 Read and Relax 

“You need it, you just don’t know you need it.”

***Shared Reading* group member**

Shared Reading groups are open to all and free to attend. A group of people, one of them a trained Reader Leader, reads a great novel, short story or poem aloud. We stop and talk about what we have read. There is no need for group members to read aloud or speak. It’s fine to just listen. The idea is to create a space where people feel at ease.

Reading the literature aloud in real time, means that everyone is involved in a shared, live experience. Group members are encouraged by the Reader Leader to respond personally, sharing feelings, thoughts and memories provided by the reading.

Everyone experiences the text in their own way, but the literature provides a shared language that can help us to understand ourselves – and others – better.

No other organisation makes use of literature in this way. Shared Reading helps us to understand our individual and collective inner lives, round the same table, at the same time.

Shared Reading Group is not a therapy but you’re going with a purpose, it’s beyond reading. People are bringing their life experiences and the literature – it’s like a prism. You are looking through it and you just see yourself at first and then you realise that’s there’s loads of other people and they’ve got all different reasons for going and enjoying it.

**Thursdays, 11:00-12:30**

**at Fulham Good Neighbours, Rosaline Hall,**

**70 Rosaline Road, London, SW6 7QT**

New members are warmly welcomed!!!