



**The Moore Library @  
Castlebar**

# Library Newsletter

Phone the library: 094 9043146

Web <http://library.gmit.ie/>

Email: [cill@gmit.ie](mailto:cill@gmit.ie)



**Winter.**

Newsletter available online at: <http://library.gmit.ie/screens/archive.html>

**January 2010**

## update

Welcome back. After probable hibernation over Christmas and battling the elements through early January I expect we are now back to work, study and possibly even routine. And so a very happy new year from all library staff. We are one less this year as Lorraine Grimes has left GMIT to live abroad for a period of time and I'm sure we all wish her well in her new venture.

Let's hope it's a happy and fruitful year for us all. With regard to college work and study let us remind you about library facilities and services this term.

### in this issue

\* **Update & Opening Hours**

**Page**

**1**

\* **Additions to stock 2009, new DVDs.**

**2**

\* **Bibliotherapy?**

**3**

\* **Statistics 2009**

**3**

\* **A life well read ( Anne Maher, Dept. of Nursing & Health Sciences)**

**4**

We now have a student lap top which can be borrowed for three hours at a time and used in the library. You may want to use Microsoft Office, tune into WiFi, or watch a DVD. Please ask at the circulation desk. If all the desktops are occupied, remember the lap top.

When and if demand suggests and budgets allow we may invest in more laptops.

Many students are now requesting books online which allows more control over personal library accounts. However, please remember that the library will not process a request for a title that is 'available' in a student's home library. In other words if the catalogue tells you a book is available in Castlebar - you are expected to come in and take it off the shelf - library staff will not hold this title for you. This is in an effort to be fair to all students.

Have you noticed more mobile phones ringing since we came back in January? Please remember to put them on silent or turn them off.

Our comment box is operational again and situated outside the front door. Fill in a slip and pop it in the box if you have something good, bad or indifferent to say.

The library is noticeably busier since last September due to an increase in student numbers. At times there is a real 'buzz' of a well used library, long may it continue.

As always library staff are here to guide and assist.

Enjoy the term!

library staff

### February Opening Hours

**Monday – Tuesday: 9.30am – 6.00pm**

**Wednesday – Friday: 9.30am – 5.00pm**

The library website and catalogue is at: <http://library.gmit.ie/>

**New DVDs - view on your TV/LapTop/DeskTop**



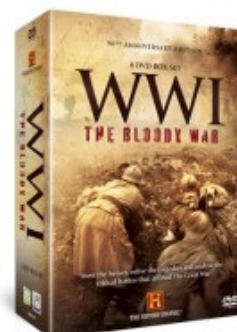
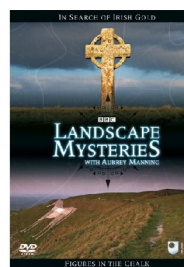
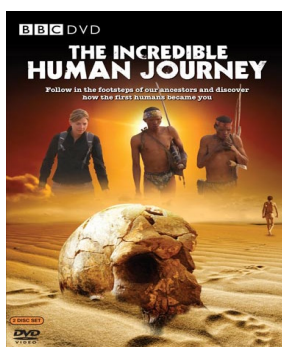
The library holds an ever expanding collection of **DVDs**. Some are of an academic slant but a large number are feature films or on topics of general interest.

Go to '[Library Collections](#)' on the library home page for a full list. DVDs can be viewed in the library or can be borrowed for two nights - **there is no charge for borrowing a DVD**.

