

Local information and help for stressful times

You have mentioned that you may be feeling stressed, anxious or low. Newcastle have in place a Healthy Reading Programme, which makes it easier to access leaflets giving advice in these situations, together with books, CDs, DVDs and web-based support. This programme can be accessed by visiting the library or referral from GPs and other services in the community. Healthy reading can be helpful for people to overcome and cope with problems such as anxiety, depression, stress, dementia, eating disorders, bereavement and panic.

Reading Well promotes the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books. For more information about the scheme nationally you can visit the website www.reading-well.org.uk or email readingwell@readingagency.org.uk.

We all want to lead happy and contented lives and our health can play a major part in contributing towards our overall wellbeing. Newcastle Libraries offer a range of resources, information and partnerships which aim to help people improve their health and wellbeing and which are freely available for everyone to use. For more information visit the website www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries/health-and-wellbeing or alternatively contact your GP.

Reading Well Books on Prescription is a national scheme run with a number of GP surgeries in Newcastle, where GPs 'prescribe' books that help you manage your mental wellbeing for a range of common mental health conditions including anxiety, depression, phobias and some eating disorders.

Building on the success of the common mental health conditions list, Reading Well Books on Prescription for dementia is now available in City, Denton Burn, East End, Gosforth, Kenton, Outer West and West End Library. Each collection includes professionally endorsed information and advice for people with dementia, their carers, and people worried about symptoms or wanting to find out more about the condition. The collections provide:

- Information and advice about dementia and normal ageing
- Support with living well following diagnosis
- Practical advice for carers
- Personal stories
- Suggestions for shared therapeutic activities

They are currently running the scheme with three GP surgeries and are looking to extend the scheme in future to other surgeries in Newcastle. Participating GP surgeries include Saville Medical Group in Newcastle city centre and the Betts Avenue Medical Centres in Kenton and Benwell. Please keep checking the website for details or for more information email information@newcastle.gov.uk or phone 0191 277 4100.