**Health events in Hertfordshire**

**Hertfordshire Library Service**

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

**Summary**

Health events for the whole family in Hertfordshire libraries

**Partners**

Local supermarkets

Pharmacies

Other organisations, including Blue Cross

**Description**

Hertfordshire Libraries run health and wellbeing events for families and invite groups or organisations, such as children’s centres, pharmacies, walking groups, or sports clubs, to run an activity. This is an opportunity for them to raise their profile, while enhancing the event with an activity which helps to draw visitors to the day.

One example is Pet Care with the Blue Cross which is for children aged 4+ at which children are invited to join a member of staff from the Blue Cross and their dog to learn all about pet care. Good pet care involves taking a dog for walks which encourages exercise. Library Staff are on hand to read some pet themed stories, making this a perfect summer holiday activity for children.

Information providers are also invited so the event is a mix of activities and information.

Ideally the libraries keep the cost of activities minimal because of limited budgets. The main cost is printed publicity materials. They produce these for events, but also use online promotions to reach a wider audiences.  The other cost is in staff time in planning, promoting and running these events.

This is accepted as part of the Library Service offer for health and wellbeing. The outcomes in promotion of healthier lifestyles and community cohesion, as well as promoting library services, contribute to the Library Service Plan aims.

The Library service also ask for contributions from local supermarkets and they have provided juice for a mystery juice activity and fruit for fruit kebab making.

The libraries provide other activities themselves, such as active stories-with lots of movement, Book Doctor sessions, or setting up the PCs in the children’s areas with a suitable fun website, i.e. [Health for Kids](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTcwMTMxLjY5MzYwNDkxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE3MDEzMS42OTM2MDQ5MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE3ODE1NjA3JmVtYWlsaWQ9c2hlaWxhLnNhbXNvbi1idW5jZUBoZXJ0Zm9yZHNoaXJlLmdvdi51ayZ1c2VyaWQ9c2hlaWxhLnNhbXNvbi1idW5jZUBoZXJ0Zm9yZHNoaXJlLmdvdi51ayZmbD0mZXh0cmE9TXVsdGl2YXJpYXRlSWQ9JiYm&&&100&&&https://www.healthforkids.co.uk/) - an interactive website for children aged four to 11 years old, where they can play games and learn facts on how to stay healthy and how to identify if they are not well.

**Cost –** very low to none

**Top tip:** there are many other partners out there that libraries can work with and the partners appreciate the offer to promote themselves and their services