**Family activity and wellbeing box**

**East Sussex Library and Information Service**

**Contact: Rachel Sweeney** (Rachel.sweeney@eastsussex.gov.uk)

**Target ages: families; KS1 (5-7 years old); KS2 (8-11 years old)**

**Summary**

Box of activities and information for loan from East Sussex Libraries. Contents divided into: leaflets and information; family activities (to do together); 0-4 and 5-11.

**Partners**

Children’s Centres

East Sussex Public Health

**Description**

The boxes were developed after a suggestion from the local Children’s Centre following the provision of Wellbeing Boxes for adults. East Sussex has produced a Family Activity box (described here) and one for teenagers.

The box is 32 litres in volume with handles on the sides to help with carrying. The contents list is at the end of this case study and is stuck to the bottom of the box. The contents are made as robust as possible although some of them will be used up by borrowers, others are designed for re-use. For example, some information sheets have been laminated and books are of the usual library standard. East Sussex expects that there will be wear and tear and that some resources can only be used once and has bought or sourced a backup supply to replenish the boxes when needed.

The content was chosen to promote physical activity, family activities, literacy and language development and mindfulness. The NHS [website](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/) was a good starting place for thinking about content.

The box contents are a mixture of items purchased and items sourced for free e.g. the Woodland Trust web site (https://www.woodlandtrust.org.uk/visiting-woods/) has a range of free resources including nature trails.

East Sussex has produced 40 boxes, 25 for loan from libraries and 15 for loan from Children’s Centres. The boxes are on the catalogue and can be reserved. The boxes were launched on the 3rd February 2018 and several were borrowed at the launch event.

The aim was to be as inclusive as possible and the books were chosen on this basis – one includes baby signing and another is suitable for use by a family with little English or literacy challenges.

**Cost –** not yet quantified. East Sussex received a grant from the Arts Council Advantage Fund

**Top tip:** have a clear focus on the scope to make sure the content is relevant and portable