

Promoting
Wellbeing through
Reading for
Pleasure @ SHU

In the beginning...

- NCC conference 2017 - MMU reading for pleasure
- "Feeling Fiction"
 - HWB Faculty book group (2016-18)
- "Meanwhile, Back in the Library..."
- "Big Reads"
 - Kingston, Leicester, MMU, Wolverhampton
- Public library background
 - MSc Dissertation "How reading for pleasure promotes literacy development and social inclusion"...
 - 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.

Currently reading: 'Band of Gypsies' – Gwynneth Jones: 'Who Moved My Cheese' – Spencer Johnson

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

[Redacted]
Learning & Teaching Support Librarian: [Redacted] r

Currently reading: *Mister Miracle* by Tom King & Mitch Gerads



#

blind
date
with
a
book

World Book Day on Social Media

MAR
05
2019



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 re*
want more, but the author hasn't sequels yet – Tom from our System

Possibly John Irving's A Prayer for Meany – a book that makes you i about the characters and what he them. – Mary who is Director of th

Do these titles sound like your idea of a recommendations be completely different @HallamLibrary Twitter and use #world



Hallam Library @HallamLibrary · Mar 7

One last question for #WorldBookDay...

You've told us about what you like to read, but now we want to know

Where do you like to read your books?

14% On the train/bus

71% At home

14% In the bath

0% Other (please tweet us!)

7 votes · Final results



University Mental Health Day



"Take a Break with a Book" - Relieve Exam Stress!

APR 03 2019



TAKE A BREAK WITH A BOOK!

POSTED BY NIK

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 café 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!


Hallam Library @HallamLibrary · Apr 18
Easter is upon us!

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!)






GIF

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TAKE A BREAK WITH A BOOK!

Please take a book

Have a book to exchange - leave it with us



Teachmeet: Reading for Pleasure and Reading for Academic Purposes



#SHUTeachmeet

TeachMeet 2019 Summary of Responses

Do you have any further comments about the event?

"Excellent event. Very friendly informal atmosphere with the right balance of discussions and presentations. Good to have a real mix of professionals at varying levels.

It was really good to have a mix of professionals there, including from schools

It was really interesting, especially the sections on academic writing. Also it was really useful to hear what methods other universities employed to assist and engage their students.

Having 40 minutes to network with other librarians was very useful. Often events do not allow enough time to network.

The event was very good overall and the organisers were very welcoming.

It was extremely well thought out and organised. Timing of breaks very good and participants varied and very appropriate.

Really nice balance of speakers; networking opportunities and peer sharing/learning, well done SHU!

Really enjoyable and productive day

Excellent event. There was a nice friendly atmosphere and the right balance between presentations and discussion.

I think it was a very well organised and welcoming event."

Programme for the day ~ available soon

The event is free. Tea and coffee will be provided at the start of the day at 9.30am, for a 10am start. Please bring along a packed lunch to enjoy over lunchtime - or we will point you in the direction of places to get a lovely lunch!

We will be live tweeting the event this year using #SHUTeachmeet and we will once again produce a Libguide.

- 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 Steiner - Birkbeck University of London
- 12:20 Lunch and optional tour of Adsetts Library
- 1:15 Jennifer Rowland - University of Bradford
- 1:35 Round Table discussion - What's happening in your institution?
- 2:20 Sheila Candeland - Manchester Metropolitan University
- 2:40 Teachmeet Libguide - Jo Dobson Sheffield Hallam
- 2:50 Close and Feedback - Karen Dolman Sheffield Hallam
- 3:00 Finish

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

Exit beta

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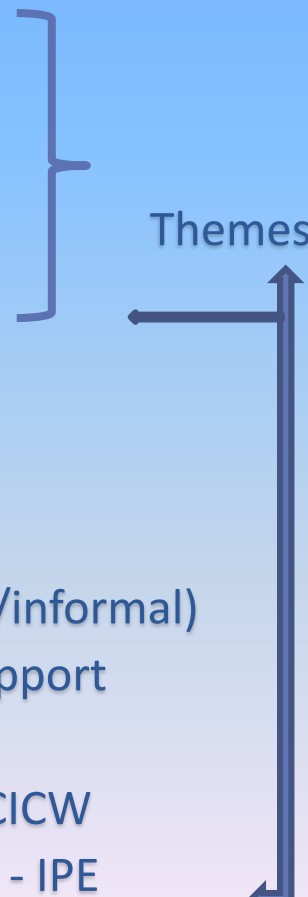
+ My Lists

2019/2020 ACADEMIC YEAR Updated 20 days ago

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
- 
- The diagram consists of the word "Themes" in a dark blue font. A horizontal arrow points from "Themes" to the right, ending at a vertical bracket that groups the five sub-items under "My Name is Leon": "Belonging", "Race", "Adoption", "Young Carer", and "Healthcare services". A vertical arrow points from "Themes" downwards, ending at a horizontal arrow that points to the left, ending at the "Activities" list.

Libguide & Reading List

Library


The

The


Big

Welc

Sheffield Hallam University Reading Lists Online

[Home](#) [My Lists](#) [My Bookmarks](#) [Reviews](#) [Feedback](#) [Admin](#) [Reports](#) [Karen Dolman](#) 

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?
 - MMU have a successful initiative...
- Continue with "Quick Wins"
- Another "Big Read" ...
 - if this one's successful!
- Wellbeing Reading Group
 - Reimagining of "Feeling Fiction"?

References & Credits

Moyer, J. (2007). Learning from leisure reading: a study of adult public library patrons. *Reference and User Services Quarterly*, 46(4), 66-79. Retrieved from <http://www.proquest.com>

The Reading Agency. (2015). *Literature Review: The impact of reading for pleasure and empowerment*.

Retrieved from

<https://readingagency.org.uk/news/The%20Impact%20of%20Reading%20for%20Pleasure%20and%20Empowerment.pdf>

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



Further Reading...

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- Brewster, L. (2017). Murder by the book: using crime fiction as a bibliotherapeutic resource. *Medical Humanities*, 43, 62-67. doi: 10.1136/medhum-2016-011069
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- Morris, Wendy (2016) The Big Read: how shared reading transforms lives. Retrieved from <https://archive.cilip.org.uk/blog/big-read-how-shared-reading-transforms-lives>
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