

INTELLIGENCE INSIDER

Your Oxford Health Libraries monthly newsletter

In this issue,

- ◆ Health Information Week
- ◆ Our new Senior Library Assistant
- ◆ Meet the Author
- ◆ Invite your Outreach Librarian

My name is Bertha A Calles Cartas

I have confessed in some forums that my favourite time of the year is winter. I also like summer but in a different way. For the last few years, I have found the hot season a very energising time. To me, it is the beginning and the end of the year; maybe because my life is ruled by the school calendar. In winter I feel like resting and being nice to myself. In contrast, in summer I feel like planning, improving something, trying new things and setting challenges. It is a time for plans for the next year, and gratitude for everything received so far.



For this, I rely on books to find inspiration, but more lately on mobile apps, especially those with a free version. I use [Komoot](#) to keep active, to explore my area and to challenge my fitness level; and [Duolingo](#) has been great to keep me sustain my determination to learn German in 5 minutes a day. I recently came across [Bible and Strong's Concordance](#) and find it great to keep me mindful of my faith by reading the Bible in my mother language and in English. When I can't find a certain title available from the audiobook service to which I subscribe, I go to [Borrow Box](#), using my Oxfordshire library card and pin. [Libby](#) is another great app to access ebooks also made available by my public library. Through [Olio](#) I have given away things I don't need anymore and I have found a use for items other people do not need anymore, including food! This has been a particularly positive experience, and I have also managed to meet people from my community. [Brilliant](#) is a great resource to is has got me up to speed with scientific topics and helps me supporting my daughter with her school work. Last but not least, I'd like to introduce [30 day challenge Yoga with Cassandra](#), a YouTube series of videos to make a manageable exercise routine part of my life.

Have you found out where your colleagues find their motivation to keep healthy, to support their spiritual life, to learn new hobbies or keep up with old ones? They may not use an app but other strategies learned through experience. We all have fascinating stories and knowledge to share.

In this issue, **Helen Hinchcliffe** shares lists of resources and books that could help you, and your patients, improve various aspects of your (and their) health. **Laura Nunzi**, tells us how she improves patient care working in her new role as senior library assistant. You will also find information about an author's event in the Warneford Library, and about bringing libraries and librarians to your services and teams.



Helen Hinchcliffe,
Assistant Librarian

If you would like to borrow any items, please contact us at library.enquiries@oxfordhealth.nhs.uk, or search via the NHS Knowledge and Library Hub [here](#).

An [NHS OpenAthens login](#) is required for Electronic Books.



Mental Health and Wellbeing [resources](#) and [reading list](#).



Health Literacy [resources](#) and [reading list](#).



Social Prescribing [resources](#).

**Health Information
Literacy 2023**





Hi, my name is Laura Nunzi, I am a senior library assistant.

This is almost my fifth week in the fascinating world of NHS libraries. And it was five years ago, in May 2018, that I landed in this country.

I graduated with a Literature, Philosophy and Media Communication degree in Italy; when I arrived here, I went back to school, studied English, met new people and made friends with individuals who were going through the same experience I was going through.

I started working for the public library service about 4 years ago. I do love to read; I love inviting authors and talking about their books, their latest release and much more. In my spare time I like listening to music and to tons of podcasts. Lately I've been following a podcast on Spotify called "Good influence" which focuses on sustainability and mental health.

While I was making my way through the world of public libraries, one of the classmates in my English class was beginning her nursing journey in the NHS, and it was during one of our coffee meetings that she asked me: "Why don't you come and work for the NHS too?" Offhand I answered: "If they have libraries, of course I will!" I simply had no idea that health libraries existed!

Shortly thereafter, just in one of the Oxford public libraries, I met Bertha for the first time, and it all started from there.

Working with a team so energetic and enthusiastic is simply amazing. One is forever looking for the right article, scouting around other libraries for the latest medical issues to answer requests from doctors, and nurses who aim to serve their patients.

It is a completely different world from the one I know, and for this reason I find it intriguing.

The library team made me feel welcome right away. We work hard, but we also laugh a lot.

What could be better? This is my Corporate Induction day, and I am pretty sure that you already know the other two people in the picture!



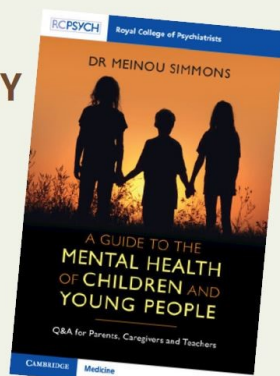
MEET THE AUTHOR

WARNEFORD LIBRARY

**WEDNESDAY
5th JULY**

Upper Reading Room

12.30-1.30pm



INVITE YOUR

OUTREACH LIBRARIAN

We can come to your site to have a chat or to deliver a session to find information for patient care, a research project or your studies.


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Require an article or a book? Want to learn how to perform a quicker and more effective search on specific topics? Need a literature search for guidelines, case studies, research papers or a quality improvement project? Want to keep up to date with the latest information in your field of interest?

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