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Issue 74

The Swimming Pool

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**Newsletter for the
SWIMS Network**

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Mindfulness on the menu at PPH

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Mental Health Awareness Week (11th - 17th May) this year was focussed on mindfulness. Alongside the usual display of mindfulness books and articles we set up an iPad with podcasts downloaded from the Mental Health Foundation website, which several staff sat and listened to.

We also decided to offer a mindfulness taster session; our chaplain put us in contact with someone who runs mindfulness sessions for patients at the hospital. The session was very popular with 14 people attending from various parts of the hospital e.g. pharmacists, speech

and language therapists, and our own library assistants, Sarah and Janine. We first had an introduction to mindfulness, its origins and use in mental health. There is evidence that it can help with depression and with impulse control in prisons (although more research is needed in this area). This was followed by a 10 minute guided mindfulness session where we were directed to focus on various things, ranging from the floor beneath our feet to the sounds outside. Then we turned internal, focussing on our thoughts and feelings. It was a very enlivening experience that left everyone feeling very relaxed. One person even admitted that she almost fell asleep! Given the positive feedback we may try to run the session again at intervals to tempt other staff to pay us a visit.

www.mentalhealth.org.uk/our-work/mentalhealthawarenessweek/

Barbara Moye / Janine Hall
Assistant Library Manager / Library and Electronic Resources Assistant
Berkshire Healthcare Foundation Trust (PPH)

SWIMS student social

A few of us in SWIMS are currently studying for library qualifications and we thought it would be nice to have a get-together. So on Saturday 16th May, four of us (Janine Hall from PPH, Andrew Brown from WXM, Barbara Peirce from D02 and Morag Evans from D08) met in Winchester for a day that was to prove useful and encouraging.

First up, we visited the Discovery Centre, Winchester's library and art centre. We particularly enjoyed the Hiroshige touring art exhibition from the Ashmolean museum on display there (which can be viewed [here](#)). After a short tour of the library we appreciated the joys of the café and discussed the nature of distance learning, its ups and downs and highs and lows so far. The four of us are on the same course at Aberystwyth University but at various stages so it was interesting to see how we were all getting on. The course in Information and Library Studies is interesting and challenging even though we agreed the most difficult thing was finding time to study with busy work and family lives.

Next, a delicious lunch and more discussion, including topics such as Mendeley, Protopage, holidays and travel, cataloguing, favourite books and forensic science! I hope I speak for everyone when I say we came away feeling encouraged and supported which I think was the aim of the day. Thank you to Janine for organising it.

If you are a distance learner do feel free to join us for our next social on Saturday, 21st November in Southampton, venue to be arranged...watch this space! Please contact Janine (Janine.hall@berkshire.nhs.uk) or Morag (morag.evans@dchft.nhs.uk) for further information.

Morag Evans
Library Assistant
Dorset County Hospital NHS Foundation Trust (D08)

A volunteer in a library

After a career that had always involved science and medicine, retirement was just too boring. So, about three years ago, I applied to be a volunteer at Wexham Park Hospital and I now spend two afternoons a week helping out in the John Jamieson Library. It has proved more interesting than I could have hoped. My varied tasks have changed over time as the library has gradually moved from a large collection of paper journals to a smaller collection of 'hard copy' but a much, much wider selection available online. As the physical collection is reduced I prepare lists of

journal copies that can be made available to other libraries. So, whilst initially I spent a lot of time labelling and security tagging journals I now spend more time ensuring books are appropriately labelled and shelved – that requires some vigilance! As well as assisting with journal and book processing I have many other assorted activities including those highly technical tasks – stapling and guillotining. Welcome e-mails to new members of the library are usually straightforward once I've retrieved their emails from the registration form. But, it has to be said, not everybody's writing is particularly legible especially if they

choose address names that are not intuitive – applefair24 for example. Just occasionally, if the library staff are under a lot of pressure, I have 'manned' the front desk. This is probably a good time to return your long overdue book since my understanding of the workings of the till is rudimentary.

There is certainly no chance of being bored. My colleagues are very supportive and make me feel one of the team. Learning a little about being a librarian is proving a rewarding experience.

Jane Mills
Library Volunteer
Frimley Health NHS Foundation Trust (WXM)

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EBooks 2015: etextbooks, elearning, econtent University College London (UCL) 7th May 2015

This annual conference attracts delegates from university libraries, publishers, and platform providers. No-one else had 'health' in their organisation title but I took along my Plymouth and Exeter University hats so did not feel too out of place. The focus of the day was on the impact of etextbooks for learning and included general presentations and case studies.

The scene was set by Professor Jeff Haywood, Vice-Principal Digital Education and former Head Librarian at the University of Edinburgh. He talked about the rise of digital content in education but the need for caution in looking at statistics – how many students access etextbooks and journals but print them out to use as a physical resource? The search function of ebooks is popular but many students still prefer to read and take notes from a physical book.

