


## Book trolley brings joy to children and families

NHS Lothian Charity provided £1,140 from Specific Funds to buy a new trolley, ensuring that NHS Lothian Volunteers can deliver the valued book trolley service to children and families at the Royal Hospital for Children and Young People. The mobile library visits several wards twice a week, with two volunteers offering donated books directly at the bedside. This ensures that all children, including those unable to access ward play areas, can benefit from engaging, wellbeing-focused activities. Children are supported to choose their own books, or volunteers can suggest titles based on their interests. Volunteers also offer to read with or to children, providing moments of comfort and engagement while giving parents and family members a welcome opportunity for rest.

 The book trolley provides moments of light and literal joy in a clinical setting."

-Jackie, Volunteer




Jackie, Volunteer, with book trolley

# 500

patients a year on the wards benefit from the book trolley service.

### Experiencing the impact of the book trolley

Rebecca, NHS Lothian Charity Evaluation Manager, was invited to join Jackie on one of her rounds and observed: "I felt the change in atmosphere when Jackie wheeled into the bays with the trolley. Children and their families stopped what they were doing and engaged excitedly with the trolley. One girl exclaimed "oooh books", she came off her electronic device and with the support from Jackie picked a few books. Her mum laughed "I will enjoy these books also!" When we returned to the bay a short time later, the mum and child were on the bed reading the book together. I noticed the trolley service not only provided a distraction and alleviated feelings of boredom, but also encouraged meaningful engagement and shared experiences between children and their families during what can be stressful and worrying periods in hospital."

 So nice to see her interested in a book and off her screen. It's a good distraction."

-Family member



Patient picking a book from the trolley

Ross, Voluntary Services Manager, shares: "There is a continued need to provide children with enriching activities that support their wellbeing and help minimise distress during their hospital stay. The book trolley plays a key role in meeting this need. The addition of the new trolley ensures the service can not only continue but grow in the years ahead, including the recruitment of an additional volunteer to increase the number of ward rounds each week."

Report compiled by Rebecca Caulfield, Evaluation Manager, NHS Lothian Charity