The Reading Agency yn Lansio Rhestr Lyfrau Darllen yn Well i Deuluoedd, gan fynd i'r afael â chynnydd dwys mewn anghenion iechyd amenedigol

**Mae atgyfeiriadau misol ar gyfer gwasanaethau iechyd meddwl amenedigol wedi cynyddu 443% yn Lloegr dros yr wyth mlynedd diwethaf, gyda phroblemau iechyd meddwl mamau yn costio £8.1 biliwn i'r Deyrnas Unedig bob blwyddyn.**

Mae The Reading Agency, mewn partneriaeth â Libraries Connected a Chymdeithas Prif Lyfrgellwyr (SCL) Cymru, yn falch o gyhoeddi lansiad Darllen yn Well i deuluoedd, rhestr lyfrau newydd sydd ar gael ar draws llyfrgelloedd cyhoeddus yng Nghymru a Lloegr o heddiw ymlaen. Mae'r cynllun yn argymell darllen defnyddiol i gefnogi iechyd meddwl a lles teuluoedd yn ystod beichiogrwydd a'r blynyddoedd cynnar (o'r beichiogi hyd at ddwy oed).

Mae casgliad newydd Darllen yn Well i deuluoedd yn cyrraedd ar adeg o alw digynsail am gymorth iechyd meddwl amenedigol. Mae atgyfeiriadau misol ar gyfer gwasanaethau amenedigol yn Lloegr wedi cynyddu'n ddramatig o tua 1,400 o atgyfeiriadau y mis yn 2016 i fwy na 7,600 yn 2024. Mae o leiaf 1 o bob 5 merch yn profi problemau iechyd meddwl yn ystod beichiogrwydd ac ar ôl genedigaeth, gyda gorbryder ac iselder ymysg yr ystyriaethau iechyd mamau difrifol mwyaf cyffredin sy'n effeithio ar 10-15% o ferched. Yng Nghymru, mae bron i 9,000 o famau newydd yn profi problemau iechyd meddwl amenedigol bob blwyddyn.

Yn fwy pryderus fyth, mae 4 o bob 10 o bobl a geisiodd am gymorth y GIG ar gyfer problemau iechyd meddwl amenedigol yn adrodd eu bod yn aros yn rhy hir i dderbyn y cymorth hwnnw, gyda 76% yn teimlo bod eu cyflyrau wedi gwaethygu yn y cyfnod hwnnw.

Mae'r rhestr lyfrau yn cynnwys gwybodaeth a straeon personol ar bynciau fel lles rhieni, problemau iechyd meddwl amenedigol (gan gynnwys gorbryder, iselder, OCD a thrawma geni), ac ymdopi â cholled (gan gynnwys colli babi, marw-enedigaeth, a marwolaeth newyddenedigol).

Wedi'i datblygu gan The Reading Agency gyda mewnbwn gan weithwyr iechyd proffesiynol blaenllaw a'i chyd-gynhyrchu gyda rhieni sydd â phrofiad byw o heriau iechyd meddwl amenedigol, nod y rhestr hon, sy'n seiliedig ar dystiolaeth, yw grymuso teuluoedd gydag adnoddau hygyrch, cefnogol. Mae'r holl deitlau wedi'u dewis trwy broses drylwyr wedi'i lywio gan ganllawiau clinigol cenedlaethol, ymgynghoriad ar y sector iechyd, a phrotocol dewis llyfrau profedig The Reading Agency.

**Dywedodd Karen Napier MBE, Prif Swyddog Gweithredol The Reading Agency**: "Mae 1,001 diwrnod cyntaf bywyd plentyn yn cynrychioli cyfnod tyngedfennol o ddatblygiad, ac rydym yn gwybod bod llawer o deuluoedd yn wynebu heriau sylweddol yn ystod y cyfnod hwn. Mae Darllen yn Well i deuluoedd yn grymuso rhieni a gofalwyr trwy eu cysylltu ag adnoddau dibynadwy, perthnasol yn ein llyfrgelloedd cyhoeddus, gan sicrhau bod cymorth o safon ar gael am ddim i bob teulu pan fydd arnynt ei angen fwyaf."

