

# **Library Information Service**

Lancashire and South Cumbria NHS FT

August 2025

## **Library News**

August is here, and we hope you're enjoying the slower pace that summer can bring. The holidays are a great time to catch up—whether that's with reading, research, or just a well-deserved break. We've been out and about this month, supporting the Harri Bus and promoting the Lancashire Health Hub, helping people find trustworthy, accessible health information. We'll also be joining the Research Bus soon—please do come and say hello if you see us.

August brings a few important dates. World Breastfeeding Awareness Week (1-7 August) is a chance to highlight the benefits of breastfeeding and the support available for parents. On 7 August, it's Cycle to Work Day—an opportunity to promote greener travel and personal wellbeing. Don't forget, the Library will be closed for the Bank Holiday on Monday 25 August, so plan ahead if you need access to resources. Finally, Makaton International Awareness Day falls on 28 August, celebrating inclusive communication for all.

Dates for your Diary:

World Breastfeeding Awareness Week – 1st–7th August

**Summer Bank Holiday** – 25th August (Library Closed)

Cycle to Work Day – 7th August

Makaton International Awareness Day - 28th



### RESOURCE OF THE MONTH COCHRANE LIBRARY

The Cochrane Library is a collection of high-quality, independent evidence to inform healthcare decision-making.

The Cochrane library promotes evidenceinformed health decision-making by producing high-quality, relevant, accessible systematic reviews and other synthesized research evidence.

Their work is internationally recognised as the benchmark for high-quality information about the effectiveness of health care and is generally known as the 'Gold Standard' for systematic reviews.



Visit our <u>padlet page</u> or contact the Library for more information: academic.library@lscft.nhs.uk



Some of our texts relating to World Breastfeeding Awareness Week —visit our full catalogue to browse



#### How Do I?

Access articles with ease?

For easy access download: Libkey Nomad. Select your chosen browser and find LSCFT Trust. Simply click the green flame if you are interested in reading the article then read online or

Alternatively send the details of your article to the academic inbox: academic.library@lscft.nhs.uk

**NEW FAMILY COLLECTION** 

### **CHECK OUT ALL THESE NEW BOOKS!**

- The Little Book of New Mum Feelings

- The Little Book of New Mum Feelings
  Mindful New Mum
  You the Daddy: The Hands-On Dad's Guide to
  Pregnancy, Birth and the Early Years of Fatherhood
  Autistic and Expecting: Practical support for parentsto-be and health and social care practitioners
- · Having a Baby
- Surviving Solo Motherhood
   The Queer Parent: Everything You Need to Know From Gay to Ze
   Nobed: Table 1.
- Gay to Ze
  Nobody Told Me: Poetry and Parenthood
  Break Free from Maternal Anxiety: A Self-Help Guide for
  Pregnancy, Birth and the First Postnatal Year
  Coping with Birth Trauma and Postnatal Depression
  How to Help Someone with Postnatal Depression
- Hello Baby, Goodbye Intrusive ThoughtsMy Black Motherhood: Mental Health, Stigma, Racism

- My Black Motherhood: Mental Health, Stigma, Racism and the System
   Why Birth Trauma Matters
   Bonkers: A Real Mum's Hilariously Honest Tales of Motherhood, Mayhem and Mental Health
   What Have I Done?: Motherhood, Mental Illness & Me Loving You From Here: Stories of Grief, Hope and Growth When a Baby Dies
   The Worst Girl Gang Ever. The Utimate quide to
- The Worst Girl Gang Ever: The ultimate guide to recovery after miscarriage and baby loss with guidance from experts in mindfulness, grief, therapy and
- erationships How to Help Someone after a Miscarriage No One Talks About This Stuff: Twenty-Two Stories of Almost Parenthood



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