

Book Break groups
can help with:

- relaxation
- concentration
- memory
- confidence

“I read about other
people, but learn
about myself.”

“This group helps me
to stay focused.”

“Before I started this
group, I can honestly
say I'd only read the
stuff on the back of
sauce bottles!”

Book Break groups are free for everyone
...so come along and give one a try!

To find out more about this service, please visit
www.rbkc.gov.uk/libraries/bibliotherapy, or
email bibliotherapy@rbkc.gov.uk.

If you would like to find out where your nearest
group is, please phone **020 7341 0729**.

Contact Details

Address **Bibliotherapy Service
The Royal Borough of
Kensington and Chelsea
Brompton Library
210 Old Brompton Road
London SW5 0BS**

Phone **020 7341 0729**
Email **bibliotherapy@rbkc.gov.uk**
Website **www.rbkc.gov.uk/libraries/bibliotherapy**



Book Break

“When I get absorbed in a
book, I can really relax.”

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THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



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Reading together

Small, friendly *Book Break* reading groups are being set up in libraries, community centres and other settings across the Royal Borough.

Why reading?

Reading takes us to another world; it helps us to balance our lives and see things differently.

Book Break

Reading is a way of making sense of the world and our place in it. Shared reading is pleasurable and relaxing. We offer weekly meetings to read stories, books and poems over a cup of tea.


Who is it for?

Everyone! *Book Break* groups are perfect for all ages, whether you're a reader, a non-reader, or someone who would simply like some time and space to relax.

What will we read?

We will read books, short stories and poems that appeal to you; all you have to do is listen. You won't have to read aloud unless you want to – the group leader will do that.

During the session, we think about words and thoughts in the story and what they mean to us. Everyone has a chance to respond if they want to.



"Reading gives me something positive and interesting to do during difficult times."