**See display stands on the library first floor for all Audiovisual material.**

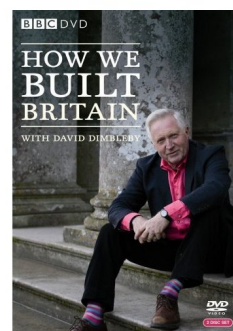
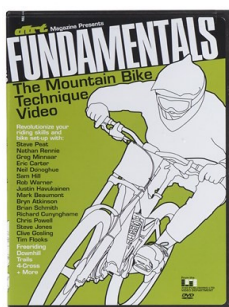
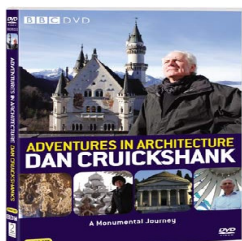
**New Titles:**

- **Hitler**
- **The Incredible Human Journey**
- **WW1 - The Bloody War**
- **Landscape Mysteries Series**
- **Adventures in Architecture**
- **Viking Wars**
- **October 1917**
- **The Hospice - Cancer care**
- **How we Built Britain**
- **The very best Time Team Digs**
- **Life in Medieval Britain**
- **What the ancients did for us!**
- **Survival Skills**
- **Around the world in 80 Treasures**
- **Fundamentals:**
- **The Mountain Bike Technique**
- **Counselling Gay and Lesbian Youth**
- **Various BBC Sunday Times DVDs**



**CDs**

- **British Bird Songs on CD**
- **Talk French Pack**
- **Talk Spanish Pack**



*Our yearly statistics tell us that you borrowed 912 DVDs last year. Of course many more were watched in house on library DVD players.*

### Bibliotherapy: The Power of Words.

The Power of Words is a national bibliotherapy programme launched by the Irish College of General Practitioners (ICGP), the HSE, An Chomhairle Leabharlanna, and public library authorities around the country.

In recent years there has been a growing interest in prescribing books for people with different conditions. Called 'bibliotherapy', the prescribing of books to people for therapeutic reasons is based on the concept that reading is a healing experience. Bibliotherapy often involves a health professional recommending specific books about particular conditions to particular patients.

The success of the **Dublin City Libraries/HSE Book Prescription Scheme in Dublin's North Inner City**, which started in 2007, led to several other schemes being launched in Ireland. The scheme allows GPs and other health professionals the option of confidentially recommending relevant books to their adult patients with mild and moderate psychological problems. Patients have easy access to these books in their local public libraries.

The professional staff in the **UCD Student Health Centre** in cooperation with the UCD Library Service has put together a selection of books to inform and promote the student's sense of health and wellbeing. These books cover a wide range of topics including mental health, spirituality, physical health, nutrition, sexual health, sport, cookery and even DIY.

The HSE have recently offered funding to **GMIT libraries** to purchase a series of titles that may be of benefit to students and staff.

### Read a little more.....

#### *When literature is the medicine of choice*

MEDICAL MATTERS: 'Bibliotherapy mightn't be for everyone, but at least books don't come with a long list of side effects', writes Muiris Houston .

'Doctors prescribe lots of things in their professional lives: from tablets to exercise to specific appliances. Recently there has been a growing interest in prescribing books as a treatment for people with different conditions.....'. The Irish Times - Tuesday, April 14, 2009. [Accessed 25/01/2010].

Chamberlain, D.; Heaps, D.; Robert, I. (Jan 2008) "Bibliotherapy and information prescriptions: a summary of the published evidence-base and recommendations from past and ongoing Books on Prescription projects". Journal of Psychiatric & Mental Health Nursing, Vol. 15 Issue 1, p24-36, 13p, 3 charts; Available from *Academic Search Premier*. [Accessed 25/01/2010]

Brewster, Liz. ( Dec 2008). "The reading remedy: bibliotherapy in practice". APLIS, Vol. 21 Issue 4, p172-177, 6p; Available from *Academic Search Premier* [Accessed 25/01/2010]

### Statistics, 2009.

#### 'Circulation' shows more activity in 2009.

-The library circulation system recorded an increase of 11% on all activities compared to 2008 figures.

#### Increases compared to 2008:

-Borrowings up 13%.

-Requests submitted internally for Castlebar books up 64%.

-Books borrowed from Galway libraries up 10%

-Books loaned to Galway libraries up 24%.

