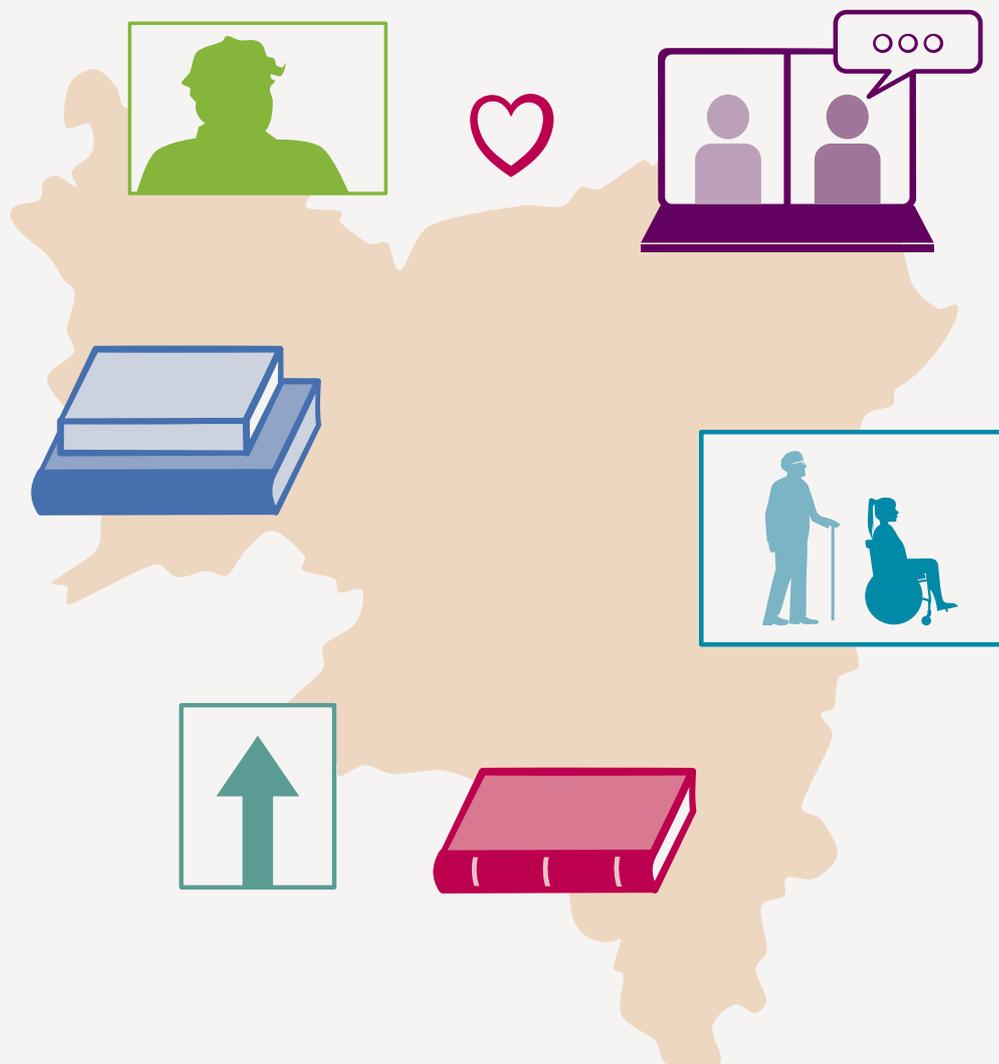


Co-creating libraries for wellbeing

South Lanarkshire

Pilot project



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

South Lanarkshire

An introductory meeting with key stakeholders to explore the practicalities of moving forward took place in Dec 2018 in South Lanarkshire. As an outcome of this meeting, a select group of stakeholders were identified to take the project forward with the Health and Social Care Partnership (HSCP) representative leading on the project for South Lanarkshire. Engagement with partners was strong from the off-set and the group included wide representation from all relevant sectors.

Preliminary discussions and Scoping

South Lanarkshire Leisure and Culture has a strong digital presence and continues to employ different measures for attracting people to their libraries, particularly through the use of interesting technological ideas such as 3DPrinting, which is always a huge attraction. In addition, using BorrowBox, it is possible to borrow a book from the library and read it digitally.

One of the first decisions to be made was which area of South Lanarkshire would host the pilot and discussions touched upon a range of factors that were relevant to this. It was identified that there were some hotspot areas that could potentially benefit from having the pilot delivered there. In all these contexts it was identified that it would be useful to consider how library service might help regarding social isolation, emotional wellbeing and access to services.

Throughout all these discussions, it was identified that it was essential to ensure this pilot was co-produced with young people.

Positioning the pilot in Rutherglen

The final decision of the group was to focus the pilot within the Cambuslang and Rutherglen area as work had already begun consulting with young people and a number of communities are amongst the top 5% most deprived in Scotland. Rutherglen was specifically selected as the location for this pilot as it has the second largest library in South Lanarkshire and Healthy n Happy Community Development Trust work closely with their community in this area with established networks and youth initiatives.

Gaining access to existing groups and information about what is important to young people and providers helped to avoid over consultation. Findings from a recent survey highlighted that young people often didn't know how to access services. It was thought that utilising library services in responding to the needs of young people could be a way to plug this gap.

