



Shared Reading - community impact

“The reading groups are a different kind of medicine and it’s through them that I’ve found a way back to life.”

Shared Reading group member, Birkenhead

‘You may think The Reader is all about reading, but it is really all about health.’

Dr Jack Czauderna, Chair,
Pioneer Health Foundation

We have been delivering *Shared Reading* projects for over a decade in community centres, libraries and in local areas partnering with health services through a social prescription model.

We reach a wide range of people of all ages, reading abilities and backgrounds, improving well-being, increasing social engagement and broadening cultural horizons.

While on a personal level, individuals report far-reaching health benefits and amazing personal journeys, on a wider scale *Shared Reading* builds stronger, healthier, more resilient communities.

The UK is facing, perhaps more than ever before, a hugely challenging health landscape.

The need is clear - with 1 in 5 older people in the community suffering depression, 29% of households consisting of one person living alone as well as 1 in 4 British adults experiencing a diagnosed mental health problem in any one year.

‘Shared Reading is one of the most significant developments to have taken place in mental health practice in the last ten years.’

Dr David Feranley, Medical
Director, Mersey Care NHS Trust

The Reader mobilises community assets to meet these challenges head on. Analysis by John Moores University finds that for every £1 invested in *Shared Reading*, an average of £6.47 was generated to users’ health and well-being.

‘The Reader’s approach has the power to transform the lives of the people that we see day after day at our surgery – those that are stuck, perhaps with low mood or who are socially isolated - these are people for whom another tablet is not going to make a difference.’

Helen Willows,
GP, North Shropshire.



Get in touch and be part of the story

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