**Dywedodd Sandra Igwe, Prif Weithredwr The Motherhood Group ac awdur *My Black Motherhood: Mental Health, Stigma, Racism and the System***: "Yn rhy aml, mae mamau Du yn cael eu gwneud i deimlo'n anweledig pan fyddan nhw’n siarad am eu hiechyd meddwl. Mae Darllen yn Well i deuluoedd yn ymyrraeth bwysig ac amserol sy'n rhoi profiad byw go iawn, wrth galon cefnogaeth. Rwy'n falch o fod yn rhan o adnodd sydd nid yn unig yn cydnabod y brwydrau unigryw y mae merched Du yn eu hwynebu yn y cyfnod amenedigol ond hefyd yn rhoi llais i'n straeon ni."

**Dywedodd Sylvia Woolley, Ymwelydd Iechyd Arbenigol, GIG**: "Mae iechyd meddwl amenedigol yn effeithio ar bob agwedd ar fywyd teuluol, o bondio efo’r babi i greu hunaniaeth newydd fel rhieni. Fel ymwelydd iechyd, rwy'n gweld bob dydd pa mor hanfodol yw gwybodaeth hygyrch, o ansawdd uchel. Mi fydd y rhestr lyfrau hon yn achubiaeth i deuluoedd, yn enwedig yn ystod yr amseroedd aros hir hynny am gymorth ffurfiol. Mae Darllen yn Well i deuluoedd yn arf pwerus i weithwyr proffesiynol hefyd – mae'n ein helpu i gynnig rhywbeth ymarferol, personol a dibynadwy."

Mae Darllen yn Well yn darparu ymyrraeth gymunedol cost isel, effaith uchel sy'n darparu gwybodaeth sicr o ansawdd wedi'i chymeradwyo gan weithwyr iechyd proffesiynol. Mae casgliadau blaenorol Darllen yn Well wedi bod yn hynod lwyddiannus, gyda 91% o ddefnyddwyr yn gweld eu llyfr Darllen yn Well yn ddefnyddiol, a 92% o weithwyr iechyd proffesiynol yn dweud bod y rhaglen wedi cynyddu'r ystod o gymorth y gallant ei chynnig.

**Dywedodd Maria Bavetta, Pennaeth Ymgysylltu MMHA:**"Roedd yn fraint wirioneddol cydweithio fel partner cyd-gynhyrchu a gweithio ochr yn ochr â Hyrwyddwyr Profiad Byw MMHA wrth lunio’r adnodd amhrisiadwy hwn. Roedd ymagwedd feddylgar a chynhwysol The Reading Agency yn gwneud y broses yn un hynod ystyrlon. Rydym yn credu bod yr adnodd hwn yn cynnig sicrwydd, arweiniad a gobaith i rieni a theuluoedd yr effeithir arnynt gan broblemau iechyd meddwl amenedigol, gan eu hatgoffa bod adferiad yn bosibl gyda'r gofal cywir."

Mae'r rhestr lyfrau yn cynnwys teitlau sy'n mynd i'r afael â phrofiadau teuluol amrywiol, gan gynnwys *The Queer Parent: Everything You Need to Know From Gay to Ze* gan Lotte Jeffs a Stu Oakley, *My Black Motherhood: Mental Health, Stigma, Racism and the System* gan Sandra Igwe, a *Goroesi fel Mam Sengl* gan Emma Cotterill ac Amy Rose. I'r rhai sy'n ymdopi â cholled, mae’r teitlau a argymhellir yn cynnwys *Dy Garu Di o Fama: Straeon am Alar, Gobaith a Thyfu ar ôl Colli Babi* gan Sands gyda Susan Clark yn darparu arweiniad cydymdeimladol.

