



Library Information Service

Lancashire and South Cumbria NHS FT

Library News

October 2026

October has arrived, and with it comes a month packed with opportunities to get involved, learn something new, and support important causes. Thankyou to everyone who attended our Coffee Morning, we raised £77 for Macmillan. This year marks the National Year of Reading, and this October we're aiming to be part of a world record attempt through the [Go All In campaign](#). Taking part couldn't be easier. Simply join one of the online sessions and spend 10 minutes reading. The goal is to achieve the highest number of people reading online within a 12-hour period, and we'd love to see colleagues from across the Trust get involved- see more details below. October is also [Black History Month](#), a time to celebrate and recognise the rich history, culture, achievements and contributions of Black communities. Keep an eye on [Trustnet](#) for details of events and activities taking place across the Trust, and we encourage everyone to take part where possible. Another important awareness campaign this month is [Breast Cancer Awareness Month](#). Many charities and organisations will be running fundraising and awareness events throughout October, providing opportunities to support this vital cause and promote greater understanding of breast cancer. We're also supporting [Stoptober](#), the annual campaign that encourages people to quit smoking. With advice, resources and support available, Stoptober aims to help people achieve the milestone of becoming smoke-free for 28 days, a step that can lead to long-term health benefits. World Mental Health Day takes place on **10 October**. To mark the occasion, we're encouraging staff to take a short wellbeing break and spend 10 minutes with a good book. To help inspire your next read, the library will purchase the first 10 book recommendations submitted by staff. Simply [send us your suggestion](#). Don't forget that the library also has a fantastic collection of non-fiction books available to borrow for leisure reading and personal development. Finally, we would like to thank all our Allied Health Professionals (AHPs) and Pharmacists for their dedication to their roles and hope this is recognised and celebrated within AHP Day (14th Oct) and Pharmacy Week (18th- 24th Oct)

Dates for your Diary:

World Mental Health Day: 10th October

Allied Health Professional Day: 14th October

Developmental Language Disorder Day: 16th October

National Pharmacy Week: 18th - 24th October

Baby Loss Awareness Week - 9th - 15th October

World Menopause Awareness Day: 18th October

GO ALL IN!

Take 10 minutes to set a world record!

Patients, families, carers and colleagues are invited to take part in a global reading event on Thursday 8 October 2026.

The [National Literacy Trust](#) and the [British Council](#) will attempt to set a new GUINNESS WORLD RECORDS™ title for the most people reading online in 12 hours as part of the [National Year of Reading 2026](#).

Sessions for different age groups will run throughout the day, from 9am until 8pm. Each session includes a ten-minute period when everyone reads together. You can read or listen to anything you choose, including books, articles, reports, audiobooks and podcasts, and only need to join one session.

Colleagues are encouraged to:

- share the event with patients, families and carers
- promote it in waiting areas
- join with colleagues or as a team
- take part at home with family or friends
- Seek permission from line managers to take part

Audience	Session Times
Ages 5 to 8	9am, 1pm or 5pm
Ages 8 to 12	10am, 2pm or 6pm
Ages 12 to 16	11am, 3pm or 7pm
Ages 16 and over	12 noon, 4pm or 8pm

Join any session using the [Zoom event link](#). The same link works throughout the day. To be included in the official count, join the webinar, take part in the ten-minute reading period and complete the pop-up form.

Departments, wards and services are also asked to complete the local evaluation form and record the total number of participants: [Your paragraph text](#)

How Do I?

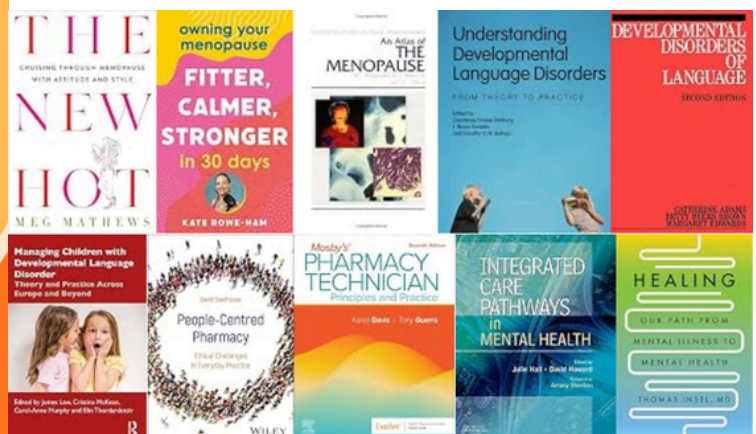
Access Drug Information?

You can find multiple prescribing guidelines including [Maudsley Prescribing](#), [Maudsley Deprescribing](#) and [British National Formulary \(BNF\)](#), offering key information on the selection, prescribing, dispensing and administration of medicines

All accessible for free with an Open Athens account

Sign up here: complete [this form](#) for access.

Some of our texts relating to this months events — visit our [full catalogue](#) to browse further titles:



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