



Derbyshire  
Carers  
Association

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Derby Book  
Festival

## Shared Reading for Wellbeing

Wednesdays @ 1-2pm

In a Shared Reading group, poems, articles and stories are read aloud and then we share our thoughts: what we liked / didn't like, what we're reminded of, how a story or poem makes us feel...

The aim is to relax and enjoy the readings and conversations that follow. These groups are welcoming and informal and there is no pressure to participate in any particular way. You can read, listen, talk, ask questions or just observe.

Since 2017, the Shared Reading groups have taken place in different settings such as libraries, Derby College, supported housing and the Royal Derby Hospital.

**The group will meet every other Wednesday 1-2pm starting 5th January until 30th March.**

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: [katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)