



Library Information Service

Lancashire and South Cumbria NHS FT

Library News

October 2025

Welcome to October. This month is Health Literacy Month, an important reminder of the role we all play in helping people find, understand, and use health information in ways that support their wellbeing. We are offering 2 bitesize training sessions this month to support your knowledge on this topic and introduce techniques to use when working with service users— please see more information below. It has been great to connect with some with new teams this past month at a research event, providing support for staff wanting to get into research. We are also marking World Evidence-Based Healthcare Day (20th October), which highlights the value of using the best available evidence to improve health outcomes. If you are interested in learning from patient stories, look out for invites to [‘My Story Corner’](#) a great way to join in discussions about patient care and improvements. October also celebrates [‘Stoptober’](#) and [‘Sober October’](#) encouraging people to make an attempt to stop smoking or go alcohol free. Black History Month runs throughout October, the Trust have a great programme of events and celebrations which you can [find here](#). Locally, Lancashire Public Libraries are hosting their Fun Palaces event, bringing people together to share creativity, skills, and ideas in a welcoming community space. Finally, we would like to give a huge shoutout to all our fantastic Allied Health Professionals, and hope you enjoy your day celebrating Allied Healthcare Professional Day on the 14th October.

Other dates for your diary include:

World Mental Health Day – 10th October

Developmental Language Disorder Day—17th October

National Pharmacy Week – 19-25th October

World Menopause Day – 18th October



HEALTH LITERACY TRAINING

30 minute bitesize session via Teams

2 sessions to choose from:

Wednesday 8th October 09:30-10:00

Tuesday 14th October 09:30 -10:00

Training will cover:

The importance of health literacy

Those at risk of poor health literacy

Techniques to apply when working with service users

Register for a Teams invite (please specify session)

katie.roper@lscft.nhs.uk

[Access our full catalogue here.](#)



How Do I?

Improve my health literacy skills?

Visit the Lancashire Health Hub for trusted health information and resources designed to support both staff and the public.

You can also book a training session with the Library team to learn how to search effectively for evidence, evaluate resources, and embed reliable information into your practice.

• SHARING KNOWLEDGE •

LUNCH AND LEARN

CHANGE TALKS TEAM- PSHE LEARNING PLATFORM

Wednesday 15th October
12:00- 12:30



WHAT TO EXPECT

Learn about the new PSHE platform available to schools within Lancashire which has been developed by NHS Health Experts. Engage with live demonstrations of the platform - covering KS1 - KS4 and how this can help to support children with their health and wellbeing. Gain an insight into the first interactive PSHE platform.

GET INVOLVED

Email katie.roper@lscft.nhs.uk if you would like a Teams invite to be extended to you, your colleagues or your department.

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