

“BOOK-WELL”

An incentive with the potential to be a ‘Quality of Life’ activity for some of the Residents of group homes, special residential services, those living in the Community or those living at home with parents

Moreland City Libraries is participating in a State Library of Victoria initiative, in partnership with VicHealth, to run and evaluate a pilot program for a new type of reading group during February and March called “Book Well”.

Moreland is hoping to recruit people who are 'carers' for its group participants – People who take care of someone who is elderly, disabled or suffers from a mental or physical illness.

“Book Well” groups aim to improve health and wellbeing through sharing the pleasure and therapeutic power of reading. The groups are for readers and non-readers, especially those who are interested in trying a new way of reading with others. During each session the facilitator will read aloud a short story or an extract from a novel, and a poem. Each piece is chosen to encourage observations and discussion among participants, but if people prefer just to listen, that is fine – there is no pressure. The group will be small (around 10) and participants will have the opportunity to share a cuppa and a biscuit during the session. The program will be evaluated, but all contributions will remain anonymous.

Time and date:

- 8 weekly 90-minute sessions
- Starts Tuesday 14th February at 1.30 pm
- Glenroy Library meeting room, 737 Pascoe Vale Road, Glenroy

For more information contact...

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LIFESTYLE IN SUPPORTED ACCOMMODATION (LISA) INC.

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NOTE: We are always interested in feedback and information; general, specific, good or bad. if you wish anonymously: Our mail address is 73 Nepean Street, Watsonia, 3087.