

Cornwall Libraries Free Resources for Wellbeing





1. Introduction
2. How to Access Library Services
3. Free Resources
4. Blood Pressure Monitors
5. The Read Well Collection
6. Sensory Story Packs
7. Ideas for Using Our Resources



INTRODUCTION

Cornwall Libraries offer a wide range of free resources to support health, well being, and lifelong learning. This guide is designed to help refer individuals to appropriate library services, all of which are **free with a library membership**.

2 HOW TO ACCESS LIBRARY SERVICES

- Joining the Library: Membership is free and available online or in person at any Cornwall Library.
- Digital Access: Many resources are available online with a library card.
- Library Locations & Opening Hours: We have libraries in the following places:

Bude

Bodmin

Callington

Camborne

Camelford

Falmouth

Fowey

Hayle

Helston

Launceston

Liskeard

Looe

Lostwithiel

Newquay

Par

Penryn

Penzance

Perranporth

Redruth

Saltash

St Agnes

St Austell

St Columb

St Ives

St Just

St Mary's IOS

Torpoint

Truro

Wadebridge

Please see [**tinyurl.com/YourLocalCornwallLibrary**](https://tinyurl.com/YourLocalCornwallLibrary) for individual libraries opening times.

We also have a mobile library in the east and west of the county and some micro libraries in more remote areas

Millbrook

Treverbyn

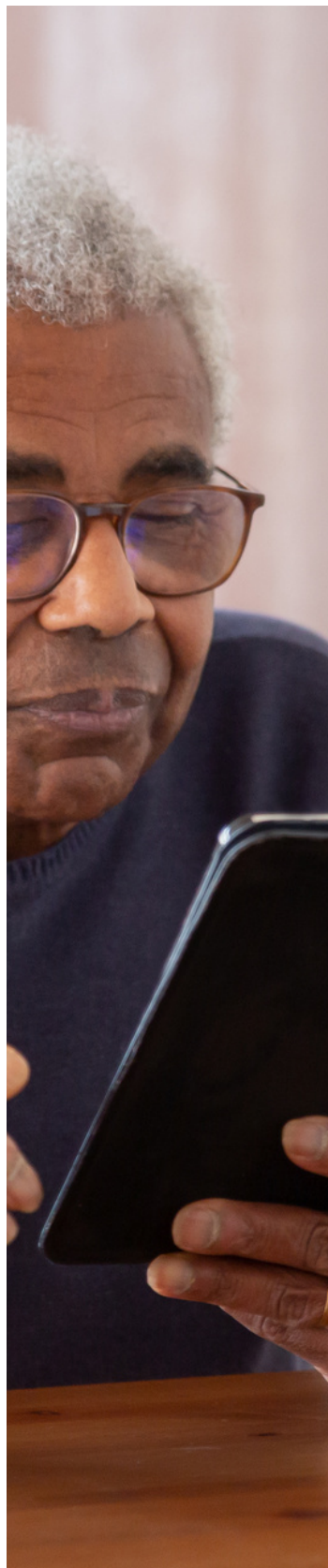
St Dennis

Upton Cross

Stoke Climsland

MOBILE LIBRARY

3. FREE RESOURCES



Different libraries across Cornwall and The Isles of Scilly may operate slightly differently. However, the resources listed below are all completely **FREE** at whichever library you sign up to:

DIGITAL

1. [BorrowBox](#) – eBooks, eAudiobooks, local eNewspapers and eMagazines accessible from home.
2. [PressReader](#) – eNewspapers and eMagazines from the UK and around the world.
3. [Comics Plus](#) – Digital comics and graphic novels.
4. [Transparent Language](#) – Online language learning tools.
5. [LOTE4Kids](#) – Digital multi-language storytelling platform
6. [Driving Theory Pro](#) – Free practice tests for learner drivers.
7. [Find My Past](#) – Genealogy and family history research.
8. [Learn My Way](#) – Basic courses to learn how to use a computer and make the most of the internet
9. [Go Citizen](#) – Online study resource for preparing for the Life in the UK Test or British citizenship test.

