

YOUR STAFF LIBRARY NEWS

Volume 24, Issue 11

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Preston Library Staffed Hours at Christmas

24 Hour Access available with Trust ID Badge

| | |
|--------------------------------|------------------|
| Monday 23rd December | 9am-5pm |
| Tuesday 24th December | 9am-4pm |
| Wednesday 25th December | UNSTAFFED |
| Thursday 26th December | UNSTAFFED |
| Friday 27th December | 9am-5pm |
| Monday 30th December | 9am-5pm |
| Tuesday 31st December | 9am-4pm |
| Wednesday 1st January | UNSTAFFED |
| Thursday 2nd January | 9am-5pm |
| Friday 3rd January | 9am-5pm |



A self-service machine is available for you to issue and return books.

A book drop bin is also located outside of the building.

Chorley Library staffed hours at Christmas

24 Hour Access is available with your Trust ID Badge.

The library will be unstaffed from 5pm Friday 20th December until Monday 30th December

| | |
|------------------------------|------------------|
| Monday 30th December | 9am-5pm |
| Tuesday 31st December | 9am-4pm |
| Wednesday 1st January | UNSTAFFED |
| Thursday 2nd January | 9am-5pm |
| Friday 3rd January | 9am-5pm |

Please use the self-service machine/manual issue slips to issue or return books.

A book drop bin is also available outside the building.

Preston library will be staffed Monday 23rd December 9am-5pm, Tuesday 24th December 9am-4pm then Friday 27th December 9am-5pm. They can be contacted on 01772 52 2763.



Win the Library Christmas Stocking 4th Nov-12th Dec

How to enter the draw to win our Christmas Stocking
filled with wellbeing goodies!

Be a library member – all Trust staff can join. Join in the library or
online

at <https://bit.ly/3Q1m9wP> or scan the QR code



Borrow a book from our leisure reading or well-being collections
between Nov 4th and Dec 12th 2024

Email your book review to library@lthtr.nhs.uk

The more books you borrow and review the more chances you have
of winning..

