

Support available in Nottingham and Nottinghamshire libraries for people with dementia and their carers

Many services are available in both city and Inspire (county) libraries so for ease this is a joint listing with links to both organisations as appropriate.

General Health and Wellbeing information

Inspire: <https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/>

City: <https://www.nottinghamcitylibraries.co.uk/our-services/health-wellbeing/>

Reading Well for Dementia

This collection is part of a national scheme created by the Reading Agency in partnership with health professionals. The dementia collection includes titles for those who have received a diagnosis, those caring for someone with dementia and even a picture book for children addressing the topic of having a family member with the condition. The collection as a whole is a mix of fiction, non-fiction and lived experience as well as a series of specially created picture books on topics such as Family Life, Beside the Seaside, Family, Shopping, Pets which are designed to stimulate reminiscence.

The book list: <https://reading-well.org.uk/books/books-on-prescription/dementia>

These titles are available across many of our libraries and can be requested for collection at any library if not in stock.

More general information about the Reading Well collections:

Inspire: <https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/reading-well/>

City: <https://www.nottinghamcitylibraries.co.uk/our-services/health-wellbeing/> under Reading Well tab

Other books for those with dementia and their carers

Inspire have a Pinterest board of eBooks about dementia:

<https://www.inspireculture.org.uk/reading-information/reading-recommendations/health-wellbeing-books/dementia-friendly-books/>

Memory Lane Bags (Inspire) and Memory Packs (City)

These are loanable packs of resources to stimulate reminiscence and conversation, often on a particular topic such as holidays, particular decades, work, sport etc. They may include things to listen to or watch and an activity such as a jigsaw as well as images and in the case of Memory Lane Bags objects to hold. They are free to borrow from libraries for carers or health professionals. City

libraries offer a home delivery service to care settings for use by care staff. Inspire also offer some larger Adult Care Cases for use in care homes, day centres and community settings.

Memory Lane Bags and Adult Care Cases (**Inspire**): <https://www.inspireculture.org.uk/reading-information/health-and-wellbeing/reminiscence-resources-inspire-libraries/>

Memory Packs (**City**): <https://www.nottinghamcitylibraries.co.uk/our-services/health-wellbeing/> under Memory Packs tab

Other reminiscence resources

There are a number of mini online Memory Packs on the City Libraries website which feature images from the Local Studies collection. The page also links to a range of external resources such as music reminiscence tools and online activity and colouring sheets and jigsaws.

<https://www.nottinghamcitylibraries.co.uk/ememory/>

Nottingham Local Studies Library is creating a collection of online jigsaws from its photographic archive of local photographs and postcards. New puzzles are added to the collection on a regular basis.

<https://www.nottinghamcitylibraries.co.uk/online-jigsaw-puzzles/>

Both services provide access to 1000s of historical photographs and images from around the city and county. Perfect for reminiscing and to use as conversation starters.

Inspire Picture Archive: <https://www.inspirepicturearchive.org.uk/>

(City) Picture Nottingham: <https://picturenottingham.co.uk/> and Discover Nottingham's History app for Apple iOS and Android devices.

Home Library Service

If you can't visit the library in person because of mobility or sensory issues or caring responsibilities, the Home Library Service can bring the library to you.

City: <https://www.nottinghamcitylibraries.co.uk/library/home-library-service/> (further information to be added to this page soon)

Inspire: <https://www.inspireculture.org.uk/reading-information/libraries/click-and-collect-new/> (this service also includes a home delivery option)

Click and Collect

There is also the option for those who can get to the library to click and collect – request the type of books you like and library staff will get them ready for you to pick up.

City: <https://www.nottinghamcitylibraries.co.uk/our-services/click-collect/>

Inspire: <https://www.inspireculture.org.uk/reading-information/libraries/click-and-collect-new/>

Inspire Learning

Inspire's Learning Team offer a range of courses that may be useful to carers e.g. Dementia Awareness, Anxiety Management, Mindfulness, Award in Volunteering.

<https://www.inspireculture.org.uk/skills-learning/>

For further information on any of the above, please contact

Fiona Littlewood (Inspire/county) fiona.littlewood@inspireculture.org.uk or

Ruth Hawley (city) ruth.hawley@nottinghamcity.gov.uk

Information correct as of July 2021.