



**READING
WELL**

Books on Prescription

How bibliotherapy can help
your patients *and* save your practice
time and money



National Association of Primary Care



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Introduction

This publication aims to support the process of empowering people to take more control of their lives and understand their health better.

Integration of health and care services is the central focus for our reforming NHS. Innovative programmes to align community services are being developed to help improve the health and wellbeing of the general public and patients.

One such process for integrating community services is the Reading Well Books on Prescription scheme. An idea first developed in Wales in 2003; this has now been launched across England by The Reading Agency working in association with the Society of Chief Librarians (SCL) and funded by Arts Council England and the Wellcome Trust. The scheme has been developed with input from a range of partners including the Royal College of Psychiatrists, the Royal College of General Practitioners (RCGP) and the National Association of Primary Care (NAPC).

Reading Well Books on Prescription is a reading scheme which focuses on making self-help publications more readily available to patients suffering with a range of health problems. The idea is that healthcare professionals, where appropriate, can prescribe self-help reading from approved lists of books available in public libraries. There is growing evidence to suggest that this delivers therapeutic benefits for certain people who have been identified by their mental health professional or general practitioner, for example, as potentially benefiting from this type of help.

The scheme also signposts to other wellbeing services available from public libraries, such as creative reading and linked social activities such as reading groups. Reading novels and poetry can reduce stress levels and reading groups promote wellbeing and build social capital.

The national Reading Well Books on Prescription scheme has been endorsed by NHS England (Improving Access to Psychological Therapies (IAPT) and Children and Young People's Mental Health) and Public Health England, alongside a range of other national health bodies (see pages 24–26 for a complete list).

The national development of Reading Well Books on Prescription is quality assured. The programme works within the clinical guidelines published by the National Institute for Health and Care Excellence (NICE) and includes curated core book lists being available in all English libraries. Public information leaflets are provided to support the reading book collections. This new integrated approach offering professionally endorsed self-help reading is already being adopted across England.

My own practice, St Hilary Group Practice in Wallasey, Merseyside is one of the early adopters and we are developing this resource with our local library, which is just a few hundred yards from the practice premises.

We are starting to identify patients who would benefit from this integrated care service and our practice-based counsellors, mental health nurses and GPs are developing a referral pathway in conjunction with our library colleagues. Along with The Reading Agency, the NAPC is exploring ways whereby pilot sites across England can start to critically measure the full impact on the welfare and wellbeing of patients with mild to moderate mental health problems who are referred through to this scheme.

This represents a new type of integration within our community: an association between public services which has rarely previously existed. If we are serious about transformational care, integration of public services and really delivering a 'bigger society', we need to think quite differently about models of care delivery.



Dr James P Kingsland OBE
President NAPC
Senior Partner
St Hilary Group Practice

What is bibliotherapy?

Bibliotherapy is the use of books in the treatment of mental or psychological disorders. It was a word rarely used in medical practice until 2004 when NICE produced new guidelines for depression. These suggested that for patients with mild depression, healthcare professionals should consider recommending a guided self-help programme based on cognitive behavioural therapy (CBT).

The earliest references to bibliotherapy in medical literature come from the USA in the 1930s. Later, after World War II, reading was seen as a key part of distracting and raising morale in injured troops whilst they were recuperating. This has continued to be an important facet of bibliotherapy.

In some instances *clinical bibliotherapy* is implemented by trained helping professionals dealing with significant emotional or behavioural problems, but in most cases it is regarded as a process to achieve health improvement without relying on others.

What is Reading Well Books on Prescription?

Reading Well Books on Prescription provides helpful reading for adults and young people experiencing a variety of health conditions. The programme is endorsed by health professionals and supported by English public libraries. Books on Prescription was first developed in Cardiff in 2003 by Professor Neil Frude, a clinical psychologist. There has been a national scheme in Wales since 2005. Reading Well Books on Prescription, the first national scheme for England, was launched in 2013 with a list of evidence-based self-help books on adult common mental health conditions. That has been followed with a second list for people with dementia and those caring for them in 2015, and a list for young people with common mental health conditions in 2016.

Reading Well for adults with common mental health conditions provides helpful information and step-by-step self-help techniques for managing common conditions using books from a list of 30 titles recommended and endorsed by health experts. It covers 16 topics including anxiety, depression, binge eating/bulimia nervosa, chronic pain, phobias, relationship problems, self-esteem, stress and worry.

Reading Well for dementia provides recommended reading to improve people's awareness and understanding of dementia, supporting carers of people with a diagnosis of dementia and those worried about their memory. The booklist of 25 titles includes professionally-endorsed information and advice as well as support and guidance on how to live well with the condition. Topics include dementia and normal ageing, support following diagnosis, support and practical advice for carers, personal accounts of people with dementia and their relatives and carers, and shared therapeutic activities.

Reading Well for young people provides a booklist of 35 titles selected to provide those aged 13 to 18 years with advice, information and support to help them to understand and manage their mental health and wellbeing. It covers 12 topics and conditions including anxiety, depression, self-harm, body image and eating disorders, as well as life experiences such as bullying. The booklist features self-help and psycho-education material, as well as memoirs, graphic novels and fiction.



How does bibliotherapy work?

There is good evidence from NICE that self-help books can help people understand and manage common conditions.

Although books can sometimes work on their own (unguided self-help), research has shown that self-help approaches work best when there is support from a health professional (guided self-help). If you are referring a patient to an Improving Access to Psychological Therapies (IAPT) service, a psychological wellbeing practitioner (PWP) might be assigned to guide them through the information. Self-help books work most effectively for conditions which are receptive to book-based cognitive behavioural therapy (CBT).

