



Library Bytes

Library & Knowledge Service

East Cheshire NHS Trust
LE&D Hub, 1st Floor New Alderley House

www.facebook.com/eastcheshirenhslibrary

May 2025

Library News

! Changes to national resources

From **1st July**, nationally funded content will be changing. This means we'll **no longer** have access to the **Oxford Medicine e-book collection**. Many of the Oxford Handbooks are available in the library in print, or can be requested on inter-library loan.

We will also no longer have access to the **ProQuest** database platform. We'll **continue** to have access to both Ovid and EBSCO. Find out more about these platforms at: www.eastcheshirenhslibrary.net/databases.html

Summer Six Book Challenge

The **summer 6 book reading challenge** will be starting up again soon! Challenge yourself to read 6 books throughout **July, August and September**. Research has shown that reading for pleasure can reduce stress and anxiety, boost mood, and improve memory; so why not take a break from the screen with a paperback, curl up with an e-reader, or pop on an audiobook during your commute? The challenge will launch on **1st July** - keep an eye out for more information in staff matters and on our Facebook page.

"The summer 6 book challenge is something I do every year and I really enjoy it. I love choosing the books I will read and deliberately select a range to inspire, amuse or stretch me. Every year, I think I don't have enough time to participate and every year I find I make the time and feel so much better for it. Can't wait 😊."

Wendy Barker, Head of Education, L&D

"One of the most impressive aspects of the challenge was how it motivated me to carve out time for reading in my busy schedule. Setting aside time each day to immerse myself in a good book has now become a habit. This was particularly beneficial after a long day at work, providing a perfect way to unwind and reset."

Dr Siddesh Prabhulingam, Education Fellow

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Monday - Friday 8:30am - 4:30pm
24/7 swipe access with ECT staff ID badge