An exploratory meeting was arranged in summer 2019 with Healthy n Happy community development staff, Rutherglen Library staff and the wider local implementation group to identify ways of engaging with the young people in Rutherglen through existing youth groups.

It was agreed to ask two groups of young people if they would work in partnership with the project team to gather information and subsequently design and test an intervention.

The two youth groups agreed to co-produce work on this pilot and some initial informal feedback was provided by one group during a session led by Healthy n Happy.

- Young people don't visit libraries, even school libraries regardless of their exams.
- They want health and wellbeing information within the context of lived experiences and to be able to access this in a range of formats, particularly digitally and across various platforms including social media.
- They prefer to access support from their peers.

Engagement with young people

The following two local youth groups actively engaged locally in Rutherglen, working in partnership with Healthy n Happy. Both groups were involved in early discussions around the project delivery.

Looking Up Youth Group

A proactive group of young people (aged 10-18) with personal lived experience of poor mental health, including suicide and suicidal ideation.

Youth Activists Group

The Youth Activists engage with young people who have similar experiences and work on community projects. They have received in-depth youth activism training and are released after the programme to take up leadership for community projects they are interested in. One example of such an initiative was a loneliness and social isolation inter-generational programme. They organised the event which focussed on the elderly. They provided food for attendees, chatted and danced with them, teaching them how to floss and generally bringing their world to the older people.

This group agreed to co-create a survey for young people and design and deliver the methodology with the implementation group.

Consultation and Co-design approach

A Treasure Hunt around Rutherglen took place in October 2019. The event was co-ordinated by the Looking Up team of Healthy n Happy. The Treasure Hunt took young people around 5 different locations within the town, with the library being the final destination. The purpose of the Treasure Hunt was to get the input from a broad range of young people within the community with the resultant effect of getting them into Rutherglen library to fill the survey designed for the project.

There was a tombola event and prizes available to those who participated by filling out the survey. The event was branded as 'AMAZING' – a name provided by the 'Looking Up' team who co-led the hunt on the day. Some of the youth activists were positioned at the Town Centre (a gathering place for young people on Saturday morning) which served as the starting point for the Treasure Hunt and encouraged people to participate.

Outcomes: Amazing - Treasure Hunt October 2019

- 35 young people registered and took part on some or all of the day. 24 surveys were completed on paper and 6 completed online.
- Agreed that an event taking place across the community was more beneficial than an event just in the library
- Feedback from families – some prizes had the possibility to make huge difference to young people
- Highest demographic seemed to be 10-12 year olds
- Positive experience of digital activities and many hadn't seen 3D printer and augmented reality before
- Many people hadn't been in the library before and, although small numbers, brought people into a community facility they wouldn't normally use

Additional Consultation of Young people

To boost the number of respondents, a further consultation exercise took place with the young people of Trinity High School across 4 year groups (S3 – S6) throughout November 2019. This provided insights from an older age group as it was identified that a significant proportion of the young people who participated in the Treasure Hunt were between the ages of 10-12 and had some difficulty with the open-ended questions.

The surveys were carried out during the assemblies for each of the year groups (S3-S6) and took place over a 4 week period. To help the young people get a better understanding of the questionnaire, a workshop was delivered by the Healthy n Happy team with expertise in addressing mental wellbeing issues. The survey responses generated some interesting learning for the pilot.

The pilot has led to rich learning of co-production and engaging with third sector organisation in the South Lanarkshire project. Unfortunately, the project could not progress beyond this stage due to the national and further local lockdowns.

Outcomes and learning

The initiative has allowed new partnerships to be developed with senior Library staff within South Lanarkshire Leisure and Culture and this has been beneficial. This has led to the use of a room within the Library for the Rutherglen Breastfeeding group when it was identified that accommodation for the group was an issue. Libraries have also now been utilised to promote resources and tools such as Scotland's Service Directory and Locator Tools.

The possibility of utilising spaces in public libraries for 'time out' for health and social care staff has also been explored as in some areas it had proved difficult to secure socially distanced space.

There have also been discussions about utilising libraries as a C Card provider (condoms on the presentation of a C Card – no questions asked) as this has been successful in Highland and would increase the footfall of young people into the libraries. This will be revisited as restrictions ease.

Relationships have developed between Healthy n Happy and Rutherglen Library through this work which has led to joint work locally such as promoting through local networks the opening on Christmas day of the library every year, providing a film and refreshments for those on their own who want to connect.

A meeting between the CEO of South Lanarkshire Leisure and Culture, Library leads, Head of Health and Social Care and Head of Planning and Performance has been arranged to discuss the Collective Force Strategy and how to strengthen joint working between sectors.

There is a commitment to build on work with the libraries through Well Connected and the mental health and wellbeing e-book resources to make this available through library services and plans are being developed for a pain management collection.



 0141 404 0231  info@alliance-scotland.org.uk  @ALLIANCEscot

 Health and Social Care Alliance Scotland  [alliance.scot](https://www.instagram.com/alliance.scot)

www.alliance-scotland.org.uk

Health and Social Care Alliance Scotland (the ALLIANCE)

Venlaw Building, 349 Bath Street, Glasgow G2 4AA

The ALLIANCE is supported by a grant from the Scottish Government.

The ALLIANCE is a company registered by guarantee. Registered in Scotland No.307731, Charity number SC037475