NICE guidelines (www.nice.org.uk/guidance) recommend the effectiveness of CBT self-help in several areas including:

- ▶ Common mental health disorders (see CG123, 2011)
- ▶ Depression (see CG90, 2009)
- ▶ Generalised Anxiety Disorder and Panic Disorder (with or without agoraphobia) in adults (see CG113, 2011)
- ▶ Anxiety (see CG113, 2011)
- ▶ Eating disorders (see CG9, 2004)
- ▶ Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (see CG53, 2007)
- ▶ Obsessive-Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD) (see CG31, 2005)

Whilst there needs to be more research into unguided self-help, studies do support the idea that it is effective. Several show that books are a cost-effective way of delivering information and a springboard to getting further professional help. For instance:

'Guided and Unguided Self-Help for Social Anxiety Disorder: Randomised Control Trial', Furmark, T. et al, The British Journal of Psychiatry, Vol 195, pp. 440-447 (2009)

Abstract: Unguided self-help through bibliotherapy can produce improvement for individuals with social anxiety disorder.

'Guided and Unguided Self-Help for Binge Eating', Loeb, K.L., Terence Wilson, G., Gilbert, J.S., Labouvie, E. in Behaviour Research and Therapy, Vol 38, Issue 3, pp. 259-272 (March 2000)

Abstract: This study compared the relative short and longer term efficacy of therapist-guided and unguided use of a cognitive behavioural self-help manual for binge eating (Fairburn, C.G. (1995) *Overcoming Binge Eating*). Results indicate that both conditions represent viable means of treating binge eating. The guided self-help condition was notably superior in reducing the occurrence of binge eating and its associated symptomology.

There is also evidence to suggest that the Books on Prescription model is an effective method of delivering self-help reading:

'Bibliotherapy as a Means of Delivering Psychological Therapy', Neil Frude, Clinical Psychology, vol 39, pp. 8-10 (2004)

Abstract: There is good evidence that the use of bibliotherapy employing high-quality books as represented by Books on Prescription is effective. The results of several studies have demonstrated therapeutic effects, and cost efficiencies.

'Evidence Review of BOP and Creative Bibliotherapy Projects in Libraries', Journal of Psychiatric and Mental Health Nursing, D Chamberlain, vol 15 (2008)

Abstract: This systematic review identifies evidence to support the use of bibliotherapy in the treatment of mental disorder, specifically anxiety and depression especially where people participate fully. The review analyses local Books on Prescription schemes and suggests interventions were cost effective, elicited a positive response from patients, improved patient self-management and resulted in better patient-doctor relationships. It identified patient impact as a key gap in the evidence base and the need for better evaluation.

For more details on the evidence base, see: readingagency.org.uk/readingwell/evidencebase

Evaluation of Reading Well Books on Prescription

From 2013 to 2015, Reading Well Books on Prescription reached 445,000 people with book-based help and support. Library issues of titles on the adult mental health list increased by 97% whilst those on the dementia list increased by 346%.

Key findings of the evaluation from prescribers

- ▶ Around 6,500 prescribers are using the scheme on a regular basis
- ▶ 89% of prescribers said the scheme increases patient understanding of their conditions
- ▶ 83% said that it helps patients to manage their symptoms
- ▶ Prescribers see the main benefits of the programme as increasing the range of support on offer and adding value to existing services
- ▶ They also value the role of libraries in promoting health in the community
- ▶ Those prescribers using the scheme mostly do so to provide patients with general information and advice and as part of a supported treatment programme

Key findings of the evaluation from users

- ▶ 90% of adult users of the common mental health conditions scheme said they found the books helpful in understanding more about their condition
- ▶ 85% felt more confident about managing symptoms
- ▶ 55% felt that their symptoms had improved
- ▶ 73% of users of the dementia scheme said that the books had helped them understand more about dementia
- ▶ 79% felt that it had helped them to care for someone with dementia
- ▶ 73% of people who borrowed a book from the scheme had 'self-referred' by picking up a leaflet, often in their local library

The full evaluation report for Reading Well Books on Prescription 2014-15 can be accessed here: reading-well.org.uk/resources/1611

Further impact research is being undertaken to support the development of the evidence base.

Who is Reading Well Books on Prescription suitable for?

Reading Well Books on Prescription is aimed at adults and young people experiencing common mental health conditions (including depression and anxiety), and those with dementia and their carers or those worrying about their memory.

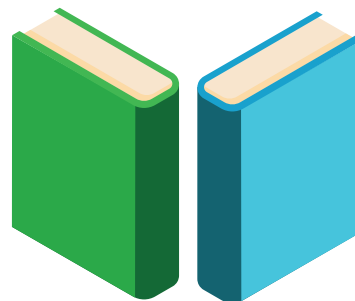
The scheme is primarily suitable for competent readers who can understand the material and follow the suggested activities. Book-based support will not be suitable for everyone. The scheme has been developed to be as accessible as possible and includes material for a range of reading levels, for people with a learning disability, and for carers with English as a second language.

For people with more severe mental health conditions, referral to local IAPT services or other supported therapeutic interventions will be more appropriate than using self-help materials without guidance.

Some people may use library book collections independently as a first step in seeking help.

The Reading Well Books on Prescription user guide includes appropriate referral advice for people not currently receiving support.

