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.

Methodology

Before Activity Group

Scales:
Subjective Happiness
(Lyubomirsky & Lepper, 1999),
WEMWBS (Tennant, et al. 2007),
Satisfaction with Life (Diener, et al. 1985)

Activity Group takes place (e.g., Top time, Wordplay).

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., What does wellbeing mean to you?)

Results

Satisfaction with Life*
t(46) = 2.30, p = .03, d = .33.

Happiness
t(46) = .30, p = .77, d = .04.

Wellbeing*
t(46) = 2.41, p = .02, d = .35.

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.