

HEALTH & WELLBEING



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We have a wide range of Health and Wellbeing resources which are free and accessible to library users and support groups.

The resources are situated in each of our 8 libraries and in the community too. Our staff are happy to help with any queries you may have about these services and resources

POP-UP HEALTH LIBRARY

The Pop-up Health Library provides health information and therapeutic book resources to community venues in areas that do not have their own libraries.

The scheme, the first of its kind in Scotland, allows people to borrow books and access health information.

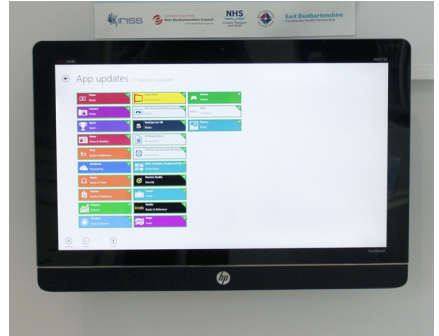
Contact 0141 777 3143 for more information on times and locations of the Pop up library.

The pop up library :

- Makes health materials available locally in communities not served by a static library thus improving information provision.
- Raises awareness of other library services and resources that are relevant to user conditions
- Provides contact details of local health and welfare support groups to help lessen the isolation of people living with a long-term condition.
- Allows access to East Dunbartonshire's interactive Asset Map

EAST DUNBARTONSHIRE'S ASSET MAP

East Dunbartonshire's community asset map is a free interactive website where anyone can upload and view assets in their area. There is a physical version that can be accessed at the William Patrick Library free for anyone who can't access it elsewhere, there are also staff on hand to help if needed. William Patrick Library has a touch screen displaying the asset map which is simple to use.



On the site you will find a range of community assets (resources, places, activities and businesses) that have been identified by members of your community as useful for their well-being and you can also add new ones for others to see.

These assets have been collated so that the wider community can benefit from all of this knowledge. You can use the website to search for assets, add assets that may have been missed, or comment on your favourite assets.

Visit www.eastdunassets.org.uk to view the asset map.

HEALTH AND WELLBEING INFORMATION

In our libraries you can find Health and Wellbeing information in format that will suit you best. These include DVD's, Leaflets, Books and E-audiobooks. For example we stock NHS publications which offer help and advice on subjects such as strokes, ICDs and dementia. These can be accessed easily from our leaflets stands. There is also a self service kiosk for checking out resources.



ADDITIONAL SUPPORT NEEDS

East Dunbartonshire Libraries provide a range of tools and support for those with Dementia, Alzheimers, Autism and other long term conditions.

We can offer:

- Talking Mats - Evaluation tools that allows independent evaluation of a range of subjects.
- Reminiscence Boxes - A great way to communicate with those with Dementia or Alzheimers.
- Bag Books - A selection of themed books and resources to help those are unable to communicate.
- Memory Lane - Conversation Cards, leaflets, books and DVDs intended to aid reminiscence.



For more information call 0141 777 3143 or visit www.edlc.co.uk

Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0141 578 8152

अगर आप यह प्रलेख अपनी भाषा में अनुवाद करवाना चाहें तो कृपया ०१४१ ५७८ ८१५२ पर टैलीफोन करें

如果您想要这份文件被翻译成您的语言，请打这个电话 0141 578 8152。

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਲਿਖਤ ਦਾ ਅਨੁਵਾਦਿ ਅਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ 0141 578 8152 ਤੇ ਟੈਲੀਫੋਨ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ اس دستاویز کا اپنی زبان میں ترجمہ کروانا چاہتے ہیں تو براہ مہربانی ٹیلیفون نمبر 0141 578 8152 پر فون کریں۔