Some of the titles on the lists are available in other formats including e-books and audiobooks, although availability depends on individual libraries' collections. For more information about format availability, see: reading-well.org.uk/resources/health-professionals.



How does the scheme work?

Books can be recommended using the booklists in the information leaflets. The recommended reading form for the adult common mental health conditions list is illustrated below. It can be downloaded from: reading-well.org.uk/resources/541

The recommended reading form for dementia can be downloaded from: reading-well.org.uk/resources/720

The recommended reading form for young people can be downloaded from: reading-well.org.uk/resources/1548

READING WELL
Books on Prescription

Reading Well Books on Prescription helps you manage your well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. The following books provide evidence-based self-help for a variety of conditions.

Recommended reading

Please tick the book you would like to recommend and make sure you add your details at the end of the form. You can do this electronically or by printing the form and completing by hand.

Title	Author	Publisher
Anxiety		
☐ Overcoming Anger and Irritability	William Davies	Constable & Robinson
Anxiety		
☐ Overcoming Anxiety	Nolan Ketterley	Constable & Robinson
☐ Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Chris Williams	CRC Press
☐ Tackling Fear and Dis-Agency	Susan Jefferys	Verniton
Binge eating/Bulimia Nervosa		
☐ Overcoming Binge Eating	Christopher G. Fairburn	Guilford Press
☐ Tackling Binge Eating by Binge & Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Ulrika Lindvall and Janet Spence	Routledge
☐ Overcoming Bulimia Nervosa and Binge Eating	Peter J. Cooper	Constable & Robinson
Chronic Fatigue		
☐ Chronic Fatigue Syndrome (second edition)	Frankie Campbell and Michael Sharpe	Oxford University Press
☐ Overcoming Chronic Fatigue	Mary Burgess with Tasha Challen	Constable & Robinson
Chronic pain		
☐ Overcoming Chronic Pain	Frances Cole, Catherine Carus, Hazel Rowland-Lynch and Helen Macdonald	Constable & Robinson
Depression		
☐ Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Chris Williams	CRC Press
☐ Mind Over Mood: Change How You Feel by Changing the Way You Think	Dennis Greenberger and Christine Paddy	Guilford Press
☐ Overcoming Depression	Paul Gilbert	Constable & Robinson
Health anxiety		
☐ Overcoming Health Anxiety	David Veale and Rob Wilson	Constable & Robinson
☐ An Introduction to Coping with Health Anxiety	Brinda Hogan and Charles Young	Constable & Robinson

Title	Author	Publisher
Obsessions and Compulsions		
☐ Overcoming Obsessive Compulsive Disorder	Sarah Veale and Rob Wilson	Constable & Robinson
☐ Understanding Obsessions and Compulsions	Frank Tallis	Sheldon Press
☐ Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Chaffacotte, Victoria Brown O'Neill and Paul M. Salkovskis	Verniton
Panic		
☐ Overcoming Panic and Agoraphobia	Derrick Stone and Ylona Marinovska	Constable & Robinson
☐ Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Christine Ingham	HarperCollins
Phobias		
☐ An Introduction to Coping with Phobias	Brinda Hogan	Constable & Robinson
Relationship problems		
☐ Overcoming Relationship Problems	Michael Crowe	Constable & Robinson
Self-esteem		
☐ Overcoming Low Self-esteem	Melanie Farrell	Constable & Robinson
☐ The Feeling Good Handbook	David Burns	Penguin
Sleep problems		
☐ Overcoming Insomnia and Sleep Problems	Colin A. Espie	Constable & Robinson
Social phobias		
☐ Overcoming Social Anxiety and Shyness	Gillian Butler	Constable & Robinson
Stress		
☐ The Relaxation and Stress Reduction Workbook	Martin Davis	New Harbinger
☐ Manage Your Stress for a Happier Life	Terry Lockyer and Olga Orsini	Hodder
Worry		
☐ The Worry Cure: Stop Worrying and Start Living	Robert L. Leahy	Practical Books
☐ How to Stop Worrying	Frank Tallis	Sheldon Press

Prescriber's name: _____

Job title: _____

Prescriber's further information or additional recommendations: _____

Prescriber's signature: _____

Name: _____

Address: _____

Prescriber's practice/organisation stamp: _____

For more information, go to www.readingagency.org.uk/readingwell

The Reading Well Books on Prescription scheme is a registered trademark of the Reading Well Books on Prescription Agency. The Reading Well Books on Prescription scheme is a registered trademark of the Reading Well Books on Prescription Agency.

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THE READING AGENCY

Fig. 1
Recommended reading form for the adult common mental health conditions list

Individuals then take their book recommendation to the library, where the book can be borrowed for free. If the book is not available, it can be reserved. Free reservations are available in most libraries. Books can also be selected directly from the open library shelves without a prescription. Many people with a health professional book recommendation often prefer to borrow the book anonymously anyway.

The user leaflet advises that individuals contact their GP or another health professional immediately if the book doesn't seem to be helping. Practitioners are encouraged to reinforce this as part of the consultation process. If wellbeing deteriorates, a step up to level two of the IAPT Stepped Care Model is recommended.

Who can recommend books?

GPs may recommend self-help reading to people with dementia and their carers, to people they might not yet refer to IAPT services or to those who are waiting for treatment. They can also provide support to young people to understand their mental health, wellbeing and resilience, along with other professionals such as those working for children and young people's IAPT services, school counsellors and school nurses, by recommending helpful reading.

