



SOMERSET
Libraries

What we offer to you!

Caroline Crossley – Library Outreach Officer

a world of conversation

learn a language for FREE with Somerset Libraries



scan here



www.somersetlibraries.co.uk/languagelearning

just use your library card to access easy
to use free courses in over 120 languages
including English for overseas guests



SOMERSET
Libraries

**Borrow an iPad
for up to 6 weeks
FREE of charge!**



Pre-loaded with top tips and reliable information for:-

- Job searching and/or learning new skills
- Health and Wellbeing Support
- **Easy-to-use:** handy 'How To' introduction video
+ Keyboard & Headphones

No internet connection required: devices are internet-ready

Devices are available from most Somerset libraries -
see website for details: www.glassboxtaunton.co.uk/ipad



Visit: www.glassboxtaunton.co.uk/ipad

Improving
LIVES

SOMERSET Libraries Welcomes YOU!



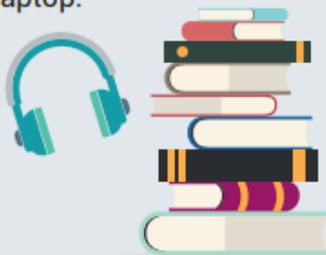
SOMERSET
Libraries

The best
things in
life are free!



Computers and Wi-fi
- **FREE** to members of
Somerset Libraries

As well as borrowing
up to 20 books at a
time, you can access
eBooks, eAudiobooks,
e Magazines via your
smartphone, tablet or
laptop.



FREE Data SIMS

for people
in need of
support



Somewhere **safe, warm**
and **welcoming + FREE**
activities & events



VISIT www.somersetlibraries.co.uk

or find us on   

NO fees, NO fines
for library members
aged 17 and under



THE READING AGENCY

Free at your local library

reading-well.org.uk

Reading Well

for

Teens

All books are recommended by teens and health professionals

READING WELL

This poster features a dark blue background with a radial pattern of lines emanating from the center. The text 'Reading Well' is in a bold, white, sans-serif font with a pink outline, and 'Teens' is in a large, teal, cursive font with a pink outline. A pink book icon is positioned below the text. The Reading Agency logo is in the top left, and the website URL is in the top right. A small 'READING WELL' logo is in the bottom right.

READING WELL

The text 'READING WELL' is displayed in a large, bold, sans-serif font. 'READING' is in red and 'WELL' is in pink.

THE READING AGENCY

Free at your library

READING WELL

for children

Books to help you feel better

All books are recommended by children and health professionals

reading-well.org.uk

ARTS COUNCIL ENGLAND

Libraries Connected

READING WELL

This poster has a bright blue background with various colorful icons representing different interests like a bicycle, a lightbulb, a smartphone, a planet, and a trophy. The text 'Reading Well' is in a large, bold, sans-serif font with a pink outline, and 'for children' is in a smaller, white, sans-serif font. A white book icon is at the bottom center. The Reading Agency logo is in the top left, and the website URL is in the bottom right. Logos for Arts Council England and Libraries Connected are at the bottom left, and a 'READING WELL' logo is at the bottom right.

About 3 in 10 adults in Somerset have high blood pressure but 1 in 10 don't know it. It is a major risk factor for Cardiovascular Disease (CVD) and significantly increases the risk of having a heart attack or stroke, but early detection and treatment can help people live longer, healthier lives.

The blood pressure monitor kits

The blood pressure monitor kits include an information leaflet that explains how to check your blood pressure at home and what to do with the results – measuring blood pressure at home can be very useful to give a more accurate picture of what a person's blood pressure is like. The monitors can also detect an irregular heartbeat which is another risk for CVD.

Please note – staff in libraries do not have medical training and are unable to show customers how to use the kits – please use the information provided and this [short two minute video](#), which is from the trusted authority of British Heart Foundation and goes through how to use a blood pressure machine.

You can also view [a video from Clinton Rogers with Dr Solomon Lebesse](#) which also talks about our local scheme and includes a brief demonstration.



FREE DATA

Working in partnership with the Good Things Foundation, selected Somerset libraries can offer free data vouchers or SIMs to people in need.

The [UK National Databank](#) helps thousands of vulnerable people in communities across the UK to get connected and it has been built with support from Virgin Media O2 and with data donated by Virgin Media O2, Vodafone and Three.

The free data vouchers or SIMs are available from the following Somerset libraries

- [Bridgwater](#)
- [Chard](#)
- [Taunton](#)
- [Shepton Mallet](#)
- [Minehead](#)
- [Yeovil](#)



How to get a free data voucher or SIM

Just visit one of these libraries, take your existing mobile phone and ask member of staff about the free data scheme. You will be asked for a few details and to confirm the following

- You are 18 or over
 - You are from a low income household
 - You have no access or insufficient access to the internet at home
 - **And/or** you have no or insufficient access to the internet when away from the home
 - **And/or** you cannot afford the existing monthly contract or top up
- Staff will explain how to activate your data voucher or SIM and provide any information relevant to the scheme.

Please note – your device will need to be either unlocked or compatible with O2, Vodafone or Three SIM cards to allow data from the databank to be activated. If your device is locked, you will need to contact your network provider first to unlock the phone.

Each month there are limited supplies of data vouchers and SIM cards at each location, and they will be allocated on a first-come-first-served basis. Unfortunately, staff are unable to reserve vouchers/SIMs in advance for borrowers to pick up at a later date or time.



**Borrow
Box.**

libby



Thank You

Somerset Libraries Website [Libraries \(somerset.gov.uk\)](http://libraries.somerset.gov.uk)

Follow Somerset Libraries on Social Media:

[Facebook](#) | [Instagram](#) | [Twitter](#)

Please contact me at

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