

# Having a tough time?

Introducing stories and poems to lift your mood.

Our Community Reading worker, Mary, is here to help you explore how stories and poems can offer comfort, escape, inspiration and laughter in difficult times.

## Reading for Wellbeing



Whether you're looking for advice on finding a new author to suit your interests, or sharing books with toddlers, would like a helping hand to get started with e-books and audiobooks, or would like to join a friendly reading group, Mary can help.

**Contact Mary for more information:**

Tel: 07870 394799

Email: [mary.lowe@northtyneside.gov.uk](mailto:mary.lowe@northtyneside.gov.uk)



@NorthTyneLibs



North Tyneside Libraries

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)



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### **Get in touch with Mary to arrange:**

- An introduction to our Libraries at Home service, to deliver books of your choice to your home if you can't get to a library
- A regular social phone call with Mary to chat about books and reading, once a month

### **Mary can meet you at your nearest library, to:**

- Enrol you into the library and give you a guided tour of your local library
- Give advice on finding books, audiobooks or e-books tailored to your interests
- Help with downloading the Borrowbox App to your phone or tablet, giving free access to thousands of audiobooks and e-books
- Support you with sharing books with children in your family

### **Join our group:**

- Get in touch if you'd be interested in joining a regular group at North Shields library to have fun and improve your wellbeing. We'll combine chat about books and reading with a variety of activities. All welcome, you don't need to be a regular reader to join in.

The Reading for Wellbeing project was started by bestselling author Ann Cleeves (of 'Vera' and 'Shetland' fame).

Ann said: "I've seen how understanding and confidence grows when individuals are encouraged to explore their experience through story. It gives a fresh perspective. A distance. Anger and resentment can dissipate. And because we're sharing a bit of ourselves when we're talking about books, friendships develop."



Author Ann Cleeves (left) with Mary Lowe, Community Reading worker.