Other mental health professionals, such as psychological wellbeing practitioners, counsellors or therapists, may also recommend books.

Health and social care professionals who provide dementia care can use the scheme. Books can be used before, during or after diagnosis and to support family and carers and to support people worried about their memory.

Self-referral

People can also use Reading Well Books on Prescription by independently choosing relevant books from the collections in the library. All titles have been professionally accredited and quality endorsed, so people can borrow them with confidence.

What the prescriber does

The prescriber should record use of the Reading Well Books on Prescription scheme on the patient's records and follow up as part of treatment.

If a health or social care professional feels that Reading Well Books on Prescription for dementia, common mental health conditions or young people can help, they should discuss the scheme with the patient or his or her carer. If the patient or carer is interested, the prescriber can consider the book list with them and tick the titles that are most appropriate.

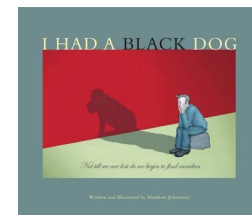
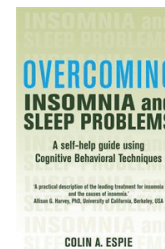
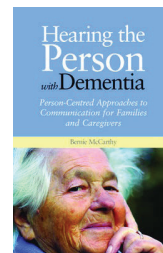
A summary of the contents of each title is available to help prescribers make the right recommendations. The book lists are available in hard copy as part of the user leaflets. The leaflets are also available digitally along with electronic prescription forms. All of these resources can be found at: reading-well.org.uk/resources/health-professionals

Recommend a book by ticking the relevant circle on the reading list in the user leaflet, or by completing the online prescription illustrated in Fig. 1. It is important to add the prescriber's details to the form, as this will help the patient to join the library if he or she is not already a member. There is also space on the recommendation forms for any notes the prescriber may wish to make about other resources or treatment.

It is recommended that patients receive a user leaflet as part of the consultation, as this tells them about the scheme and how it works. There are also useful short guides for the public on how to get the most out of the reading recommended by the scheme; see: reading-well.org.uk/resources/readers

How are the book lists structured?

The book lists are structured so that prescribers and patients can quickly identify relevant titles for their particular area of concern. All titles are recommended by experts by profession and experience and have been tried and tested, and found to be useful.



Examples of titles featured on the lists include:

Hearing the Person with Dementia: Person-Centred Approaches to Communication for Families and Caregivers *Bernie McCarthy*

This book clearly explains what happens to communication as dementia progresses. Advocating a person-centred approach to dementia care, the author describes methods of verbal and non-verbal communication, techniques for communicating with people who cannot speak or move easily and strategies for communicating more effectively.

Overcoming Insomnia and Sleep Problems: A self-help guide using Cognitive Behavioural Techniques *Colin A. Espie*

Extensive research conducted over 25 years has established Cognitive Behavioural Therapy (CBT) as the treatment of choice for insomnia. This title brings together proven CBT principles to support people with sleep problems.

I Had A Black Dog *Matthew Johnstone*

It was Winston Churchill who popularized the phrase 'Black Dog' to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting graphic novel, which offers an insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

For more about the book lists, see the appendices or view them online:

reading-well.org.uk/books/books-on-prescription/dementia

reading-well.org.uk/books/books-on-prescription/common-mental-health-conditions

reading-well.org.uk/books/books-on-prescription/young-people-s-mental-health

For a guide to, and extracts of, each of the individual titles, see: reading-well.org.uk/resources/health-professionals

How were the books selected?

The books have all been recommended by health professionals and people who have common mental health conditions or dementia or are caring for someone with the conditions. They have been selected using clinical guidelines and quality standards for common mental health conditions and dementia care from the National Institute for Health and Care Excellence (NICE). The books for young people were selected in consultation with young people, facilitated by the mental health charity YoungMinds. For more information about the book selection protocol, see: reading-well.org.uk/resources/525

What the patient does

The patient takes the recommendation to his or her local library where it can be exchanged for the book, although some people prefer to borrow the title without handing in the prescription. Books can be borrowed without a recommendation form.

If the book is not available, it will be reserved for the patient and made available as soon as possible, usually within 48 hours. In most library authorities there is no charge for this service, though this will depend on local practice. If a patient is not a member of the library, he or she will be able to join immediately if they have a recommendation form signed by the prescriber.

Why should you consider bibliotherapy as a treatment option?

The NICE guidelines recommend CBT-based self-help books as a first step in the treatment of a variety of conditions, including depression, anxiety, phobias and some eating disorders.

Reading Well Books on Prescription is an early intervention treatment and part of 'watchful waiting' at step one in the Stepped Care Model for mental health and IAPT provision. It can be used as a stand-alone treatment, as complementary to a pharmacological and/or a psychological approach and as a key element in a supported programme.

The scheme increases the range of treatment options available and for many patients may be preferable to medication.

Improving dementia services and quality of care is a key priority of the Prime Minister's Challenge on Dementia 2020 (February 2015).

NICE (NICE CG 42) recommends that dementia care should:

- ▶ Increase knowledge and understanding of dementia
- ▶ Offer practical advice about services
- ▶ Provide support following diagnosis and with early memory loss
- ▶ Support carers practically, emotionally and mentally
- ▶ Encourage people to remain independent and active
- ▶ Enhance quality of care

The books on the Reading Well Books on Prescription for dementia scheme have been recommended by experts and people with experience of dementia as providing quality-assured support in these areas.

Does the scheme provide value for money?