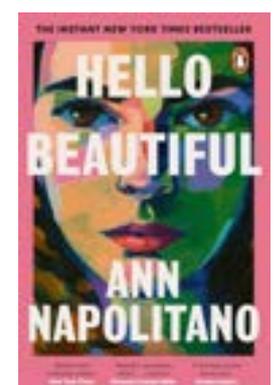
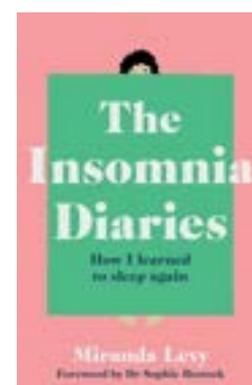
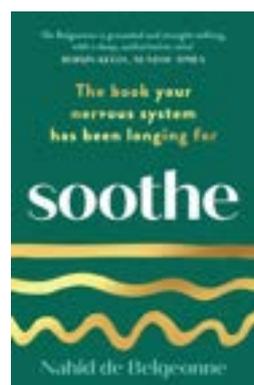
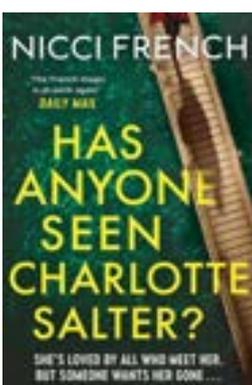
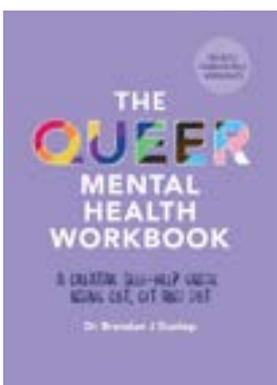
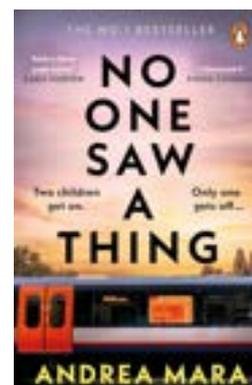
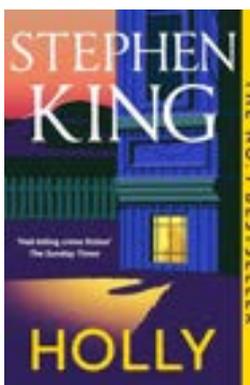
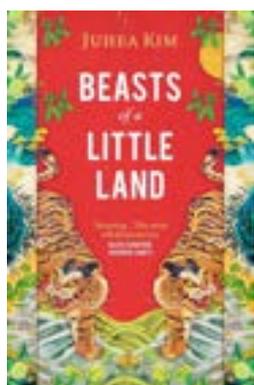
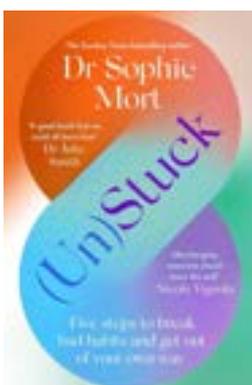
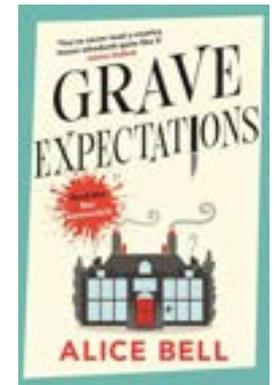
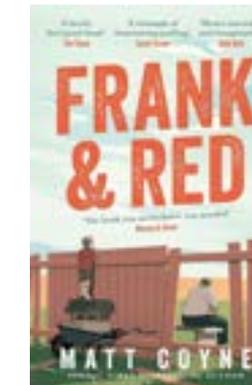
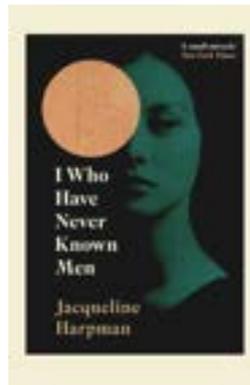
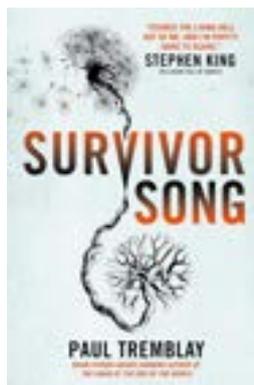
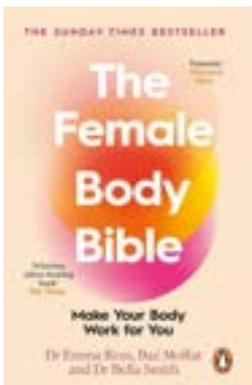
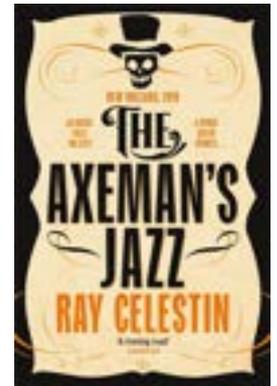
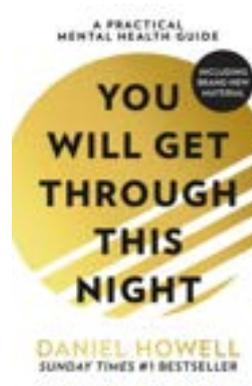
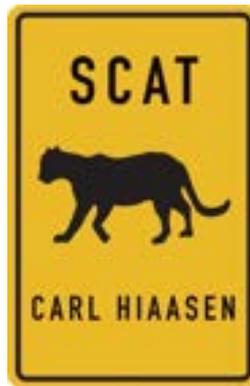
Please note the winner will
be required to have their
photo taken for our social
media





New Books

You can reserve any of these books by clicking on the covers. Or scan the QR code to be taken to the catalogue.

