

YOUR STAFF LIBRARY NEWS

We want to hear from you!

Want to have your say on the library?
Join Daniel Craig in taking part in the
library survey!

Volume 23, Issue 2

Date: 01/02/23

Inside this issue:

Cover - Library
survey

Page 2: Blind date
with a book

Page 3: Pop up
Library

Page 4-5: Living
library

Page 6-7: Cosy
Castaway

Page 8-9:
Knowledge Share

Page 10: LGBT+
reading list

Page 11-New
books

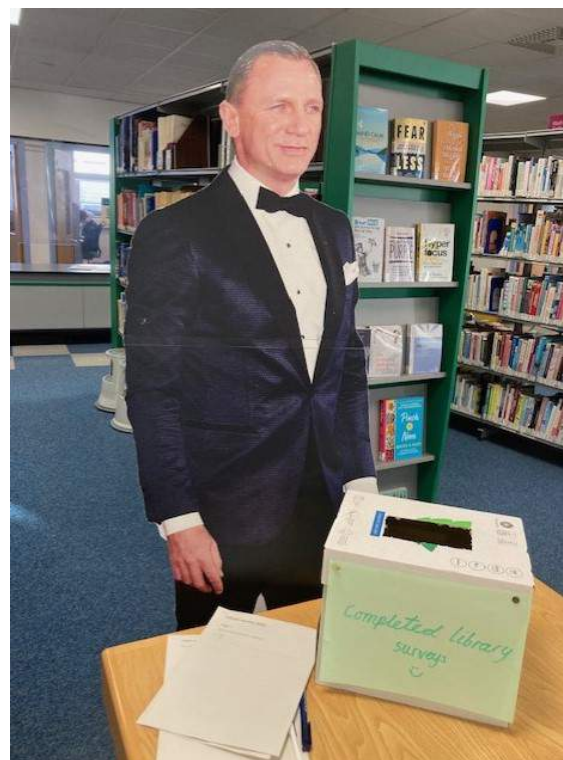
Page 12-
Mindfulness
course

Page 13-
Knowledge Hub

Page 14: Have
your say!

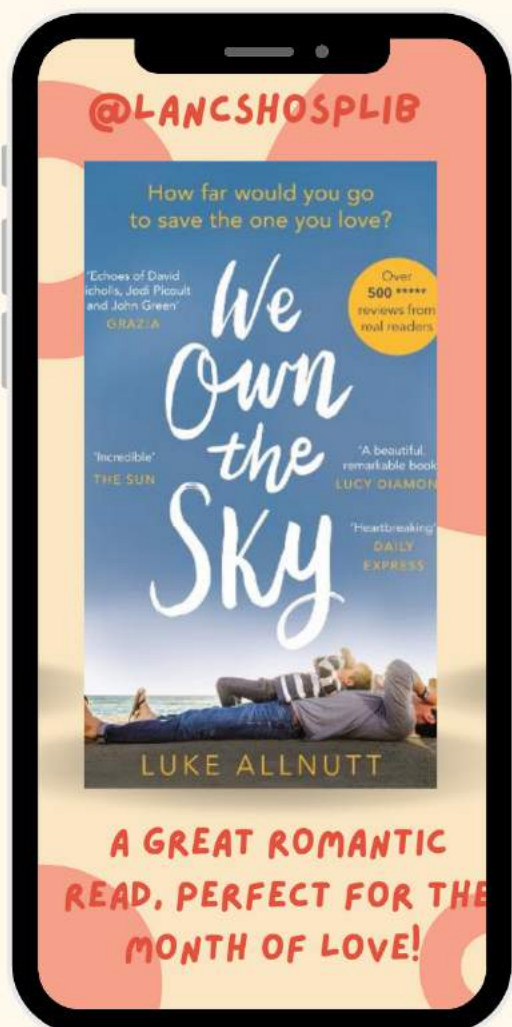
Every year the library asks for your feedback on our services, resources and spaces. Your feedback helps us improve the service we give to you. We will be eternally grateful if you could spend around 5 minutes completing the survey which can be found [here](#). All answers are anonymous.