Community-based and self-help support such as that provided by Reading Well Books on Prescription is cost-effective and adds value to existing service provision. The national average cost of Reading Well Books on Prescription is £1 per person.

Can the scheme be commissioned?

Active commissioning partnerships with library services are being developed. Around 80% of library services are working with local authority Public Health partners to deliver Reading Well Books on Prescription. There is also developing interest from clinical commissioning groups. Further information for commissioners interested in the scheme can be found at: reading-well.org.uk/resources/health-professionals

Why libraries are important

The Reading Well Books on Prescription scheme is delivered by 97% of library authorities in England. Public library authorities are the local coordinating agencies for the scheme. They stock the book collections, distribute leaflets to health professionals and act as local contact points. Due to limited library budgets, some GPs may wish to purchase their own stock of leaflets from: shop.readingagency.org.uk

Evidence shows that people see libraries as safe, trusted and non-stigmatised places to go for help with, and information about, health. Libraries play a key role in community engagement. They offer:

- ▶ Health information and signposting services
- ▶ Health promotion activity
- ▶ Reminiscence collections including historical objects, audio recordings, books, photographs and posters
- ▶ Social and recreational activities such as reading groups and self-help groups
- ▶ Information about local dementia services, support groups and reading groups
- ▶ Reading Well Books on Prescription collections for common mental health conditions
- ▶ Reading Well Mood-boosting Books – a national promotion of uplifting novels, poetry and non-fiction (reading-well.org.uk/books/mood-boosting-books)

- ▶ Volunteering and community engagement opportunities through schemes such as Reading Hack (readinghack.org.uk). Young people can use reading creatively to support volunteering, meet new people, acquire skills and inspire others to read

If you have not yet been in touch with your local library service and would like to know who to contact, please email: readingwell@readingagency.org.uk

Social prescribing

The need to link people with non-clinical sources of support within a community has been recognised in primary care for many years. The 'holistic' approach to care provision for individuals presenting to general practice has been variably recognised since the creation of the NHS. With the advent of the internal market within the NHS in 1990, the new purchasers of care within general practice developed different models of provision for the changing needs of their local communities. With increasing pressure on the NHS and to primary care, 'social prescribing' has gained importance over the last few years.

Social prescribing is a way of linking patients with mainly psychosocial issues to sources of appropriate, non-medical support in the community. This type of 'community referral' is a means of enabling primary care services to refer patients with social, emotional or practical needs to a range of local, non-clinical services. Reading Well Books on Prescription is perhaps the best established model of social prescribing, but it is part of an expanding range of services. Often these services are provided as part of a model of partnership between the voluntary and community sector and general practice.

Suitable referrals to social prescribing initiatives are vulnerable and at risk groups such as people with mild to moderate depression and anxiety; low income single parents; recently bereaved older people; people with long term conditions and frequent attendees in primary and secondary care.

The types of support that social prescribing delivers can be wide ranging, but a consistent aim is to improve a person's lifestyle and wellbeing and help with situational disturbances.

The evidence of the impact of social prescribing is currently limited but is being captured by NICE to help build a strong evidence base for this type of intervention.

Some well-recognised benefits include:

- ▶ Improved outcomes for individuals with mental health problems in their overall health and social care
- ▶ Potential for significant improvement in the cost effective use of NHS resources
- ▶ Ability for clinicians to focus their time on medical issues and improve efficiency of utilisation of clinical time
- ▶ Increases the range of services offered in the community as an integrated care system, leading to more holistic packages of care
- ▶ Enables people to improve their self-care and increase their confidence and self-esteem
- ▶ Gives people a sense of empowerment and reduces their reliance on primary and secondary care services

At a time of increasing workload within the NHS, social prescribing can provide an alternative to drug prescriptions and divert patients away from medical services to something that is more effective and of lower cost. It will continue to be an important part of first contact provision of care in our communities.



Case studies

Ten years ago, **Helen from Worcestershire** was a happy, outgoing mother of four who worked as a part-time teacher. She started to experience symptoms of anxiety and depression, but they were unrecognised and untreated. They became worse and eventually she was unable to work and depression took hold of her life; the impact was devastating. However, Helen fought back with professional help and self-help reading.

"I started to go to my local library and came across a section of self-help books on all sorts of subjects, including depression. The Books on Prescription scheme was there for me! Here were easy-to-read books that I could dip into for information and strategies to support my recovery. It was life-changing. I learned about cognitive behavioural therapy and how to take on board its strategies. I learned that I wasn't alone and that depression wasn't my fault – it wasn't a weakness, but a treatable illness.

I'm a keen supporter of Reading Well Books on Prescription. Over the years I've borrowed books on a range of subjects, such as insomnia and anger. I've bought my own copies of some of the books to reread and lend to others. Self-help reading gives you back control over your own life, which enables you to empathise with and support others too.

A library is a welcoming, calm environment and the positioning of the Reading Well Books on Prescription titles works well. They are easy to find and you can browse through them to choose which are right for you. You can borrow them in exactly the same way you borrow any other library book."

To read more about Helen's journey of recovery see:
readingagency.org.uk/adults/impact/how-books-on-prescription-helped-helen-on-her-journey-of-recovery.html

South Devon Healthcare NHS Foundation Trust has been piloting Reading Well Books on Prescription in their pain clinics; they are one of the first hospital trusts to use the collection in this way.

Dr Dee Burrows, Clinical Nurse Specialist in Chronic Pain, took the lead on prescribing the books to patients. The first prescription was offered to patients in March 2014 and the scheme is now promoted via pain clinics in the community and main hospital.

