

LIBRARY NEWS: JUL 2022

Chorley library open day June 21st 2022

To get people back into the library space after the pandemic the library at Chorley decided to have an open day where we could showcase our lovely library space and onsite resources as well as providing much needed air con on what was quite a hot day! Our offer of free tea and cake (along with Harry Styles) was a great draw as we had around 40 people join us throughout the day and from these the library got 22 new members.



We had a variety of staff visit us including domestics, admin, nurses, doctors, students and by the end of the day most of the cake and biscuits had been eaten! Due to the success of this event we plan to do more across the year at both library sites so keep an eye on library news for more information!

Welcome to our new library staff!

Library & Knowledge Services Manager: Siobhan Linsey



I joined Lancashire Teaching Hospitals NHS Foundation Trust in June 2022, having spent the previous few years working as Knowledge and Library Services Lead at Bolton NHS Foundation Trust, and Deputy/Operational Manager at Somerset NHS Foundation Trust.

Before this I was an Outreach Librarian developing cross-sector working relationships with public libraries, the CCG, and other Trusts across Somerset. I have also worked in school libraries and media research, but love working in the NHS supporting staff and students with their information and knowledge needs. My professional passions are Health

Literacy and Service Development.

In my spare time you'll find me at a gig, the theatre, or gallery, attempting yoga and pilates, with my nose in a good book, or walking my border terrier Isla (who is the subject of the majority of my mobile phone photos)!

Email: Siobhan.Linsey@LTHTR.nhs.uk

Clinical Librarian: Ruth Muscat

I moved to England from Malta in 2006, having had a whale of a time doing my MA LIS at University College London and wanting more of the London life. I've worked in health libraries almost all the time since then, performing clinical librarian-type roles in various UCL medical libraries for ten years, and after moving to the NW, as a Knowledge and Evidence Specialist at what was then Public Health England. I had a 3-year hiatus as the EBSCO Health regional sales manager for UK North and Ireland between leaving London and getting the PHE contract, but my heart has always lain with health librarianship. I'm also, for my sins, halfway through a PhD with Northumbria University, researching the role that health librarians play in mobilising knowledge within and across healthcare organisations.



I live in Glossop with my husband Keith and five cats, and frequently miss the warm Mediterranean beaches of my youth though I do love the Peak District. I am a bookworm (contemporary fiction mainly), a soprano in my local choir, a fair-weather gardener, an occasional catsitter, an even more occasional volunteer in our local community bookshop, and I sometimes dabble in making jewellery out of silver clay (look it up). Looking forward to working with you all, it's so good to be squarely back in the medical librarian fold!

Win £50!

Castaway Books

Tell us about 3 books you have read that you would take to a desert island!

Send us your 3 book reviews (they do not have to be of LTHTR books), a short bio and if possible a picture of yourself before the end of September 2022 to library@lthtr.nhs.uk and we will put you in a **prize draw to win £50!**

We have created a blog page where our Castaways can be found . Go to <https://lthtrcastaway.wordpress.com/> To have a look at our first Castaways , click on the link, and scroll down and click on our Castaways name.

Which would you choose?



Please be aware that we will be putting a link to the blog on the library's Trust website page

Pop-up Library in Charters every Wednesday!

When are we there

next:

12-1pm

6th July

13th July

20th July

27th July

At the pop-up library you can return your books, sign up to OpenAthens, find out about the new NHS Knowledge hub or ask us about our services. We will also have a selection of medical & fiction/wellbeing books for you. If you want any book from our collection bringing across let us know. To save you time feel free to return books borrowed from Preston or Chorley library to us during this time.