Mae'r rhestr lyfrau ar gael mewn sawl fformat gan gynnwys e-lyfrau a llyfrau llafar. Yng Nghymru, mae'r cynllun yn cael ei gyflwyno'n ddwyieithog mewn cydweithrediad â Chyngor Llyfrau Cymru. Mae'r rhestr lyfrau hefyd yn cynnwys teitl Cymraeg gwreiddiol *Darn Bach o'r Haul* wedi'i olygu gan Rhiannon Williams.

Gellir benthyg teitlau am ddim o lyfrgelloedd cyhoeddus lleol, lle mae staff wedi cael adnoddau i arwain teuluoedd at lyfrau priodol. Mae offer digidol ychwanegol, fel pecyn cymorth hyrwyddo, achos dros gael cefnogaeth, a thaflen ryngweithiol, ar gael ar-lein ar gyfer partneriaid cymunedol ac iechyd.

Mae Darllen yn Well i deuluoedd yn ymuno â'r rhaglen ehangach Darllen yn Well Llyfrau ar Bresgripsiwn, sy'n cynnwys rhestrau ar gyfer iechyd meddwl, plant, pobl ifanc yn eu harddegau a dementia. Ers sefydlu'r rhaglen, mae dros 3.9 miliwn o lyfrau Darllen yn Well wedi cael eu benthyg ledled Cymru a Lloegr, gan gefnogi unigolion i reoli eu hiechyd a'u lles trwy rym darllen.

**-Diwedd-**

I gael rhagor o wybodaeth neu i drefnu cyfweliadau gydag unrhyw un o awduron eleni, cysylltwch ag Alexander Turton, [alexander.turton@readingagency.org.uk](mailto:alexander.turton@readingagency.org.uk)

**Nodiadau i olygyddion**

**Rhestr lyfrau Darllen yn Well i deuluoedd:**

Saesneg

Dod yn deulu – Eich lles

* *The Little Book of New Mum Feelings* gan Anna Mathur (Penguin Life)
* *Mindful New Mum* gan Caroline Boyd (DK)
* *You the Daddy: The Hands-On Dad's Guide to Pregnancy, Birth and the Early Years of Fatherhood* gan Giles Alexander (Vie)
* *Autistic and Expecting: Practical Support for Parents-To-Be and Health and Social Care Practitioners* gan Alexis Quinn (Pavilion Publishing and Media Ltd)
* *Having a Baby* gan Kathryn Hollins, Anna Cox, Milli Miller, Tessa van der Vord, Scott Watkin, Beth Webb (Books Beyond Words)
* *OMG It's Twins!: Get Your Twins to Their First Birthday Without Losing Your Mind* gan Alison Perry (Ebury Publishing)
* *Surviving Solo Motherhood* gan Emma Cotterill, Amy Rose (Trigger Publishing)
* *The Queer Parent: Everything You Need to Know From Gay to Ze* gan Lotte Jeffs, Stu Oakley (Bluebird)
* *Nobody Told Me: Poetry and Parenthood* gan Hollie McNish (Fleet)
* *No One Talks About This Stuff: Twenty-Two Stories of Almost Parenthood* gan Kat Brown (Unbound)

Iechyd meddwl

* *Break Free from Maternal Anxiety: A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year* gan Fiona Challacombe, Catherine Green, Victoria Bream (Cambridge University Press)
* *Coping with Birth Trauma and Postnatal Depression* gan Lucy Jolin (Sheldon Press)
* *How to Help Someone with Postnatal Depression* gan Jenn Cooper (Trigger Publishing)
* *Hello Baby, Goodbye Intrusive Thoughts: Stop the spiral of anxiety and OCD to reclaim wellness on your motherhood journey* gan Jenny Yip (New Harbinger)
* *My Black Motherhood: Mental Health, Stigma, Racism and the System* gan Sandra Igwe (Jessica Kingsley Publishers)
* *Why Birth Trauma Matters* gan Emma Svanberg (Montag & Martin)
* *Bonkers: A Real Mum's Hilariously Honest Tales of Motherhood, Mayhem and Mental Health* gan Olivia Siegl (HQ)
* *What Have I Done?: Motherhood, Mental Illness & Me* gan Laura Dockrill (Vintage Publishing)