Dr Burrows reflects on the pilot to date: *“I am thrilled we tried it. Reading Well Books on Prescription is currently used by the two pain nurses and our database shows that over six months we have issued more than 40 prescriptions. Whether a patient gets a prescription is reliant on us determining that this is an appropriate treatment option for the person in front of us and them agreeing to it. I have found that patients have been surprised and intrigued by being offered a book ‘prescription’; it feels reassuringly ‘medical’.*

Even as a pilot scheme, Reading Well Books on Prescription has made a difference in South Devon and I am thrilled we tried it. One patient who accessed Overcoming Chronic Pain said she found it helpful and commented that she is now aware that her pain ‘may well get worse but won’t kill’ her. She was very interested in the chapter on exercise and was delighted to find that she can still touch her toes, which she demonstrated to me in the clinic. She understands that exercise is safe and requested details about a ‘sensible exercise’ programme. Before being prescribed the book, this lady had a very medical focus; she wanted surgery. She now believes that she can develop self-management skills without having to rely on the NHS.

Fifty percent of the people we have given book prescriptions to have been discharged at that appointment or the following one. Our outcomes suggest that people given book prescriptions are able to build self-management skills relatively quickly. This approach will not suit all and those who need more complex support will receive it, but there are some who are able to follow their own self-management journey with minimal guidance. Self-help books can help these people move away from anticipation of a cure to learning to live alongside their long-term condition.”

To read more about this case study and others see:
readingagency.org.uk/adults/impact/reading-well

Support for Reading Well Books on Prescription

“Reading Well Books on Prescription is a fantastic scheme. I use it a lot with patients. Some are willing to try Books on Prescription when they might not be willing to try other forms of treatment.”

Dr Helena McKeown, RCGP and British Medical Association Council Member, *Pulse* magazine

“A book is something you can take away with you – without anybody else knowing.” **Nick, age 15**

“This is a very useful resource to complement talking therapies and the use of antidepressant medication. Having peer reviewed self-help books in local libraries is an asset to the general community and the books can also be used by patients working with IAPT practitioners.”

Dr Sue Pritchard, Shipston Medical Centre Warwickshire



“I believe Reading Well will challenge stereotypes and misconceptions surrounding mental illness, educating young people about mental health in general. The easy accessibility of the books that are part of the scheme is key, enabling young people to explore the topic of mental health discretely and at a speed they are comfortable with.”

Gaby, Young Advisor from YoungMinds

“We have decided to invest in Reading Well’s new young people’s scheme because, judged on our experience with the adult common mental health list, it has been a worthwhile investment for an effective intervention that reaches the target audience.” **Tracey Polak, Assistant Director/Consultant of Public Health, Devon County Council**

“In a time when information on mental health is instantly accessible, abundant and mostly unverified; one of the commonest questions the Self-Esteem Team are asked by young people is ‘how do I know who I can trust?’ That’s why Reading Well provides such a crucial role in mental health and wellbeing; it is a much needed, trusted source and therefore a place where young people can feel that most important of all things – safe.” **Natasha Devon MBE, founder of the Self-Esteem Team**

“Books can be really inspiring. They give you positive ways of dealing with emotions.” **Ellie, age 15**

“Reading Well is one example of the power of public libraries to make us better and to make our local communities better places.”

Simon Chaplin, Director of Culture and Society, Wellcome Trust



Available resources

- ▶ Reading Well Books on Prescription user leaflets containing the recommendation form. They are available in hard copy from local library services and online at: reading-well.org.uk/resources/health-professionals
- ▶ Hard copy user leaflets, as well as A3 and A4 posters and stickers can be ordered at: shop.readingagency.org.uk
- ▶ Digital recommendation forms, guides for health professionals and the full booklists at: reading-well.org.uk/resources/health-professionals
- ▶ The Reading Well website, which contains a range of further resources for professionals. See: reading-well.org.uk

Other reading and wellbeing schemes

Reading Well Mood-boosting Books

Reading Well Mood-boosting Books, the other strand of the Reading Well programme, is signposted in the Reading Well Books on Prescription user leaflets. It is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books have been recommended by readers.

For more information, visit:
reading-well.org.uk/books/mood-boosting-books

Reading groups in libraries

Reading groups can be a good way of bringing people together, promoting wellbeing and reducing isolation.

For more information, visit:
www.readinggroups.org

Reading Well Books on Prescription partners

Core partners

Reading Well Books on Prescription is delivered by The Reading Agency, working in partnership with the Society of Chief Librarians and local library services, and funded by Arts Council England and the Wellcome Trust. The young people's list is also delivered in partnership with the Association of Senior Children's and Education Librarians.