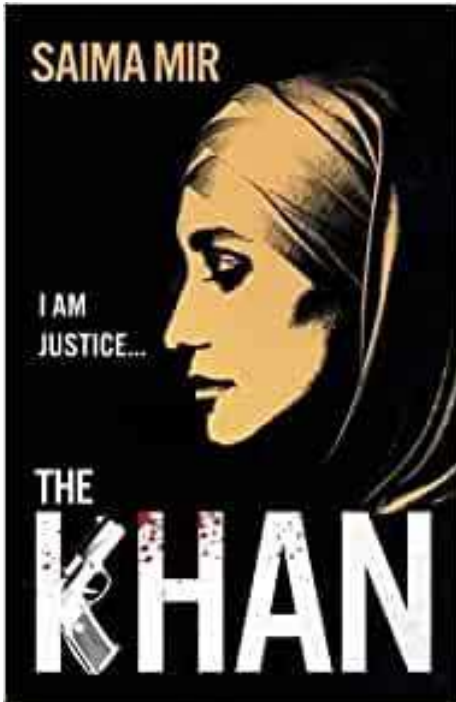
If you want to join the library while we are in Charters just bring your Trust ID badge and complete a membership form while we are there. If you have any questions about any aspect of library services please ask.



Books of the month: July

Do you have a book that you borrowed from us and really enjoyed? Let us know and we will put it in our book of the month!

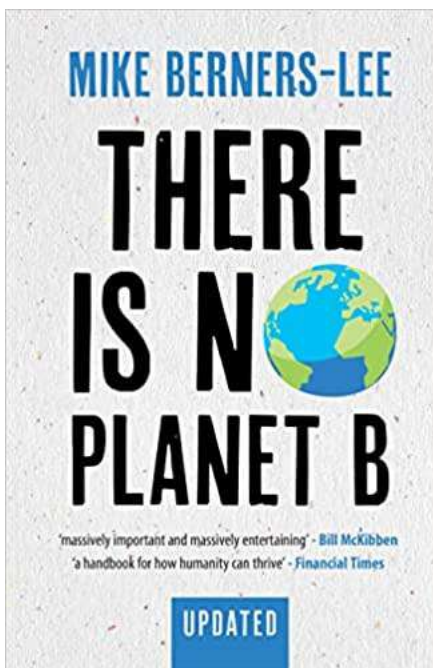
Staff Book of the month



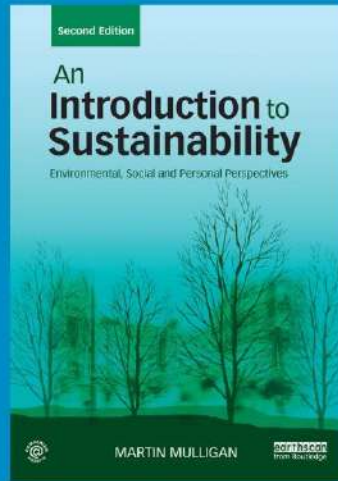
Be twice as good as men and four times as good as white men. Jia Khan has always lived like this.

A successful lawyer, her London life is a long way from the grubby Northern streets she knew as a child, where her father headed up the Pakistani community and ran the local organised crime syndicate. Often his Jirga rule - the old way - was violent and bloody, but it was always justice of a kind. But now her father, Akbar Khan, has been murdered and Jia must return to take his place. In the past, the police relied on him to maintain the fragile order of the streets. But a power struggle has broken out amongst the various communities and now, nobody is safe.

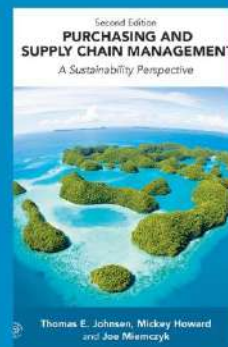
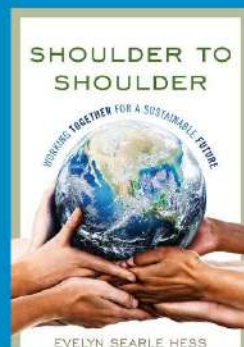
Ebook of the month



Feeding the world, climate change, biodiversity, antibiotics, plastics, pandemics - the list of concerns seems endless. But what is most pressing, and what should we do first? Do we all need to become vegetarian? How can we fly in a low-carbon world? How can we take control of technology? And, given the global nature of the challenges we now face, what on Earth can any of us do, as individuals? Mike Berners-Lee has crunched the numbers and plotted a course of action that is full of hope, practical, and enjoyable. This is the big-picture perspective on the environmental and economic challenges of our day, laid out in one place, and traced through to the underlying roots - questions of how we live and think. This updated edition has new material on protests, pandemics, wildfires, investments, carbon targets and of course, on the key question: given all this, what can I do?



