

## The Benefits of Book Club Reading

September 2025

Data collected by The Reading Agency across its programmes and through its flagship nationally representative adult reading research reveals that there are numerous benefits to being part of a book club.

This supports and expands on the findings of existing research which has established the positive effects book clubs can have on attitude to reading ([Whittingham and Huffman, 2009](#)), social inclusion and feeling of community ([Walwyn and Rowley, 2011](#)) and wellbeing ([Billington and Steenberg, 2021](#)). The benefits also seem to be present even in digital or online groups ([Colwell, Woodward, Hutchinson, 2018](#)).

Findings from the Reading Agency's nationally representative adult reading survey show that compared to those who are not a book club member, members of book clubs are:

- **50% more likely to be regular readers**
- **51% more likely to say reading is one of their favourite things**
- **54% more likely to enjoy visiting libraries and bookshops**
- **323% more likely to buy books at least once a month**
- **323% more likely to borrow books from the library at least weekly (despite being no more likely than non-members to be a library member)**
- **168% more likely to read together with family at least weekly**
- **153% more likely to talk about their reading with other people on a weekly basis**

Book club members were also more likely to feel the benefits of reading than the UK average. We have also found, participation in shared book clubs is linked to enhanced relaxation, calmness, concentration, quality of life, confidence and self-esteem, as well as feelings of shared community and common purpose.

Book club members are, compared to non-book club members:

- **57% more likely to say reading helps them to realise others have gone through similar situations**
- **86% more likely to say reading helps them to feel connected to others**
- **55% more likely to say reading helps them to feel less lonely**



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Furthermore, recent research collated from book clubs across the UK shows that book club members read more (77%) and more widely (94%), feel more connected to others (94%), find reading more enjoyable (91%) and are generally happier (90%) and more confident to try new things (78%).

The Reading Agency has a wide range of [resources](#) to support book clubs. The [Book Club Hub](#) provides space, community and resources for book club members and organisers, and [Reading Friends](#) and [Chatterbooks](#) resources for librarians can be found in the [resources page](#).

### Book Club Day UK

Join us in celebrating the power of shared reading on Book Club Day UK on 11 September 2025!

- Book Club Day UK is a moment for our publisher partners to: Download our [Publisher Comms Toolkit](#) which includes assets you can use to recommend book suggestions for clubs to enjoy
  - Create a spotlight recommended reads article for book clubs. Your spotlight article will look similar to [this](#). If you would like to take part, feel free to amend this [copy example](#) and please send across image assets you'd like for us to use by 4 September. If you have a full membership then you can highlight up to 9 titles in your article, if you have a digital membership then you can highlight up to 3 titles
  - Upload book club sets ahead of 11 September as we'll be highlighting this page in our posts
- If you have any questions, email [Kimberley](#).

### Bibliography

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