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# Supporting wellbeing via leisure resources and student engagement

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University of Liverpool

# **The role of the libraries supporting wellbeing**

# Wellbeing Champions

## Cross-team group

- Strategic priority for the University
- Library is well placed to support Wellbeing
- To help embed Wellbeing awareness across the whole service, signposting and referring students and staff to specialist support services.
- To bring together colleagues' thoughts and ideas for wellbeing initiatives
- To plan and run agreed initiatives, conscious of the work of the central Wellbeing team, not overstepping central initiatives.





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## Some achievements

- Wellbeing Resource areas at both sites
- Physical and digital Wellbeing Collection
- Coffee and Chats
- Staff training
- Keep Learning – workshops from staff for staff
- Initiatives such as Humans of the Library
- Social Media presence – Wellbeing Wednesdays



# Coffee and Chats

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- To signpost University and other external services and resources to support mental health and wellbeing
- Increase awareness
- Surveys



# Engagement

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- Initiative to raise awareness about mental health during the week of the University Mental Health Day
- Asking students and staff for their experiences as Humans, good or bad.

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## HUMANS OF THE LIBRARY *Stories*






Tell us what's on your mind 

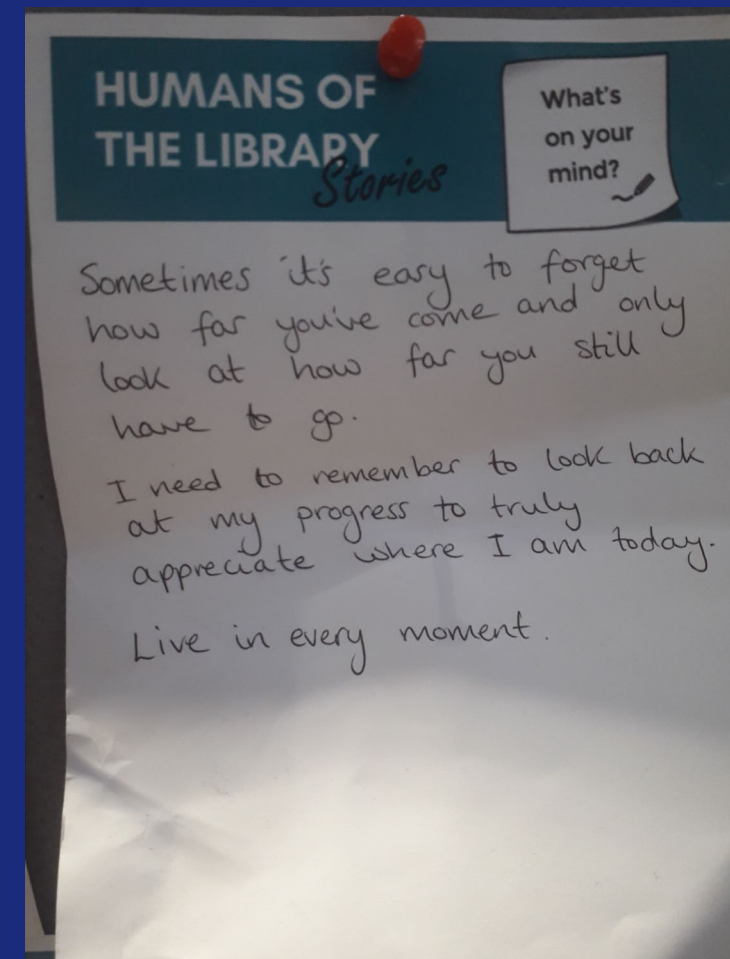
How do you feel at this moment? Would you like to share any experiences or issues that have had an impact in your life – good or bad?

To celebrate [University Mental Health Day on the 5<sup>th</sup> of March](#) and inspired by the social media Humans Of New York project, we'd like participants to speak open and honestly about their mental health and wellbeing.

We will be sharing submissions on the Library's social media and on this board at both libraries.

You can also send us your story (and a picture, if you like!) via Social Media - @livunilibrary   

All submissions will be published anonymously. By submitting your response, you agree for us to display it online and on Library displays.



