

LIBRARY NEWS

November 2022



Be in it to win it!

Enter our competition to win £30 by completing the library's survey on information seeking habits

The Knowledge and Library Service is trying to get a better understanding of how staff and students look for information when working or studying. We believe that this will **help the library get a better understanding of your information needs so that we can support you better in the future.** Please can you fill in this quick survey. **Everybody who completes the survey will have the chance to win £30 by having their name entered into a prize draw. Click on the following link to complete the survey.**

<https://lthtr.onlinesurveys.ac.uk/how-do-you-look-for-information-when-working-or-studying-final>

The closing date for the survey is 1st December.

The next Mindfulness Resilience and Effectiveness course is now open for applications. The course will take place over 4 sessions in November and December and will be held at Royal Preston Hospital in Education Centre 1. The dates and times are below.

Tuesday 1st November	1.30 – 3.30pm
Tuesday 15th November	1.30 – 3.30pm
Tuesday 6th December	1.30 – 3.30pm
Tuesday 13th December	1.30 – 3.30pm

Please note, you must be able to attend all 4 sessions.

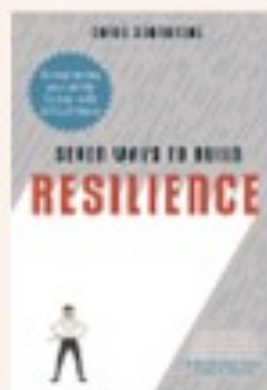
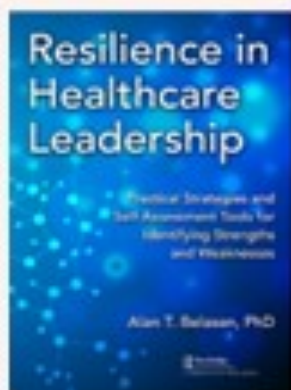
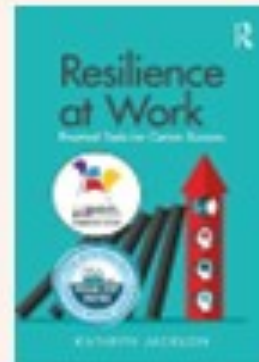
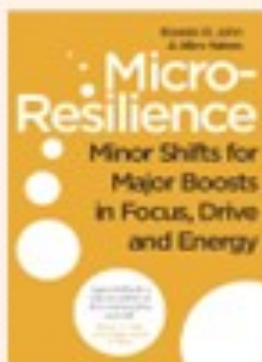
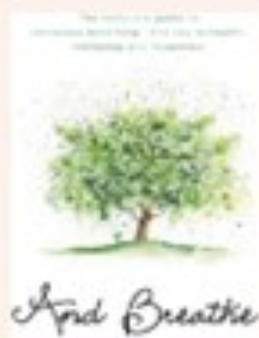
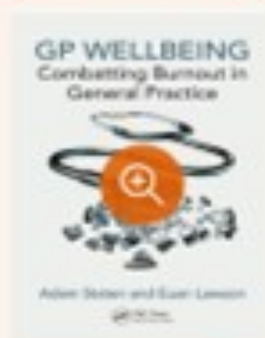
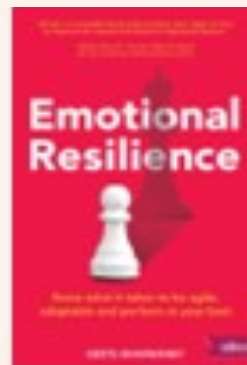
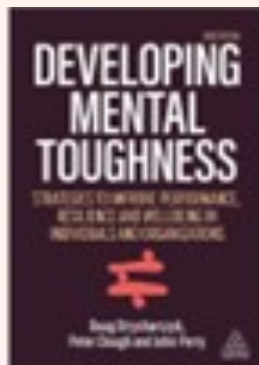
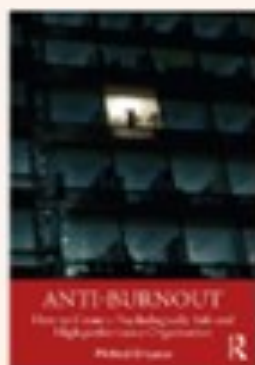
This course is suitable for all colleagues and has the aim to improve wellbeing and effectiveness in our work and personal lives. The course is a mixture of short mindfulness practices (up to 20 minutes) and teaching activities

based on Acceptance and Commitments Therapy (ACT). You will be offered the chance to complete some mindfulness practices and other exercises between sessions. These may take 10-20 minutes a day and are optional, but you are likely to get far more out of the course if you are able to practice between sessions.



