



**Health Information Week 2025**  
**20th - 24th January**

## Day 3: Wellbeing



Borrow **Whiston Library's Wellbeing Knowledge Box** to bring some wellbeing into **YOUR** ward, department or team.

Working in partnership with the **Health Work and Wellbeing** department, we have stuffed our box full of Wellbeing Books, Information and Goodies for you including:

- A selection of books from the Library's [Reading Well](#) and [Uplifting](#) collection.
- A folder full of leaflets and information on Health, Work and Wellbeing events across the Trust.

- Reading lists, wellbeing resource lists, information and leaflets about the Library and Knowledge Service and how we can help you.
- Free goodies to take away.



The box can be borrowed for 6 weeks, during which time it will live in your ward or department and staff will be able to borrow the books and make use of the other resources it contains.

If you would like to borrow the **Wellbeing Knowledge Box** for your team, or would like to find out more, please contact the Library at: [library@merseywestlancs.nhs.uk](mailto:library@merseywestlancs.nhs.uk) or drop in and ask at the library counter.

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For those in the **Southport and Ormskirk** Areas, the Library and Knowledge Service has a range of themed boxes available to borrow (including a box on Wellbeing). Contact the library at [library@merseywestlancs.nhs.uk](mailto:library@merseywestlancs.nhs.uk) to find out more.

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For more information about the **Health, Work and Wellbeing** Department at **Whiston & St Helens** [click here](#) to go to the Wellbeing Hub (Intranet only).

For **Southport & Ormskirk**, [click here](#) (Intranet only).



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For more information about Health Information Week, see the HIW website at:  
<https://healthinfoweek.wixsite.com/healthinfoweek>

For more information about your NHS Library service, see our website at:  
<https://library.merseywestlancs.nhs.uk>

**NB: All links are correct at time of creating this resource list - 16 Jan 2025**