We are keen to get the views of non-library users so if you could forward the link to your colleagues that would be fantastic!



Blind date with a book

BREAK UP WITH YOUR PHONE AND FALL BACK IN LOVE WITH READING THIS FEBRUARY. PICK UP A FREE MYSTERY BOOK FROM RPH OR CDH.



TAKE A PICTURE AND POST IT TO INSTAGRAM, TWITTER OR FACEBOOK

USING THE HASHTAG #BLINDDATEWITHABOOK MAKING SURE YOU TAG THE LIBRARY @LANCSHOSPLIB

SHARE THE LOVE! KEEP, PASS OR DONATE YOUR BOOK TO A FRIEND OR COLLEAGUE!

Always in a rush?

Struggle to find the library ?

Haven't used us in a while and forgotten the services we offer?

Come and visit our Pop up Library

Find us in Charters every Wednesday

When are we
there next?

12.00pm-1.00pm

1st February

8th February

15th February

22nd February



We may or may not be wearing a face mask
but don't let that put you off!

We can answer questions you may have, return/renew books, search the library catalogue, sign you up for Open Athens or Knowledge share and much more. Have a chat with us to learn more about what we can offer!

Would you like to be a part of our Living Library? Next one 16th March (9am-12pm)

The Living Library works just like a normal library: visitors can browse the catalogue for the available titles, choose the book they want to read, and borrow it for a limited period of time. After reading, they return the book to the library and, if they want, borrow another.



"Building a positive framework for conversations that can challenge stereotypes and prejudices through dialogue."

"Our people are the books, they can tell their own story"



The only difference is that in the Living Library, books are people with lived experience of discrimination, and reading consists of a conversation. It is an event that seeks to educate through the sharing of stories and experiences as a means of challenge prejudice and discrimination, working on the same premise of the phrase "Don't judge a book by its cover".

To find out more about it, please take a look at our introduction to the Living Library [here](#) there is a short film below about one of our books too.

[Emma's story](#)

How can I get involved?

You can get involved in two ways; if you would like to act as a human book, then we would love to hear from you! There is a role description which will give you an idea of what to expect.

Introduction to the Living Library

The idea behind the Living Library is to provide an opportunity for colleagues to have conversations that will challenge assumptions, perceptions, stereotypes and prejudice. Based on the Human Library, people arrange to borrow a human book for a conversation about their lived experience. The aim is to build a positive framework for conversations to occur that challenge stereotypes and prejudice through dialogue.

Role description for a human book

Our human books are staff, students or volunteers from Lancashire Teaching Hospitals who are willing to share their lived experience with colleagues. Human books will be paired with a colleague or a small group of colleagues and will engage in a conversation based around their story. Human books will be asked to:

- Become part of a network of human books
- Attend an introductory session with the project lead
- Write a short story highlighting their lived experience that they are happy to be in the public domain
- Attend one or two events (virtual / face to face) per year
- Participate in conversations with one person or a small group of people about their story
- Be prepared to be open, engage with colleagues and answer questions about their lived experience

Email Siobhan.linsey@lthtr.nhs.uk to express an interest.

Alternatively, if you are interested in reading one of our books, we are going to schedule in some dates throughout this year. Please email Siobhan.linsey@lthtr.nhs.uk to register your interest.

I hope you will consider joining us, either as a book or a reader, these events really can help to change views and perceptions and they have been really well received by colleagues who have attended previously.

We look forward to seeing you there.

Siobhan Linsey

(Library & Knowledge

Services Manager

& Mandy Davis (Head of Diversity & Organisational Development)

Feedback from other events



"The way that staff treat other staff members (not just patients) is very important and this has helped me to understand this"

"It's made me more aware about prejudice of 'invisible' disabilities"

"Tough thing to do, particularly when experiencing low level 'unconscious bias'"

"I have an invisible disability and have faced discrimination (outside work) today has given me insight into how others have faced it head on"