The course we will be doing was developed by Dr Paul Flaxman (City University London) and is already being used by other organisations, such as Northumbria Healthcare. It has a sound evidence base and has been shown to increase psychological flexibility, performance, and wellbeing for staff. The focus is on developing mindfulness skills of directing attention to the present moment and accepting where we are at that point, as well as helping us to consider how we can use our values as a guide to actions. It has been identified that when we are acting in a way that is consistent with our values we are less stressed.

Health Education England have purchased 21 e-books on Resilience! Access them with an OpenAthens username and password. Click [here](#) to see the all the titles and to access:



What are the library staff loving this month?

Louisa has been loving **'Cause of Death'** on **Channel 5** featuring RPH services and staff, this shows looks at

Joanne has been loving **Inside Man** on **BCClplayer** starring David Tenant and Stanley Tucci where a prisoner on death row in the US and a woman

trapped in a cellar under an English vicarage, cross paths in the most unexpected way.

Deidre is anticipating the return of **The Crown (Netflix)**, which returns on 9th November. This season tracks the Royal Family in the 1990s leading up to Princess Diana's passing in 1997.



Eva has been enjoying the latest series of **Taskmaster** which you can watch on **All4**. Each week celebrities have to complete a variety of interesting challenges as set by the taskmaster, Greg Davies.

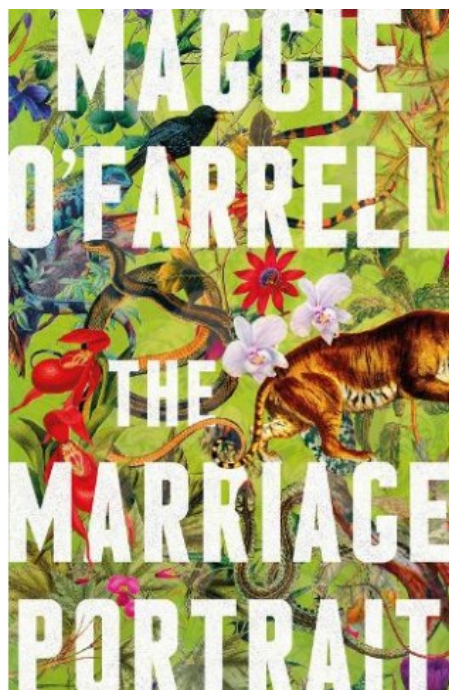
In the cinemas **Maisie** loved **Don't Worry Darling** a psychological thriller (think Shutter Island meets Truman Show meets Housewives of Beverly Hills), starring Florence Pugh and Harry Styles.



This month Sarah has been loving Maggie O'Farrell's latest novel

Florence, the 1560s. Lucrezia, third daughter of Cosimo de' Medici, is comfortable with her obscure place in the palazzo: free to wonder at its treasures, observe its clandestine workings, and to devote herself to her own artistic pursuits. But when her older sister dies on the eve of marriage to Alfonso d'Este, ruler of Ferrara, Modena and Reggio, Lucrezia is thrust unwittingly into the limelight: the duke is quick to request her hand in marriage, and her father to accept on her behalf.

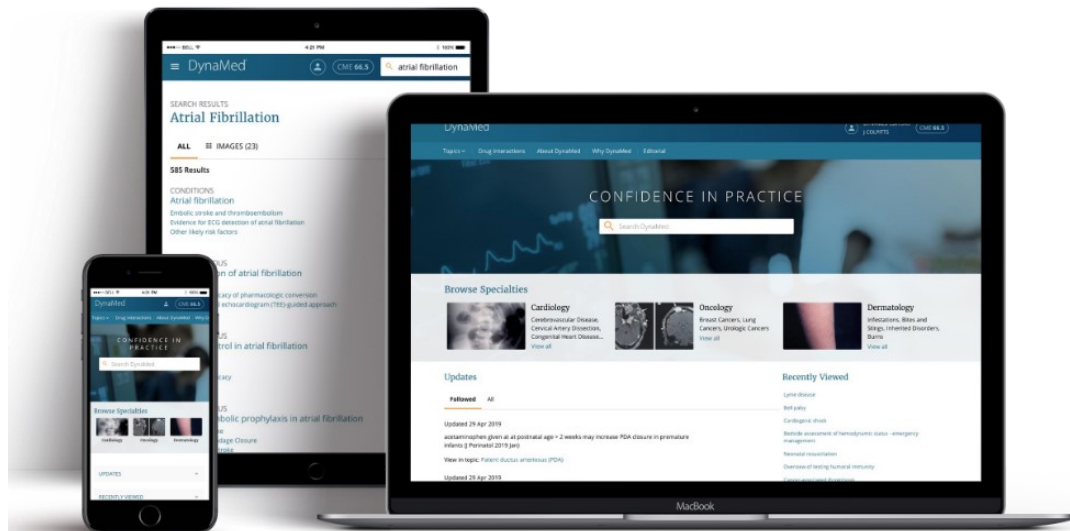
Having barely left girlhood behind, Lucrezia must now make her way in a troubled court whose customs are opaque and where her arrival is not universally welcomed. Perhaps most mystifying of all is her husband himself, Alfonso. Is he the playful sophisticate she appears before their wedding, the aesthete happiest in the company of artists and musicians, or the ruthless politician before whom even his formidable sisters seem to tremble?



