Promoting Wellbeing through Reading for Pleasure @ SHU
In the beginning...

• NCC conference 2017 - MMU reading for pleasure
• "Feeling Fiction"
  o HWB Faculty book group (2016-18)
• "Meanwhile, Back in the Library..."
• "Big Reads"
  o Kingston, Leicester, MMU, Wolverhampton
• Public library background
  o MSc Dissertation "How reading for pleasure promotes literacy development and social inclusion"...
  o Reader Development Activities ie SRC, Talking Book Groups
Benefits of Reading for Pleasure?

• "Respondents who read more frequently were also reported to have an enhanced ability to understand people's class, ethnicity, culture and political perspectives.” (Moyer, 2007).

• Nationwide schemes such as Reading Well's books on prescription and mood-busting books [https://reading-well.org.uk/] promote the benefits of reading for health and wellbeing.

• Finch, (2015) states: “Reading for pleasure can...improve wellbeing throughout life” and that "reading for pleasure is positively associated with a greater sense of community, a stronger feeling of social inclusion, a stronger ability to enjoy social occasions, and enhanced openness and talkativeness"
Activities & Promotions

- ran 2018 (not directly linked but provided a bit of a springboard...)
- Quick Wins...
- Libguide and reading list
- Teachmeet
- "Big Read"
Quick Wins!
Email Signatures! What we are reading...

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@HallamLibrary

Please note: I do not work weekends.
Subject Guide: Health

Please note: I normally work Wednesday, Thursday, Friday
I am reading: Louise Erdich, Future home of the living god
I am listening to: Karen O / Danger Mouse, Lux Prima

Support Librarian | Collegiate Library | Student and Academic Services
Currently reading: Tangerine – Christine Mangan

Learning & Teaching Support Librarian: 
Currently reading: Mister Miracle by Tom King & Mitch Gerads
blind date with a book
World Book Day on Social Media

TWO MORE SLEEPS UNTIL WORLD BOOK DAY!
POSTED BY NIK

2 more sleeps until World Book Day!

What’s your favourite book?

Today we’re hearing from our library staff Tom and Mary about their favourite books...

“

Depends on the day, week or my mood – At the moment, I’d say Shades of Grey: The Road to High Saffron by Jasper Fforde. It’s a brilliant dystopian novel unlike anything else I’ve ever read, set in a future where social class is determined by which colours people can see. Sound a bit weird? It’s want more, but the author hasn’t sequels yet – Tom from our Syst...

Possibly John Irving’s A Prayer of Meany – a book that makes you think about the characters and what happened to them – Mary who is Director of...

Do these titles sound like your idea of a good read? If not, what recommendations be completely differ...
"Take a Break with a Book" - Relieve Exam Stress!

Take a Break with a Book!

POSTED BY NK

From the team that brought you 'Blind Date With a Book' on Valentine's Day...

On Monday 8th April book trolleys will be placed in the library cafes of Adsetts and Collegiate as well as the Heart of Campus Granary cafe and the HUBS.

So, whether you need a break from revision or just fancy something new to read – come and find us!

Have a book to exchange? Just leave it with us – if not, just come and see if anything interests you.

The trolleys will be in place until the end of May so come and take a break with us – reading can be fun... honest!

Whether you're off somewhere exciting or revising hard a fiction book is always a good idea!

Come and find one of our trolleys to see what takes your fancy

#Takeabreakwithabook
#OnaRoll
#ExamTime

(Chocolate is also a good idea)

Please take a book

Have a book to exchange - leave it with us
Teachmeet: Reading for Pleasure and Reading for Academic Purposes

Programme for the day – available soon

9:30  Coffee and Registration
10:00 Welcome and housekeeping for the day
10:15 Angela Rhead - Keele University
11:00 Peter Barr - University of Sheffield
11:20 Break and Tour sign-up
11:40 Amanda Hatton - Sheffield Hallam University
12:00 Melissa Slater - Birkbeck University of London
12:20 Lunch and optional tour of Adsetts Library
1:15 Jennifer Rowland - University of Bradford
1:30 Round Table discussion - What's happening in your Institution?
2:20 Sheila Candelario - Manchester Metropolitan University
2:40 Teachmeet Libguide - Jo Dobson Sheffield Hallam
3:00 Close and Feedback - Karen Doorman Sheffield Hallam

Library and Skills Teachmeet: Reading for pleasure and reading for academic study

The following resource list has been put together for you to learn a little bit more about: Reading for pleasure - how we encourage the reading of non-academic texts to promote confidence, improve wellbeing, and develop empathy and inclusivity, as well as increasing academic attainment. Academic reading - how we develop the reading of academic texts, looking at the strategies, tools and techniques that we can use to facilitate academic success. The Big Read - some ideas for encouraging readings across the curriculum.
Big Project: "Big Read @ SHU"
September 2019

- Planning
- "My Name is Leon" - Kit De Waal
  - Belonging
  - Race
  - Adoption
  - Young Carer
  - Healthcare services
- Timescale
- Activities
  - Referencing
  - Book groups
  - Discussions (formal/informal)
  - Faculty activities support
  - Author visit?
- Google Communities - CICW
  - Integrated Care - IPE
Big Read

2019/2020 ACADEMIC YEAR  Updated 9 days ago

Titles to encourage leisure reading for students to promote positive wellbeing during studies

KIT DE WAAL
Forward Thinking...

• Potential Links with Public Library?
  o MMU have a successful initiative...
• Continue with "Quick Wins"
• Another "Big Read"...
  o if this one's successful!
• Wellbeing Reading Group
  o Reimaging of "Feeling Fiction"?
References & Credits


• Graduate Intern - Georgia Pass (Quick Wins & Big Read)
• Em Finney - Reading List and Libguide
Further Reading...


Contact

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