

# Shared Reading for Healthy Communities

The Reader Organisation's fourth annual conference

Thursday 16<sup>th</sup> May 2013, 9am – 5.30pm, British Library Conference Centre, 96 Euston Road,  
London, NW1 2DB

Morning Session: Healthy People		
09:00	Registration	
09:30	Welcome	<b>Dr Jane Davis</b> , Founder and Director, The Reader Organisation
09:45	Shared Reading Group Member Testimonials	Chaired by <b>Penny Markell</b> , Get Into Reading Project Manager, London
10:00	Finding a New Language for Mental Health	With <b>Professor Louis Appleby</b> , National Clinical Director for Offender Health and Chair of the National Suicide Prevention Advisory Group, University of Manchester; <b>Dr Jane Davis</b> , Director, The Reader Organisation; <b>Dirk Terryn</b> , Literature and Media, Canon Cultuurcel; <b>Alan Yates</b> , Director at Unique Health Solutions Ltd, former Chief Executive of Mersey Care NHS Trust
10:45	Coffee break	
11:00	Morning Seminars	(Choose 1 of 5)

Morning Seminars		
Title	Panellists	About the seminar
<p>I. 'Other staff catch our enthusiasm - we come out of the group buzzing'</p> <p><b>A good fit, or breaking the mould? Shared reading within mental health service provision</b></p>	<p><b>Alan Yates</b>, Director at Unique Health Solutions Ltd, former Chief Executive of Mersey Care NHS Trust (Chair); <b>Stephen Dalton</b>, Chief Executive, Mental Health Network, NHS Confederation; <b>Mary Weston</b>, Mental Health Projects' Manager, The Reader Organisation; <b>John Woods</b>, Senior Occupational Therapist, Broadmoor Hospital</p>	<p>One in four British adults will experience mental health problems in any one year. How does the shared reading model fit into mental health provision in the UK? In a recent evaluation of our project in the Northwest Strategic Health Authority, 86% said, 'reading has improved my mood' and 83% agreed that, 'reading has helped me see things in a different way.' How deep is the impact? Does it address the fundamental issues and distresses that have brought people to use services? Is it a branch of occupational therapy? Part of Recovery Education?</p> <p>Should we be seeking to develop our evidence base on a more rigorous model? How can we justify our commissions in the light</p>

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		<p>of current pressures on NHS budgets and staff?</p> <p>Burning questions... inspirational answers!</p>
<p>2. 'This is the best thing I do all week'</p> <p><b>Creating healthy lives through shared reading</b></p>	<p><b>Chris Catterall</b>, Managing Director, The Reader Organisation (Chair); <b>Lucy Smith</b>, Public Health Manager - Mental Wellbeing, Lambeth CCG; <b>Paula Grey and Annette James</b>, Director of Public Health and Public Health Strategic Lead, Liverpool City Council; <b>Lois Walters</b>, Get Into Reading Project Worker, The Reader Organisation</p>	<p>People who read with us tell us how it has changed their lives: it makes them feel more positive, less isolated, less stressed and less depressed. Our readers develop confidence, improve wellbeing and gain new social skills, they make better health choices and enjoy life more. With recent changes to the NHS and the development of Clinical Commissioning Groups, this seminar focuses on the practical and strategic implementation of shared reading groups in the community to support a whole population approach to public health.</p>
<p>3. 'It's given me a lift, I feel better and I can use my time better'</p> <p><b>Shared reading in a clinical setting for people suffering from chronic pain</b></p>	<p><b>Dr Josie Billington</b>, Deputy Director, Centre for Research into Reading, Information and Linguistic Systems (CRILS), University of Liverpool (Chair); <b>Kate McDonnell</b>, Quality Practice Manager, The Reader Organisation; <b>Dr Andrew Jones</b>, Consultant in Anaesthesia and Pain Medicine, Royal Liverpool and Broadgreen University Hospitals; <b>Dr Louise Humphries</b>, School of Health Sciences, University of Liverpool</p>	<p>This seminar will present preliminary findings of a multi-disciplinary pilot study investigating the effects of shared reading of literature in a clinical setting for people suffering from chronic pain arising from diverse pathologies. This new research project builds on and adds to the existing evidence base of the mental health benefits of shared reading by collecting data in the field of physical health for the first time. People with chronic pain have three times the average risk of developing psychiatric symptoms — usually mood or anxiety disorders — and depressed patients have three times the average risk of developing chronic pain. It is the 'overlap' between depression and chronic pain which makes this project significant and</p>

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		intellectually compelling.  The study forms part of the Department of Culture, Media and Sport (DCMS) Culture and Sport Evidence (CASE) programme. It is a collaboration of the Centre for Reading Research (CRILS) at University of Liverpool, The Reader Organisation and Royal Liverpool and Broadgreen NHS Hospital Trust.
4. 'We need it you see, it helps us remember the things'  <b>Living Well with Dementia</b>	<b>Professor Philip Davis</b> , Director, CRILS, University of Liverpool (Chair); <b>Julie Latchem</b> , Neurological Physiotherapist and Social Science Researcher; <b>Professor Martin Orrell</b> , Professor of Ageing and Mental Health, University College London; <b>Helen Wilson</b> , Get Into Reading Wirral Co-ordinator, The Reader Organisation	Levels of dementia in the UK are predicted to increase by 62% in the next 20 years. Yet our understanding and awareness of this growing global crisis is shockingly low. The publication of <i>A Literature-Based Intervention for Older People Living with Dementia</i> in 2012 by CRILS (University of Liverpool) found that engagement in shared reading activity produced a significant reduction in dementia symptom severity and contributed to the wellbeing of care home staff and residents. To examine the value of shared reading for people living with dementia, panellists will discuss research in the field, clinical experience and the practical delivery of weekly reading groups.
5. <b>A taste of Shared Reading</b>	With <b>Casi Dylan</b> , The Reader Organisation's Literary Learning Manager	Take part in this shared reading session to experience for yourself The Reader Organisation's unique model.