PHYSICAL - These may differ at each library

Books	CD Audiobooks
Jigsaws	DVD's
Storytime Sessions	RhymeTime Sessions
Craft Sessions	Blood Pressure Monitors
Lego Clubs	Public Computers
A Variety of Clubs	<u>Sensory Story Packs</u>

4. BLOOD PRESSURE MONITORS

1 in 10 adults do not know they have high blood pressure. Library members can now borrow a blood pressure monitor to track their health. They are available to collect from each of the libraries and can be used to monitor hypertension or check well-being. People can fill out a blood pressure diary and drop it into their local surgery for their GP to check.



5. THE READ WELL COLLECTION



In partnership with The Reading Agency, Cornwall Libraries offers The Read Well Collection. Collections of books to support well-being through the power of reading. Health Professionals helped to create the collection of books. It includes topics like anxiety, depression, stress and general mental health. It also includes uplifting fiction for comfort.

[Read Well for Dementia](#)

[Read Well for Teens](#)

[Read Well for Children](#)

[Read Well for Mental Health](#)

[Read Well for Families](#)



6. SENSORY STORY PACKS

Sensory stories are designed to engage people with sensory needs and use a variety of sensory props that help to bring the story to life. It is a sensory story with a concise narrative that partners short sentences with rich and relevant sensory stimulation.

The Library Service has purchased 13 different sensory stories written by Joanna Grace, founder of [The Sensory Projects](#), which can be loaned out like a book – all you need is your Library Card. You can also reserve them online via the [Cornwall Libraries Catalogue](#).

The service has also created 3 packs containing sensory props to accompany some of the stories. These are available to use at the libraries, in schools and at home. Alternatively, library users can borrow the books and follow the instructions given to create their own props from simple items found at home.

7. IDEAS FOR UTILISING OUR RESOURCES

There are a number of ways our resources can be used to benefit people. In this section we provide a list of suggestions for each resource. These lists are by no means exhaustive, but should provide you with enough ideas to get started.

BORROWBOX

Money Saver. Don't pay for books, magazines and Audible, save money by accessing them for free.

Combating Loneliness. Connecting to voices as an audiobook plays can provide comfort, as hearing a narrators voice can feel like having company.

Stress Relief – Reading or listening to stories can relieve stress and anxiety as readers immerse themselves in engaging stories.

Visually Impaired. BorrowBox interface allows readers to increase the font size and can even provide dyslexia friendly fonts. eAudiobooks allow users to listen instead of reading.

Reluctant Readers. Some readers may find accessing literature on a screen more accessible and less intimidating than a book.

Personal Growth and Support. BorrowBox provides access to a range of topics including Self Help, Mindfulness, and Mental Health books.

Slow Cognitive Decline. Reading provides mental stimulation and can keep the mind active and engaged.

PRESSREADER

Money Saver. Don't pay for magazines and newspapers, save money by accessing them for free.

Stress Relief. Engaging with interesting content, whether news, lifestyle or hobbies can provide distraction from stress

Cultural Awareness. Exposure to international perspectives can broaden understanding and increase empathy

Reluctant Readers. Some readers may find accessing literature about their hobbies more accessible and less intimidating than a book.

Lifelong Learning. Access to a wide range of topics promotes continuous learning, which can boost confidence, personal growth and strength social interaction.

Multi-Language Platform. Magazines and Newspapers from around the world could benefit refugees and residents who's first language is not English.

Visually Impaired. Users can listen to articles read aloud, making newspapers and magazine more accessible.

COMICS PLUS

Money Saver. Don't pay for comics, manga or graphic novels save money by accessing them for free.

Stress Relief – Engaging in stories, colourful visuals provides a distraction and can reduce feelings of stress and anxiety.

Reluctant Readers. Some readers may find accessing literature on a screen more accessible and less intimidating than a book.

Inclusive Content. Comics Plus offers a wide range of books for all ages and backgrounds.

TRANSPARENT LANGUAGES

Money Saver. Don't pay for language courses, save money by accessing them for free.

