

January 2023



Dorset County Hospital  
NHS Foundation Trust

## Knowledge and Library Service

### Newsletter

#### Brew Monday

Join us for a brew to beat those winter blues on 16th January between 10am-12pm. There may even be cake!



#### Need OpenAthens?

Sign up here:  
[openathens.nice.org.uk/](https://openathens.nice.org.uk/)  
Remember to check for the activation email!

#### COMING SOON!

#### Health Inequalities Symposium

This free 'in person' event is on Wednesday 1st February (09:00-16:30) at The Spire, High Street, Poole.

The event is open to anyone in Dorset who works or volunteers with people who are affected by health inequalities, or who wants to find out more.

#### Journal Alerts

We can send you Tables of Contents...contact us  
[library.office@dchft.nhs.uk](mailto:library.office@dchft.nhs.uk)

#### Need help with a literature search?

Give your question to one of our librarians and they'll show you how to do it or even do it for you!



#### NEW! Library Inductions

Are you a new library member? Or been a member for a while and would like a refresh about what there is available? Or maybe you didn't even know there was a library at DCHFT!

The library is running inductions in the lecture theatre on the following dates and times:

Thursday 19th January , 11am-12pm

Thursday 26th January, 11am-12pm

Friday 3rd February, 11am-12pm

Monday 20th February, 10.30-11.30am

Tuesday 28th February, 11.30am-12.30pm

Please email [library.office@dchft.nhs.uk](mailto:library.office@dchft.nhs.uk) to book your place!



#### Reflective Reading and Writing Workshops in January

January is named after Janus, the Roman god of doorways, gates, beginnings and endings. In January we often look back at the past year while looking forward to the next, much like Janus himself (one face looking forward, the other behind). It's often a time for reflection and contemplation—the dreaded "New Year's Resolution" comes to mind! Reflective thinking itself can be both helpful and painful. For example, having lost my dad in March, looking back at 2022 is a difficult process but I have learnt a great deal about my resilience and ability to cope during that time, mainly thanks to a supportive and caring manager and team.



Looking to the future and what 2023 has in store, I am looking forward to helping others in the Trust, whether that is with a literature search or referencing, or even a reflective writing workshop! I am running workshops at 10-11am via Teams on the following dates during January:

#### Wednesday 11th, 18th and 25th

During the session we look at how you can use your reflections on reading of journal articles towards CPD/revalidation. We also look at some tips on how to write better reflective written accounts. Aimed primarily at nurses and midwives, the workshop is helpful for students also.

Please email [library.office@dchft.nhs.uk](mailto:library.office@dchft.nhs.uk) to book your place.

*Morag Evans*