Students are accessing and being pointed to a wide range of digital content, much of it open access: ejournals and ebooks but also video, audio, online courses, blogs, wikis. This sort of content changes rapidly, it may be different or not there at all next time you look. Although the future of online courses like MOOCs is not clear, much of their content is freely available all the time and academic teachers are encouraging students to dip into them even though they are not registering on the courses. Is there any scope for us to point our users to this sort of content from our websites?

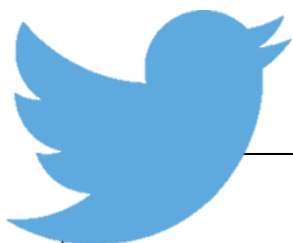
There were several presentations on universities publishing their own etextbooks. JISC is running a 3-year pilot using slightly different models. The main drivers for this are: cost to students and libraries of hard copy; lack of space for multiple hard copy titles; distance and remote learners; lack of up-to-date or relevant texts for courses; income generation; marketing, showcasing a university's research credentials; added value when advertising courses; availability of easy-to-use software for editing and publishing. At Liverpool University the Library is working with the University Press to publish, using its position as academic hub to find authors and peer reviewers. Some are publishing as open access, others charging a nominal fee. Titles are dynamic with interactive content and accompanying websites. Could we signpost our users to freely available etextbooks published by universities?

Alistair McNaught from JISC talked about cuts to the Disabled Students' Allowance. Government funding will only be available to students with complex needs so many will lose out. It will be even more important for university libraries to make sure resources are accessible to everyone. We need to consider accessibility when buying etextbooks – can the text be magnified, does it flow when magnified to prevent the need for scrolling left and right? Is there a text to speech function? Can the colour of the background be changed? We can make accessibility part of the procurement criteria for resources and ensure all our staff can advise users with disabilities on how to make the most of additional functionality.

Finally there were talks from Cengage, Proquest (EBL), and Kortext, particularly looking at projects to supply whole classes and cohorts of students with copies of their key textbooks in electronic form. Plymouth University has been at the forefront of this and is now using VitalSource. Etextbooks are becoming more dynamic with links out to other resources. This will develop further in the future with integrated quizzes, assessment and feedback. Availability on all devices is important as students like to dip into books on mobile devices but study from a larger screen.

Overall it was an interesting day. Students are using and being pointed to a whole range of resources. As information professionals, we can help them access these resources but also help them judge the quality of what they find. We need to make sure that the resources we provide are accessible to those with disabilities. And perhaps we could develop new skills and become involved in the publishing of e textbooks.

Catriona Organ
Subject Librarian
Royal Cornwall Hospitals Trust (RCH)



#UKMedLibs – chat with fellow librarians

Regular library tweeters may be aware that there is a weekly MedLibs chat for American health care library issues, and that there is a #UKLibChat for general library that runs once a month. Unfortunately the American #Medlibs chat happens when we are all supposed to be in bed, so Tom Roper at Brighton and Sussex has created the #UKMedlibs hashtag so that we can discuss library and knowledge related issues on a more focused platform than that of the #UKLibChat one.

Tom acquired two volunteers in myself, and Holly Case from Surrey and Sussex; and despite a few scheduling hiccups we went live with the first #UKMedLibs chat on Tuesday 19th May at 8pm with the subject of the new Knowledge for Healthcare framework. It was a bit of an ambitious subject for our first Twitter chat given the breadth of the document, but I think that it went fairly well; our tweets are recorded on Symplur so you can see what was said on www.simplur.com/healthcare-hashtags/ukmedlibs/ and all future chats will be recorded here too.

The next chat will be on Tuesday 16th June (we're currently going with the third Tuesday of every month) at 8pm, and the topic will be 'the future of healthcare libraries'; you can see the chosen questions on ukmedlibs.wordpress.com and don't forget to follow us on Twitter at @UKMedLibs.

Do join us in discussing the topics that matter to us, and gain CPD hours at the same time!

Sam Burgess
Librarian
Great Western Hospitals NHS Foundation Trust (W01)



**Have you been up to anything interesting lately?
Why not write about it for Swimming Pool?**

World Book Night at STM

We took part in World Book Night for the first time this year. We received 54 copies of two titles and had 80 classic titles from Blackwell's to give away. We were really keen to promote our library service to our community hospital sites, so decided to visit them on World Book Night. About a week before, we emailed community staff to let them know we were coming and sent out posters. A very kind facilities manager contacted all the receptionists and let them know to