KORTEX COLLECTION OF E-BOOKS



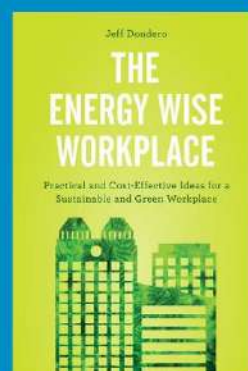
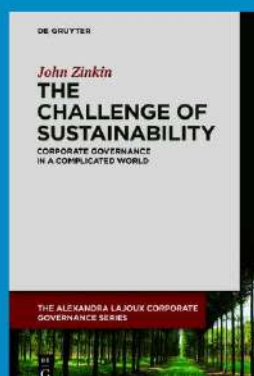
SUSTAINABILITY E-BOOKS

Athens Username and Password

needed to access e books

Use the link below to see full list of e-books

tinyurl.com/59affcu3





Reading List



South Asian Heritage Month

The following books by authors of South Asian heritage or on related themes are available to borrow from the Library.



Excellence in Education

The NHS Knowledge and Library Hub: Evidence at your fingertips



The NHS Knowledge and Library Hub allows quick and easy access to journal articles and health and care evidence from a single search box.

You can access the hub via [this link](#) where you will be prompted to log in with your OpenAthens username and password. If you don't have an OpenAthens account, you can register for one [here](#).

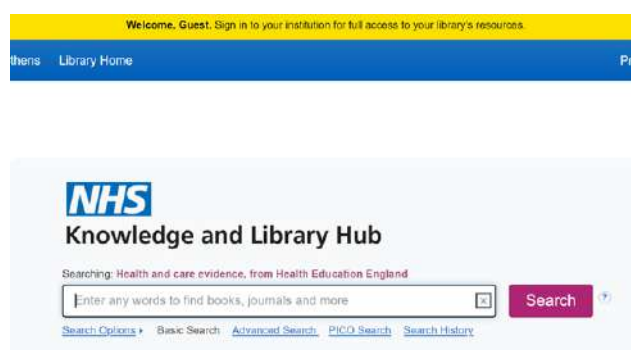
The hub provides full access to the library's collection of electronic journals and some ebooks. You can search for a topic, a journal article or journal title and where full-text is available you can download or save articles.

If the article you need isn't available there is also an option to request this via the library request form where we can explore obtaining this from another library for you.

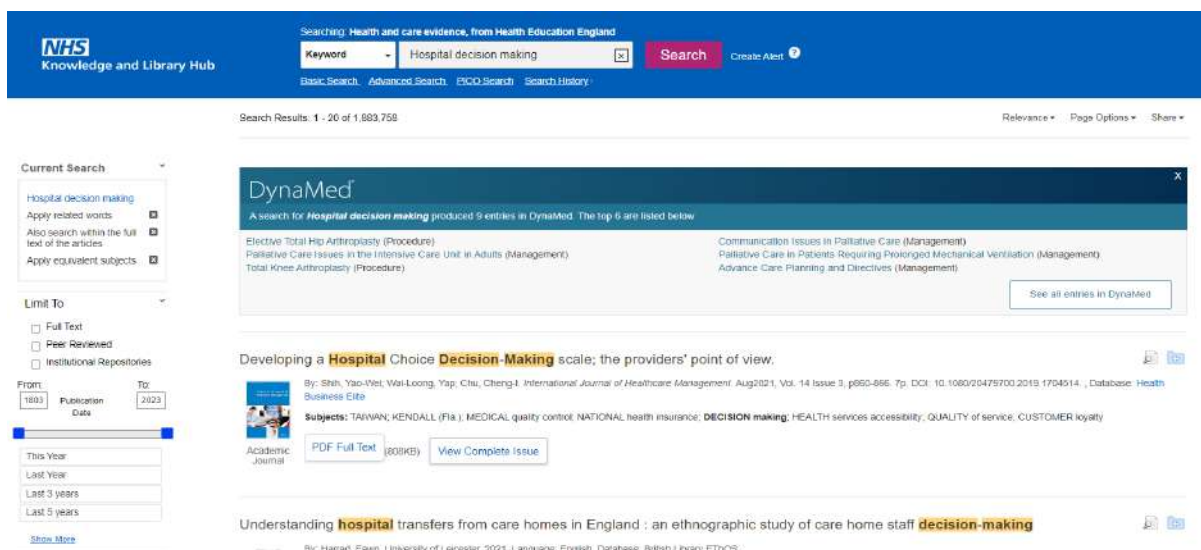
Currently our print and ebook collections aren't available via the Hub but can be searched [here](#).

