



Information for Wellbeing (IFW) course

The IFW course has been developed for library and information staff working in public, school, health and third sector organisations.

It will equip learners with the skills they need to make libraries the "go to" physical and virtual space for their communities to access health and wellbeing information, health literacy and bibliotherapy support.

Modules include:

- Communicating with empathy
- Using remote technology
- Managing boundaries
- Words for wellbeing
- Providing quality assured information
- Health Literacy
- Enabling everyone to participate

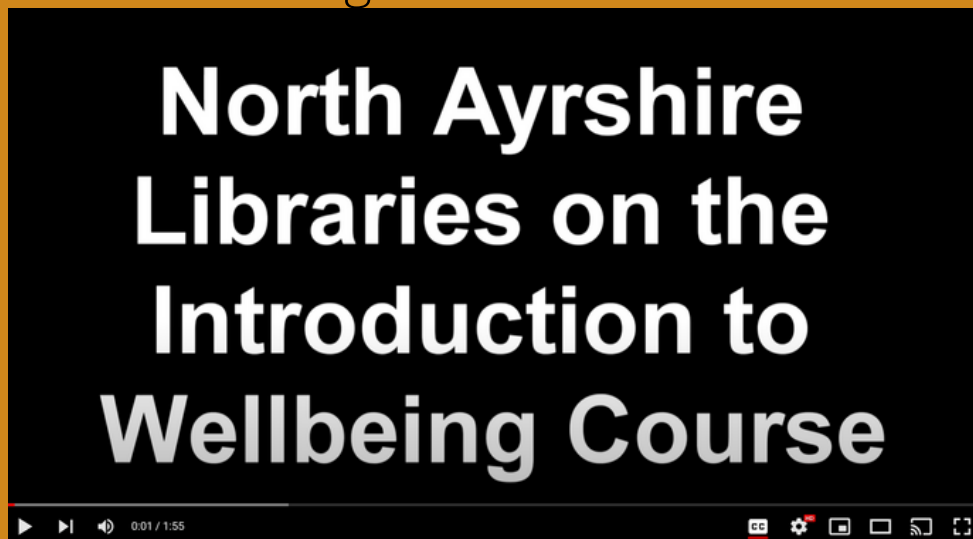




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IFW is a flexible resource that can be used for self-directed learning and also for facilitated group learning in local services.

In the pilot project, learners' readiness to support people with information for wellbeing increased 10-fold.



"I hope to have a health and wellbeing strategy for our libraries – this helped me. I want frontline staff to do the course – we're asked [by the public] all the time about health and wellbeing issues."

"I did enjoy working through these modules and I do feel I have learned from them. I liked how accessible they were, with a good mixture of text, informatics and video clips"

'I had very little knowledge. It made me look at things that I wouldn't normally look at.'

To register and for more information go to:

Infoforwellbeing.scot.nhs.uk

Public library staff can also access via the SLIC elearning platform

www.enetlearn.com/SLIC