

Are you a Carer? Are you aware that Inspire Libraries in Nottinghamshire offer the following services?

- **Home Library Service** - If you are unable to visit your local library books can be brought to you by a volunteer.
- **Reading Well** -Nationally recommended books to help you understand and manage your health and wellbeing. The books provide information and advice for people with physical and mental health conditions, family, friends and carers. There are five different booklists: Reading Well for Mental Health, Long Term Conditions, Dementia, Young People and Children.
- **Health Hubs** - Health and wellbeing information in one place (in larger libraries)
- **Memory Lane Bags** - Reminiscence kits to encourage interaction and communication with people living with dementia. You can request to collect one from any library.
- **Reading, arts, local history and learning activities** - Including regular reading cafes and groups, IT training, talks, performances and workshops.
- **Books** - Grab books quickly from our Quick Choice titles. Borrow a Quick Read (short stories by big authors). Listen to an audiobook while on the go (loan charge may apply)
- **Electronic resources (eresources)** - Free access to ebooks, eaudio, emagazines and newspapers online through the library catalogue.

To find out more:

- Ask at your local library
- Contact Ask Inspire on 01623 677200
ask@inspireculture.org.uk



- Visit the online library catalogue at
https://emlib.ent.sirsiidynix.net.uk/client/en_GB/nelib

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