# Wellbeing Collection

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- 'We believe the key to wellbeing is the care and balance of different aspects of our lives. With this holistic approach, library staff have curated a collection of insightful books and e-books to support the different parts of your wellbeing.'



# **Leisure Reading Areas**



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# Harold Cohen

- Two libraries on campus: Sydney Jones and Harold Cohen.
- Sydney Jones is Arts and Humanities, so has all of the fiction.
- Harold Cohen is Science and Engineering, so has mostly textbooks.



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“I worked in this library for over ten years and never saw a book I actually wanted to read...”

**Library staff member:**



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*The numerous benefits of reading include the following:*

- 43% of readers said reading helps them get a better night's sleep
- Adults reading for just 30 minutes a week reported higher creativity (48%) than non readers (37%)
- 58% of readers say that reading lets them escape from the real world
- 19% of readers say that reading stops them from feeling lonely.

*This is backed up by a study analysing social connectedness which found that reading books significantly reduces feelings of loneliness for people aged 18-64.*

Sources:

<https://manuscriptdepot.com/documentspdf/Galaxy-Quick-Reads-Report-FINAL%20.pdf>

<https://readingagency.org.uk/about/impact/002-reading-facts-1/>

# Why Leisure Reading?



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LEISURE  
READING  
COLLECTION



**Leisure Reading Area**

# Leisure Reading Area

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- Develop an area to promote reading for pleasure.
- Working with what we had available:
  - Couches
  - Coffee tables
  - Book shelves
  - Screen
- The idea: to promote a curated collection of modern commercial fiction and non-fiction books to encourage reading as a leisure activity.



# Screen Slides (Importance of Reading)

## THE POWER OF READING

### SOCIAL BENEFITS

#### DID YOU KNOW...

Higher literacy skills are associated with a range of positive societal benefits, including having a stronger sense of belonging to society and being more likely to trust others.



### HEALTH AND WELLBEING

#### DID YOU KNOW...

Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.



### CONNECTED COMMUNITIES

#### DID YOU KNOW...

Studies have found that reading for pleasure enhances empathy, understanding of the self, and the ability to understand one's own and others' identities.



### HEALTH AND WELLBEING

#### DID YOU KNOW...

Studies have shown that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure was also associated with better sleeping patterns.



## READING IS IMPORTANT!



For more info visit: [readingagency.org.uk](https://readingagency.org.uk)

# Screen Slides (Literary Prizes)

Women's  
Prize for  
Fiction  
2022

Discover this year's shortlist



Which book will you choose? Join the conversation #WomensPrize

[womensprizeforfiction.co.uk](https://www.womensprizeforfiction.co.uk)