Ymdopi â cholled

* *Loving You From Here: Stories of Grief, Hope and Growth When a Baby Dies* gan Susan Clark, Sands (Yellow Kite)
* *The Worst Girl Gang Ever: The ultimate guide to recovery after miscarriage and baby loss with guidance from experts in mindfulness, grief, therapy and relationships* gan Bex Gunn, Laura Buckingham (HQ)
* *How to Help Someone After a Miscarriage* gan Clare Foster (Trigger Publishing)

Cymraeg

* *Darn Bach o'r Haul* gan Rhiannon Williams (golygydd) (Gwasg y Bwthyn)
* *Sut i Helpu Rhywun ar ôl Colli Babi* gan Clare Foster (Graffeg)

I’w cyhoeddi yn 2025–6:

* *Sut i Helpu Rhywun ag Iselder Ôl-enedigol* gan Jenn Cooper (Graffeg)
* *Goroesi fel Mam Sengl* gan Emma Cotterill, Amy Rose (Graffeg)
* *Mam Newydd a Meddylgarwch* gan Caroline Boyd (Atebol)
* *Y Clwb Merched Gwaethaf Erioed: Y canllaw i adferiad wedi colli babi gydag arweiniad gan arbenigwyr ym maes ymwybyddiaeth ofalgar, galar, therapi a pherthnasoedd* gan Bex Gunn, Laura Buckingham (Graffeg)
* *Dyna Ti’n Dad: Canllaw Ymarferol i Dadau am Feichiogrwydd, rhoi Genedigaeth a Blynyddoedd Cyntaf bod yn Dad* gan Giles Alexander (Y Lolfa)
* *Yn Awtistig ac yn Feichiog: Cefnogaeth Ymarferol i Ddarpar Rieni ac Ymarferwyr Iechyd a Gofal Cymdeithasol* gan Alexis Quinn (Y Lolfa)
* *Ymdopi â Thrawma rhoi Genedigaeth ac Iselder Ôl-enedigol* gan Lucy Jolin (Atebol)
* *Boncyrs: Bod yn Fam, yr Anhrefn a’r Heriau Meddyliol - Hanes Ffraeth a Gonest Mam Go Iawn* gan Olivia Siegl (Rily)
* *Be dwi wedi’i wneud?: Bod yn Fam, Iechyd Meddwl a Fi* gan Laura Dockrill (Atebol)
* *Dy Garu Di o Fama: Straeon am Alar, Gobaith a Thyfu ar ôl Colli Babi* gan Susan Clark, Sands (Rily)

Mae rhestr o adnoddau digidol a argymhellir ar gael i gefnogi'r rhestr lyfrau graidd a chynnig gwybodaeth a chefnogaeth ychwanegol. Mae'r adnoddau wedi'u rhestru yn [www.readingagency.org.uk/reading-well/families](http://www.readingagency.org.uk/reading-well/families)

**Ynglŷn â Darllen yn Well:** MaeDarllen yn Well Llyfrau ar Bresgripsiwn yn rhaglen genedlaethol a ddarperir gan yr The Reading Agency mewn partneriaeth â Libraries Connected a Chymdeithas Prif Lyfrgellwyr (SCL) Cymru fel rhan o Gynnig Iechyd a Lles Cyffredinol y Llyfrgell Gyhoeddus, gyda chyllid gan Gyngor Celfyddydau Lloegr a Llywodraeth Cymru. Mae'r rhaglen yn helpu pobl i ddeall a rheoli eu hiechyd a'u lles gan ddefnyddio llyfrau sydd ar gael o lyfrgelloedd cyhoeddus a gymeradwywyd gan weithwyr iechyd proffesiynol ac arbenigwyr sydd â phrofiad byw.

