

When was the last time you read a book?

There are many benefits to reading. Research has shown that reading for pleasure can increase empathy, improve relationships with others, reduce the symptoms of depression and improve wellbeing throughout life.

You can borrow up to nine books for a period of three weeks from your local library. And, if you can't get to a library make sure you tap into our eBook/Audiobook service – this allows you to download an eBook or Audiobook to your device free and when the loan period is up the item will simply disappear so you don't have to worry about returning it.

We have an extensive network of libraries and mobile libraries across Northern Ireland.

To find out what's local to you and to stay up to date with news and events:

Visit www.librariesni.org.uk

Follow us on Facebook and Twitter

Contact us -

enquiries@librariesni.org.uk

t: 0345 450 4580



Connect with us
www.librariesni.org.uk

Looking to boost your health and wellbeing?

Your local library is just the tonic you need and it's **free!**

Stay informed with hundreds of health books

Tap into expertise at dedicated health events

Socialise at one of our regular activities

Enjoy the therapeutic benefits of reading



Visit your local library today or go to www.librariesni.org.uk for more information

libraries ni
Promoting positive health

Plenty of books and eMagazines to choose

If you need information on wellness, tips on good diet and fitness or want to check up on a health issue your local library is a great place to start. Our staff are happy to help.



Ask about the range of books available or go to the Libraries NI website to search for a particular book. We have a range of health book collections including Read Yourself Well and Shelf Help.

Our eMagazine service offers health and fitness magazines that you can download free to your mobile or tablet, on the same day they hit the shops. These include top titles such as Women's Health, Men's Health and many more. Visit the Libraries NI website to sign up.

Programme of events to help you stay fit and well

Libraries NI runs a programme of events in libraries offering health advice from a variety of experts. These range from workshops on Mindfulness, Personal Resilience, Laughter Yoga and Healthy Eating to information clinics and Health Fairs.

Ask staff at your local library to find out what's on or check out the Libraries NI website to stay up-to-date.

If you are a health organisation and are interested in holding an event in a community venue please contact our enquiries team to register your interest.

You're never alone in a library – join in regular activities

Develop your skills while making new friends and become part of your community.

Check out this list of activities to find something that suits you.

Reading Group

A group for anyone who loves books and casual chats over tea and biscuits

Mindful Colouring

Enhance your well-being and calm your mind through relaxed, meditative colouring. A gentle way to reduce stress using intricate colouring patterns and designs.

Knit and Natter

A group for anyone who enjoys knitting, crochet, cross stitch and other crafts. Share hints and tips or swap patterns. Bring whatever you are working on at the moment or start a new project. A great way to relax and relieve stress.

Tea and Newspapers

Enjoy tea or coffee and a biscuit while reading or discussing the newspapers of the day.

Rhythm and Rhyme

Programme to introduce children aged 0 - 4 years to the wonder of rhymes, songs and stories in the library. Rhythm and Rhyme is a great opportunity for children to have fun and learn in a relaxed venue while giving parents and carers the chance to socialise.

To find out what each library does on a regular basis ask staff or visit the Libraries NI website. In the library you can simply just enjoy the company, you don't have to join in.