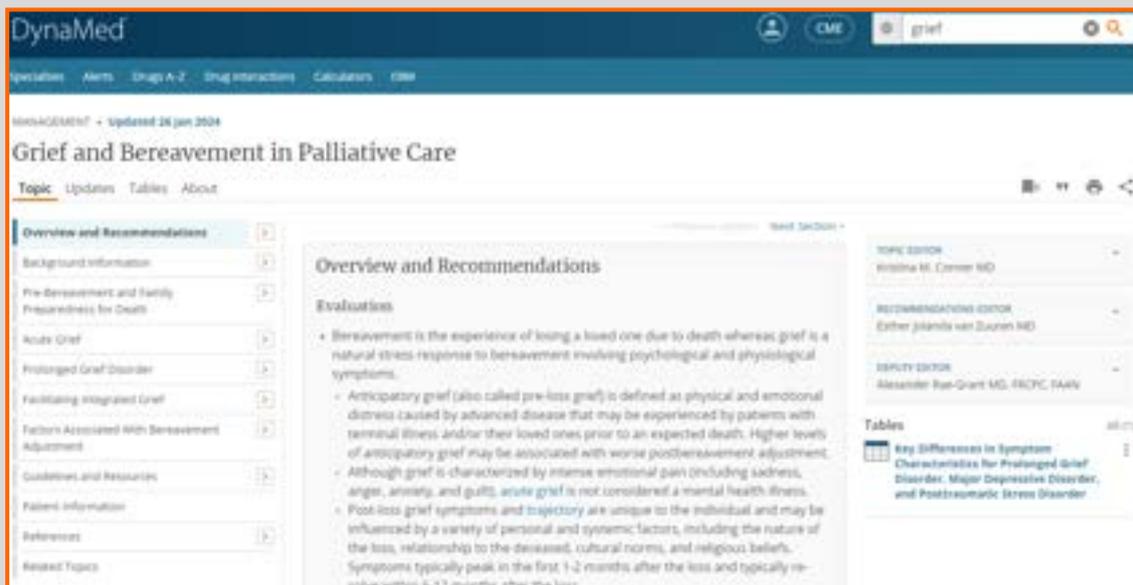


Grief Awareness Week

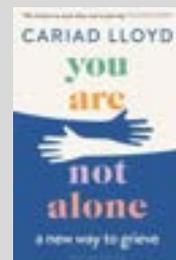
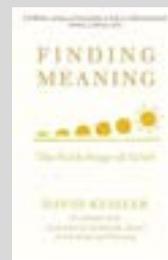
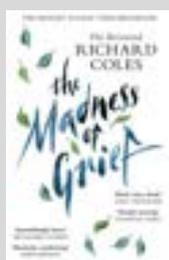
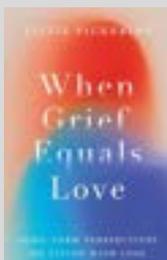
National Grief Awareness Week is 2nd - 8th Dec

National Grief Awareness Week is a compassionate and important observance dedicated to raising awareness about grief, providing support to those who are grieving, and fostering a better understanding of the grieving process.

Search for grief on [DynaMed](#) for all the latest evidence-based information on this issue: [Grief and bereavement in Palliative Care](#)



We also have books on this topic looking at grief from a professional point of view but also a personal perspective - you can browse and reserve books using our [online catalogue](#).



The text "Spotlight on..." is written in a large, bold, red, sans-serif font. It is flanked by two black stage spotlights with yellow light beams pointing towards the text.

Spotlight on...

Women's Health

Below is a list of recent articles from *internurse* looking at women's health. Click on the titles below to access the full text. If you need further help accessing any of these articles or would like further information, then please contact the library: library@lthtr.nhs.uk

[Click here to be taken to Internurse](#)

- Developing new practices for managing breast and chest lymphoedema
- Breast cancer-related lymphoedema: advances and outstanding issues
- Intrauterine Device Completely Encapsulated by Fibrous Tissue in a Postmenopausal Woman: A Case Report
- Squamous cell carcinoma of the ovary arising from a mature cystic teratoma associated with hypercalcaemia
- The menopause and mental health
- Women's experiences of vaginal examinations in labour: a literature review
- Delivering care to women with congenital heart disease: the role of clinical nurse specialist
- Postnatal care of women with diabetes: a clinical update
- Maternal mental health and breastfeeding duration: the role of optimism and coping strategies
- Caesarean section vs vaginal birth: a narrative review of decision making and postnatal outcomes
- R v Noor: a landmark case in female genital mutilation prosecution

internurse

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More on the
next page



Spotlight on...

Women's Health

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Click here to be taken to Internurse

- New compact micro-hole zone catheter enables women to achieve effective bladder emptying without flow-stops
- Surgical site infections in caesarean wounds
- Clinical and non-clinical team collaboration to develop breast referral triage to improve service delivery in secondary care
- Women's experiences of the transition to motherhood and self-compassion
- Mothers' experiences of negative interactions with health professionals when breastfeeding beyond 1 year
- Breast cancer-related upper limb lymphoedema: an overview
- Iranian Muslim women's adaptation after mastectomy
- Maternity emergencies 1: antepartum haemorrhage
- Maternity emergencies 2: normal birth
- Breech birth
- Effective advice on contraceptive choices

internurse



Cook from a Book!