**Ynglŷn â The Reading Agency**

Mae The Reading Agency yn elusen yn y Deyrnas Unedig sy'n ysbrydoli newid cymdeithasol a phersonol trwy rym profedig darllen. Rydym yn gweithio gydag unigolion o bob oed, cymuned a phartneriaid dibynadwy i rannu manteision trawsnewidiol darllen ar gyfer bywydau hapus, iach a ffyniannus. Mae The Reading Agency yn cyrraedd dros ddwy filiwn o bobl y flwyddyn ond gyda phoblogaeth y Deyrnas Unedig dros 67 miliwn nid yw hynny'n ddigon. Rydym eisiau ysbrydoli mwy o bobl i ddarllen oherwydd mae popeth yn newid pan fyddwch chi'n darllen.

Cysylltwch â ni heddiw i ddarganfod mwy am yr hyn rydym yn ei wneud ac i'n helpu ni gyda’n cenhadaeth.

[www.readingagency.org.uk](http://www.readingagency.org.uk) | @readingagency

**Ynglŷn â Chyngor Celfyddydau Lloegr:**

Cyngor Celfyddydau Lloegr yw'r asiantaeth ddatblygu genedlaethol ar gyfer creadigrwydd a diwylliant. Rydym wedi nodi ein gweledigaeth strategol yn Let's Create gyda’r bwriad o sicrhau erbyn 2030 bod Lloegr yn wlad lle mae creadigrwydd pawb yn cael ei werthfawrogi ac yn cael y cyfle i ffynnu a lle mae gan bawb fynediad at ystod ryfeddol o brofiadau diwylliannol o ansawdd uchel. Rhwng 2023 a 2026 byddwn yn buddsoddi dros £467 miliwn o arian cyhoeddus gan y Llywodraeth ac amcangyfrifir y byddwn yn derbyn £250 miliwn gan y Loteri Genedlaethol bob blwyddyn er mwyn helpu i gefnogi'r sector ac i gyflawni'r weledigaeth hon. [www.artscouncil.org.uk](https://www.artscouncil.org.uk)

**The Reading Agency Launches Reading Well for families Booklist, Addressing Critical Rise in Perinatal Health Needs**

**Monthly referrals for perinatal mental health services have soared by 443% in England over the last eight years, with maternal mental health problems costing the UK £8.1 billion annually.**

The Reading Agency, in partnership with Libraries Connected and Society of Chief Librarians (SCL) Cymru, is proud to announce the launch of Reading Well for families, a new booklist available across public libraries in England and Wales from today. The scheme recommends helpful reading to support the mental health and wellbeing of families during pregnancy and the early years (from conception to age two).

The new Reading Well for families collection arrives at a time of unprecedented demand for perinatal mental health support. Monthly referrals for perinatal services in England have risen dramatically from around 1,400 referrals a month in 2016 to more than 7,600 in 2024. At least 1 in 5 women experience mental health problems during pregnancy and after birth, with anxiety and depression being the most common serious maternity health considerations affecting 10-15% of women. In Wales, almost 9,000 new mothers experience perinatal mental health problems each year.

Even more concerning, 4 in 10 people who sought NHS support for perinatal mental health problems report waiting too long to receive help, during which 76% felt their conditions worsened.

The booklist includes information and personal stories on topics such as parental wellbeing, perinatal mental health problems (including anxiety, depression, OCD and birth trauma), and coping with loss (including miscarriage, stillbirth, and neonatal death).

Developed by The Reading Agency with input from leading health professionals and co-produced with parents who have lived experience of perinatal mental health challenges, this evidence-based list aims to empower families with accessible, supportive resources. All titles have been selected through a rigorous process informed by national clinical guidelines, health sector consultation, and The Reading Agency's established book selection protocol.

