At a library near you

All City libraries have 'Health Info' collections of books to borrow and free leaflets to take away. Books marked with a 'smiley' sticker are recommended by health professionals.

health info

your well-being matters

Take your time

Unlike a visit to the doctors, you are not limited to a short appointment. Take as long as you like to get the information you need.

We're here if you need help

Our staff won't interfere, but don't be afraid to ask if you can't find what you're looking for.

Find out more

Libraries also hold all sorts of events. At a health fair you could chat to health professionals; there might be a quiz, healthy refreshments or the opportunity to try a new form of exercise. Look out for events in your library.

Of course, our information service isn't a substitute for talking to a trained health professional when appropriate, but it could save you a visit to the surgery, or help you to discover more after your consultation.

More available on the Internet!

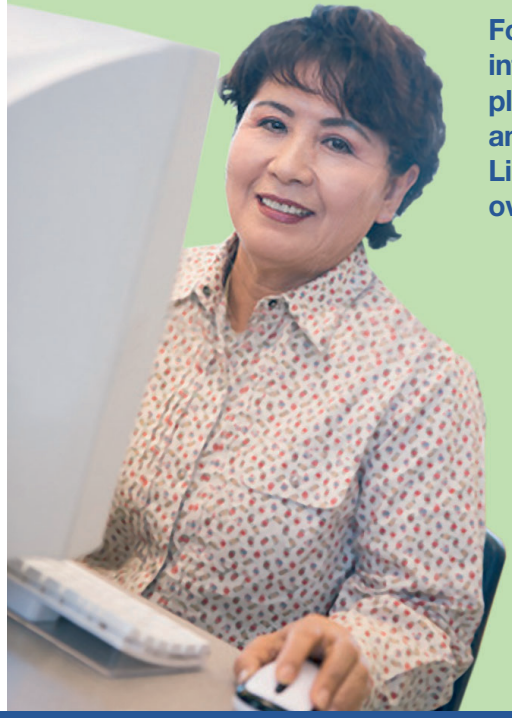
The Internet gives you access to all sorts of health information, but is it always accurate?

You can use the library's health web pages at www.nottinghamcity.gov.uk/healthinfo as an easy way to find reliable information, or download useful leaflets.

If you don't have your own computer, or you're just passing, all City Libraries have public computers and library members can use them free. Joining the library takes just a few minutes.

Can't use a computer?

We offer basic help sessions in all our libraries with trained members of staff who can get you started.



For further information, please contact any City Council Library (details overleaf).

Visit the website: www.nottinghamcity.gov.uk/libraries
or email: enquiryline@nottinghamcity.gov.uk for further information

Libraries in Nottingham

Contact: (Area code 0115)

Aspley	915 5700
Bakersfield	915 0199
Basford	915 5797
Beechdale Road	915 5749
Bilborough	915 5795
Bulwell	915 5708
Bulwell Library Link (Bulwell Healthy Living Centre)	979 4708
Carlton Road	915 1399
Clifton	915 2945
Home Library Service	915 5700
Hyson Green	915 2483
Meadows	915 9279
Mobile Library	915 5700
Nottingham Central Library	915 2828
Radford-Lenton	915 1790
St. Ann's	915 6941
Sherwood	915 1155
Sneinton	915 6941
Southglade Park	915 5799
Strelley Road	915 5788
Wilford	915 2950
Wollaton	915 5715

For opening times, maps and locations please contact your library or visit: www.nottinghamcity.gov.uk/libraries

Have you thought of volunteering?

Libraries have several volunteering opportunities for those with a few hours to spare, such as helping deliver books to people unable to get out of their homes, or helping young people with homework. For more information please contact enquiryline@nottinghamcity.gov.uk

Nottingham City Council **proud** to serve you

Health information at your local library

Been to the doctor but still got concerns? Care for someone with a health issue? Need a local dentist? We can help answer these questions and more...

www.nottinghamcity.gov.uk/libraries

Libraries at the heart of your community

Nottingham City Council