## JHALAK PRIZE 2022

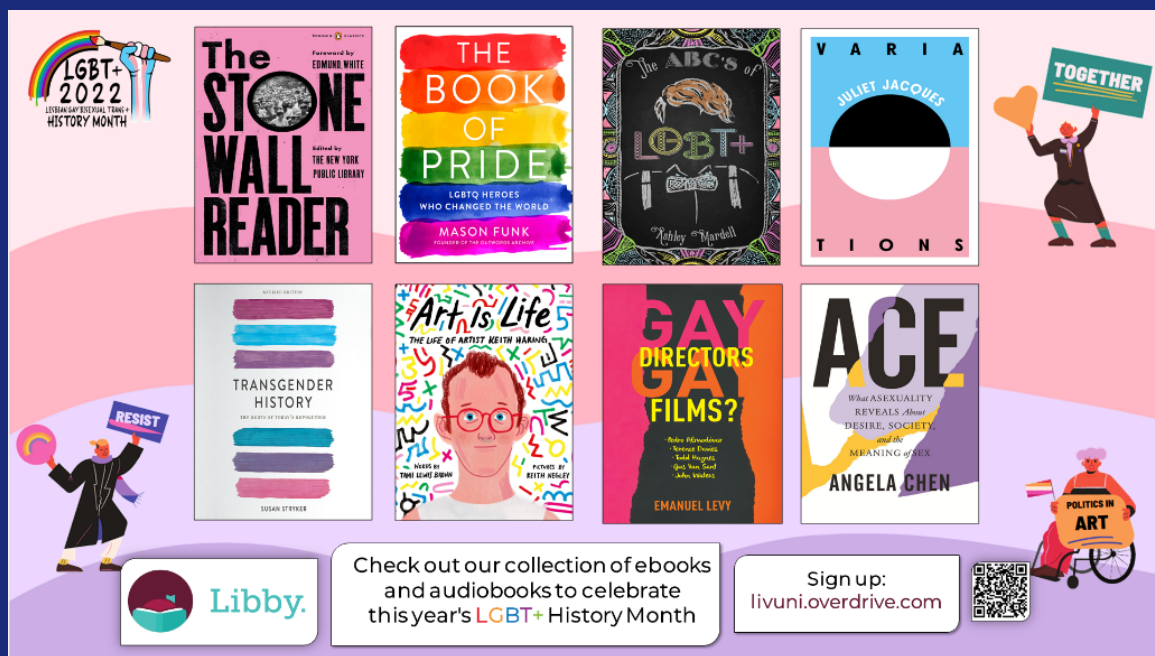
Winner  
announced  
26th May

Short list



Books by British BAME writers

# Screen Slides (Online Collections)



**LGBT+ 2022**  
LIVERPOOL'S GAY, LESBIAN, BISEXUAL & TRANS HISTORY MONTH

**The STONE WALL READER**  
Foreword by EDMUND WHITE  
Edited by THE NEW YORK PUBLIC LIBRARY

**THE BOOK OF PRIDE**  
LGBTQ HEROES WHO CHANGED THE WORLD  
MASON FUNK

**The ABC's of LGBT+**  
Zohby Wardell

**VARIA TIONS**  
JULIET JACQUES

**TOGETHER**

**TRANSGENDER HISTORY**  
THE LIVES OF TRANS+ AMERICANS  
SUSAN STYRIER

**Art is Life**  
THE LIFE OF ARTIST KEITH HARING  
EDITED BY THE LIVING EDITION


**GAY DIRECTORS FILMS?**  
Robyn Plummer  
"Robyn Plummer's book is a must-read for anyone interested in the history of LGBTQ+ cinema." - *Gay Times*


**ACE**  
What ASEXUALITY REVEALS About DESIRE, SOCIETY, and the MEANING OF SEX  
ANGELA CHEN

**POLITICS IN ART**

Check out our collection of ebooks and audiobooks to celebrate this year's **LGBT+ History Month**

Sign up:  
[livuni.overdrive.com](http://livuni.overdrive.com)







**AUDIOBOOK APPRECIATION MONTH**

**Bernardine Evaristo**  
Girl, Woman, Other  
WINNER OF THE BOOKER PRIZE 2019

**READY PLAYER ONE**  
ERNEST CLINE

**THE MANNINGFREET WITCHES**  
A.K. BLAKEMORE

**MALORIE BLACKMAN**  
House of Creators

**Sapiens**  
A Brief History of Humankind  
Yuval Noah Harari

**IT ENDS WITH US**  
COLLEEN HOOPER

**JUNE**  
FRANK HERBERT

**ONE HUNDRED YEARS OF SOLITUDE**  
GABRIEL GARCIA MARQUEZ

Check out our wide range of audiobooks, available for free with your University of Liverpool library account.

