

Reading and reminiscence

How to make the most from the library

www.hertsdirect.org



Reading for pleasure is good for you

Research has shown that reading for pleasure has a positive impact on health and wellbeing.

Two recent studies:

Dr David Lewis, Mindlab International, Sussex University

Dr Josie Billington, Centre for Research into Reading,
Literature and Society, University of Liverpool

Reading to reduce stress

Research by Dr David Lewis, Mindlab International, Sussex University (2009)

Reading for as little as 6 minutes is sufficient to **reduce stress levels by 60%**, slowing heart beat, easing muscle tension and altering the state of mind.

Tested against other forms of relaxation, reading was proved:

- 68% better at reducing stress levels than listening to music
- 100% more effective than drinking a cup of tea
- 300% better than going for a walk

Readers feel happier

From *Reading between the lines: the benefits of reading for pleasure*
(Billington, 2015)

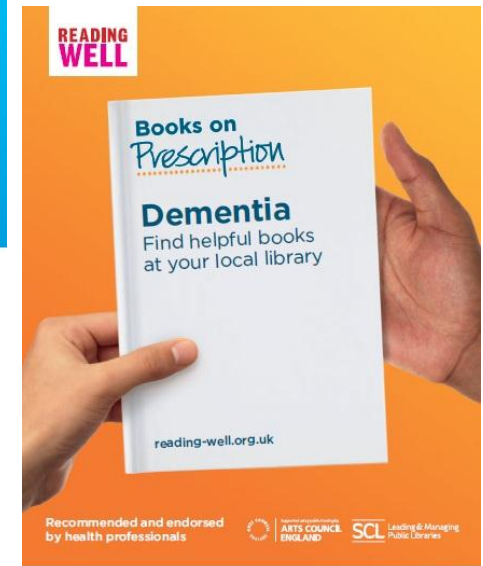
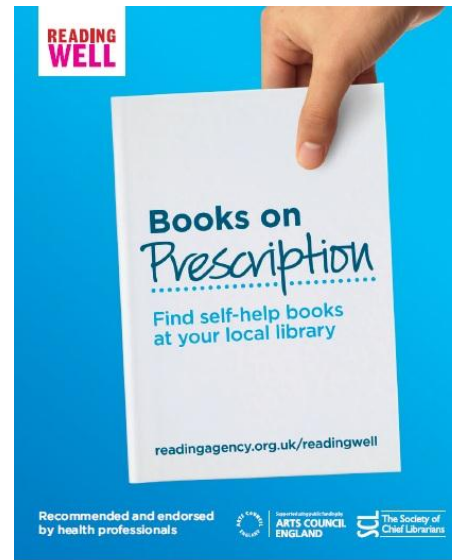
- Regular readers for pleasure reported fewer feelings of stress and depression, higher levels of self-esteem and a greater ability to cope with difficult situations.
- A fifth of respondents said reading helped them to feel less lonely.
- People who read regularly feel closer to their friends and to their community than lapsed or non-readers.
- Readers also had a stronger and more engaged awareness of social issues and of cultural diversity than non readers.

What support can libraries provide?

- Free books, e-books, magazines and newspapers
- Reading groups
- Reading Ahead – scheme to help people improve their reading skills
- Performing Arts collection
- Walking Reading Groups – currently trialling
- Poetry as Healing – in Welwyn Garden City

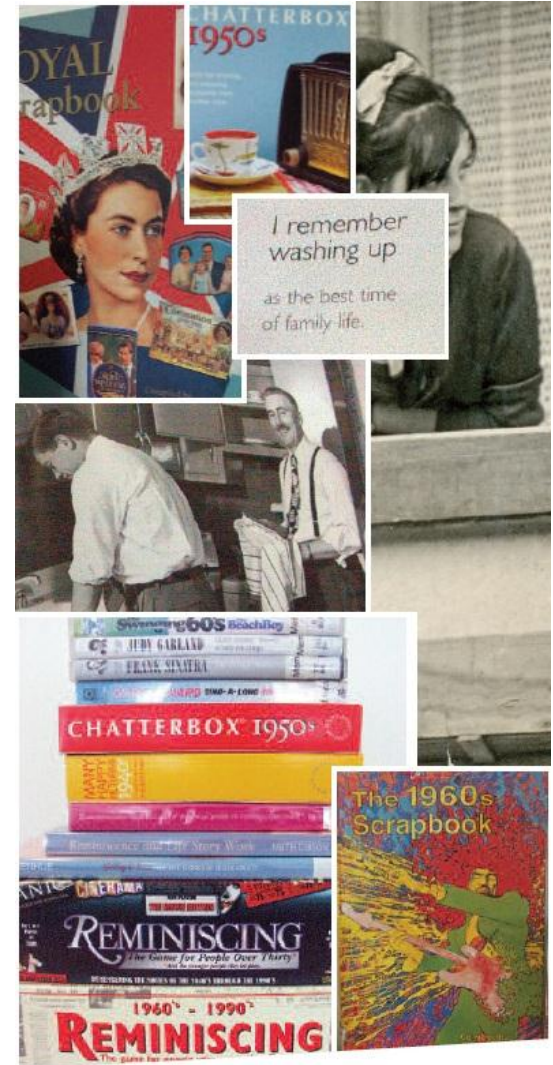
Reading Well Books on Prescription

- Self help reading
- Endorsed by health professionals
- Titles recommended by experts
- Common mental health conditions
- Dementia
- In 30 libraries



Reminiscence collection – bringing memories to life

- Share and stimulate memories
- Books about reminiscence work
- Books of activities
- DVDs, CDs, sensory objects
- Memory boxes
- Rummage boxes
- Help for families, carers and staff in residential homes



Contact us

Health and Wellbeing and Books on Prescription

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Reminiscence collection

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General enquiries about libraries

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www.hertsdirect.org/libraries

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