



EAHIL 2025 WORKSHOP

09-13.06.2025

Łódź // Poland



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Wellbeing ideas for a medical library service

Eli **Harriss**¹

¹ Bodleian Health Care Libraries, University of Oxford, UK



Bodleian Health Care Libraries – where are we?



Cairns Library
John Radcliffe Hospital



NOC Library
Nuffield Orthopaedic Centre



Knowledge Centre
Churchill Hospital



Horton Library
Horton Hospital (Banbury)

More information about our libraries is available here: <https://www.bodleian.ox.ac.uk/libraries/cairns-library>

Libraries and wellbeing



The MeSH heading for **Psychological Well-being** has this definition:

“Condition of existence, or state of awareness, in which psychological needs are satisfied”.

[<https://www.ncbi.nlm.nih.gov/mesh/2103206>]

Method: Activities for Staff



Method: Quiet, Static Activities





Method: Dynamic Activities

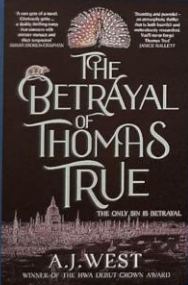
Oxford University Hospitals
Book Club

All OUH & MSD staff and students welcome!

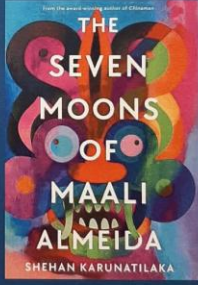
Where & When?

- Third Monday of each month (exception June 2025)
- 12-1pm Beeson Room, Cairns Library, Level 3, Academic Centre, JR Hospital (in-person)
- 1-2pm Online via Microsoft Teams

The same book will be covered at both sessions, so you will not miss out by joining remotely!



Monday 9th June
The Betrayal of Thomas True
by A. J. West



Monday 21st July
The Seven Moons of Maali Almeida
by Shehan Karunatilaka

Scan the QR code to sign-up or for more information, please contact hannah.mcgivern@bodleian.ox.ac.uk

NHS **Oxford University Hospitals** **BODLEIAN LIBRARIES**
NHS Foundation Trust

Oxford University Hospitals
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Next month's book choice is...

THE BETRAYAL OF THOMAS TRUE
by A. J. West

SIGNED BY THE AUTHOR

Craft and Chat at the RSL, first Tuesday of the month, 1-2pm

Looking to meet up with fellow crafters? Bring yourself and your craft along to the RSL monthly craft & chat meet up. Tea, coffee and biscuits provided to fuel the chat!

[Book your place on our calendar](#)

Complimentary tea and coffee in the RSL, every Wednesday in term, 10am–12pm

Every Wednesday in term the RSL will be offering free tea and coffee in the Vending Area, between 10am–12pm. No booking needed just pop into the library on a Wednesday morning and get yourself a cuppa. You deserve it!

Lego Lunch, every Wednesday, 1–2pm

You bring the lunch & we bring the Lego. Eat, chat, create! At the Radcliffe Science Library, in the Wellbeing Room.

