



EVIDENTLY BETTER

New resources & news from your Evidence & Library Service



Christmas & New Year

Access to the physical library spaces during the Christmas/New Year period will be as follows:

Indigo Library

The Indigo building will be closed on 24th December and reopen on 5th January.

Rathbone Library

The building will be closed during the bank holiday period, but those who have registered for 24 hour access will be able to access via their Staff ID badge. To request out of hours access please contact: EstatesFacilitiesHelpdesk@merseycare.nhs.uk

Hollins Park Library

The Library will close at 4pm on 24th December and reopen on 5th January.

The **Evidence & Library Service** will be closed on 29th and 30th December and will reply to emails from the 31st December onward. You can still access our huge range of articles and resources online using your Open Athens account.

OpenAthens accounts are free for all staff, to request one, or to request a password reset, email us before 24th December to library@merseycare.nhs.uk

Thank you and Merry Christmas

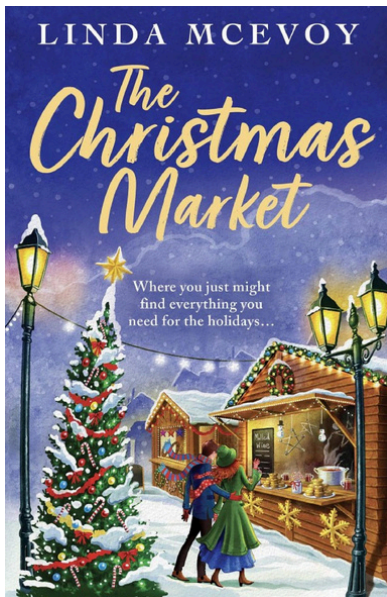
“A library is not a luxury but one of the necessities of life.”
Henry Ward Beecher



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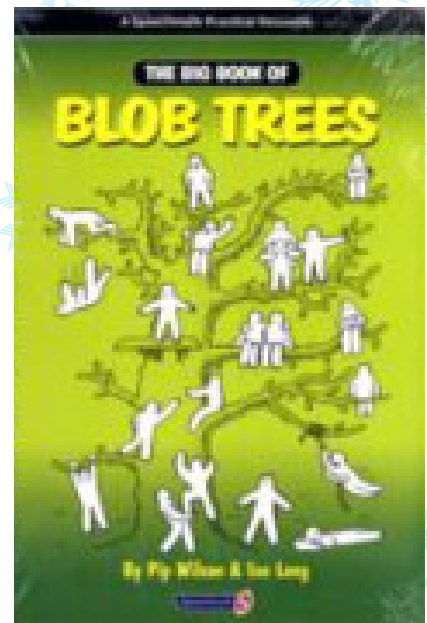
Christmas Reading



The Christmas
market
Linda McEvoy



The secret
Christmas
bookshop
Cressida
McLaughlin



The Big Book of
Blob Trees
Pip Wilson &
Ian Long

These titles are available to loan
and can be sent to one of our three libraries for you to collect.

Guidelines and pathways

Summaries of the latest evidence

Journal articles and ongoing trials (comprehensive search)

Journal articles (browse or simple search)

Images (copyright-free)

Medicines information

Patient education materials

Public health information

Healthcare statistics

Help with searching health databases

Spotlight on...

Online evidence tools are available to inform patient care, service improvement, research, teaching and study.

These include databases of research articles, guidelines, systematic reviews and statistics, as well as evidence-based summaries for use at the point of care.

To find out more and how to access them, [visit our webpage: https://www.evidentlybetter.org/2874-2/information-resources/3076-2/](https://www.evidentlybetter.org/2874-2/information-resources/3076-2/)

Scan the QR Code to access:



Did you know....

that if you need evidence to support your work, we can do an Evidence Review for you, ensuring that you have the latest information?

If you would like us to do an Evidence Review for you, just complete [this form](https://forms.office.com/e/v4Mh5Ms9FN) at <https://forms.office.com/e/v4Mh5Ms9FN>

We don't do Evidence Reviews to support assignments or other academic work, but we do offer one-to-one training sessions, to help you do the search yourself.

