



## Book Break

### A reading group with a difference

At Book Break you can listen to stories and poems being read aloud in a relaxed and informal environment.

The groups are run by volunteers from The Reader Organisation with the support of the library service and are:

- open to anyone who would like to hear literature read aloud in a small informal group setting
- an opportunity for people from diverse backgrounds to get together with others
- led by a facilitator who reads aloud so reading ability isn't important.

We read:

- short stories
- poems
- novels
- plays

At the group:

- you don't need to read anything in advance - just turn up
- there's no pressure to read or take part more than you want or are able to
- we pause regularly so the group can share their immediate thoughts and responses to what has just been read
- there's tea, coffee and biscuits

### Why should I come?

There are lots of benefits to joining Book Break including:

- **continuity:** the group meets every week, most weeks of the year
- **inclusivity:** everyone is welcome regardless of their ability
- **pressure free:** there's no pressure to read aloud or join in so you can contribute as much or as little as you like
- **support:** sharing your thoughts about what you've been listening to helps build trust and friendship
- **increased self-esteem:** we try to read books that members might not have the confidence to read alone
- **relaxation:** being read to is very relaxing and pleasurable

### How to join

We run several Book Break groups in local libraries. You don't need to book, just turn up on day.

Join us at:

- [Brompton Library](#) [1]: Tuesday, 10.30am to 12 noon
- [Chelsea Library](#) [2]: Tuesday, 2.30 to 4pm
- [Kensington Central Library](#) [3]: Tuesday, 2 to 4pm
- [North Kensington Library](#) [4]: Thursday, 3 to 5pm



- [North Kensington Library](#) [4]: Saturday, 10.30am to 12 noon

Find out about [other Book Break groups the borough](#) [5].

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[Contact the Libraries team](#) [6]

**Source URL:** <https://www.rbkc.gov.uk/libraries/your-library/getting-more-your-library/health-wellbeing/bibliotherapy/book-break>

### Links

[1] <https://www.rbkc.gov.uk/libraries/your-library/find-library/brompton-library>

[2] <https://www.rbkc.gov.uk/libraries/your-library/find-library/chelsea-library>

[3] <https://www.rbkc.gov.uk/libraries/your-library/find-library/kensington-central-library>

[4] <https://www.rbkc.gov.uk/libraries/your-library/find-library/north-kensington-library>

[5] <https://www.rbkc.gov.uk/contactsdirectory/az.aspx?letter=B&orgid=5682>

[6] <http://www.rbkc.gov.uk/az/az.aspx?searchletter=A&orgid=858>