If you would like to find out more about the hub see the [guide](#) or watch this short [video tutorial](#).

If you have any questions about how to get the most from the hub, contact via library@lthtr.nhs.uk



5 reasons you need to use the NHS Knowledge and Library Hub



The screenshot shows the NHS Knowledge and Library Hub search interface. At the top, there is a search bar with the text 'Hospital decision making' and a 'Search' button. Below the search bar, there are options for 'Basic Search', 'Advanced Search', 'PICO Search', and 'Search History'. The search results are displayed in a grid format, showing a list of articles from DynaMed and other databases. The first article is 'Developing a Hospital Choice Decision-Making scale; the providers' point of view' by Shi, Yao-Hsi, Wai-Loong, Yap, Chu, Cheng-I, published in the International Journal of Healthcare Management in August 2021. The second article is 'Understanding hospital transfers from care homes in England: an ethnographic study of care home staff decision-making' by Hamad, Fawn, published in the British Library ETHOS database in 2021. The interface also includes a sidebar with filters for 'Current Search', 'Limit To', and 'From' to 'To' dates.

NHS Knowledge and Library Hub is a one stop shop for accessing health and care evidence to support clinical practice, service improvement, research, and professional development.

Saves you time

If you wish to quickly see the resources available on a topic, then the NHS Knowledge and Library Hub is a quick way to start. Using the simple search tool it can search across over 7000 journals, e-books, and across multiple databases.

Easy to search

NHS Knowledge and Library Hub has a simple search tool that allows you to quickly narrow down your search using specialised filters

Will travel with you around NHS England

Becoming familiar with the NHS Knowledge and Library Hub is worth your time even if you think you will be working or studying elsewhere. The NHS Knowledge and Library Hub is available to all staff and students working in NHS England and so the skills you learn here are transferrable.

Just a starting point for more complex searches

You can use the Knowledge Hub as a starting point for a more complex search. NHS Knowledge and Library Hub links to more complex databases such as Medline, Embase, CINAHL, BMJ Best Practice and DynaMed

Makes it easier to access journal articles

In addition to providing access to over 7000 articles, the NHS Knowledge and Library Hub makes it easy to order articles from other libraries.

You can find out more about the Knowledge and Library Hub [here](#). If you wish to sign up for a 15 minute demo of the Knowledge and Library Hub, then please contact Andrew.Craig@lthtr.nhs.uk

Health Information Week 4th-10th July



We all need health information that we can trust. This has been highlighted more than during the COVID-19 pandemic.

We also need to look after our well-being, whether our mental health or our physical health.

In response to these needs, the Health Information Week 2022 project team has decided to include the following suggested themes this year:

- **Translated patient information**
- **Long Covid**
- **Your Health Collection**
- **Kidney Health**
- **Media Literacy**
- **Heart Healthy**
- **Arthritis**

Go to <https://healthinfoweek.wixsite.com/healthinfoweek/resources> for information on these topics