Please click [here](https://forms.office.com/e/4T0fRDaNVA) to request a training session. <https://forms.office.com/e/4T0fRDaNVA>

or scan the QR code to find out more:



Mersey Care Evidence and Library Service REF: ER218

Evidence Review

Role of Creative Therapists in Working with People with a Learning Disability and the Impact they have on Patient Care

Key messages

Therapeutic Role and Approaches

- **Enhancement of Self-Determination and Autonomy:** Creative therapies foster self-determination, enabling individuals with intellectual disabilities (ID) to actively participate in decisions about their care. Art therapy similarly prioritises respecting autonomy and advocacy through relational approaches. [9, 12, 15]
- **Nonverbal Communication and Emotional Expression:** Creative therapies facilitate nonverbal expression and communication of both conscious and unconscious content through modalities such as music improvisation, art creation, dance/movement, and improvisational theatre. [4, 11, 13]
- **Relational and Social Connection:** Core relational experiences (curiosity, invitation, celebration, recognition) underpin music therapy with adults with severe and profound disabilities, contributing to improved emotional health. Dance and community choir participation support social engagement and connection, reducing isolation and fostering meaningful peer and caregiver relationships. [3, 17]
- **Holistic and Community-Focused Service Development:** Successful music therapy programmes align with organisational culture and policy frameworks promoting community integration, flexibility, and sustainability. Continuous informal education and collaboration with other health professionals are key to developing impactful services. [6]

NHS Mersey Care NHS Foundation Trust **Evidently Better** **library@merseycare.nhs.uk**

Puzzle time

1. What ornaments do elves traditionally have on their shoes?
2. In which modern day country was St Nicholas born in?
3. What are the colour of mistletoe berries?
4. How many points does a snowflake traditionally have?
5. What are the names of Santa's reindeer?
6. In what country did the putting up a Christmas tree tradition originate?
7. What star sign would you be if you were born on Christmas Day?
8. Which country is the largest exporter of Christmas trees?
9. What is the best-selling Christmas single of all time?
10. Which country supplies the Christmas tree for Trafalgar Square in London?

Scan the QR Code to find the answers



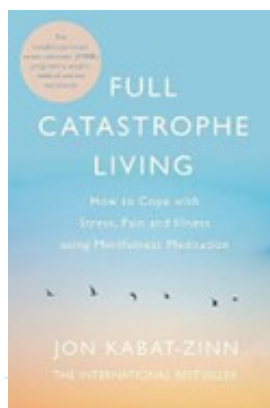
Visit <https://www.evidentlybetter.org/files/2025/12/Quiz-answers-V2-1.pdf> to find the answers

Take 5... books on mindfulness

chosen by Dawn McGowan



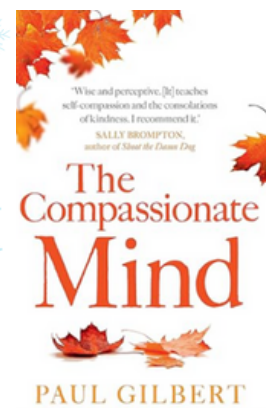
A Mindfulness Guide for the Frazzled
Ruby Wax



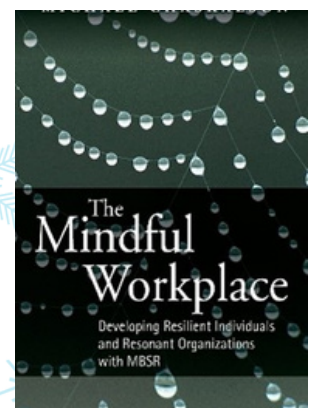
Full Catastrophe Living
Jon Kabat-Zinn



Mindfulness Pure and Simple
Oli Doyle



The Compassionate Mind
Paul Gilbert



The Mindful Workplace
Michael Chaskalson