

Welcome to **READING FRIENDS**

Video one: What is Reading Friends?



What is Reading Friends?



- Reading Friends is a UK-wide social reading and befriending programme to tackle loneliness.
- It connects people by starting conversations through reading.
- It is delivered by Reading Befrienders - either volunteers or staff - in one-to-one or group settings.

READING FRIENDS

Reading Friends connects people by starting conversations through reading

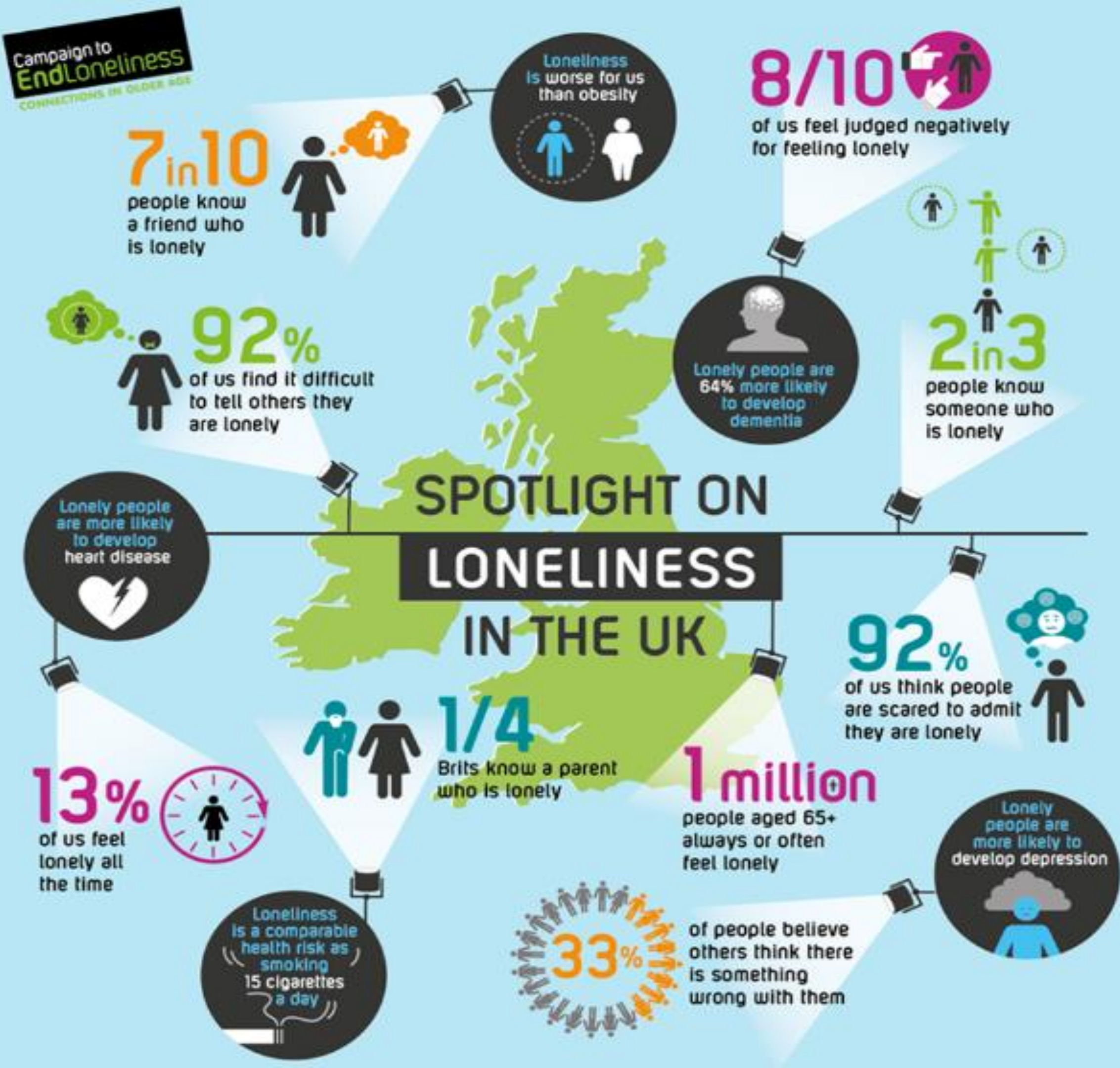


- Reading inspires people to share stories, interests and life experiences.
- Reading Friends starts with people's interests and passions.
- Reading Friends is about reading, chatting together and having fun.

THE
READING
AGENCY

No matter the format of delivery – in person, telephone or virtual – – [key principles](#) remain the same.