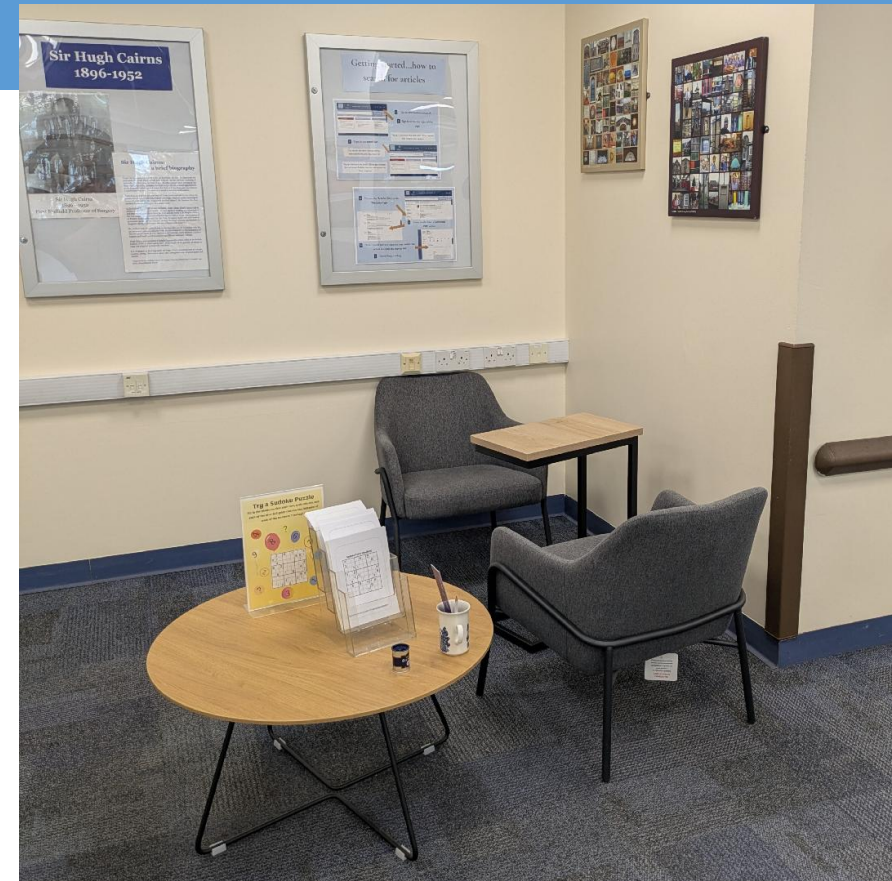
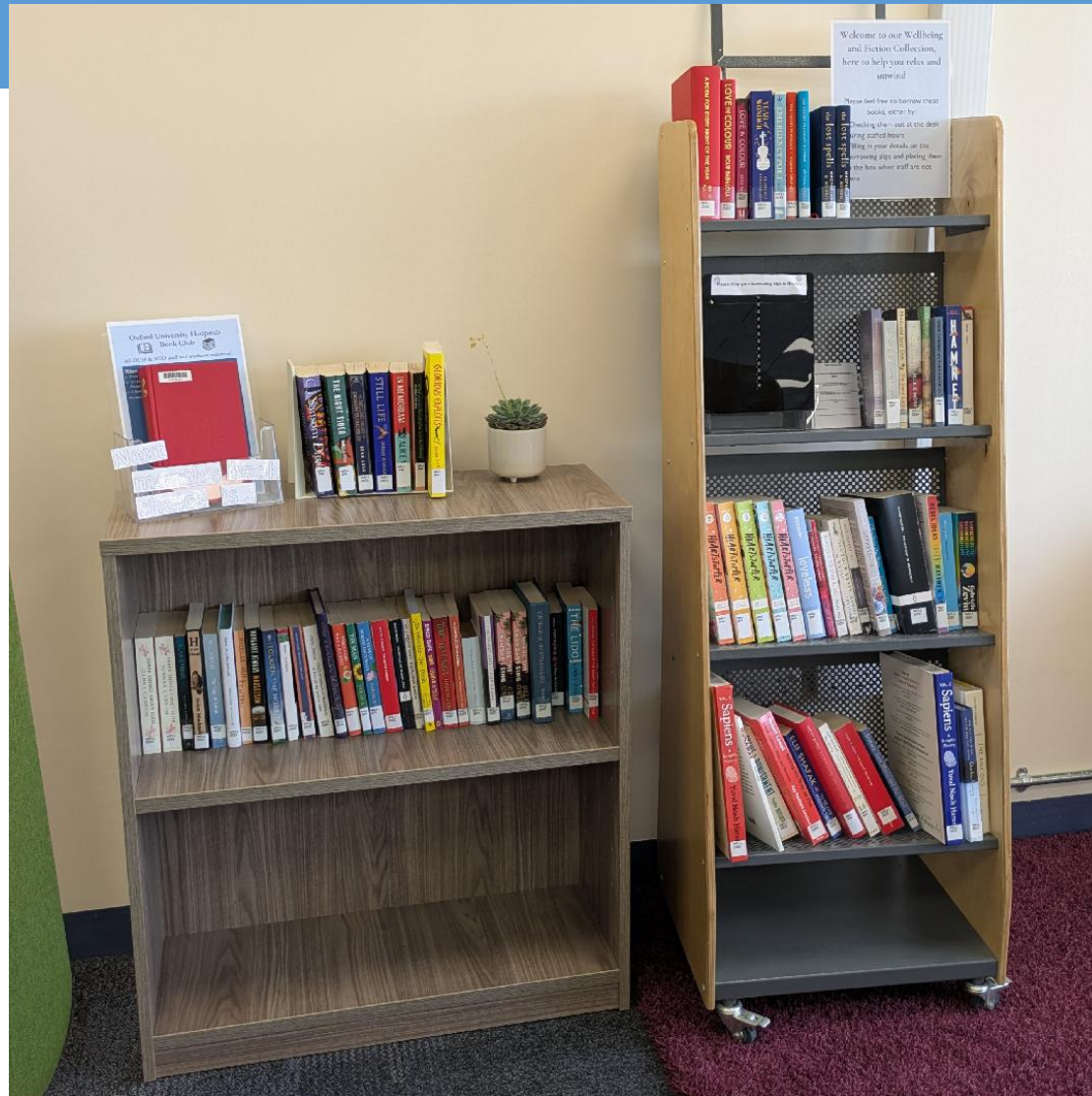
Book Clubs at the Health Care Libraries