Biscoff Gingerbread Cake



Find this recipe and more in the book:
Woman & Home Christmas Cookbook
Available to borrow from the [library](#)

Instructions:

Cook time:
1hr 15 mins

Serves: 12

Ingredients:

For the cake:

- 175g butter, cubed
- 150g dark muscovado sugar
- 3tbsp black treacle
- 150ml milk
- 225g plain flour, sifted
- 1tbsp ground ginger
- 1 tsp bicarbonate of soda
- 2 eggs, lightly beaten

For the filling:

- 360g cream cheese
- 400g Lotus Biscoff Spread

To decorate:

- 210g salted caramel, to spread
- 25g mini gingerbread men

1. Heat the oven to 200°C/400°F/gas mark 6, then grease and baseline 5x15cm round cake tins.

2. Put the butter, sugar, treacle and milk in a pan. Heat gently until melted, stirring. Add the flour, ginger and bicarb of soda. Slowly mix in the eggs.

3. Split between the tins. Bake for 20 mins. Remove from the oven. Leave to cool slightly.

Remove from the tins and cool completely on wire racks.

4. Blend the cream cheese and Biscoff spread.

Sandwich the 5 cakes with thin layers of the mixture. Place the cake on a stand and spread a thin layer of mixture around the sides and top.

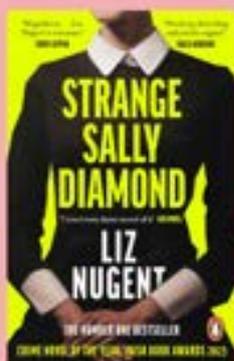
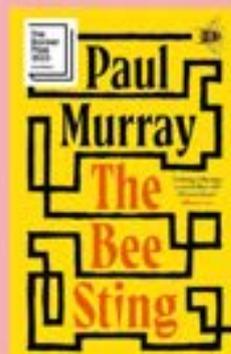
5. Fit a piping bag with a large star nozzle and fill with the remaining mixture. Set aside. Spoon the caramel spread into a disposable piping bag, snip off the end and pipe around the edge of the cake to create a drip effect down its sides. Pipe the remaining caramel in the centre of the cake.

6. Pipe swirls of Biscoff mixture around the edge. Stick the gingerbread men on top. Chill, but bring to room temperature for serving.

Our Favourite Books of 2024

Deirdre's favourite: The Bee Sting by Paul Murray .

The book is centred around the Barnes family, as their lives implode. It is about love and loss but is often very funny as well as poignant.



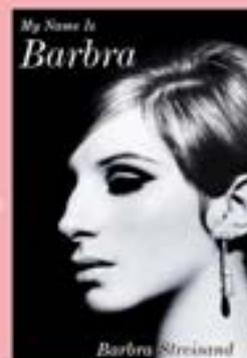
Louisa's favourite: Strange Sally Diamond by Liz Nugent

A real page turner!

Borrow from
the library!

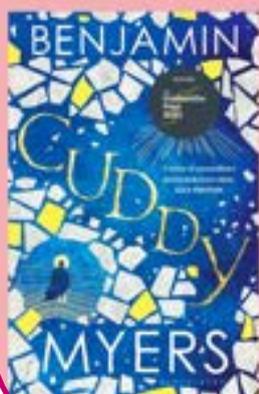
Sarah's favourite: My name is Barbra by Barbra Streisand

This is a big book that is very detailed but for a Streisand fan or if you like biographies it is a fascinating insight into someone who has been at the top of her game for several decades and what it took for her to get there and stay there.



Sam's favourite: Cuddy by Benjamin Myers

It has a really interesting structure with every chapter being written in a different style. It is the history of the legacy of St Cuthbert and the history of Durham Cathedral, over different timescales from the 10th century monks leaving Lindisfarne, up to a modern-day worker restoring the Cathedral. Sounds a bit dry but I found it really interesting and the writing is fabulous.

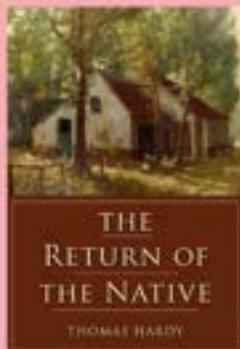
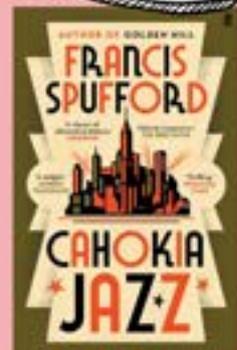


Our Favourite Books of 2024

Eva's favourite: *Cahokia Jazz* by Francis Spufford

Essentially this book is a thriller set in 1920s America that spans the course of a week. The setting is not history as we know it though, because the author imagines how things might have been in 1920s America if the variant of smallpox that arrived with European settlers had been far less deadly than it actually was. I loved it for the story and the twist at the end, as well as the historical 'what if' and for how it seemed to chime in with today's events. A great read! It made me read the author's other two novels, which I would also recommend: *Golden Hill* and *Light perpetual*.