Cosy Castaway

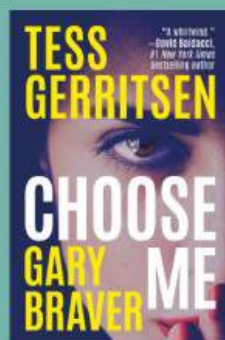
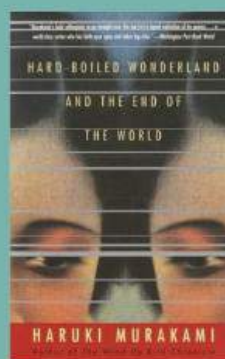
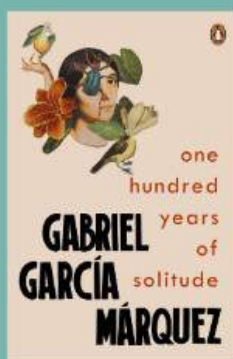
LAST MONTH TO ENTER

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!



Cosy ✨ Castaway

Our latest Castaway's chose these 3 books



Click to view the Castaway blog



Find it challenging to stay up to date with new evidence and research?

Not enough time for CPD?

Don't know where to start looking for the latest information?

Take 5 minutes to save hours.

Sign up to:



KnowledgeShare

Using our automated system, (KnowledgeShare) we regularly gather new reports, guidelines and research articles and email them out to local staff in short, personalised updates. We try to tell you about only the publications that will interest you. If you'd like to sign up for these, please fill in this [form](#) mentioning your professional interests (you can be as broad or specific as you like and include both clinical and non-clinical topics). We hope you'll find this service helps to make more evidence-based decisions."

Why do people like KnowledgeShare?

“I love KnowledgeShare, it supports CPD and then I forward the email alert to others!”

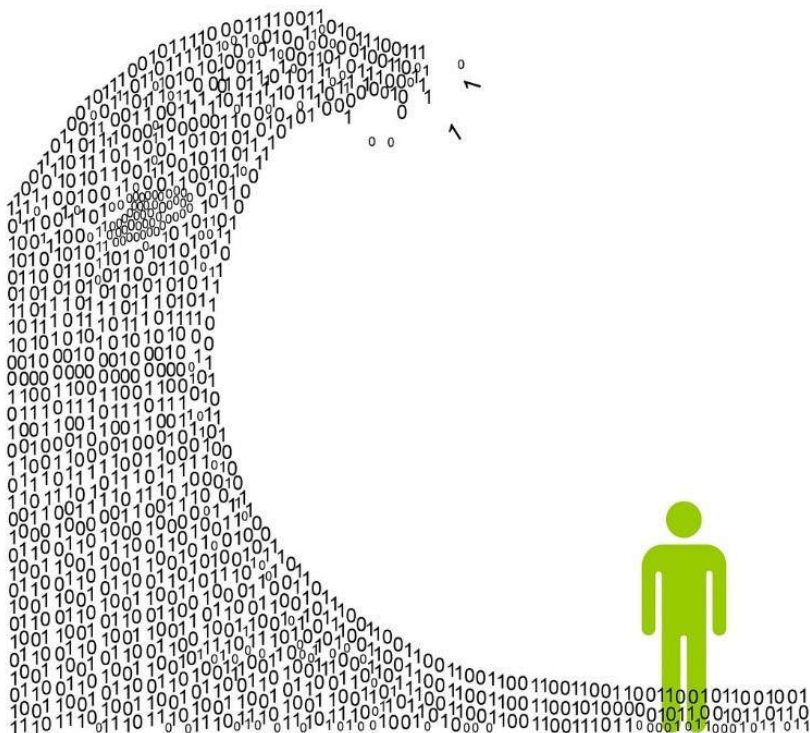
Louisa Graham

Deputy Director of Workforce and Organisation Development

If you have any questions or want more information

- Via email library.rph@lthtr.nhs.uk
- Via phone
- Or come visit us every Wednesday lunchtime in Charters.

