor	<i>The Head of Service with responsibility for the delivery of health activities and information</i>
Policy Owner	<i>The Service Development Manager with responsibility for the delivery of health activities and information</i>
Committee and date recommended for approval	<i>Services Committee, 18 November 2021</i>
Date approved by the Board	<i>9 December 2021</i>
Equality Screening Status	<ol style="list-style-type: none"> 1. <i>Screened: 5 November 2018</i> 2. <i>Screening Reviewed: 2 November 2021</i>
Rural Needs Impact Assessment Status	<ol style="list-style-type: none"> 1. <i>Assessed: 26 October 2018</i> 2. <i>Reviewed: 2 November 2021</i>
Date Set For Review	<i>November 2024</i>
Related Policies	<ul style="list-style-type: none"> • <i>Equality Scheme</i> • <i>Information and Learning Services Policy</i> • <i>Partnership Policy</i> • <i>Reading and Reader Development Policy</i> • <i>Safeguarding Policy</i> • <i>Stock 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, through both the provision of resources and services that are directly health-related and 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 either face-to-face or virtually 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 services and resources delivered to the public.

3. Policy

- 3.1 Libraries NI will promote health literacy by providing access to current, accurate and accessible health information. This will include stock such as books, leaflets, journals and online resources. We will engage with partners as appropriate to deliver events and signpost to all relevant health and wellbeing information e.g. Macmillan.
- 3.2 Libraries NI will recognise and promote 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, face-to-face and online, 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 Head of Service with responsibility for the delivery of health activities and information.

Policy Owner: The Service Development Manager with responsibility for the delivery of health activities and information.

Policy Contact: The Senior Information and Learning Services Manager.

5. Related Documents

Policies

- Equality Scheme
- Information and Learning Services Policy
- Partnership Policy
- Reading and Reader Development Policy
- Safeguarding Policy
- Stock Policy