THE READING AGENCY

The Reading Agency is a leading independent charity whose pioneering work brings the joy of reading to the widest possible audiences across the UK, in partnership with the public library service. The charity's mission is to create and deliver innovative reading opportunities that inspire more people to read more, encourage them to share their enjoyment of reading with others and celebrate the difference that reading makes to all our lives. The Reading Agency is funded by Arts Council England. See: readingagency.org.uk



The Society of Chief Librarians (SCL) is a local government association made up of the chief librarians of each library authority in England, Wales and Northern Ireland. It takes a leading role in the development of public libraries, through sharing best practice, advocating for continuous improvement on behalf of local people, and leading the debate on the future of the public library service. See: goscl.com



The Association of Senior Children's and Education Librarians (ASCEL) is the national membership network of senior managers in children's and young people's public library services and school library services in the UK. Its aim is to lead excellence in library services for children and young people and schools so that every child and young person visiting a public library is inspired by an exciting environment which makes reading for pleasure irresistible and every school has access to a high quality school library service. See: www.ascel.org.uk



Arts Council England champions, develops and invests in artistic and cultural experiences that enrich lives. It supports a range of activities across the arts, museums and libraries, from theatre to digital art, reading to dance, music to literature and crafts to collections. Great art and culture inspire us, bring us together and teach us about ourselves and the world around us. In short, they make life better. Between 2010 and 2015, Arts Council England will invest £1.9 billion of public money from government and an estimated £1.1 billion from the National Lottery to help create these experiences for as many people as possible. See: www.artscouncil.org.uk



Wellcome exists to improve health for everyone by helping great ideas to thrive. We're a global charitable foundation, both politically and financially independent. We support scientists and researchers, take on big problems, fuel imaginations and spark debate. See: wellcome.ac.uk

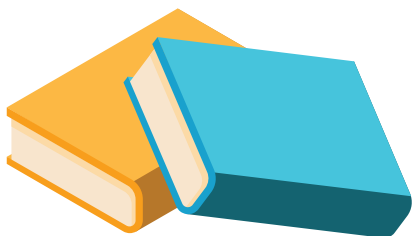
National health partners

The following health partners support the scheme:

- ▶ Alzheimer's Society
- ▶ British Association for Behavioural and Cognitive Psychotherapies
- ▶ British Association for Counselling and Psychotherapy
- ▶ The British Psychological Society
- ▶ Carers UK
- ▶ Dementia UK
- ▶ Mental Health Foundation
- ▶ Mind
- ▶ National Association of Primary Care
- ▶ NHS England (IAPT and Children and Young People's Mental Health)
- ▶ Public Health England
- ▶ Royal College of General Practitioners
- ▶ Royal College of Nursing
- ▶ Royal College of Psychiatrists
- ▶ YoungMinds

Working in partnership

Reading Well Books on Prescription is delivered most effectively when supported by local partnerships between library authorities, GPs and other mental health service providers, including psychological wellbeing practitioners.



Appendix 1

Reading Well common mental health conditions book list

	Title	Author	Publisher
Anger	Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques	Davies, William	Robinson
Anxiety	Overcoming Anxiety 2nd Edition: A Self-help Guide	Kennerley, Helen	Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
Binge Eating/Bulimia Nervosa	Overcoming Binge Eating 2nd Edition: The Proven Programme to Learn Why You Binge and How You Can Stop	Fairburn, Christopher	Guilford Press
	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Routledge
	Overcoming Bulimia Nervosa and Binge Eating: A Self-help Guide Using Cognitive Behavioural Techniques	Cooper, Peter J.	Robinson
Chronic Fatigue	Chronic Fatigue Syndrome 2nd Edition	Campling, Frankie and Sharpe, Michael	Oxford University Press
	Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques	Burgess, Mary and Chalder, Trudie	Robinson
Chronic Pain	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen	Robinson
Depression	Overcoming Depression and Low Mood 3rd Edition: A Five Areas Approach	Williams, Chris	CRC Press
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guilford Press
	Overcoming Depression 3rd Edition: A Self-help Guide Using Cognitive Behavioural Techniques	Gilbert, Paul	Robinson
Health Anxiety	Overcoming Health Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Robinson
	An Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Robinson

Appendix 2

Reading Well Books on Prescription for dementia book list

	Title	Author	Publisher
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder: A Self-help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Robinson
	Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon Press
	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria Bream and Salkovskis, Paul M.	Vermilion
Panic	Overcoming Panic and Agoraphobia: A Self-help Guide Using Cognitive Behavioural Techniques	Silove, Derrick and Manicavasagar, Vijaya	Robinson
	Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	HarperCollins
Phobias	An Introduction to Coping with Phobias	Hogan, Brenda	Robinson
Relationship Problems	Overcoming Relationship Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Robinson
Self-Esteem	Overcoming Low Self-esteem: A Self-help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Robinson
	The Feeling Good Handbook	Burns, David	Penguin
Social Phobia	Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Robinson
Sleep Problems	Overcoming Insomnia and Sleep Problems: A Self-help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Robinson
Stress	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
Worry	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

		Title	Author	Publisher
1 Information and advice	Normal ageing and memory problems	Introduction to the Psychology of Ageing for Non-Specialists	Ian Stuart-Hamilton	Jessica Kingsley
		Coping with Memory Problems	Sallie Baxendale	Sheldon Press
	About dementia	Alzheimer's and Other Dementias: Answers at Your Fingertips	Alex Bailey	Class Publishing
		Understanding Alzheimer's Disease & Other Dementias	Nori Graham and James Warner	Family Doctor
		ABC of Dementia	Bernard Coope and Felicity Richards	John Wiley
		About Dementia: For People with Learning Disabilities	Karen Dodd, Vicky Turk and Michelle Christmas	BILD Publications
For children	Grandma	Jessica Shepherd	Child's Play International	
2 Living well with dementia		First Steps to Living with Dementia	Simon Atkins	Lion Books
		Dementia Positive	John Killick	Luath Press
		Hearing the Person with Dementia: Person-Centred Approaches to Communication for Families and Caregivers	Bernie McCarthy	Jessica Kingsley
		Activities to share	Chocolate Rain: 100 Ideas for a Creative Approach to Activities in Dementia Care	Sarah Zoutewelle-Morris
		Pictures to Share (various titles)*	Helen Bate	Pictures to Share
3 Support for relatives and carers		When Someone You Love Has Dementia	Susan Elliot-Wright	Sheldon Press
		And Still the Music Plays: Stories of People with Dementia	Graham Stokes	Hawker
		Can I Tell You about Dementia? A Guide for Family, Friends and Carers	Jude Welton	Jessica Kingsley
		Dementia: Support for Family and Friends	Dave Pulsford and Rachel Thompson	Jessica Kingsley
		10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia	June Andrews	University of Stirling, Dementia Services Development Centre
		Seeing Beyond Dementia: A Handbook for Carers with English as a Second Language	Rita Salomon	Radcliffe Publishing

