



**BABY WEEK**  
**Cheshire and**  
**Merseyside**  
**14-20 November 2022**



# **Women's Health and Maternity Resources Listing November 2022**

# Baby Week Cheshire and Merseyside

## 14-20 November 2022

### Women's Health and Maternity

## Reading for Wellbeing Resources

Improving Me, the NHS Cheshire and Merseyside women's health and maternity (WHaM) programme, is working with library partners and women from across Cheshire and Merseyside to bring together a selection of books and online resources to improve awareness of women's health issues throughout the life course, to increase understanding and open-up more discussion about the challenges women face whilst highlighting some of the solutions. This is the first edition of this resource. We hope it will evolve through your feedback.

This is particularly timely given the first ever women's health strategy was launched in July 2022. It is also useful to note that 77% of NHS staff are women. So, we have a two-fold commitment to keeping all women well, but equally recognising wellbeing is a huge issue for our healthcare workforce too. Let's not forget a healthcare workforce with high levels of wellbeing means better care for all patients. What is good for patients is also good for the workforce.

We hope to build momentum around this resource. Our objective is to establish a national Reading for Wellbeing resource which reflects a woman's life course, and ultimately embed this in every library in England. So, we have built on what works and started with both local recommendations and the powerful Uplifting Resources for NHS Staff, a crowd sourced book collection alongside a diverse range of resources. The collection includes fiction, non-fiction and poetry; as well as videos, podcasts and apps all available at a local library or online."

**Catherine McClennan - Improving Me Director**

# Women's Wellbeing

## Cheshire and Merseyside's Top Picks

We have put together a list of interesting, engaging and motivating reads, intended to give women a way to use reading to improve their wellbeing. Our top two recommendations are:

### Unwell Women - Dr Elinor Cleghorn

'A powerful and fascinating book that takes an unsparing look at how women's bodies have been misunderstood and misdiagnosed for centuries.'

### Invisible Women - Caroline Criado Perez

'Exposing the gender bias women face every day'

## Uplifting Resources

### Other recommended reading

[Health Education England](#) and [The Reading Agency](#) have created an uplifting book collection and a supporting list of resources, all recommended by NHS staff. These include:

[Love in Colour. Bolu Babalola](#)

[The Boy, The Mole, The Fox and The Horse. Charlie Mackesy](#)

[Three Things About Elsie. Joanna Cannon](#)

[Before the Coffee Gets Cold. Toshikazu Kawaguchi, Geoffrey Trousselot](#)

[Where the Crawdads Sing. Delia Owens](#)

[The Lido Libby Page](#)

[David Sedaris Calypso](#)

[Happiness FM Mary Dickins](#)

[The Salt Path Raynor Winn](#)

[The Lost Spells Robert McFarlane and Jackie Morris](#)

An NHS app supporting these resources can be accessed [here](#)

# Cheshire & Merseyside's People's Choice

## Library Top Tips for Maternity

### A Life's Work

The Baby Sleep Solution  
The Positive Birth Book  
Oh Crap! Potty Training  
Letters on Motherhood  
Happy Mum, Happy Baby  
I Am Not Your Baby Mother  
The Unmumsy mum  
How to Grow A Baby and Push It Out  
Nobody Told Me  
The Postive Breastfeeding Book  
The Little Book of Self Care for New Mums

### Rachel Cusk

Lucy Wolfe  
Milli Hill  
Jamie Glowacki  
Giovanna Fletcher  
Giovanna Fletcher  
Candice Brathwaite  
Sarah Turner  
Clemmie Hooper  
Hollie McNish  
Amy Brown  
Beccy hands & Alexis  
Sticklands

We hope you enjoy the suggestions

If you have any questions about Baby Week Cheshire and Merseyside 2022, please visit our [Baby Week page](#) or contact:

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