



KNOWLEDGE & LIBRARY SERVICES BULLETIN

Issue 20 // January-February 2026

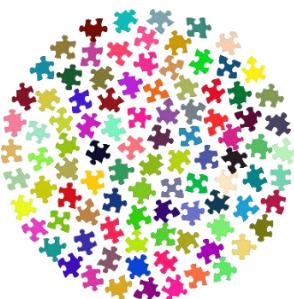
Take time for yourself

January can be a gloomy time of the year for many of us, so it's important that we take some time for ourselves and look after our wellbeing. The libraries have a number of books that offer different perspectives on how best to take care of your mental health.



Wellbeing in Winter

Come into the libraries and relax in our wellbeing areas. Take a book (or three!) from our **Fiction Book Swap**. You don't have to bring books to swap but we do welcome additions to the collection!



Jigsaw Puzzle Corner

We've reintroduced jigsaw puzzle tables into both our libraries. Drop in and spend some time unwinding as you find your piece...

Welcome Ruth!

We welcome Ruth Seager, the new Deputy Head of Medical Education and Knowledge Library Services to our team. Ruth comes to us from Moorfields Eye Hospital with a wealth of experience about education and eyes after being there for 13 years!



"I am very excited to join Integrated Education and learn more about education and Knowledge and Library Services across the Trust, in particular Medical Education from medical students right the way through to consultants and beyond and how we can support our staff through the experts in our Knowledge and Library Services. I have an interest in all things fermentable and even have a pet milk kefir project called Kevin! If you want to pick my brains or share something exciting or interesting please get in touch via ruth.seager1@nhs.net"

Bringing the evidence to the bedside

Our Knowledge and Evidence Specialist Steve Sommer-Wood is launching a new initiative within the Knowledge and Library Services to provide responsive information and research by attending departmental meetings or ward rounds, contributing to evidence-based care and decision making and saving you time. For example, by conducting searches on cases and issues raised and providing a summary of the evidence afterward, or by providing literature search training either within the meeting or at another arranged time.

To express your interest and find out how this can be rolled out within your department, email Steve at: esht.libraryservices@nhs.net

Integrated Education

Congratulations to our fellow teams from Integrated Education!

Apprenticeships and Widening Participation

The team have achieved the Work Experience Quality Standard Bronze Award by NHS England! The Apprenticeships and Widening Participation team organise work experience placements within East Sussex Healthcare NHS Trust, and this accreditation provides assurance that the work experience placements meet the highest standards of planning, delivery, and evaluation.

Clinical Education

Well done to the Clinical Education (Undergraduate) team for winning the 'Poster of the Conference' at the South East Region Nursing and AHP Educators Conference.

The team's poster '*Multidisciplinary Innovation at East Sussex Healthcare Trust*' demonstrated the integrated approach to education, promoting collaboration and education that reflects the true face of healthcare from Healthcare Support Workers to Prequalification learners to Registered Professionals.

Useful Resources for Occupational Therapists



Anatomy TV – a 3D look at human anatomy, this interactive resource includes 3D models that can be rotated and you can also strip away layers of anatomical detail, it also includes a Functional Anatomy and Therapy section

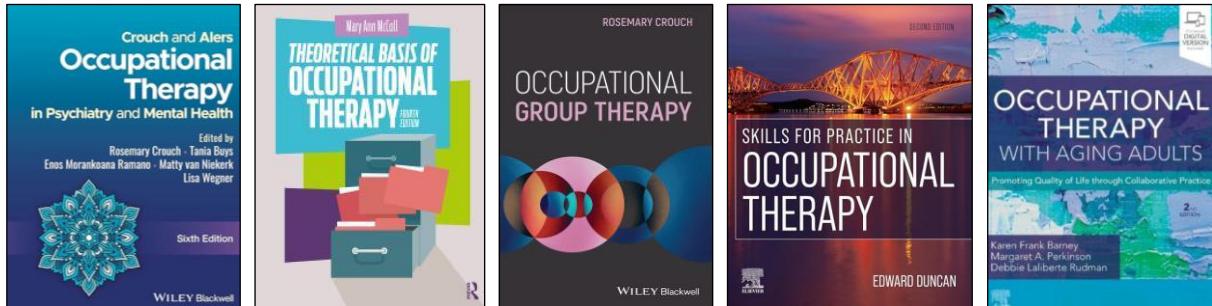


ClinicalSkills.Net – step-by-step guides to clinical procedures such as positioning and mobilisation for stroke care patients

NHS Knowledge and Library Hub – search for articles, books and clinical information. Click on the grey 'Sign in' line at the top of the page and enter your OpenAthens username and password to access more subscribed content)