If you would like to sign up you can do that [here](#):



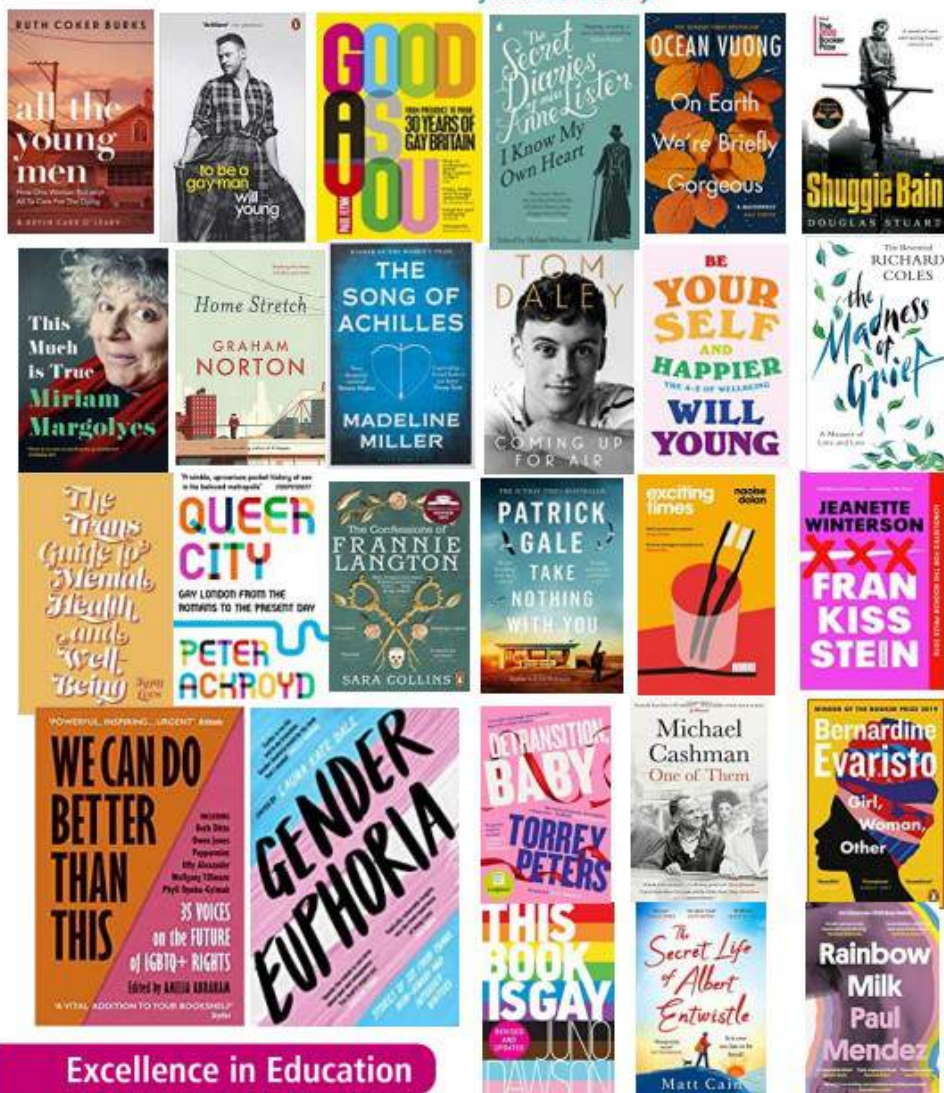


Reading List



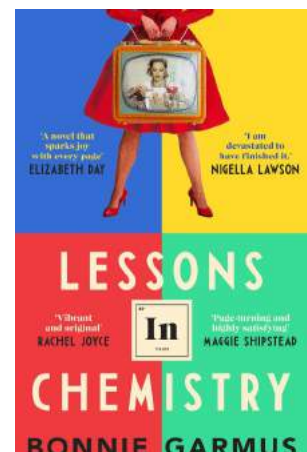
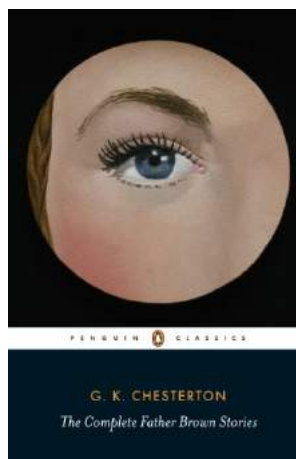
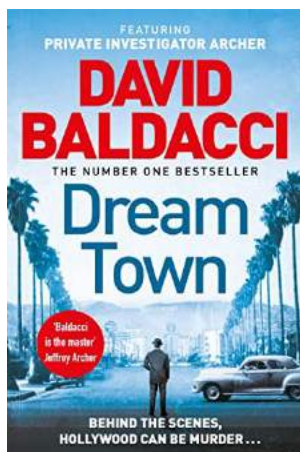
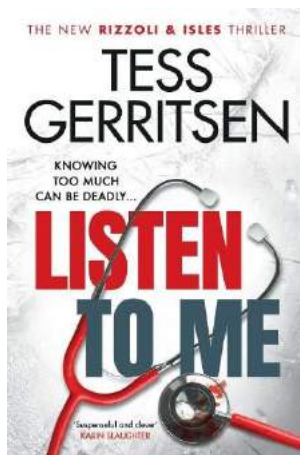
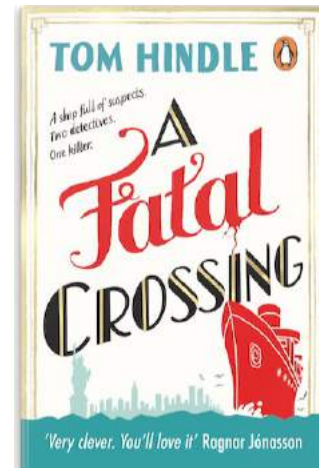
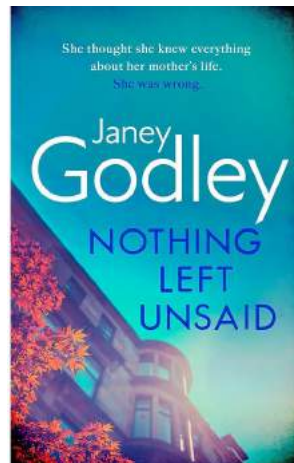
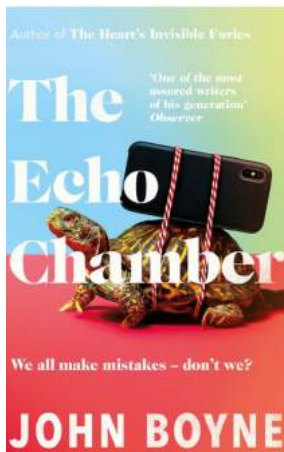
LGBT+

The following books are a selection by LGBT+ authors or on related themes available to borrow from the Library.



Excellence in Education

Fallen out of love with reading? Try some of our new fiction collection...



Want to view all our new in books? You can do so [here](#).

January blues getting the best of you?

Mind feel frazzled?

Why not try Mindfulness?

Throughout February the Physiological wellbeing team are running mindfulness sessions available to all Trust staff.

Mindfulness Short Sessions

In February our short sessions look at mindfulness in everyday life and how we can create daily habits to help us feel grounded and connected.

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

Wednesday 1 st February	2.30pm
Wednesday 8 th February	2.30pm
Wednesday 15 th February	2.30pm

Please click on the link to join:

[Join Microsoft Teams Meeting](#)

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

Mindfulness Just Practice Sessions

Don't forget our new Just Practice sessions on Monday mornings from 8.45 – 8.55am. These sessions are a no-frills opportunity to practice together. There'll be no chat and it's fine to join in if you don't have a camera or mic. Sessions will be led by clinical psychologist Dr Liz Tallentire.

The February dates for Just Practice Sessions are:

Monday 13 th Feb	8.45am
Monday 27 th Feb	8.45 am

Please click on the link to join:

[Click here to join the meeting](#)

You can get a taster of what these sessions are like by visiting the Mindfulness intranet page and clicking on the Mindfulness Just Practice tab: <https://intranet.lthtr.nhs.uk/extranet/circle/a97ae6fa1a8166c00451c549a3310f6a>

Take 5 minutes to save hours -

Find articles quickly. Do you want to quickly see how to get articles quickly. This guide will take you through how to search to see whether an article is available full text via a Library subscription. If we do not subscribe to an article, you will often be provided with a link to our article request form

Library Guide



Find Journal Articles Quickly

NHS Knowledge and Library Hub

<https://library.nhs.uk/lthtr>

Search journal articles, and clinical decision tools, **all in one place**.

