



Library Information Service

Lancashire and South Cumbria NHS FT

Library News

April 2025

Spring is officially upon us. What a difference longer days and a bit of sun can make. The past month it has been great to link with new teams across the Trust— helping to support evidence within new projects and developments trust wide. We are here to help all teams—both clinical and non-clinical to embed evidence into your practice. If you would like a member of the team to demonstrate our resources or have a chat about how we could help, please just get in touch. Our latest [LSCFT Research bulletin](#) is also available to view— showcasing all the research our colleagues have been part of. Please remember to send details of any published articles you may have been involved in so we can help share this Trust wide. This April we will be encouraging all our colleagues to get active— this could be trying a new sport or activity or taking part in the park run at Guild—held every Saturday at 9am. April celebrates stress awareness month—this year's theme is 'Lead with Love' to help empower you to approach yourself with kindness and compassion. If you can—try and make time for yourself, prioritise sleep and do something for you. [Stress.org](#) have some great resources you can download for free, including a kindness calendar, posters and activities to try with your team or family. We would like to wish our staff and colleagues a happy Easter—hoping that you get some quality time to spend with your loved ones over the bank holiday— and maybe a few chocolate treats thrown in too. Finally, good luck to any of our staff who may be running the London Marathon at the end of this month—a fantastic accomplishment for any involved.

Dates for your Diary:

Autism Awareness Day – 2nd April

Lesbian Visibility Day —26th April

World Health day—7th April

Maternal Mental Health Awareness Week—29th April—5th May



RESOURCE OF THE MONTH KNOWLEDGE AND LIBRARY HUB

The knowledge and library hub connects NHS staff to high quality knowledge and evidence resources all in one place. Full access is free with your Open Athens credentials.

The Knowledge and Library Hub includes:

- Journals, books and databases
- Clinical decision making resources including NICE guidelines and BMJ Best Practice
- Policy and management information and research literature
- Resources purchased nationally and locally
- One-click links to full-text, request a copy or contact an NHS library



SCAN ME

Log in with your [Open Athens](#) account

If you do not already have an Open Athens account, you can complete your own registration here:

<https://openathens.nice.org.uk/> or get in touch with the

library for support:

academic.library@lscft.nhs.uk



How Do I?

Keep up to date with current awareness?

Simply sign up to [KnowledgeShare](#) so that we can create you a personalised account. Receive updates either weekly, fortnightly or monthly on topics related to your line of work or interests.

Direct links to reports, articles, systematic reviews, news and toolkits.

Please send any completed forms back to: academic.library@lscft.nhs.uk

How did we help you? A snippet of March.. we found evidence on...



BAME Mothers' Experiences of Social Work Intervention in Perinatal Mental Health to support a systematic review

- Loneliness, cognitive function and older adults to guide a care pathway
- Prescribing psychotropic medication to a patient with autism in order to support direct patient care
- The use of antidepressants within spinal cord injury for a research paper
- Social inclusion for patients with dementia for service planning

Gosall Library LSCFT

academic.library@lscft.nhs.uk

For any more information, support or queries regarding any resources in this newsletter please email:

Academic.library@lscft.nhs.uk

Opening Hours:

9:00am – 4:30pm Monday to Friday

Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW