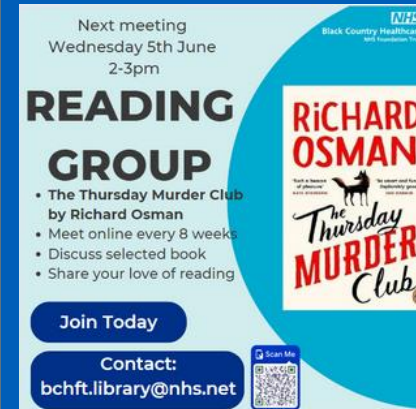




## Reading Group

Helen White, Knowledge and Evidence Specialist

- BCHFT Reading Group was formed June 2023
- Meet online alternating months
- Discuss a fiction book chosen by members
- Members have access to the Teams Chat permanently enabling them to interact
- Members can add book suggestions to a shared padlet



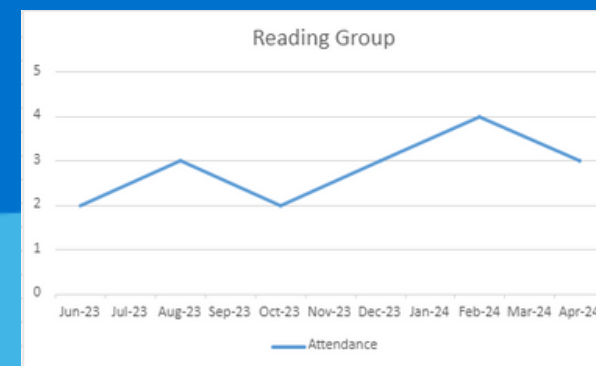
"I've found the group to be really friendly and helpful! I've been wanting to join a reading group for a while to help me widen my reading material, and this group has done just that. There is a padlet open for everyone to add suggestions and the top voted gets picked for each meeting. Helen provides all the information for the meetings with plenty of time so it doesn't matter if you're a slow reader or don't have much time to read these days, you can still get stuck in. There is no pressure to have completed the book either, and it's a really relaxed environment whether that's attending the meetings or being included in the chat. Thank you for an ace group"

Laura - Reading Group Member

**Background** - I have promoted the group via our intranet pages, social media images and Communication emails and newsletters. The Trust Wellbeing team and Staff Support are also sharing the details of the reading group with staff who may find it helpful. We are aware that reading groups potentially improve wellbeing and mental health and wanted to promote this (Carney, 2022).

**The Future** - We have received positive feedback and continue to focus on building membership, attendance and ensuring that the group remains active. Moving forward there is the potential to share the reading group wider across the borough through the ICS, have some meetings face to face and look at the feasibility of author events.

The group allows people the space to express themselves with likeminded people, reinforcing that there is no pressure to like the same book or read it in the same way or even finish a book and providing people with an opportunity to connect with others



**References and further reading:**

CARNEY, J. et al, 2022. PLoS ONE, 17(4), pp. 32.  
 HAMM, J.A. et al, 2023. Psychiatric rehabilitation journal, 46(4), pp. 293-298.  
 MALYN, B.O. et al (2020). Counselling and Psychotherapy Research, 20(4), pp.715–724.