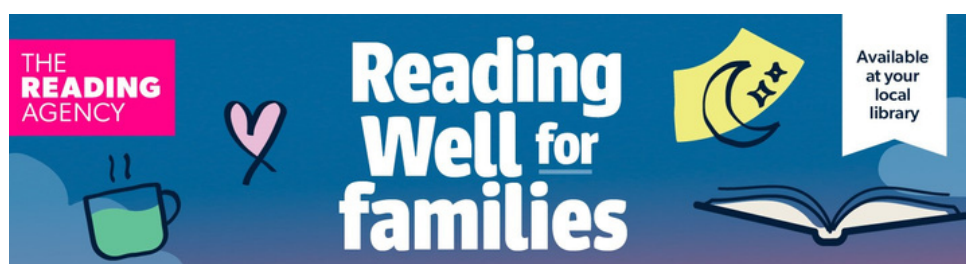


EVIDENTLY BETTER

New resources & news from your Evidence & Library Service



Welcome to Summer



Reading Well for families recommends helpful reading to support parents and carers to look after their wellbeing in pregnancy and the early years (from conception to aged two). [The books](#) provide information on wellbeing, mental health and coping with loss.

The scheme is aimed at adults and includes a [range of recommended books](#) and supporting [digital resources](#). Some of the recommended books provide information and advice; there are also personal stories, illustrated books and poetry.

The [collection of books](#) has been chosen and endorsed by leading health professionals and co-produced with people with lived experience.

This collection is available at Hollins Park Library and can be sent to the other sites if requested.

<https://www.evidentlybetter.org/reading-well-for-families-book-list/>
<https://www.evidentlybetter.org/rwff-digital-resources/>

“Librarians are almost always very helpful and often almost absurdly knowledgeable. Their skills are probably very underestimated and largely underemployed.”
 –Charles Medawar





BMJ Best Practice



Spotlight on...

What is BMJ Best Practice?

BMJ Best Practice is an evidence-based, clinical decision support tool that provides healthcare professionals with continually updated, reliable information on the diagnosis, treatment, and management of medical conditions.

The tool is designed to improve quality of care and patient outcomes by providing practitioners with easy access to the latest medical information.

<https://www.evidentlybetter.org/2874-2/information-resources/clinical-decision-making-tools/>

Did you know....

that we have a number of wellbeing collections?

The Reading Well booklists support people to understand and manage their health and wellbeing using helpful reading. There are 5 lists covering [dementia](#) and mental health for [adults](#), [teens](#) and [children](#), as well as the new scheme for [families](#). Some of the topics also have a list of digital resources - for more information visit our [wellbeing collections pages](#).

We also have 'Uplifting Resources for the NHS from the NHS' a list of uplifting resources for NHS staff and 'Your Health Collection' a selection of books and digital support resources from Health Education England, for more information visit our [wellbeing collections pages](#) at <https://www.evidentlybetter.org/wellbeing-collections/>

Wellbeing collections



Reading well for families

Reading well for teens

Reading well for children

Reading well for mental health

Reading well for dementia



Uplifting resources for the NHS from the NHS

A list of uplifting resources for NHS staff.

Your Health Collection

A selection of books and digital support resources from Health Education England

Puzzle time

10 Book Anagrams That Will Have You Scratching Your Head

- | | |
|-------------------------|-------------------------|
| 1) Betrays that egg | 6) Dad pierced juniper |
| 2) Wacko Anglo rocker | 7) Deprived of placid |
| 3) Elated ruin mojo | 8) Tanners knife |
| 4) Pry other art | 9) Delight for hornets |
| 5) Orbital milk docking | 10) Huge with the grins |



Visit <https://www.evidentlybetter.org/files/2025/08/book-anagrams-1.jpg> to find the answers

Take 5... summer flowers

chosen by
Nikki Stamwood



Sunflower



Hydrangeas



Lavender



Zinnas



Marigolds