

INTELLIGENCE INSIDER

Your Oxford Health Libraries' monthly newsletter



Oxford Health
Libraries

In this issue:

- ◆ Mental health resources
- ◆ Maudsley Deprescribing Guidelines
- ◆ Vicky, our new Outreach Librarian
- ◆ Are you a health librarian in the making?

Library Resources for Mental Health and Wellbeing

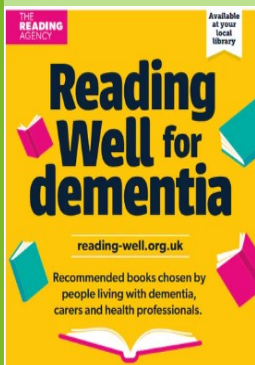
May has been an important month for highlighting the need to support the mental health of us all during Mental Health Awareness Week, which focussed on the theme of moving for mental health and "finding something that moves your body and mind" ; while Dementia Action Week, reminded us that "one in two of us will be affected by dementia in our lifetime. Currently there are 944,000 people with dementia in the UK".



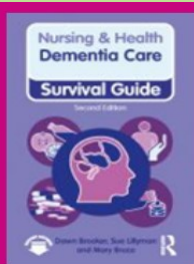
Sarah Maddock,
Library Service Manager

To support these themes, our library staff have collated resource lists for both awareness campaigns, including resources from our libraries and those of our SWIMS library partners, accessible [here](#) and [here](#). If you want to borrow any books on the list email us at library.enquiries@oxfordhealth.nhs.uk. We have also been excited to see a new Reading Agency booklist, [Reading Well for dementia](#), targeted at **people living with dementia, carers and family members**, including **younger children**, to help them understand more about dementia.

An [overview of titles](#) and [digital leaflets](#) are available to download and **Reading Well for dementia** books are available in print, and e-books and audiobooks in local public libraries. You can find out how to join the library and access books, e-books and audiobooks via [your local library website](#).



**Dementia
Action Week
13-19 May**



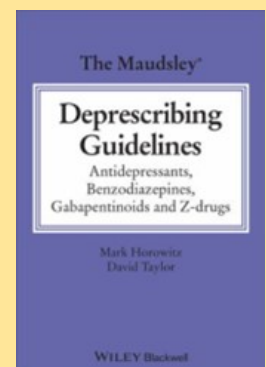
Helen Hinchcliffe,
Assistant Librarian

The Maudsley Deprescribing Guidelines

Oxford Health Libraries have recently purchased print copies of this title. This book details the guidelines for safely reducing or stopping antidepressants, benzodiazepines, gabapentinoids and z-drugs for patients, including step-by-step guidance for all commonly used medications, covering common pitfalls and troubleshooting.

You can find copies in the Reference section at Littlemore, Warneford and Whiteleaf Libraries - at shelfmark WM402 (next to *The Maudsley Prescribing Guidelines*) or via our hub [here](#) with your Open Athens account.

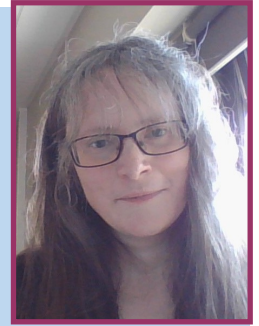
If you don't have an OpenAthens login you can sign up [here](#).



Hi, my name is Vicky Farmilo

Hi my name is Vicki Farmilo and I've just joined the Outreach Librarian team here at Oxford Health.

I'm based at the Warneford Library, but can also be found at Whiteleaf on Friday mornings. I've worked for over a decade as a health care librarian at Oxford Brookes University, but this is my first NHS post, and I'm really looking forward to working with you all. Do feel free to pop in to either Library and say 'Hello!' or email me any time at vicki.farmilo@oxfordhealth.nhs.uk.



Vicky Farmilo
Outreach Librarian

Outside work I can usually be found in my garden if it's sunny, and at my sewing machine or baking in the kitchen when the rain is coming down. I live in rural Oxfordshire with my 2 guinea pigs Charlie and Jack (far more photogenic than me – I should really have uploaded their picture instead of mine!).

Take a quiz with Kate

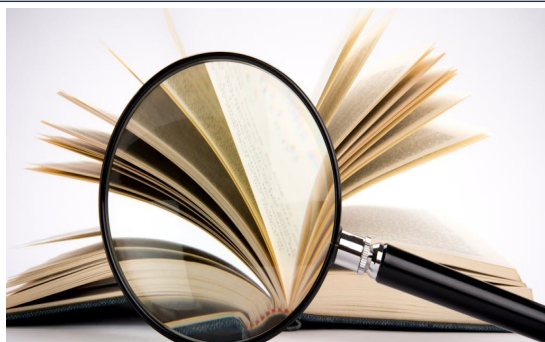
Kate Jones, our Primary and Community Care Librarian, has prepared a short, light-hearted quiz to see if you have what it takes to become a health Librarian.

Make a cup of tea and have some fun!

<https://www.menti.com/al68h12mxayw>



Kate Jones
Primary and
Community Care
Librarian



Librarians and Knowledge Specialists bring the evidence to inform healthcare decisions


What you say about us:

“ Just wanted to pop in and say thank you as a regular library user. Tom has been very patient with me as well as being very helpful; so was Fiona, guiding me with my research strategy recently, and Bertha, proving me with very insightful and up-to-date knowledge. I am grateful for all your support.”

Library user from
Smoking Cessation Service,
Littlemore Mental Health Centre,
Apr 2024



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?

Contact us at library.enquiries@oxfordhealth.nhs.uk Follow us  @OHFTLib

The next edition will be published in June 2024.