Ophthalmology

Library Services available to you

We are open 24/7 at

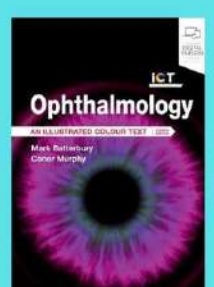
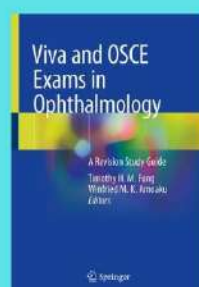
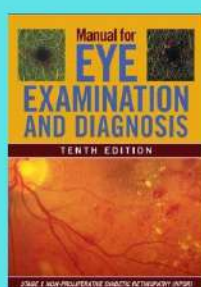
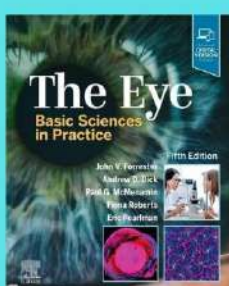
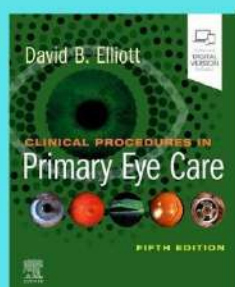
Health Academy 1 at Preston &
Health Academy 3 at Chorley.

You have access to an extensive range of
books, e-books and online resources

Visit our Ophthalmology subject page

<https://tinyurl.com/4s4kdzu6>

Contact the library - library@lthtr.nhs.uk



Quiz of the month: Word ladder

The word ladder puzzle starts with 2 words on the ladder. You have to transform the word on the top of the ladder into the word at the bottom of the ladder. On each step of the ladder you must replace 1 letter of the word and you can change to order of the letters.

This months quiz is a place a castaway might create on their desert island. To see the books our first Castaways have chosen go to <https://lthrcastaway.wordpress.com/> You can win £50 by telling us the 3 books you would take to a desert island!

b e a c h	An area covered with sand or small rocks that is next to an ocean or lake.
	A kind of tree that has smooth gray bark and small nuts.
	The part of the face that is below the eye and to the side of the nose and mouth.
	To become unable to breathe usually because something gets stuck in your throat or because the air is not good for breathing.
	(the emotional or physical reaction to) a sudden, unexpected, and usually unpleasant.
s h a c k	A small house or building that is not put together well.



The Library Team Recommends...

TV:

Sherwood: iPlayer: Two shocking and unexpected murders shatter an already fractured community leading to one of the largest manhunts in British history while threatening to inflame historic divisions sparked during the Miners' Strike three decades before. Excellent drama starring a host of British actors including David Morrissey and Lesley Manville.

Suspect: All4: starring James Nesbit this drama is divided into half hour two hander episodes. A detective investigates the suspicious death of his daughter.

Everything I know about love: iPlayer: based on the Dolly Alderton book, lives and loves of 20somethings.

Avoidance: iPlayer: Romesh Ranganathan stars in this poignant comedy about a man who cannot face telling his son that his parents are separating.

My name is Leon: iPlayer: based on the book by Kit De Waal Set in the 1980s this is about Leon, a nine-year-old mixed-race boy, who fights to reunite his family after being taken into care and separated from his blue-eyed, blond, baby brother Jake

Man v Bee: Netflix: comedy series with Rowan Atkinson, great for children and anyone who liked Mr Bean.

The Lazarus project: Sky: The Lazarus Project is a top secret organization dedicated to preventing mass extinction events and with the ability to make time go backwards.

Books:

The madness of grief by Rev. Richard Coles: a memoir charting the loss of his husband.

The paper palace by Miranda Cowley Heller: A love triangle that has effects on a family for over 50 years.

The impossible truths of Love by Hannah Beckerman: A woman tries to piece together the story of her childhood as her mother slips into dementia.

Would I lie to you by Aliya Ali-Afzal : Tackling themes of class, race and social expectation this finds a wife and mother prepared to do almost anything to preserve the lifestyle she has painstakingly built up.

Films:

Ali and Ava: Netflix: A shared love of music ignites sparks between landlord Ali and teacher Ava But their complicated lives threaten to undermine the relationship.

Podcasts:

How to be 60 with Kaye Adams: Kaye chats to guest about how to navigate getting older when you still feel young.

Cooking the books

Enjoy some recipes the team have been making recently.