Join one of our friendly book clubs to take part in thought-provoking discussions of a diverse range of books. [Find details of our book clubs and what we are reading next.](#)

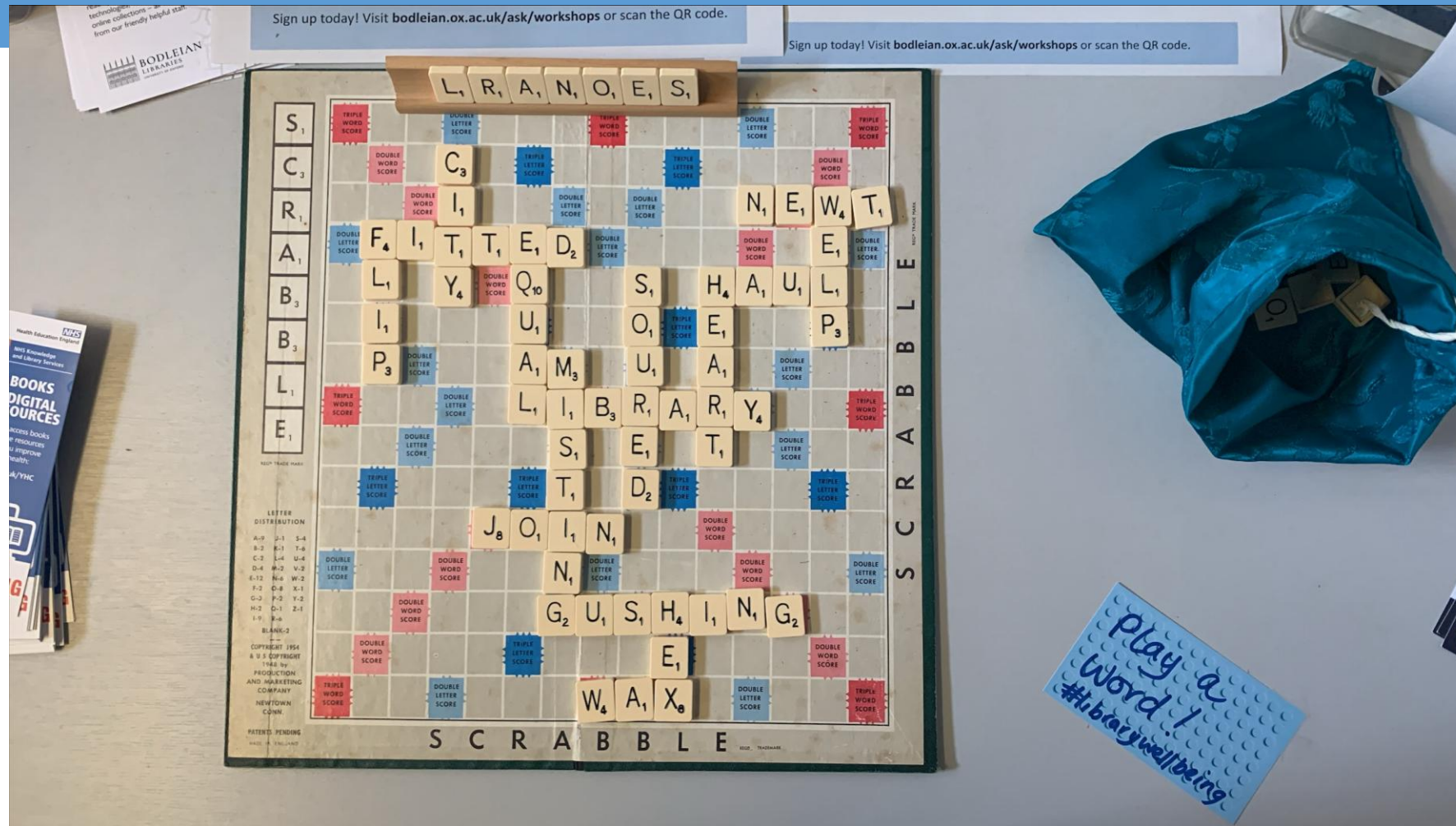
Results: Activities for Staff

“It was lovely catching up on
Saturday!” – 25/03/2024

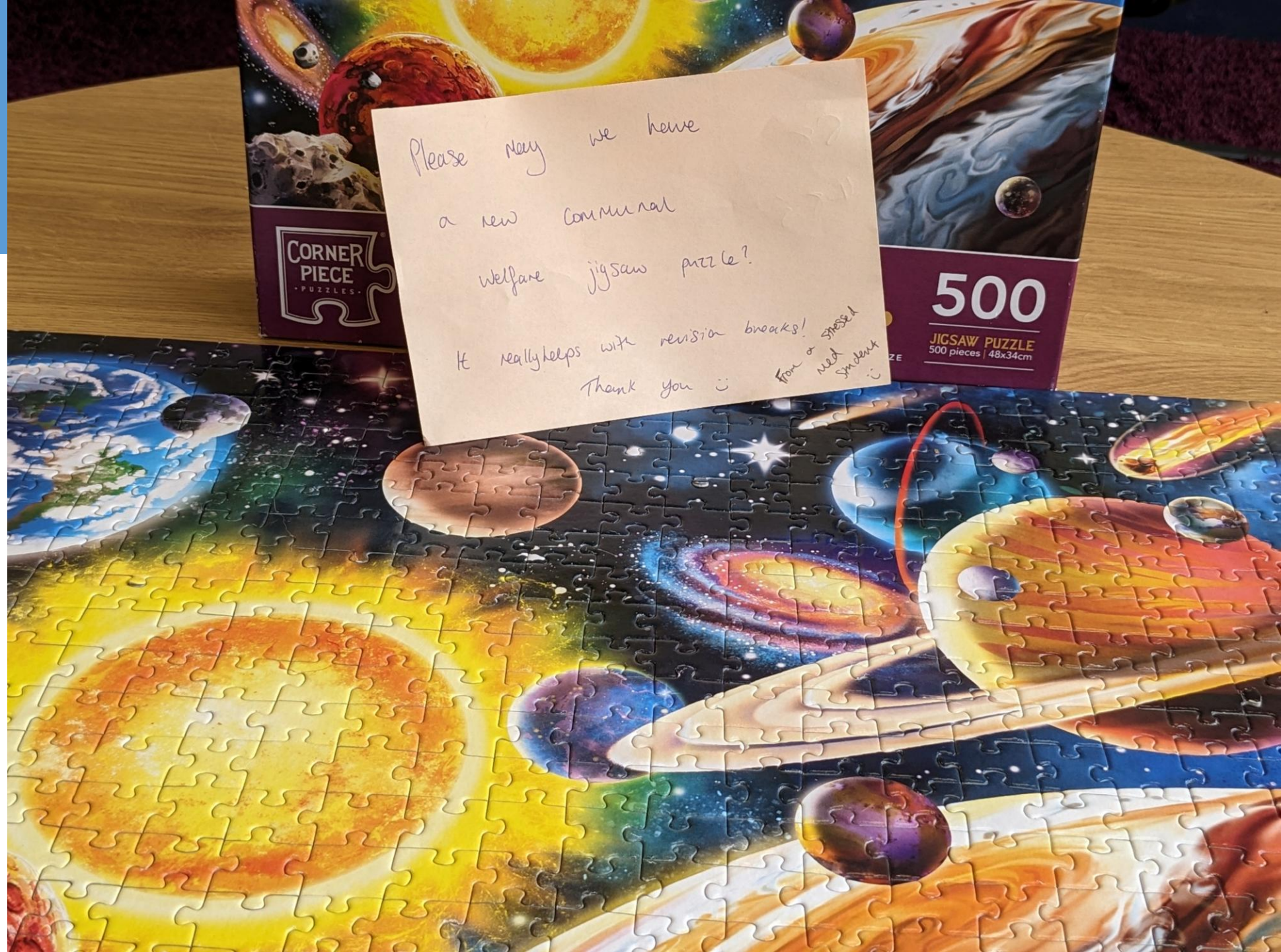
Results: Quiet Spaces



Results: Quiet, Static Activities

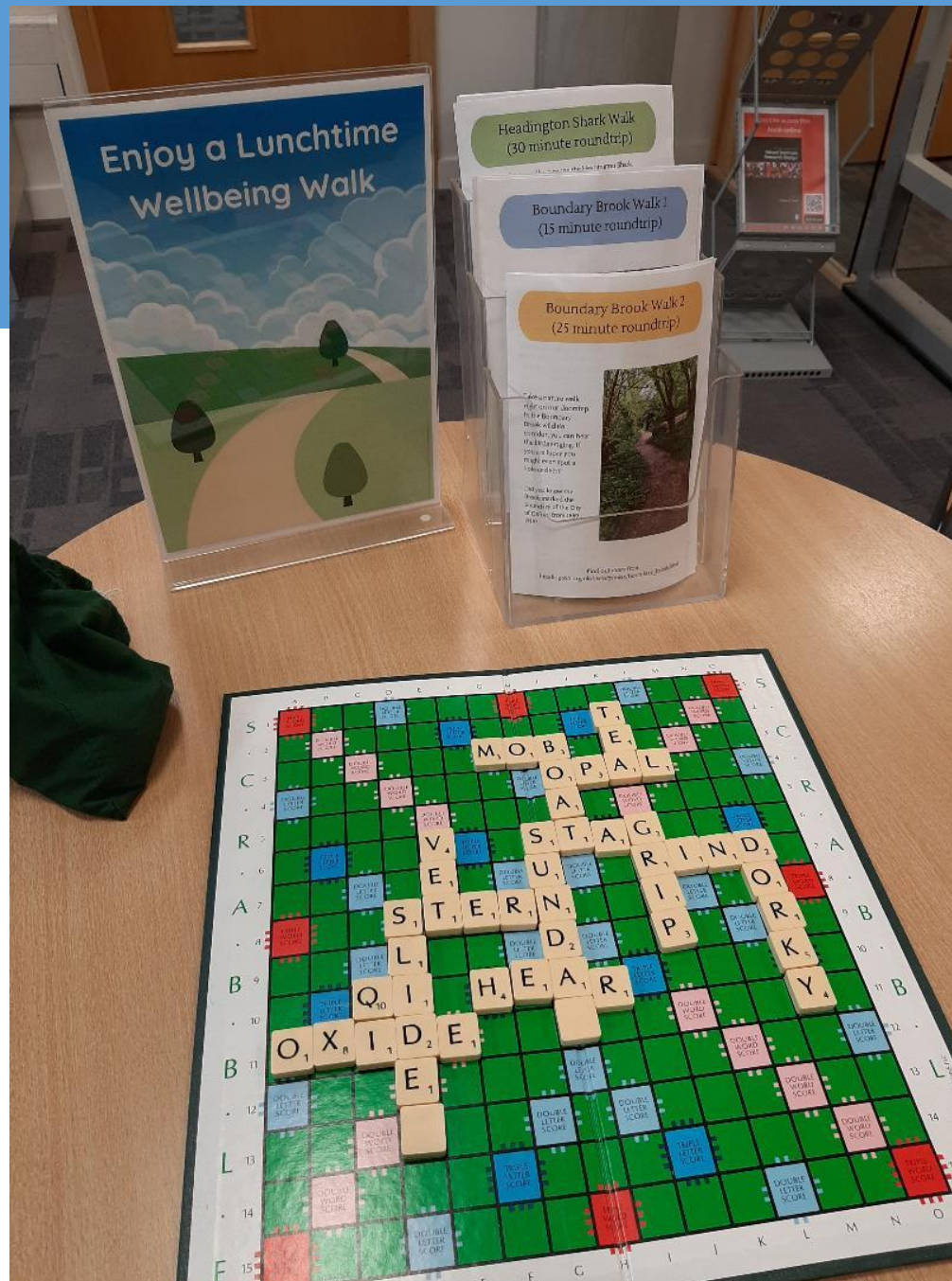