- **Core values**
 - Accessible, diverse reading materials, informal, flexible
 - Fun, Welcoming, Inclusive, Equal, Empowering, Participant-led, Non-judgemental, Non-elitist
- **Key session principles**
 - Not a structured book group or literary model
 - ‘In the moment’ reading



[Campaign to End Loneliness:](#)
Facts on Loneliness

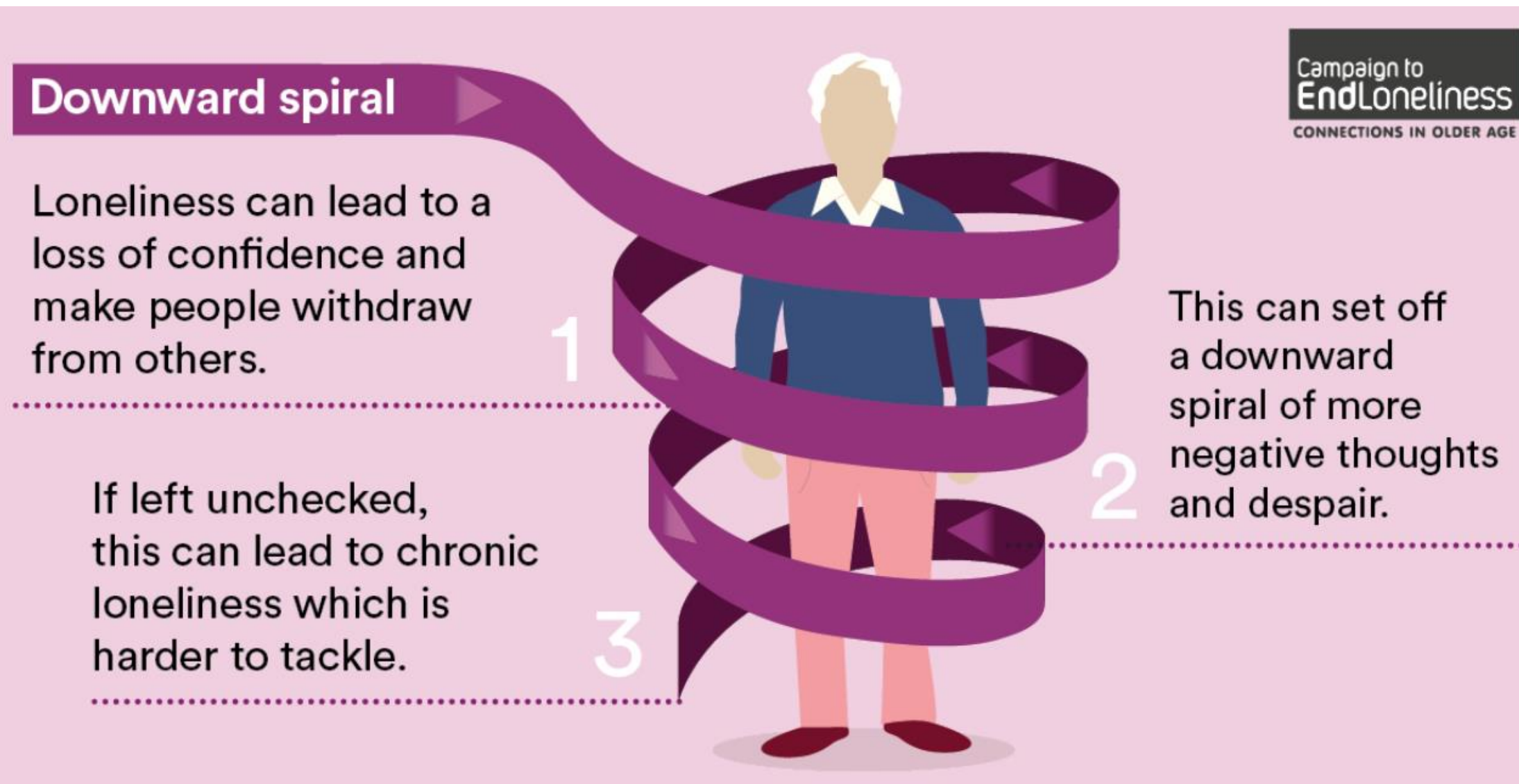
[Campaign to End Loneliness:](#)
Threat to Health

[British Red Cross \(2020\):](#)
Life after Lockdown

[British Red Cross \(2020\):](#)
Lonely and Left Behind

[Demos \(2018\)](#)
A Society of Readers

How loneliness affects us



- Loneliness is the feeling to tell us we need more social connections
- Loneliness is subjective and affects people differently
- Quality of connections built around interests
- Stigma around talking about loneliness
- [Psychology of Loneliness](#) (2020) research from Campaign to End Loneliness