

LibraryPlus Your Health and Wellbeing Hub



Road + Rothwell + Rushden + St James + Thrapston + Towcester + Wellingborough + Weston Favell + Wollaston + Woodford Halse +

+ Desborough + Duston + Earls Barton + Far Cotton + Flinedon + Higham Ferrers + Hunsbury + Irchester + Irthlingborough + Kettering + Kingsthorpe

READING WELL

Reading Well Books on Prescription help you to understand and manage your health and wellbeing using self-help reading. It

is endorsed by health professionals and supported by Northamptonshire Libraries. There are two collections of books available. One covering common mental health conditions and one focussing on dementia.

www.northamptonshire.gov.uk/readingwell

We frequently hold a wide range of **health and wellbeing events and activities** including blood pressure checks, smoking cessation advice and walking groups.



www.northamptonshire.gov.uk/whatson

We provide free and easy access to **online resources and information** through the health and wellbeing section of our good web guide. This include local services and national organisations. You can access them through our website, at home or on our library computers, or on your own device through our free wifi.



www.northamptonshire.gov.uk/elibrary

eBooks and eAudiobooks are available for free download from Northamptonshire Libraries with BorrowBox.

www.northamptonshire.gov.uk/ebooks
www.northamptonshire.gov.uk/eaudiobooks



Choose from 50 of the most popular magazine titles to read for free on your PC, Mac, smart phone or tablet with our **e-magazine** service.

Download current or back issues for free. Titles include:

- Woman's own
- Good Housekeeping
- TV Times

www.northamptonshire.gov.uk/emagazines



If you are unable to get to a library, either through age or disability, you could use the **home library service**. A member of staff will select books or audiobooks for you according to your taste and requirements. Volunteers will then deliver these items to your home once a month.



To find out more call 0300 126 1000

If you find it difficult to travel to a library you may be able to visit one of our two **mobile libraries**. These cover the East and West of Northamptonshire and visit their stops every 4 weeks.



www.northamptonshire.gov.uk/libraryservice

There are lots of regular **social groups** running in libraries. Some are based on a common interest and others are just a chance to meet others and have a chat. Examples include:



- Reminiscence sessions
- Knit and natter groups
- Coffee mornings
- Language cafes

www.northamptonshire.gov.uk/whatson

Business & IP Centre Northamptonshire

The Business & IP Centre Northamptonshire is part of the British Library Business & IP Centre

national network and supports entrepreneurs, inventors and small businesses by providing workshops and advice sessions as well as access to online resources.

Job seeker support is available through regular job clubs and "Universal Skills", an online collection of guides covering Job Skills, Universal Jobmatch and Universal Credit, plus a full introduction to computer basics. We also provide **money management support** as you can receive help from our trained staff with tools such as online budget planners and Charity Link applications.



Delivering library services for



Northamptonshire County Council

LibraryPlus

There are so many ways to contact your library

Keep up to date with all the events, news and activities

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Abington	Closed	9-6	9-6	9-6	9-6	10-2	11-2
Brackley	10-6	10-6	10-6	10-6	10-6	9-5	11-2
Brixworth	10-6	10-6	10-6	10-6	10-6	9-1	11-2
Burton Latimer	Closed	9-6	9-6	9-6	9-6	10-2	11-2
Central	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Corby	8-6	8-6	8-6	8-6	8-6	9-5	11-2
Danesholme	Closed	Closed	10-2	2-6	2-6	10-2	11-2
Daventry	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Deanshanger	Closed	Closed	10-2	2-6	2-6	10-2	11-2
Desborough	Closed	9-6	9-6	9-6	9-6	10-2	11-2
Duston	9-6	9-6	9-6	9-6	9-6	10-2	11-2
Earls Barton	Closed	1-6	9-2	1-6	1-6	10-2	11-2
Far Cotton	12-4	12-4	10-2	12-4	12-4	10-2	11-2
Finedon	Closed	Closed	10-2	2-6	2-6	10-2	11-2
Higham Ferrers	Closed	10-6	10-6	10-6	10-6	10-2	11-2
Hunsbury	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Irchester	Closed	1-6	9-2	1-6	1-6	10-2	11-2
Irthlingborough	2-6	2-6	10-2	2-6	2-6	10-2	11-2
Kettering	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Kingsthorpe	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Long Buckby	Closed	10-6	10-6	10-6	10-6	10-2	11-2
Middleton C.	2-6	2-6	10-2	2-6	2-6	10-2	11-2
Moulton	1-6	1-6	9-2	1-6	1-6	10-2	11-2
Oundle	Closed	9-6	9-6	9-6	9-6	10-2	11-2
Raunds	Closed	10-6	10-6	10-6	10-6	10-2	11-2
Road +	Closed	Closed	10-2	2-6	2-6	10-2	11-2
Rothwell	10-5	Closed	10-5	10-5	10-5	10-2	11-2
Rushden	9-6	9-6	9-6	9-6	9-6	9-5	11-2
St James	2-6	2-6	10-2	2-6	2-6	10-2	11-2
Thrapston	Closed	10-6	10-6	10-6	10-6	10-2	11-2
Towcester	9-6	9-6	9-6	9-6	9-6	9-5	11-2
Wellingborough	8-6	8-6	8-6	8-6	8-6	9-5	11-2
Weston Favell	9-7	9-7	9-7	9-7	9-7	9-5	11-2
Wollaston	2-6	2-6	10-2	2-6	2-6	10-2	11-2
Woodford	Closed	Closed	10-2	2-6	2-6	10-2	11-2
Wootton	Closed	10-7	10-7	10-7	10-6	10-2	11-2

Contact Us //



There are so many ways to keep in touch and up to date with your local library.

Telephone: 0300 126 1000

For general information including book renewal, our e-library and library information visit:

www.northamptonshire.gov.uk/libraryservice

For up to date information on what's going on follow us on:

/libplus

@library_plus

Find your local library on

facebook

See what's happening in your local library:

www.northamptonshire.gov.uk/whatson

To become a volunteer or friend of a library :

www.northamptonshire.gov.uk/getinvolved

Wellbeing Advisors hold drop in sessions in libraries to help you with:

- Weight Management
- Emotional Wellbeing
- Smoking
- Alcohol
- Financial support
- Housing Support
- Social inclusion
- Employment and Adult Learning

To find out more ask a member of library staff.