Access the resources with your NHS OpenAthens account (don't have an account? Register [here](#))

Books and journals of interest



Keeping up-to-date

- Browse occupational therapy journals in [Browzine](#) - click on the PDF icon to read the full text article, or click on 'Request this item' if you can't get access
- [Join](#) KnowledgeShare - receive fortnightly email alerts, advising you of any high impact documents that have been published in occupational therapy (alternatively utilise the [Table of Contents](#) alert feature)
- Sign up to our electronic table of contents (etoc) service - ask to be added to our email alerts for titles such as British Journal of Occupational Therapy - each time a new issue is published, we'll email you to let you know what articles are available

Useful Resources for Administrators

Browzine - provides access to electronic journals (find journals by subject, title or ISSN)

NHS Knowledge and Library Hub (search for articles, books and clinical information - click on the grey 'Sign in' line at the top of the page and enter your OpenAthens username and password to access more subscribed content)

Access the resources with your NHS OpenAthens account (don't have an account? Register [here](#)).

Sign up to KnowledgeShare to receive current awareness email alerts, keeping you up-to-date with various topics such as data management, leadership, quality improvement, technology enhanced learning or wellbeing

Access the resources with your NHS OpenAthens account (don't have an account? Register [here](#)).

Books and journals of interest



Don't forget:

- You can use the libraries for a quiet space to study or reflect
- Feel free to borrow a fiction book (no need to loan the fictions books, just help yourself)

Events

Grand Round: How to Facilitate a Journal Club / Current Awareness Alerts

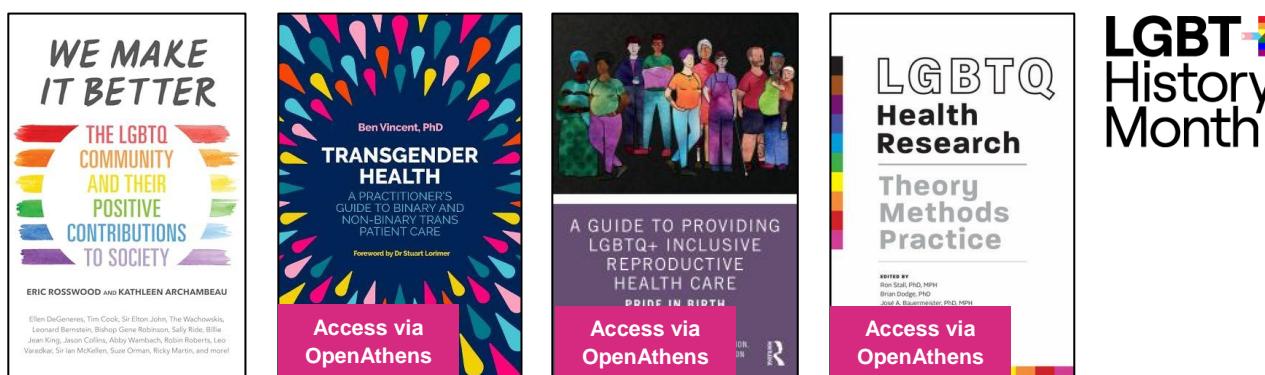
**Monday 9th February – 13:00-14:00
Lecture Theatre, Education Centre, EDGH**

Join the library Grand Round, presented by our Knowledge & Evidence Specialist, Steve Sommer-Wood. The first half of this session will focus on how to facilitate and run a journal club. The second half will be looking at ways you can keep up-to-date in your field.

LGBT+ History Month: February 2026

February is LGBT+ History Month, and this year's theme is **Science and Innovation**, which aims to highlight the contributions LGBT+ people have made and continue to make in scientific fields and also recognise the ways in which LGBT+ people have been overlooked or harmed in this area, and how we can do our best to ensure this does not continue.

The library provides access to lots of resources for learning about LGBT+ history and issues, and for how to make your care inclusive.



Join the Library



Library membership is open to all Trust staff, including students on placement.

By joining the library you can get access to a wide range of physical and online resources, as well as training or assistance with literature searches, and 24/7 access to a comfortable and quiet place to study and relax.

To become a member, come see us in the libraries or complete our online registration form.

Contact us

Email the Library Team: esht.libraryservices@nhs.net

The Education Centre, Conquest Hospital // Tel: 0300 131 5221 Ext: 770493

The Education Centre, Eastbourne District General Hospital // Tel: 0300 131 4500 Ext: 770593

w: <https://www.esht.nhs.uk/service/library-services/library-resources/>

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