**Karen Napier MBE, CEO The Reading Agency said**: "The first 1,001 days of a child's life represent a critical period of development, and we know that many families face significant challenges during this time. Reading Well for families empowers parents and caregivers by connecting them to trusted, relatable resources through our public libraries, ensuring that quality support is freely available to all families when they need it most."

**Sandra Igwe, Chief Executive of The Motherhood Group and author of *My Black Motherhood: Mental Health, Stigma, Racism and the System* said**: ““Too often, Black mothers are made to feel invisible when they speak up about their mental health. Reading Well for families is an important and timely intervention that puts real, lived experience at the heart of support. I’m proud to be part of a resource that not only acknowledges the unique struggles Black women face in the perinatal period but also gives voice to our stories."

**Sylvia Woolley, Specialist Health Visitor, NHS, said**: “Perinatal mental health affects every aspect of family life, from bonding with a baby to navigating new identities as parents. As a health visitor, I see every day how vital accessible, high-quality information is. This booklist gives families a lifeline, especially during those long waiting times for formal support. Reading Well for families is a powerful tool for professionals too - it helps us offer something practical, personal, and trusted.”

Reading Well provides a low-cost, high-impact community intervention that delivers quality-assured information endorsed by health professionals. Previous Reading Well collections have shown remarkable success, with 91% of users finding their Reading Well book helpful, and 92% of health professionals reporting that the programme increased the range of support they could offer.

**Maria Bavetta, MMHA Head of Engagement, said:** "It was a true privilege to collaborate as a co-production partner and to work alongside the MMHA Lived Experience Champions in shaping this invaluable resource. The Reading Agency’s thoughtful and inclusive approach made the process especially meaningful. We believe this resource offers reassurance, guidance, and hope to parents and families impacted by perinatal mental health problems, reminding them that with the right care, recovery is possible."

The booklist features titles that address diverse family experiences, including *The Queer Parent: Everything You Need to Know From Gay to Ze* by Lotte Jeffs and Stu Oakley, *My Black Motherhood: Mental Health, Stigma, Racism and the System* by Sandra Igwe, and *Surviving Solo Motherhood* by Emma Cotterill and Amy Rose. For those dealing with loss, recommended titles including *Loving You From Here: Stories of Grief, Hope and Growth When a Baby Dies* by Sands with Susan Clark provide compassionate guidance.

The booklist is available in multiple formats including eBooks and audiobooks. In Wales, the scheme is delivered bilingually in collaboration with Books Council of Wales. The booklist also includes an original Welsh-language title Darn Bach o'r Haul edited by Rhiannon Williams.

Titles can be borrowed for free from local public libraries, where staff have been equipped with resources to guide families to appropriate reading. Additional digital tools, such as a promotional toolkit, case for support, and interactive leaflet, are available online for community and health partners.

Reading Well for families joins the broader Reading Well Books on Prescription programme, which includes lists for mental health, children, teens, and dementia. Since the programme's inception, more than 3.9 million Reading Well books have been borrowed across England and Wales, supporting individuals in managing their health and wellbeing through the power of reading.

**-Ends-**

For more information or to arrange interviews with any of this year’s authors, please contact Alexander Turton, [alexander.turton@readingagency.org.uk](mailto:alexander.turton@readingagency.org.uk)

