

# *Read all about it*

THE JOINT NEWSLETTER OF GEH AND SWFT LIBRARIES



## *What's New*

A WORD FROM THE  
EDITOR

OPEN DAY

LONG SERVICE  
AWARDS

WELLBEING CORNER

AWARENESS MONTHS

YORKSHIRE THREE  
PEAKS CHALLENGE

## *Editorial*

Greetings to all the cherished patrons of the Library! As the year draws to a close, the Library team extends warm wishes for a fulfilling year at both your abodes and workplaces. We trust that our services have aided your quests for knowledge and exploration, We also hope you have some pleasure from our Unwind collection for a bit of 'me time'.

If you have a holiday over this Christmas time we hope it is a pleasant one, if not we hope that everything goes well in your work.

From all of us in the Library Team we wish you all a Happy Christmas and a great New Year!



## *Library Open Day - GEH*

Back at the beginning of October the Library at GEH had an open day, over the lunch time period. There were drinks and cakes and a chance to win a fiction book.

There were also some games to play with including Buckaroo, Operation (appropriate) and Jenga.

The open day was also to promote the Library and advertise what services we provide. Also the many resources we can access for our customers.





## *Library Open Day - SWFT*

We enjoyed a successful Libraries Week Open Day in the Education Centre Library at Warwick Hospital. Much like the Open Day at George Eliot, there were cakes and coffee, and games to take part in – including the draw for those elusive golden tickets. It's always good when you can make someone's day with a free book!

Posters showed off some of the services we offer and current projects we are involved in, including the new West Midlands Evidence Repository (WMER). We were pleased to be able to welcome visitors from a number of different departments, and it was a great opportunity to raise awareness of what we do, and build and strengthen connections with teams across the Trust. It was also one of those very rare opportunities when the whole SWFT library team could be in the same place at the same time.





## *Long Service Awards*

This year saw two of our team receive their long service awards. Stephen Ayre, Knowledge & Library Service Lead and Beverley Wright Snr Library assistant both have been with the NHS for 20 years. They received a certificate and badge.



*Stephen and Bev are pictured here with Delia Carrasco, Associate Director of Education*



## Wellbeing Corner

Our Wellbeing Corner is somewhere you can come to chill out for some quiet time. We have self help books on such topics like mindfulness and lifestyle.



Our notice board advertises resources and wellbeing events, including our Reading Group.





## ***Awareness months***

The Library has always promoted health awareness and important national awareness subjects.

For October this year we put together resources for **Speak up Month** and **Black History Month**.

From our Intranet pages at GEH:

### **About Freedom to Speak Up**

We welcome speaking up and we will listen.

By speaking up at work, you will be playing a vital role in improving services for all patients and creating a better working environment for our staff.

At George Eliot Hospital, we want an open culture where everyone feels safe to Speak Up, this could be about a concern or to make a suggestion for improvement.

We know it's not always easy, Speaking Up is the right thing to do. Be the one to make a difference!

### **Black History Month**

This event is to celebrate and recognise black people and their contribution to our society. This year's theme of 'Saluting our Sisters' celebrated the roles of black women who have shaped history.

### **Menopause Newsletter**

You can view the latest version of our Menopause newsletter, along with all the previous editions.

**Our resources:**  
**[Speak up month](#)**  
**[Black History Month](#)**  
**[Menopause newsletter](#)**



# ***Yorkshire Three Peaks Challenge for GEH Charity***

*by Nathan Field*

In September, three of us took part in the Yorkshire Three Peaks Challenge to raise funds for the George Eliot Hospital Charity. Rayanne, Zoe and Nathan joined a group of colleagues and friends of George Eliot to tackle the 24-mile route with 5,200ft of ascent over Pen-y-Ghent, Whernside and Ingleborough, three of the highest peaks in the Yorkshire Dales.

Meeting in the 4am darkness at the hospital, we napped as best we could on the three-hour minibus journey to Horton-in-Ribblesdale, where we met our trained guides, Chris and Zack. Peaks one and two, Pen-y-Ghent and Whernside, remained stubbornly shrouded in low cloud as we reached their summits, but we didn't let that dampen our spirits. On the way, we enjoyed breath-taking views of the Dales and the impressive Ribblehead Viaduct. When we finally summited Ingleborough at sunset, the light was fading fast, but the views in the twilight were simply magical, with a panorama of the Dales, and mist rising in the valley below.

The final push back to base in the darkness was character-building to say the least! Knees and feet were making their feelings known about the situation very clear, but our guides kept us all safe and moving forward. At last, all that remained was the three-hour minibus journey home...

At the end of October, the intrepid adventurers reunited to recognise and celebrate our success in completing the challenge and raising around £6000 for the charity. Here's to the next challenge!



