

Reading Well delivery model

What is Reading Well?

Reading Well is a national scheme supporting people to understand and manage their health and wellbeing using helpful reading. The books on our reading lists can be recommended by a health professional and taken free of charge from a local library, or users can self-refer and borrow the titles as they would any other library book.

The books are all chosen and recommended by health experts, as well as by people with lived experience of the conditions and topics covered and their relatives and carers.

Delivery model

Libraries and other organisations wishing to deliver Reading Well must adhere to the following delivery principles:

- Have a named person to act as the contact lead for Reading Well. Let us know this contact by emailing readingwell@readingagency.org.uk to be added to the mailing list.
- To maintain the integrity of the core book list and the support of national health partners, additional self-help titles cannot be displayed under Reading Well branding. Local collections/resources can be used to complement the Reading Well scheme, but they must not be added to the national list or displayed as if they are part of the Reading Well collection.
- Reading Well resources including leaflets are copyrighted and cannot be amended, adapted or recreated.
- Signpost people to reading-well.org.uk/feedback to share their views on the books.
- Staff and volunteers should support people to access the book collections in a non-judgemental and supportive manner, and handle requests for mental health titles with the utmost discretion, confidentiality, and sensitivity.
- If staff or volunteers don't feel equipped to manage a request for mental health support or if someone requires urgent help for their mental health, follow [NHS England](https://www.nhs.uk) guidelines on accessing support.

Library guidelines

Public libraries running the scheme should also follow the following guidelines:

- Make the books accessible to library users via every library in an authority (on shelves or via reservations).
- Ensure the book collections are available for open access to support clinical referral and unsupported self-help and provide service user anonymity.

Community managed libraries, schools and hospitals are encouraged to partner with the local authority public library service for advice and support. To find your library authority visit www.gov.uk/local-library-services.

Book selection protocol

The process will include:

- An evidence review relating to the type of conditions/target audience for the list. Where possible, the review will stress the alignment between the list and contemporary National Institute for Health and Care Excellence (NICE) clinical guidelines.
- An analysis of thematic areas and titles featuring in existing library and health partner booklists/collections relating to the specified area of focus.
- National stakeholder consultation to identify other recommended titles for consideration.
- Summary list of recommended titles frequently or often used in existing lists/collections.
- Publisher call for submission of newly published titles for consideration.
- Expert consultation to produce a longlist of recommended titles, including information about content and accessibility.
- Co-production group of experts by experience convened to check and challenge book selection process.
- Review of the longlist by an expert group made up of endorsing organisations, with reference to the evidence base identified and the accessibility/suitability of content to create shortlist.
- Shortlist of up to 50 titles plus any recently published titles reviewed by experts by profession and experience.
- Final revision of the list following verification of publication details and availability, including formats.
- Final consultation and evidence base review of shortlist with key stakeholders.
- Endorsement of list by key partners.

Selection criteria applied

Material will:

- Comply with the evidence-based approach agreed for the list.
- Draw on existing best practice local and national delivery models.
- Have been recommended by health professionals as part of the consultation process as a useful, appropriate, and accessible resource for people managing relevant conditions.
- Have been recommended/endorsed by service users/people who the scheme will target.
- Be in print and remain so for the three-year duration of the list.
- Where possible, be available in other formats.

In addition to the selection criteria identified above, the following considerations are applied to the selection of Reading Well lists:

- Material should be relevant to individuals with the targeted experiences/conditions and family/non-professional carers.
- Content should be representative of a wide range of people and experiences.
- Material aimed at a professional clinical audience, i.e., clinical textbooks and manuals, will not be considered for core lists although they may be included on a separate professionals' list.
- Core booklists should cater for a range of literacy levels and reading abilities.
- Content should reflect an authentic experience of the feeling/experience/condition covered.