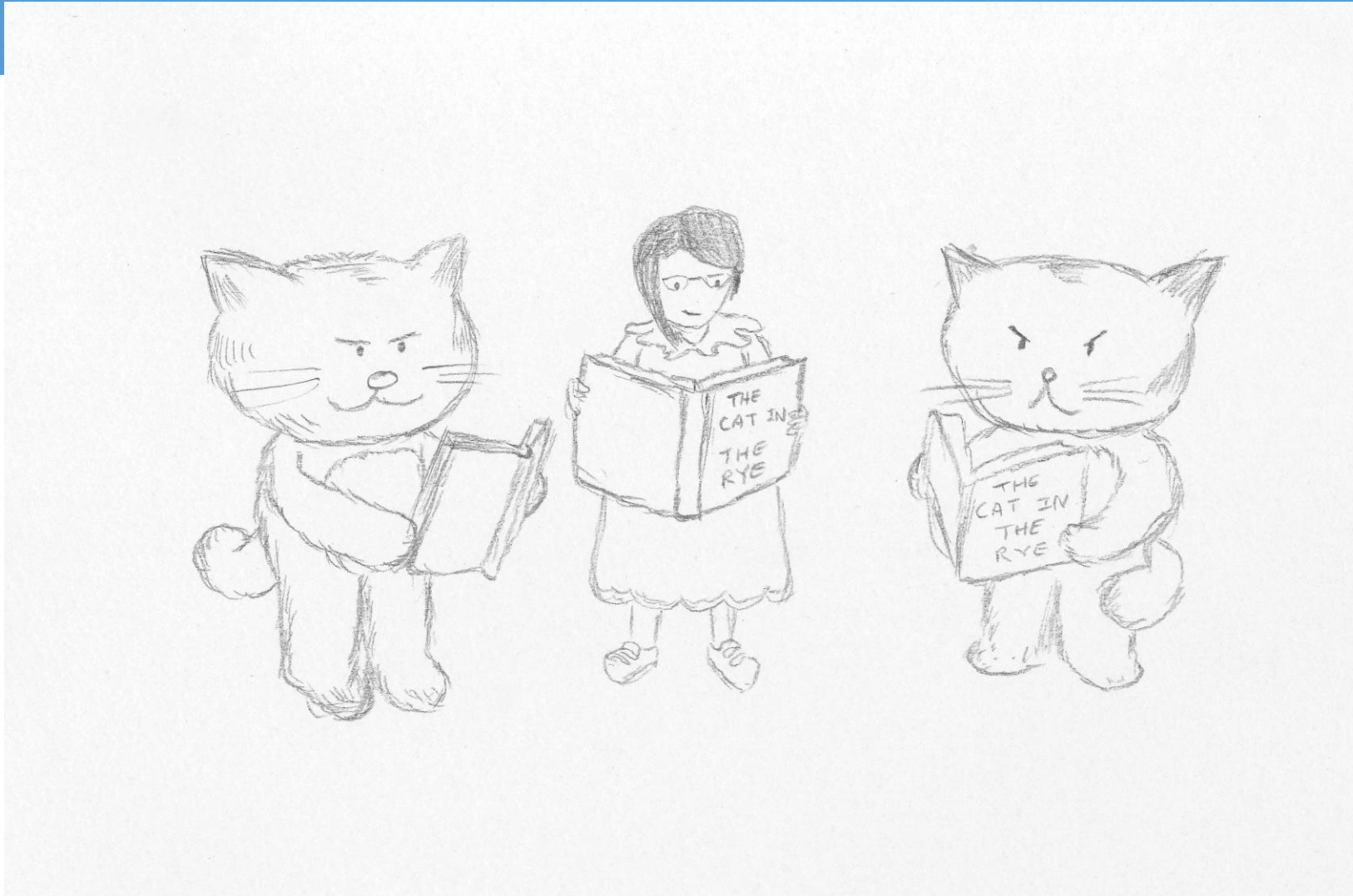


Please may we have
a new communal
welfare jigsaw puzzle?

It really helps with revision breaks!
Thank you :) from a stressed
med student :)



Results: Dynamic Activities





What's worked? What has been successful?

1. The wellbeing spaces are popular.
2. The static activities (Scrabble, jigsaws, Sudoku) are popular.

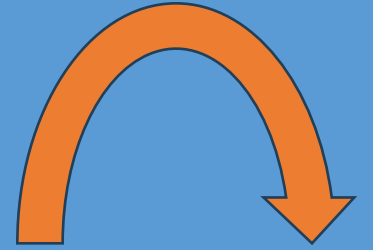
What has not worked? What has not been successful?

1. The dynamic activities take up more staff time and energy. The main hospital Book Club will continue to be run online and in person on a monthly basis for the rest of the year.

Future Plans



Raise your hand



What about you? What does your organisation offer for wellbeing?

References

ALMEIDA, D., FIGUEIREDO, A. R. & LUCAS, P. 2024. Nurses' Well-Being at Work in a Hospital Setting: A Scoping Review. *Healthcare* [Online], 12.

COX, A. & BREWSTER, L. 2020. Library support for student mental health and well-being in the UK: Before and during the COVID-19 pandemic. 46, 102256.

SURESH, S., LIM, D., EKANAYAKE, K. & ARORA, A. 2025. Do Academic Libraries Contribute to Students' and Communities' Wellbeing?: A Scoping Review. *Healthcare (Basel)*, 13.

THORLEY, C. 2017. Not By Degrees: Not by degrees: Improving student mental health in the UK's universities. *IPPR: London, UK*.

Thank you!

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