Chicken cacciatore one pot with orzo: this months recipe is from Good Food and was adapted by Deirdre. It takes a bit longer but is easy to make, also chicken thighs are much cheaper than breasts



Serves 4

2tbsp Olive oil
 4-6 bone in skin on chicken thighs
 1 sliced onion
 2 sliced garlic cloves
 250ml red wine
 2 bay leaves
 4 thyme sprigs
 2 rosemary sprigs
 2 x 400g cans of cherry tomatoes
 1 chicken stock cube made up to 300ml
 1 tbsp balsamic vinegar
 2 tbsp capers (optional)
 Handful pitted green olives
 300g orzo, rinsed to stop it getting sticky when baked

1. Heat oven to 220c/200cfan/gas 7
2. Rub 1tbsp oil over chicken season well then put skin side up in a casserole dish or roasting tin and bake for 20-25 mins until crisp and golden but not fully cooked. Remove from dish and put on a plate.
3. Add remaining oil to casserole dish, tip in onion and garlic then bake for 5-8 mins until onion is tender.
4. Pour in the wine then add bay leaves, thyme, rosemary and tomatoes. Pour stock, vinegar, capers, olives and orzo. Stir well.
5. Nestle chicken back in dish skin side up and roast for 20 mins until sauce thickened and chicken cooked. Stir then leave for 10 mins for orzo to absorb last of liquid

Learner Support

Someone to **listen**

support, advice and guidance

To open form click here

We hope that you are all keeping safe, well and are settling in to your new roles and placements within the Trust. The Learner Support team are here to offer support, advice and guidance on academic, personal, health, conduct and professional matters to all the trusts learners. We are based on the 1st floor of the Health and Wellbeing Centre, which is situated in between Health Academy 1 and the Sharoe Green unit.

We have a quiet room for you to access if you need time to yourselves to gather your thoughts and reflect on an issue which is troubling you. There are comfortable chairs, books, refreshments and various self-help information available. This room has had a great response and the feedback is fantastic. If you would like to take a look please let us know.

If you do find yourself needing someone to listen or need a little help and support, you can contact us by email, telephone, face to face/ virtual, by clicking on the Learner Support bar (which is on the right hand side of the intranet page) or by a referral form. We are here Monday to Friday 8.30am to 4.30pm. You can contact us by:

Telephone - 01772 528444/4924

Email - learner.support@lthtr.nhs.uk

Intranet – main page, right hand side and click on the button (as above image)



Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They have now extended their free offer and are offering free access to NHS staff until the 31 December 2022.

How NHS staff can get access

- Access: Unmind
- Sign up with your NHS email address
- Download the Unmind app from your app store

Your organisation name is 'NHS' – if you do not see your NHS email domain please contact support@unmind.com and include your email domain.

Mindfulness Short Sessions for July

We hope you can join our new Clinical Psychologist/Mindfulness teacher, Peter, for our short sessions in July. The theme this month is: Summer breeze – Whether your summer is busy or quiet, this is a mid-week chance to pause and recharge.

They will be half hour sessions taking place on the following dates:

Wednesday 6th July 2.30pm

Wednesday 13th July 2.30pm

Wednesday 20th July 2.30pm

Wednesday 27th July 2.30pm



Please click on the link to join:

[Join Microsoft Teams Meeting](#)

[Learn more about Teams](#) | [Meeting options](#)

Microsoft Teams Sessions - No need to book

For more information contact the Health and Wellbeing Team:

mindfulnessforstaff@LTHTR.nhs.uk

**You Can find instructions on how to join teams
on the intranet**

Search Microsoft Teams installation guide



Improve your knowledge of anatomy

We are running a series of **lunchtime training sessions** on Anatomy TV. Each training session will take place online via **Microsoft Teams** and lasts for approx. **30 minutes**.

To book onto a session please email Amy.Belch@lthtr.nhs.uk.

Training dates and times are shown below:



The ultimate **online 3D human anatomy** educational resource.



Friday 15th July - 1pm

Tuesday 9th August - 12pm

Monday 5th September - 1pm

Friday 7th October - 12pm

Tuesday 1st November - 1pm

Monday 5th December - 12pm

Contact Us

Royal Preston
01772 522763
Chorley
01257 245606
library@lthtr.nhs.uk

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:

www.healthacademy.lancsteachinghospitals.nhs.uk/library

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@LancsHospLib



BEACH
BEECH
CHEEK
CHOKE
SHOCK
SHACK

Quiz answers