12:15	<b>The Books That Built Me: The difference reading English has made to me</b>	<b>Andy Burnham MP</b> , Shadow Secretary of State for Health
<b>End of Morning Session</b>		
12:45	Lunch	

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## Afternoon Session: Connected Communities

13:30	Registration for afternoon delegates	
13:55	Welcome back	<b>Dr Jane Davis</b> , Founder and Director, The Reader Organisation
14:00	Literature and Neuro-science: a Report on Poetry and Brain-imaging	<b>Professor Philip Davis</b> , Director, Centre for Research into Reading, Information and Linguistic Systems (CRILS), University of Liverpool, and <b>Professor Rhiannon Corcoran</b> , Institute of Psychology, Health and Society, University of Liverpool.
14:45	Afternoon Seminars	(Choose 1 of 5)

## Afternoon Seminars

Title	Panellists	About the seminar
<p>1. 'It takes you away to another place'</p> <p><b>RISE (Reading in Secure Environments)</b>, supported by Arts Council England</p>	<p><b>Charlie Darby-Villis</b>, RISE Co-ordinator at The Reader Organisation, facilitates evaluative group discussion amongst seminar participants</p>	<p>RISE (Reading in Secure Environments) is a year-long pilot project funded by Arts Council England. It is a collaboration with literature festivals across the UK to bring contemporary writers of excellence - including Jackie Kay, Lemn Sissay, Philip Schultz and Jean Sprakland - to both public audiences and to readers in secure criminal justice and mental health settings. In this seminar readers, festival organisers and prison governors, along with managers and professionals from participating secure environments, come together to review the project so far. Find out how it has connected writers, audiences and staff in public and secure settings, and actively discuss the future possibilities for RISE.</p>

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<p>2. 'I read about others but I learn about myself'</p> <p><b>Libraries: connecting communities</b></p>	<p><b>Chris Catterall</b>, Deputy Director, The Reader Organisation (Chair); <b>Ciara Eastall</b>, Head of Libraries, Culture and Heritage, Devon County Council; <b>Megg Hewlett</b>, Get Into Reading Project Worker, The Reader Organisation; <b>Pam Usher</b>, Libraries, Arts and Heritage Manager, London Borough of Southwark</p>	<p>The Reader Organisation is working in partnership with library services around the UK to further extend their reach and meet the growing personal and social needs of our communities. Our panellists will discuss: how to develop a strategic shared reading partnership from pilot to commission; the importance of assessing local need; and the wide-ranging impact on the value of shared reading. These impacts include improved wellbeing and quality of life; learning, skills and employability; strong and safe communities through social participation; engagement of library staff through training.</p>
<p>3. 'How can a bird that is born for joy sit in a cage and sing?'</p> <p><b>Why all young people should read aloud for pleasure</b></p>	<p><b>Patrick Fisher</b>, The Reader Organisation's Reader-in-Residence in Glasgow Schools; <b>Marie Hamilton</b>, Principal Teacher, St Anne's Primary School Glasgow; <b>Charlotte Weber</b>, The Reader Organisation's Reader-in-Residence at Liverpool Hope University</p>	<p>This seminar looks at the impact that shared reading has had amongst children in some of Scotland's most deprived areas. A welcome chance to discuss the important role reading still has to play in a child's development and to explore the beneficial effect this can have both in the sessions and beyond.</p>
<p>4. 'A safe and non-judgemental arena that frees my mind'</p> <p><b>Reading and Recovery</b></p>	<p><b>Dr Jane Davis</b>, Director, The Reader Organisation; <b>Niall Gibney</b>, Development Apprentice, The Reader Organisation; <b>Jon Greenhalgh</b>, shared reading group member</p>	<p>One group, three members: live thinking and discussion. Join in the conversation with three members of a shared reading group in Chester whilst they think about what it is that's happening in their shared reading group in a drug and alcohol recovery centre.</p>
<p>5. A taste of Shared Reading</p>	<p>With <b>Casi Dylan</b>, The Reader Organisation's Literary Learning Manager</p>	<p>Take part in this shared reading session to experience for yourself The Reader Organisation's unique model.</p>



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16.00	Afternoon Tea	
16:45	Vision for the future: a working community based on shared reading	<b>Dr Jane Davis</b> , Founder and Director, and <b>Chris Catterall</b> , Deputy Director at The Reader Organisation; <b>Dirk Terryn</b> , Literature and Media, Canon Cultuurcel; a Get Into Reading group member
17:15	Close	
Event ends		