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expect us. On World Book Night, our intrepid clinical outreach librarians, Sarah and Claire, set off at 8am on a journey around Buckinghamshire to visit five of our community hospital sites and Wycombe Hospital. Our first stop was Buckingham Community Hospital and they were expecting us, so the message had got through! We were shown into the staff room and given some very strong coffee. The receptionist telephoned all the departments and then people started dropping by to see us. Most of the staff were pleased with their books (except one who really wanted the 'book about the cat') and so impressed that we'd bothered to visit them. Our

journey continued through Thame and Marlow. Then we popped into GUM and ITU at Wycombe, grabbed a quick sandwich and journeyed on to Gerrards Cross. Flagging a little, we carried on to our last stop at Amersham Hospital, where people were waiting for us. At 5pm, after treating ourselves to a well-earned Costa coffee and cake, we made our way back home. Our tour of Buckinghamshire gave us a great opportunity to promote the library, as many of the staff didn't know we existed and we also made lots of good contacts. It was certainly worth it and we're looking forward to next year!

Claire Coleman
Clinical Outreach Librarian
Buckinghamshire Healthcare NHS Trust (STM)

World Book Night at YDH

We missed the World Book Night reporting boat last month but thought you might like to hear about ours at YDH...which was on the one hand a massive success but viewed another way could be seen as a massive fail! I have done WBN since it started, but this year we decided to go for an 'Institutional Collection'. Linda and I both applied on the basis that only one of us would be successful but we were lucky to both be awarded books, receiving four titles, five sets in total. So with these ninety odd books and a fair few copies of 'The Shock of the Fall' which were saved from the Christmas meeting, we had plenty to give away on the day.



Permission to set up in the coffee shop area of the out-patients department (which we thought a good venue to capture the attention of the masses) had been granted. On the morning of WBN Katy and I got our trolley ready with the books and some make-shift promotional material and were on our way downstairs when we made the mistake of stopping to let our colleagues have a look. Seems innocuous enough I know but word quickly got round about the free books in the corridor and staff flocked like vultures from the various events taking place in the Academy...and as a result we didn't manage to make it out of the Academy let alone downstairs! It took barely 10 minutes to 'distribute' well over 100 books!

Next year Katy and I have formulated a plan to get out of the Academy with our trolley holding as many books as possible. This for the most part involves speed and not making eye contact until we are safely on our way downstairs in the lift! We shall report how that goes next year if we are lucky enough to be chosen as 'Givers' again.

Angie Drayton
Assistant Librarian
Yeovil District Hospital NHS Foundation Trust (YDH)



World Book Night at W01

To complete the current round up of World Book Night events across the region there was also an event here at the Great Western Hospital in Swindon. Having used last year's event to launch our fiction collection, this year we opted for a rather more public affair by setting up our stall in the main hospital atrium.

Having applied for several sets of book I was pleased to see that we had been given two titles, one set of *The Martian*, and two sets of *Assassin's Apprentice*. Like many other libraries we also decided to give away our copies of *Shock of the Fall*, in addition to which we were lucky enough to have been given some left over titles from last year (that had been stored in our cupboard for nearly a year awaiting the next WBN!), so we had just over 100 books to give away to our would be readers.

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Having set up in the main entrance by 10am, I freely admitted to being quite nervous if excited. It is one thing to give books away in the comfort of the library, but quite another to stand in full view of the public and encourage people to take a book for free. As it happens,

there was much interest from hospital staff and the public as well as the volunteers dotted about the atrium; and all the books had gone in just over two hours – the most popular being *Rivers of London*, followed by *Shock of the Fall*.

To my surprise very few people had heard of WBN and were interested to hear more, in particular they were very keen to get on board with the idea of passing on the books once read. So I hope that a few books have been changing hands within Swindon and reminding people of the pleasure of reading.

Sam Burgess
Librarian
Great Western Hospitals NHS Foundation Trust (W01)

And now for something completely different...

On a non-work related note... although I'm hoping this is allowed in as it has a very loose literary theme...!

Some of you may have picked up from my previous piece in the Swimming Pool that I'm a bit of a Sherlock Holmes/Benedict Cumberbatch fan. Those who work with me know just how serious a problem this is and at the end of April I spent a bit of money (!) travelling to London in order to attend the first official Sherlock convention.

Yes, the man himself was there. Here is the photographic evidence:

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To say it was a dream come true is putting it mildly. I was utterly dumbstruck... so much for my kidnap plans... I was absolutely useless and managed about two words in his presence!! And no, that cardigan hasn't had a wash since...

The weekend itself was a hugely important experience for me. I won't waffle on because trust me, I won't stop, but I met some amazing people and felt honoured to be in the company of the talented, brilliant geniuses who make the show possible. There are more photos where that one

came from, believe me! I came away a changed person and feeling very inspired. If you don't watch the show, then you absolutely must!

Jess Pawley
Senior Library Assistant
Taunton and Somerset NHS Foundation Trust (TAU)

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