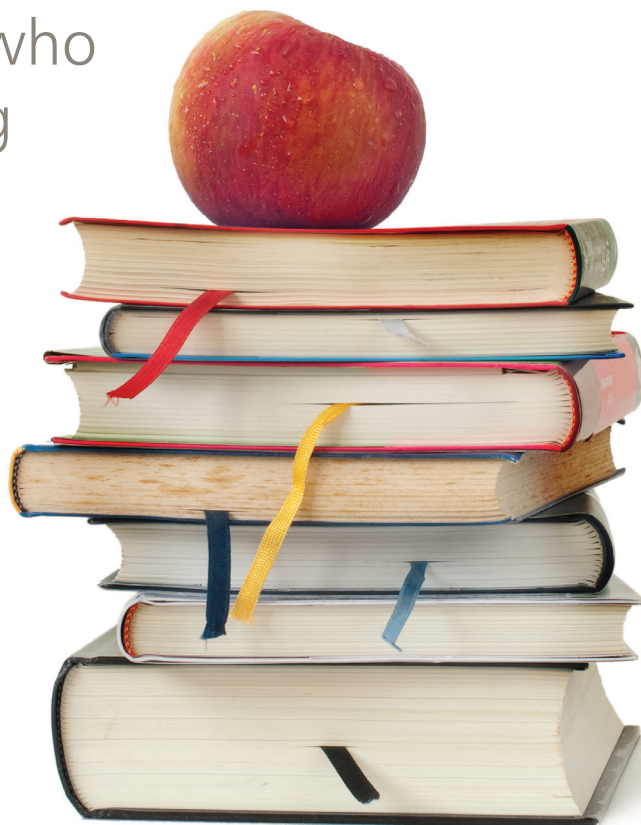


Do you work with people who might benefit from reading aloud in groups?

Would you like to train as a reading group facilitator?



The Reading for Wellbeing approach is aimed at promoting wellbeing by encouraging groups to listen to and reflect on extracts from novels, short stories and poems and discuss how they connect with their own experience. Creative writing techniques are also used to help people to explore their own individual responses to the texts. Training will include choosing texts, reading aloud, what makes a good facilitator, group dynamics, preparing for a session and keeping a log.

Polly Wright, Artistic Director of the Hearth Centre, will be running a series of five free training workshops at the Sidney De Haan Research Centre for Arts and Health, University Centre Folkestone.

Workshop sessions will run between 1pm and 4pm on the following dates:

- Friday 10th December
- Friday 7th January
- Friday 14th January
- Friday 21st January
- Friday 28th January

As a participant, you must be in a position to set up and run a regular reading group within your work role/setting, with your manager's support. You should also be passionate about reading (whether or not you've got relevant qualifications).

If you are interested in facilitating group reading sessions, find out more about what's involved by visiting www.thehearthcentre.org.uk and follow links to Reading for Wellbeing.

To book your place please complete the registration form and return to kristin.wade@canterbury.ac.uk

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Sidney De Haan Research Centre for Arts and Health,
University Centre Folkestone, CT20 1JG



HEARTH

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