Borrow from
the library!



Andrew's favourite: *The Return of the Native* by Thomas Hardy

Niamh's favourite: *The Mystery Guest* by Nita Prose
 Sequel to *The Maid*. It is set in the same hotel as the first book, but this time the mystery is linked to Molly the maid's past. I really enjoyed having more of an insight into her childhood through the dual timeline. Love the main character and flow of the book. Just as good as the first!

Borrow from
the library!



Our Favourite Books of 2024

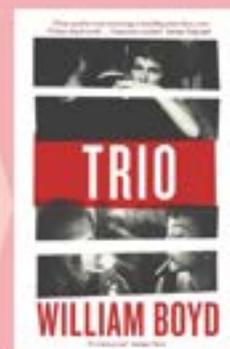
Siobhan's favourite: *Trio* by William Boyd

It's a book you can just disappear into without too much mental challenge after a busy day, yet it offers great reward in terms of entertainment and insights into the human condition.

Set on a film set in Brighton during the 1960's, it feels glamorous but with character struggles which could still be faced today (corrupted states, LGBTQ+, unfulfilling relationships).

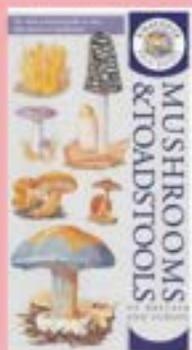
Boyd skilfully shows us the inner worlds of his characters and you can't help but be engrossed.

I won't spoil the ending, but the fact that I traded sleep for the need to know what happens next makes it stand out for me!



Sarah's favourite: *Kingfisher Field Guide to the Mushrooms and Toadstools of Britain and Europe*

In my spare time I love to take photographs of nature, in particular butterflies and wildflowers, and in the Autumn and Winter mushrooms become the colourful treasure to seek out! This particular edition comes plastic backed to use 'in the field' (or woodland!) and is the perfect size to fit in a winter coat pocket. There are beautiful hand drawn illustrations along with useful information about mushrooms including latin names and where you are most likely to encounter them. It certainly helps make winter woodland walks more fun yet doesn't overload you with information. Word of warning, my interest is in capturing their beauty in a picture, many are poisonous and disguise themselves as their safe edible cousins, so please do stick to photos only and don't rely on this for safe foraging information!



Book Wins Award!

In a previous edition of library news we told you about the book 'Introduction to Healthcare Knowledge and Library Services'.

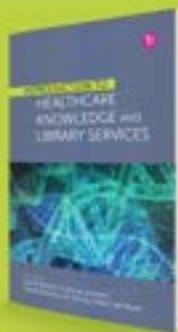
Head of Knowledge and Library Services Siobhan Corrin co-authored a chapter with previous manager Tracey Pratchett about reflective practice in healthcare settings. Emily Hurt, past clinical librarian co-authored a chapter about internal & external partnerships.



Every year CILIP's Knowledge and Information Management Group makes an award to an outstanding information resource in print format that is available to the knowledge, information management, library and information sectors in the UK and abroad.

'The 12 chapters in this book cover almost everything that one needs to know about the depth and breadth of the health information services sector,'

G.G. Chowdhury,
Professor of Information Science,
University of Strathclyde



Introduction to Healthcare Knowledge and Library Services is the winner for 2024!

What's happening in December?

Dates for the diary



1st: World Aids Day

2nd: International Day for the Abolition of Slavery

3rd: International Day of Persons with Disabilities

6th: Saint Nicholas Day
(Christian)

8th: Bodhi Day (Buddhism)

10th: Human Rights Day

18th: International Migrants Day

20th: International Human
Solidarity Day

21st: Winter Solstice

24th: Christmas Eve (Christian)

25th: Christmas Day (Christian)

26th: Boxing Day (Christian)

26th-2nd: Hanukkah (Jewish)



December is the month of:
UK Disability History Month



Library Staffed Hours:

Monday - Friday
9:00am - 5:00pm

24/7 Access to the Library
with Trust ID Badge



Contact Us

Royal Preston
Library
Centre 1
01772 522763

Chorley Library
Centre 3
01257 245606

library@lthtr.nhs.uk

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range of
services which are available:

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library](http://www.healthacademy.lancsteachinghospitals.nhs.uk/library)

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