Enhance Communication. Help non-native speakers to learn English, improving interactions in schools, workplaces and social settings.

Support Mental Well being. The courses can provide a stimulating and rewarding activity for people facing anxiety, depression or loneliness.

Cultural Awareness. Exposure to international perspectives can broaden understanding and increase empathy

Empowering Caregivers. Assisting those who support non-English speakers by improving language skills.

LOTE4KIDS

Supporting Language Development. Encourage bilingual and multilingual children to maintain and develop their home language.

Enhance Communication. Help non-native speaking families to improve their English Skills through storytelling.

Enhancing Family Bonding. Provides a shared activity for parents and children, promoting family values and helps parents who may struggle with English read to their children.

Reduces Social Isolation. Gives non-English-speaking families a resource to feel included in the community and encourages participation in local library programmes and events.

Assisting Refugees and Migrant Families. Offers a familiar cultural connection for children adjusting to a new country and helps children transition to learning English whilst maintaining their first language.

DRIVING THEORY PRO

Money Saver. Learners using Theory Test Pro are twice as likely to pass than the national average.

Promoting Independence. Enables access to education, training and job opportunities that require travel.

Reduces Social Isolation. Provides a path to mobility for people in rural and under-served areas.

FIND MY PAST

Connecting with Roots. Exploring family history can provide a sense of identity and belonging which is especially valuable for people who may feel disconnected or isolated.

Memory Stimulation for Seniors. For elderly individuals, learning about their ancestors and past can be an engaging and nostalgic way to stimulate cognitive function.

Supporting Dementia. For caregivers or older adults with dementia, discussing family history can help maintain connection to the past and assist in triggering memories.

Engaging Activity for At-Risk Youth. For youth at risk of social exclusion or struggling with personal issues, genealogy projects can be a creative and productive way to channel energy while improving family relations.

LEARN MY WAY

Enhancing Employment Skills. Gain skills that increase job opportunities

Supporting Digital Literacy for Independence. Building confidence with technology and digital devices for everyday tasks: managing finances, booking appointments, shopping online.

Reducing Social Isolation. Improving communication by learning how to use social media, email and messaging apps helps people stay connected with friends, family and support networks.

Improving Access to Health and Well-Being Resources. Learning how to access online health services, book appointments, research medical conditions and find mental health resources online.

Lifelong Learning. Learning new skills can be empowering and boost self confidence.

GO CITIZEN

Assisting Refugees and Migrant Families. Assisting individuals in improving their understanding of UK Culture, law and customs to prepare for the Life In the UK Test.

Integration Support. Helping to foster a sense of belonging and understanding of the new community and improving social connections

Encouraging Autonomy and Self-Advocacy. Empowering individuals by gaining knowledge helping them make informed decisions both personally and professionally

LIBRARY CLUBS Contact your local library to find out what is on offer

Reducing Social Isolation. Library clubs provide a relaxed environment where people can meet others with similar interests. This is especially helpful for those feeling socially isolated, such as older adults, migrants, teens, parents with young children or individuals with mental health challenges.

Therapeutic Activities. Many Libraries offer activities such as reading groups, crafting, creative writing, singing, which can have therapeutic benefits. These activities provide an opportunity for expression, relaxation, and reflection which can help people to manage stress, anxiety and depression.

RHYME-TIME AND STORY TIME

Supporting Families. A great FREE way for families to engage in activities together. Providing support through peer interactions, parenting advice and learning opportunities. Reduces parental stress, building connections with other families

Strengthening Parent-Child Bonds. Building quality time away from screens, providing an opportunity for caregivers to engage with their children in an enjoyable and focused

Promoting Early Language Development. Enhancing vocabulary, repeated exposure to new words in context supports language comprehension and expression whilst also improving pronunciation and phonic awareness. It can also encourage listening skills.

Enhancing Cognitive and Emotional Development. Encourages children to use their imaginations and elevates creative thinking. Learning about emotions helps children to develop emotional intelligence and empathy. It also builds focus and concentration.

Fostering Early Literacy. Exposing children to books and stories at an early age can foster lifelong learning habits and support school readiness.