

Suffolk Libraries: Facilitating Change within the Wellbeing of their Community

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Background

Suffolk Libraries provide neutral, non-stigmatised, community spaces with the ethos to expand knowledge, stimulate creativity, connect people, and foster a sense of community. Yet, the evidence of the efficacy of this service is limited.

Aim: Evaluate Suffolk Libraries Activity Group attendance on the wellbeing of its users.

Before Activity Group

Scales:
 Subjective Happiness
 (Lyubomirsky & Lepper, 1999),
 WEMWBS (Tennant, et al. 2007),
 Satisfaction with Life (Diener, et al. 1985)
 And
 Qualitative Digital Diary
 (e.g., What does wellbeing mean to you?)

Methodology



After Activity Group

Scales:
 Subjective Happiness
 (Lyubomirsky & Lepper, 1999),
 WEMWBS (Tennant, et al. 2007),
 Satisfaction with Life (Diener, et al. 1985)
 And
 New Qualitative Digital
 Diary (e.g., Has your well-being changed whilst being a member of this group and, if so, how?)

Results



Discussion

Data was collected between the first and second COVID-19 national lockdown, therefore, as users were returning to a different format of their regular activity groups, it was concluded that a nostalgia effect influenced our findings.

Further examination after all social distancing measures were lifted is suggested.