Download them for free:  
[livuni.overdrive.com](http://livuni.overdrive.com)







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- New displays updated monthly.
- Fresh / eye-catching for students.
- Draws people to the area.
- Use screen / posters to advertise online collections



**Display Area**

# **Implementation of OverDrive**

# Reaching Out During The Pandemic





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# Reaching Out During The Pandemic

# Engaging students from an empty campus

- Library Customer Services as a Support System
- Online Chat
- Social Media engagement
- Making use of electronic resources
- Initially used Reading Lists – too dry, too associated with academia



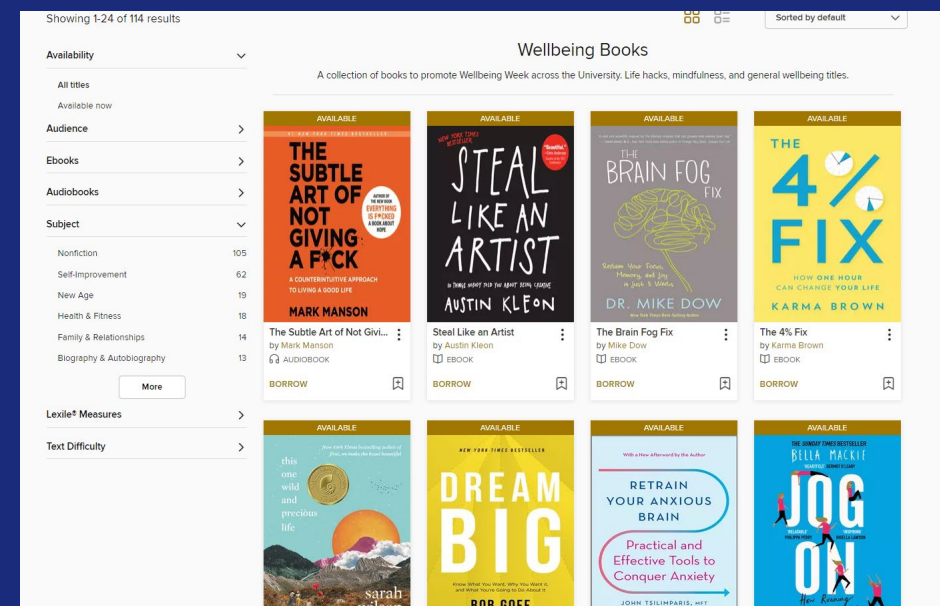
# Shelfies

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# Introducing OverDrive

- Acquisitions Team had recently investigated OverDrive
  - eBook and audiobook platform
  - Libby app for phones/tablets
- Quickly realised it would work for us – colourful, accessible, user-friendly
- Started by building collections based on existing lists – LGBT, Wellbeing, Local History
- Realised the increased speed of digital displays versus physical ones – flexibility allowed us to do short term, time-dependent displays