### Electronic Databases

The top five Electronic Databases recording the most usage in 2009 were:

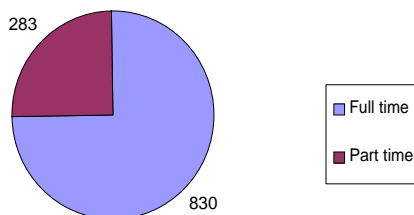
1. Science Direct
2. General Onefile
3. Emerald
4. Academic Search Premier
5. CINAHL

Electronic databases can be found at <http://library.gmit.ie/screens/databasesbysubject.html>

Student numbers

December 2009

Castlebar campus student numbers, Dec. 2009



## A life well read

Anne Maher, (Department of Nursing & Health Sciences) shares her reading habits with us.

### Q1. What book or author was your favourite as a child?

As a young child I particularly enjoyed a book entitled *The Magic Girdle* by Sinead Bean DeValera. Later on *Little Women* proved to be a favourite as did books such as *The Secret Garden*, *What Katy did* and of course *What Katy did next*. As children my brothers and I were avid comic readers, Mandy, Judy, The Beano, Victor and Roy of the Rovers. I have cosy memories of reading the 'bumper' Summer Special editions of these comics while listening to the rain battering a caravan roof in such exotic locations as Enniscrone and Lahinch. Later, the works of J.D. Salinger (I couldn't resist reading a story called 'A perfect day for Bananafish?') and Somerset Maugham provided great reading material.

### Q2. Were there books in your house growing up?

Yes and they included a large number of Haynes Auto and Motorbike Repair Manuals, Beano Annuals, The Lives of the Saints, Ben Hur, The Last of the Mohicans and a collection of books by Enid Blyton.

### Q3. Do you tend to read a particular genre?

Not really. I enjoy biography, novels, poetry, short story collections by authors such as Clare Keegan and Lori Moore, and travel books (I blame the motor bike repair manuals for this), such as those by Dervla Murphy, Paul Theroux and Bill Bryson.

### Q4. How do you choose your reading? Do you check book reviews or do you prefer to browse subject areas?

I do enjoy reading book reviews but I have purchased a book on the basis of liking its cover, often with positive results.

### Q5. Do you buy books and / or use libraries?

Both. Going into a bookshop is always a treat as are trips to the quiet, riverside basement of King House, Boyle where the local Library branch is situated.

### How do you buy? Do you use online book websites or bookshops – which do you prefer?

I usually use websites to buy work-related books but I prefer to visit bookshops.

### Q6. Is reading an integral part of your life?

Yes. Although I perhaps have less time available to me to read now, the book and the ideas therein travel forward with you.

### Q7. Any other thoughts on reading you would like to share?

Listening to children laugh as you read to them is one of life's joys.

To find some of the titles Ann has mentioned pop in and browse our shelves on the library 1<sup>st</sup> floor or check the catalogue at <http://library.gmit.ie/search>.



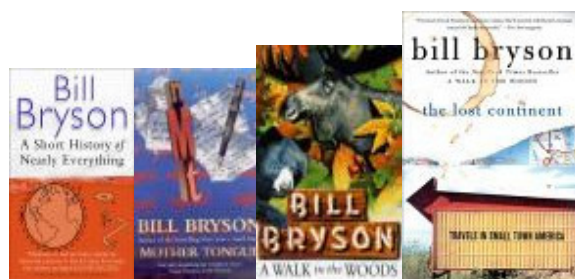
Castlebar has J.D. Salinger's *The Catcher in the Rye*, available at shelf mark FIC/SAL. Galway campus library have other Salinger titles which are available on inter campus loan.

Castlebar has a lovely 1954 combined edition of *Little Women* and *Good Wives* available at 813.4 ALC.

Castlebar has *The Last of the Mohicans* at FIC COO



Castlebar has a few titles by Bill Bryson...check the catalogue.



Castlebar has Dervla Murphy's *Full tilt : Ireland to India with a bicycle* and *Where the Indus is young*.

Our Galway library stocks titles by Claire Keegan and Lorrie Moore and many more by Dervla Murphy.

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.