As Lucrezia sits in uncomfortable finery for the painting which is to preserve her image for centuries to come, one thing becomes worryingly clear. In the court's eyes, she has one duty: to provide the heir who will shore up the future of the Ferrarese dynasty. Until then, for all of her rank and nobility, the new duchess's future hangs entirely in the balance.

Like the sound of this? It's coming soon to library stock!

Get easy, fast, and reliable answers to clinical question with DynaMed



[DynaMed](#) is a clinical point of care tool that aims to help clinicians overcome information overload. You will not need a username and password to access DynaMed while working from a Trust device. For home access you will need your OpenAthens username and password. You can [register here](#) for your OpenAthens account.

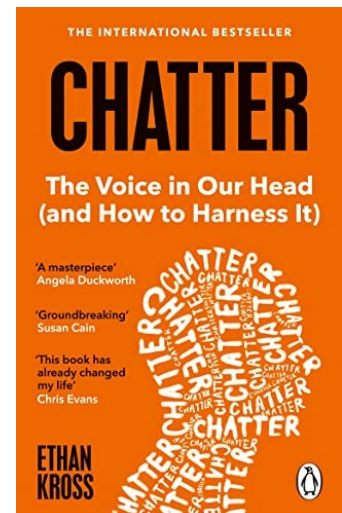
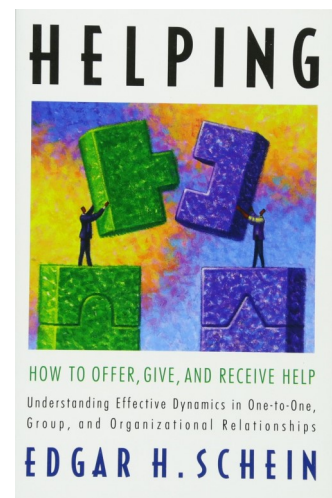
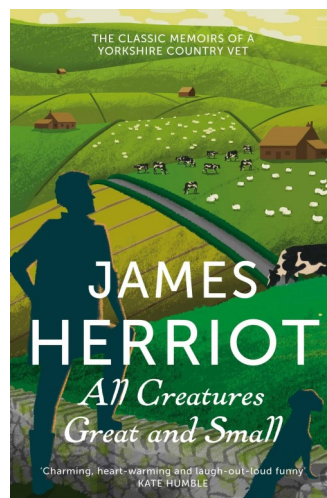
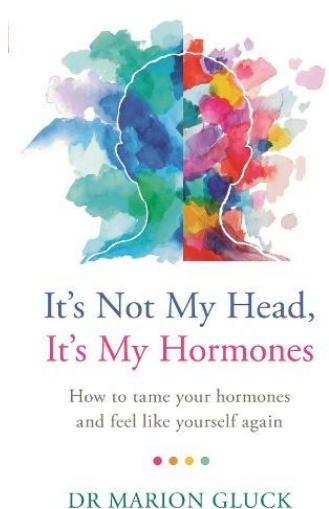
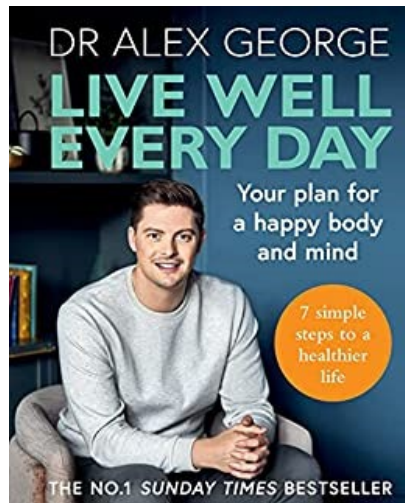
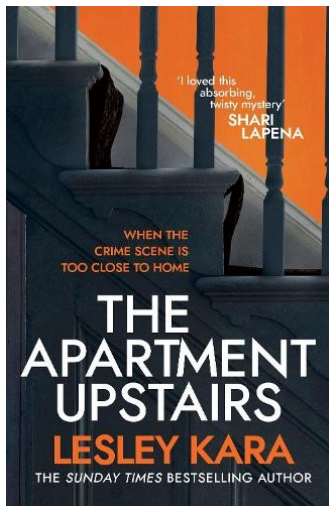
Here are 5 reasons why you should give DynaMed a try:

