

## **Reading Well: books to support health and wellbeing Available in the 7 libraries in Kingston**

[Reading Well](#) helps people understand and manage their health and wellbeing using helpful reading. There are [booklists](#) to support mental health and wellbeing in [children](#), [young people](#) (being updated in October 2022) and [adults](#) as well as lists for adults on [dementia](#) and [long-term conditions](#). The books are chosen by health experts and people living with the conditions covered.

People can be recommended a title by a health professional, or anyone is welcome to visit their [local library](#) to join and borrow the books for free. If the title wanted is not on the shelf we will get it from another library and let the borrower know when it is waiting to collect. Many of the Reading Well titles are also available to borrow as [e-books and audiobooks](#).

### **Our libraries are free to join and everyone is welcome**

[Hook and Chessington Library](#) The Hook Centre, Hook Road, Chessington, KT9 1EJ

[Kingston Library](#) Fairfield Road, Kingston, KT1 2PS

[New Malden Library](#) Kingston Road, New Malden, KT3 3LY

[Old Malden Library](#) Church Road, Worcester Road, Surrey, KT4 7RD

[Surbiton Library](#) Ewell Road, Surbiton, KT6 6AG

[Tolworth Library](#) 37-39 The Broadway, Tolworth, KT6 7DJ

[Tudor Drive Library](#) Tudor Drive, Kingston, KT2 5QH

We also have a [Community Library Service](#) which delivers books to residents unable to get to the library themselves.