**Notes to editor**

**Reading Well for families booklist:**

Becoming a family - Your wellbeing

* *The Little Book of New Mum Feelings* by Anna Mathur (Penguin Life)
* *Mindful New Mum* by Caroline Boyd (DK)
* *You the Daddy: The Hands-On Dad's Guide to Pregnancy, Birth and the Early Years of Fatherhood* by Giles Alexander (Vie)
* *Autistic and Expecting: Practical Support for Parents-To-Be and Health and Social Care Practitioners* by Alexis Quinn (Pavilion Publishing and Media Ltd)
* *Having a Baby* by Kathryn Hollins, Anna Cox, Milli Miller, Tessa van der Vord, Scott Watkin, Beth Webb (Books Beyond Words)
* *OMG It's Twins!: Get Your Twins to Their First Birthday Without Losing Your Mind* by Alison Perry (Ebury Publishing)
* *Surviving Solo Motherhood* by Emma Cotterill, Amy Rose (Trigger Publishing)
* *The Queer Parent: Everything You Need to Know From Gay to Ze* by Lotte Jeffs, Stu Oakley (Bluebird)
* *Nobody Told Me: Poetry and Parenthood* by Hollie McNish (Fleet)
* *No One Talks About This Stuff: Twenty-Two Stories of Almost Parenthood* by Kat Brown (Unbound)

Mental health

* *Break Free from Maternal Anxiety: A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year* by Fiona Challacombe, Catherine Green, Victoria Bream (Cambridge University Press)
* *Coping with Birth Trauma and Postnatal Depression* by Lucy Jolin (Sheldon Press)
* *How to Help Someone with Postnatal Depression* by Jenn Cooper (Trigger Publishing)
* *Hello Baby, Goodbye Intrusive Thoughts: Stop the spiral of anxiety and OCD to reclaim wellness on your motherhood journey* by Jenny Yip (New Harbinger)
* *My Black Motherhood: Mental Health, Stigma, Racism and the System* by Sandra Igwe (Jessica Kingsley Publishers)
* *Why Birth Trauma Matters* by Emma Svanberg (Montag & Martin)
* *Bonkers: A Real Mum's Hilariously Honest Tales of Motherhood, Mayhem and Mental Health* by Olivia Siegl (HQ)
* *What Have I Done?: Motherhood, Mental Illness & Me* by Laura Dockrill (Vintage Publishing)

Coping with loss

* *Loving You From Here: Stories of Grief, Hope and Growth When a Baby Dies* by Susan Clark, Sands (Yellow Kite)
* *The Worst Girl Gang Ever: The ultimate guide to recovery after miscarriage and baby loss with guidance from experts in mindfulness, grief, therapy and relationships* by Bex Gunn, Laura Buckingham (HQ)
* *How to Help Someone After a Miscarriage* by Clare Foster (Trigger Publishing)

Welsh Language

* *Darn Bach o'r Haul* by Rhiannon Williams (editor) (Gwasg y Bwthyn)

A list of recommended digital resources is available to support the core booklist and offer additional information and support. The resources are listed at [www.readingagency.org.uk/reading-well/families](http://www.readingagency.org.uk/reading-well/families)

**About Reading Well:**  
Reading Well is a national Books on Prescription programme delivered by The Reading Agency in partnership with Libraries Connected and Society of Chief Librarians (SCL) Cymru as part of the Public Library Universal Health and Wellbeing Offer, with funding from Arts Council England and Welsh Government. The programme helps people understand and manage their health and wellbeing using books endorsed by health professionals and experts with lived experience available from public libraries.

**About The Reading Agency**

The Reading Agency is a UK charity that inspires social and personal change through the proven power of reading. We work with individuals of all ages, communities and trusted partners to share the transformative benefits of reading for happy, healthy and thriving lives. The Reading Agency reaches over two million people a year but with a UK population of over 67 million that's not nearly enough. We want to get more people fired up about reading because everything changes when you read.

Get in touch today to find out more about what we do and to help us on our mission.

[www.readingagency.org.uk](http://www.readingagency.org.uk) | @readingagency

**About Arts Council England:**

Arts Council England is the national development agency for creativity and culture. We have set out our strategic vision in Let’s Create that by 2030 we want England to be a country in which the creativity of each of us is valued and given the chance to flourish and where everyone of us has access to a remarkable range of high-quality cultural experiences. From 2023 to 2026 we will invest over £467 million of public money from Government and an estimated £250 million from The National Lottery each year to help support the sector and to deliver this vision. [www.artscouncil.org.uk](https://www.artscouncil.org.uk)