Appendix 3

Reading Well for young people book list

	Title	Author	Publisher
4 Personal stories	Dancing With Dementia: My Story of Living Positively with Dementia	Christine Bryden	Jessica Kingsley
	Dear Dementia: The Laughter and the Tears	Ian Donaghy	Hawker
	Still Alice	Lisa Genova	Simon & Schuster
	Losing Clive to Younger Onset Dementia: One Family's Story	Helen Beaumont	Jessica Kingsley
	Telling Tales About Dementia: Experiences of Caring	Lucy Whitman	Jessica Kingsley
	The Little Girl in the Radiator: Mum, Alzheimer's and Me	Martin Slevin	Monday Books
	But Then Something Happened: A Story of Everyday Dementia	Chris Carling	Golden Books

	Title	Author	Publisher
*The following twelve titles are available in the Pictures to Share series. We advise libraries to add one title of their choice to the Reading Well Books on Prescription for dementia list.	Beside the Seaside in Pictures	Helen Bate	Pictures to Share
	Childhood Days in Pictures	Helen Bate	Pictures to Share
	The Countryside in Pictures	Helen Bate	Pictures to Share
	Family Life in Pictures	Helen Bate	Pictures to Share
	A Funny Old World in Pictures	Helen Bate	Pictures to Share
	In the Garden in Pictures	Helen Bate	Pictures to Share
	Pets in Pictures	Helen Bate	Pictures to Share
	Proverbs and Sayings	Helen Bate	Pictures to Share
	Shopping in Pictures	Helen Bate	Pictures to Share
	A Sporting Life in Pictures	Helen Bate	Pictures to Share
	Travelling in Pictures	Helen Bate	Pictures to Share
	A World of Work in Pictures	Helen Bate	Pictures to Share



	Title	Author	Publisher
General	Blame My Brain	Nicola Morgan	Walker Books
	Stuff That Sucks: Accepting what You Can't Change and Committing to What You Can	Ben Sedley	Robinson
	Quiet the Mind	Matthew Johnstone	Robinson
	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Self-Esteem Team	John Blake Publishing
	Mind Your Head	Juno Dawson	Hot Key Books
	I'll Give You The Sun [fiction]	Jandy Nelson	Walker Books
	Every Day [fiction]	David Levithan	Electric Monkey
	Kite Spirit [fiction]	Sita Brahmachari	Macmillan Children's Books
	House of Windows [fiction]	Alexia Casale	Faber & Faber
ADHD	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Patricia Quinn and Judith Stern	Magination Press
Anxiety, worry and panic	My Anxious Mind	Michael Tompkins and Katherine Martinez	Magination Press
	The Anxiety Survival Guide for Teens	Jennifer Shannon	New Harbinger
	The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon	New Harbinger
	The Perks of Being a Wallflower [fiction]	Stephen Chbosky	Simon & Schuster
Autism and Asperger Syndrome	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Jessica Kingsley
	The Reason I Jump	Naoki Higashida Translated by David Mitchell and YA Yoshida	Sceptre
	The Curious Incident of the Dog in the Night-Time [fiction]	Mark Haddon	Vintage
Body Image and Eating Disorders	Can I Tell You About Eating Disorders?	Bryan Lask and Lucy Watson	Jessica Kingsley
	Banish Your Body Image Thief	Kate Collins-Donnelly	Jessica Kingsley
	Tyranny	Lesley Fairfield	Walker Books
Bullying	Bullies, Cyberbullies and Frenemies	Michele Elliot	Wayland
	Vicious: True Stories by Teens About Bullying	Ed. Hope Vanderberg	Free Spirit
Confidence and Self-Esteem	Banish Your Self-Esteem Thief	Kate Collins-Donnelly	Jessica Kingsley
	Self-Esteem and Being You	Anita Naik	Wayland
	Face [fiction]	Benjamin Zephaniah	Bloomsbury

	Title	Author	Publisher
Depression	Am I Depressed and What Can I Do About it?	Shirley Reynolds and Monika Parkinson	Robinson
	Can I Tell You About Depression?	Christopher Dowrick and Susan Martin	Jessica Kingsley
	I Had a Black Dog	Matthew Johnstone	Robinson
Mood Swings	Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk	New Harbinger
OCD	Breaking Free from OCD	Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner	Jessica Kingsley
	Touch and Go Joe	Joe Wells	Jessica Kingsley
	The Unlikely Hero of Room 13B [fiction]	Teresa Toten	Walker Books
Self-Harm	The Truth about Self-Harm	Celia Richardson	Mental Health Foundation
Stress	Fighting Invisible Tigers	Earl Hipp	Free Spirit
	The Teenage Guide to Stress	Nicola Morgan	Walker Books

