



Reading Well Books on Prescription

Reading Well Books on Prescription, the first national scheme for England, was launched by Norman Lamb, Minister of State for Care and Support, in London on the 4th June 2013. The scheme is being delivered by The Reading Agency in partnership with the Society of Chief Librarians. It is supported by major health partners including the Department of Health IAPT programme, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists, British Psychological Society and Mind.



©The Reading Agency



©The Reading Agency

Working within NICE guidelines, the scheme will provide self-help reading for adults on a wide range of mental health conditions: anger, anxiety, binge eating, chronic pain, depression, health anxiety, panic, phobias, relationship problems, self-esteem, sleep problems, stress and worry. GPs and other health practitioners are being encouraged to prescribe relevant titles to patients who may benefit from this approach or adults may choose to access the books direct as part of their own psychological health and wellbeing.

Doncaster Libraries are pleased to be participating and supporting this scheme. Copies of the books that make up the Reading Well Books on Prescription collection are in stock and available for loan from libraries in Doncaster. You can search for the books that you may be interested in, using the term 'books on prescription', by searching our [catalogue](#). Alternatively, you can download the [core booklist](#), pick up a leaflet in your local library or ask a member of staff for assistance. Leaflets may also be available from your local GP Surgery or Health Centre.

If you are a health practitioner you may also be interested in the [Books on Prescription: Guide for Health Professionals](#) and the [Books on Prescription: Find self-help books at your local library](#). Both guides provide further information about the scheme.



©The Reading Agency

If you would like further information or assistance, please call into your local library where staff and volunteers will be happy to provide help and assistance to anyone that needs it.

The Reading Well Mood-boosting Book scheme.

This is a selection of 20 uplifting titles recommended by readers and readers groups – a mixture of novels, poetry and non-fiction. As a follow up to the Reading Well Books on Prescription scheme, this complimentary initiative builds upon the emerging evidence base showing that creative and social reading can help you feel better.

In addition, there is a selection of Mood-boosting Books to help people who are undergoing treatment for cancer or have experienced cancer. This list of titles of uplifting reading has been put together by people who have experienced cancer with assistance from MacMillan.

All of these Reading Well Mood-boosting books are also available for loan from your local library in Doncaster. You can find out what titles are recommended by following these links:

- [Reading Well Mood-boosting Books](#)
- [Reading Well Mood-boosting Cancer Books](#)

Alternatively, call into your local library where staff and volunteers will be happy to provide help and assistance.

For further information please contact:

Christine Zagraba
Library Operations Officer
Central Library
Waterdale
Doncaster, DN1 3JE

Tel 01302 734308/734315

Email chris.zagraba@doncaster.gov.uk