- [DynaMed](#) helps you to be confident in your practice and saves you time. It provides the busy clinician with key takeaways, targeted synopses, and clearly defined recommendations based on the [best evidence](#) and [clinical expertise](#).
- DynaMed can help you with revalidation, training & earning CPD credits.
- DynaMed can keep you up to date with practice changing updates
- You can use DynaMed anywhere by downloading the app to your mobile devices
- DynaMed articles link to UK and International Guidelines

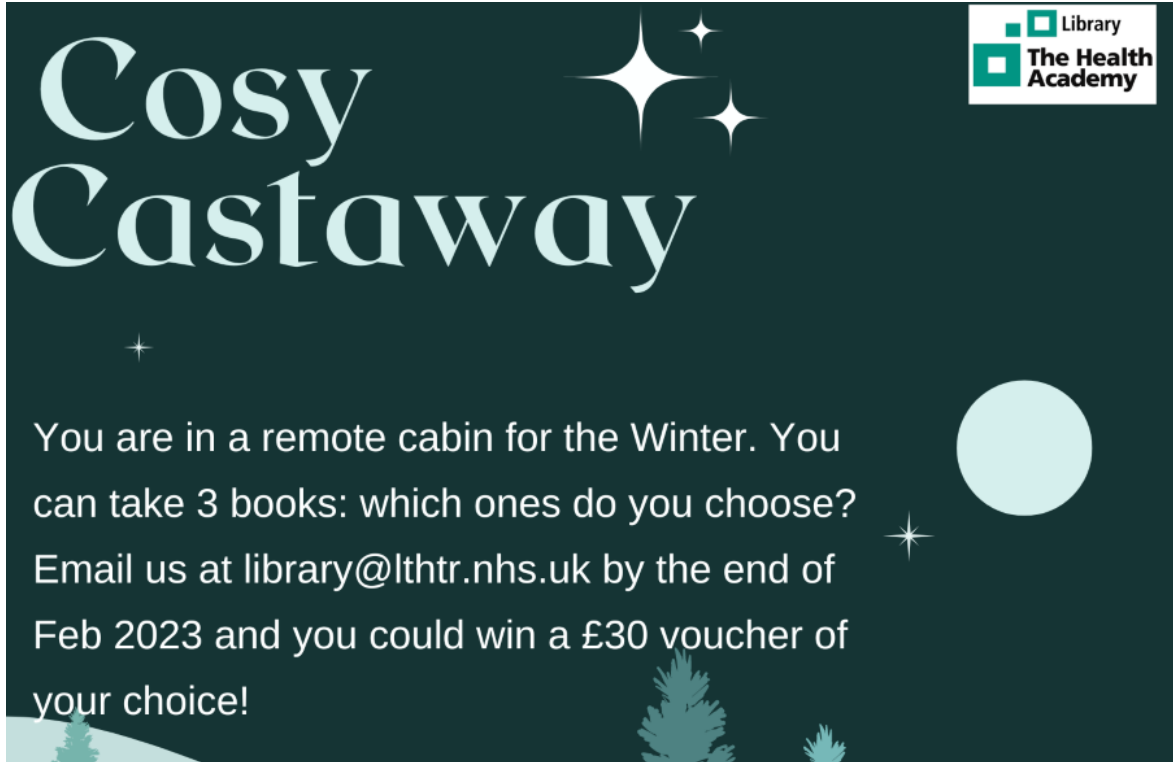
If you would like to find out more about DynaMed then please Andrew.Craig@lthtr.nhs.uk

New Books for November

See below the new Fiction and Wellbeing books that are new into our collection



Enter our Cosy Castaway competition!

The poster features a dark teal background with a white starburst graphic and a light teal circle. The title 'Cosy Castaway' is written in a large, white, serif font. In the top right corner, there is a logo for 'Library The Health Academy' consisting of a teal square with a white square inside, followed by the text 'Library' and 'The Health Academy' stacked vertically. The main text of the poster is in a white, sans-serif font.

Cosy Castaway

You are in a remote cabin for the Winter. You can take 3 books: which ones do you choose? Email us at library@lthtr.nhs.uk by the end of Feb 2023 and you could win a £30 voucher of your choice!

Enter here: <https://lthtrcastaway.wordpress.com/>

Your library service

WORK AND STUDY - GET SUPPORT - RELAX

Visit our website to find out more about the full range of services which are available:



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