Information NOW
Information for people in Newcastle upon Tyne

Reading for Wellbeing Newcastle

Reading for Wellbeing is a project to help you find out how books and stories could improve your wellbeing.

The Reading for Wellbeing team offers:

One to one support at a local library or somewhere near to you

- You can talk to us about how reading might help you
- Find out what type of books you might like to read
- Support to find and borrow books you're interested in from the library

Group activities: groups where people can get together to talk about books and stories.

Mondays

- **Sharing Stories (Kenton)**: Informal group to listen to and share stories. 1st and 3rd Monday of each month. 10.30am to 12pm. Kenton Library Community room.
- **Sharing Stories (Walker) at Tree Tops Village:** Informal group to listen to and share stories. 2nd Monday of each month. 1.30-3pm. TreeTops Village, Community room.

Fridays

- **Library Book Pick 'n' Mix at City Library:** A drop-in session exploring a collection of books on a different theme each week. Every Friday, 10:30am – 12:00pm, City Library, Level 4 Book Gallery.
- **Culture Fridays:** A group for people aged over 55 to explore books, film, music and local history. 1st and 3rd Friday of each month, 1:30pm – 2:30pm, Fenham Library.
- **George Street Social Pop up Library:** Weekly Pop-Up Library to find lots of great books, talk about your favourites, and discover new stories. Every week on Friday mornings, 10:30am – 12pm, George Street Social, 45 – 51 George St, Newcastle upon Tyne NE4 7JN

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Telephone: 07773664600

Website: https://readingforwellbeing.org.uk/

Email: readingforwellbeing@newcastle.gov.uk

Opening Hours: See https://new.newcastle.gov.uk/libraries/find-library for info.

Cost: Free

Address:
Newcastle City Library
Newcastle City Library
NE1 8AX