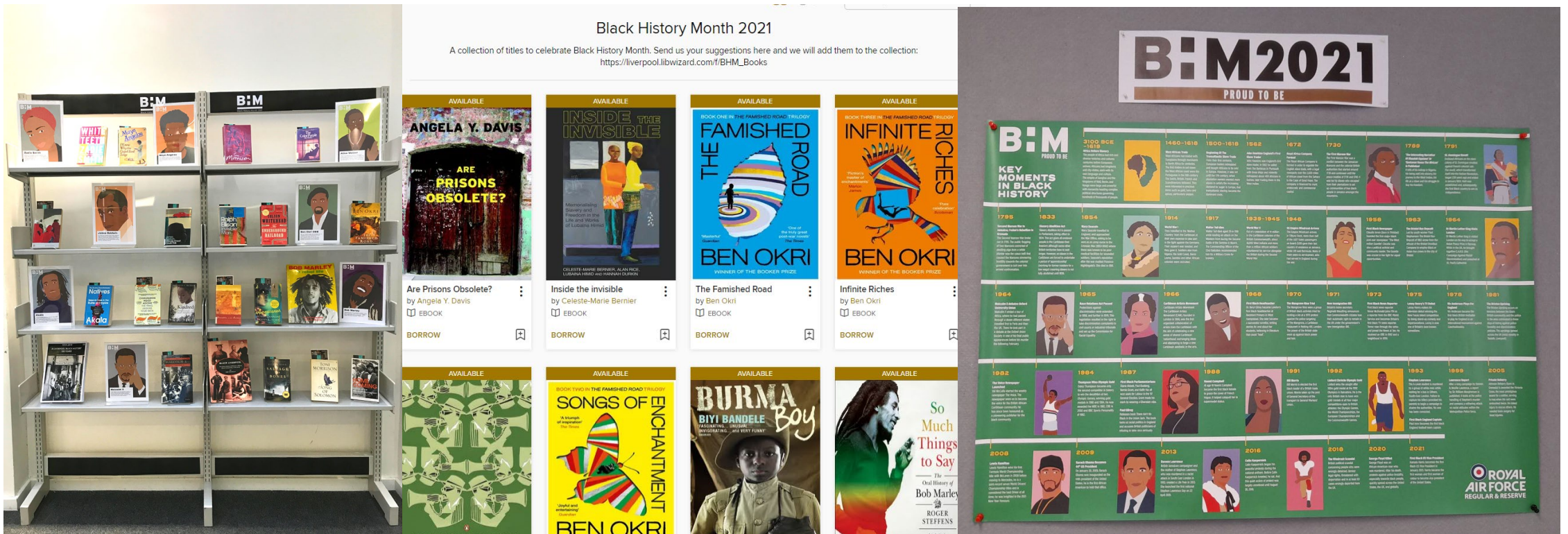


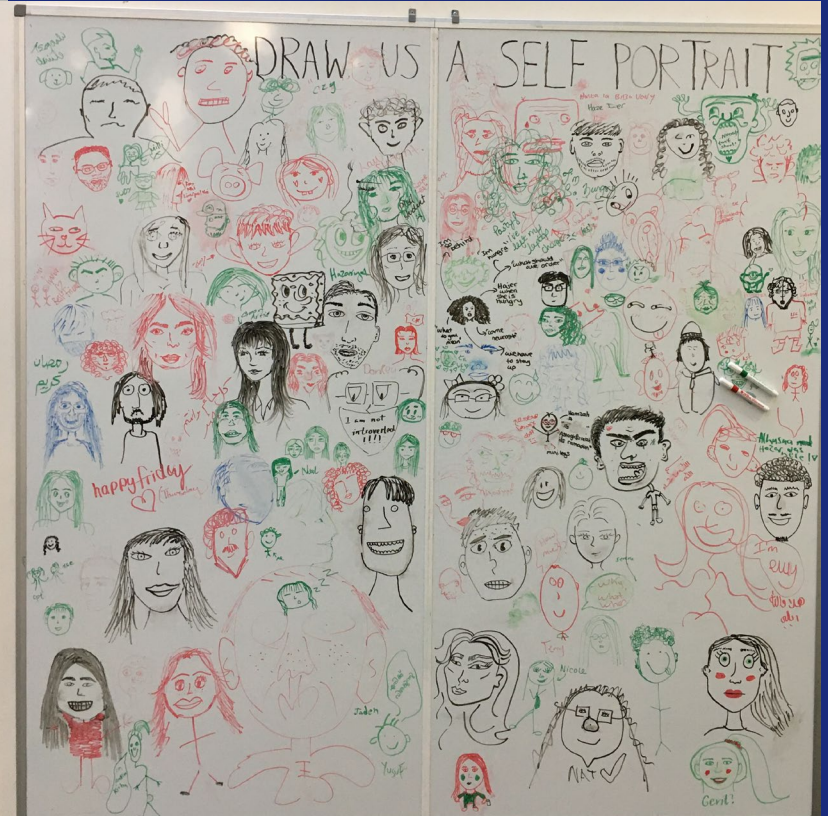
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- Promoted on social media
- Realised that we can create a feedback loop, where physical displays promote online resources and vice versa – the surprising resurrection of QR Codes!
- Collaboration – accepting submissions from students, strengthening their involvement
- Coffee & Chat event to welcome students back – once cleared by H&S!

**Return to campus**

# Example Collections









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# Conclusion

All of us here in the Customer Services Team have tried to utilise our natural enthusiasms to impact positively on our students, and hopefully our enthusiasm transfers across.

By creating a dynamic library environment with eye-catching displays and clearly signposted resources, we create a space where our library users feel happy and engaged.



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