Go directly to full text, as an immediate download or on request from an NHS library.

Avoid the less-reliable sources you might find in a general web search.

Go to: <https://library.nhs.uk/lthtr>

Click the text on the yellow bar to log in with your NHS OpenAthens account.

This lets you see the full text of all the resources NHS libraries buy for you. **IMPORTANT: If you are working from a Trust device you will see all the resources without having to login via the yellow bar.**

Type your search words in the box and click Search. You can search for a topic, a journal article or journal title

You will see results which contain all your search words. The search options let you choose alternative ways to search.



Go directly to other resources when you know what you need. Do a detailed search or explore a specific resource from the links below the search box

Excellence in Education

Author: Created: Review:

Observations on Attenuation of Local Electrogram Amplitude and Circuit Impedance During Atrial Radiofrequency Ablation: An In vivo Investigation Using a Novel Direct Endocardial Visualization Catheter



Academic Journal

By: BHASKARAN, ABHISHEK; CHIK, WILLIAM; NALLIAH, CHRISHAN; POULIOPOULOS, JI; BARRY, TONY; NGUYEN, DOAN TRANG; MIDEKIN, CHRISTINE; SAMANTA, RAHUL; FARRAHA, MELAD; THOMAS, STUART; KOVOOR, PRAMESH; THIAGALINGAM, ARAVIND/ *Journal of Cardiovascular Electrophysiology*. Nov 01, 2015 26(11):1250-1256 Language: Engli Database: Journals@OVID

Show all 5 Images



HTML Full Text

PDF Full Text

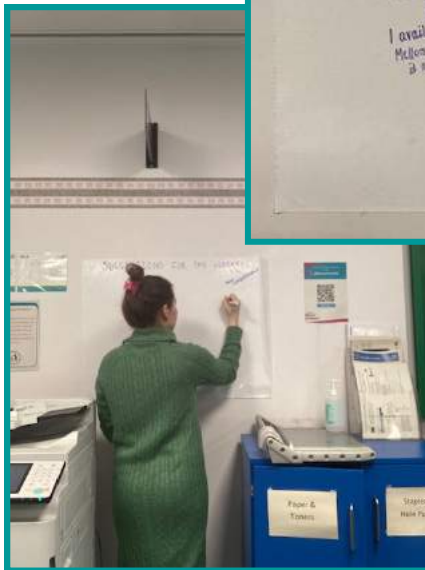
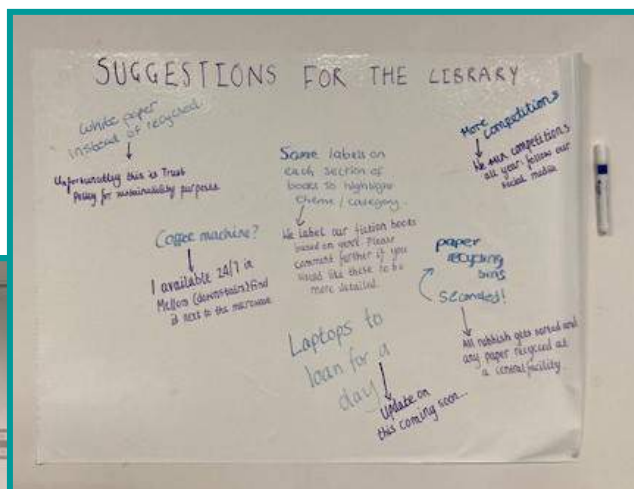
View Complete Issue

Have your say!

Something you wish the library had or did?

Come and have you say in library at RPH!

We are looking for any feedback on ways to improve the library service. Come and leave your feedback on the whiteboard.



YOUR LIBRARY SERVICE

Contact Us

Royal Preston Library
Centre 1
01772 522763
library.rph@lthtr.nhs.uk

Chorley Library
Centre 3
01257 245606

