



How to build community and resilience through shared reading

Seminar for Friday 15th June





Supporting the emotional well-being and
resilience of Service children and families -
keeping family members close and connected
through shared reading

Tri-Service charity for Service children and families since 2011

Open to all British Forces serving, injured, retired, reservist

Working through individuals, families, supporting structures





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The issues for Services families

- Separation due to training, deployment and postings
- Communication difficulties – hard to keep partner involved; common ground needed
- Moving house and rebasing
- Problems with integration
- Disruption of education
- Disruption of friendships
- Separation from wider family

The general benefits of reading:

Regular involvement in reading for pleasure correlates with:

- Greater professional success
- Higher earnings
- Reduced risk of developing dementia
- Happiness
- Safety
- Greater empathy

Work of The Reading Agency, Book Trust, The National Literacy Trust, and most recently The Reading Agency and BOP Consulting (2015). '[Literature Review: the impact of reading for pleasure and empowerment.](#)'

- The only childhood intervention with no negative side effects
- Teaching the mother to read impacts on child survival

about 1948
about 1948
about 1948

The people in books

The most important thing in an enjoyable book is often the characters, and how real they feel. Did you like the people in the book you read? Did you think they thought and acted as you would - or were they different? Do you like to feel

you relate to people in the books you read? What do you think they did after the book ended? If the book did not have illustrations in it, can you think what the main characters looked like?

I think the characters in the story were very unusual and not like the people I meet at school. I like the characters in the story but they have strange names like: Marco, Beck, and much more. I thought after I read the book that there had to be more stories - and there was

Space for
your thoughts

I really liked this book so far, but it makes me queasy. especially when they suck the juice from a fish eye. ewww!

Yuk! Fish Cuts for Sun lotion!

18/06/11 Mum

Where and when did you read this book?

Did you read it in bed, or during the day? Did you read it as quickly as you could, or did you make it last by reading a little each day? How did you feel when the book was finished?

At home every night in bed or occasionally on the sofa for half an hour each time

I read every night before bed Mum

Your reading team

How did it feel to talk to your team about a book? Did you set up a meeting to talk about the book or just talk when you had the chance, or on the phone? Did they listen? Were you able to say what you thought or did someone else do most of the talking? Did you enjoy talking about what you were reading? Did you worry someone might give away the ending?

I was excited to discuss the book with other people, I wanted to know ~~what~~ if they enjoyed it, if they liked the characters, what they liked about it, & I wanted to know everything.

What was the plot like?

Did enough happen? Did you get bored? Did you always find yourself wanting to read the next chapter?

I was excited with a clever twist at the end, I really didn't know it was coming!

Who wrote it?

Had you heard of this author before? Would you read one of their books again? Would you like to meet them? Does knowing something about the author make any difference to how you feel about the book you read?

Bear Grylls wrote it and he is my favorite celebrity. I have heard of it because I watch his show: Bear Grylls Born Survivor all the time.

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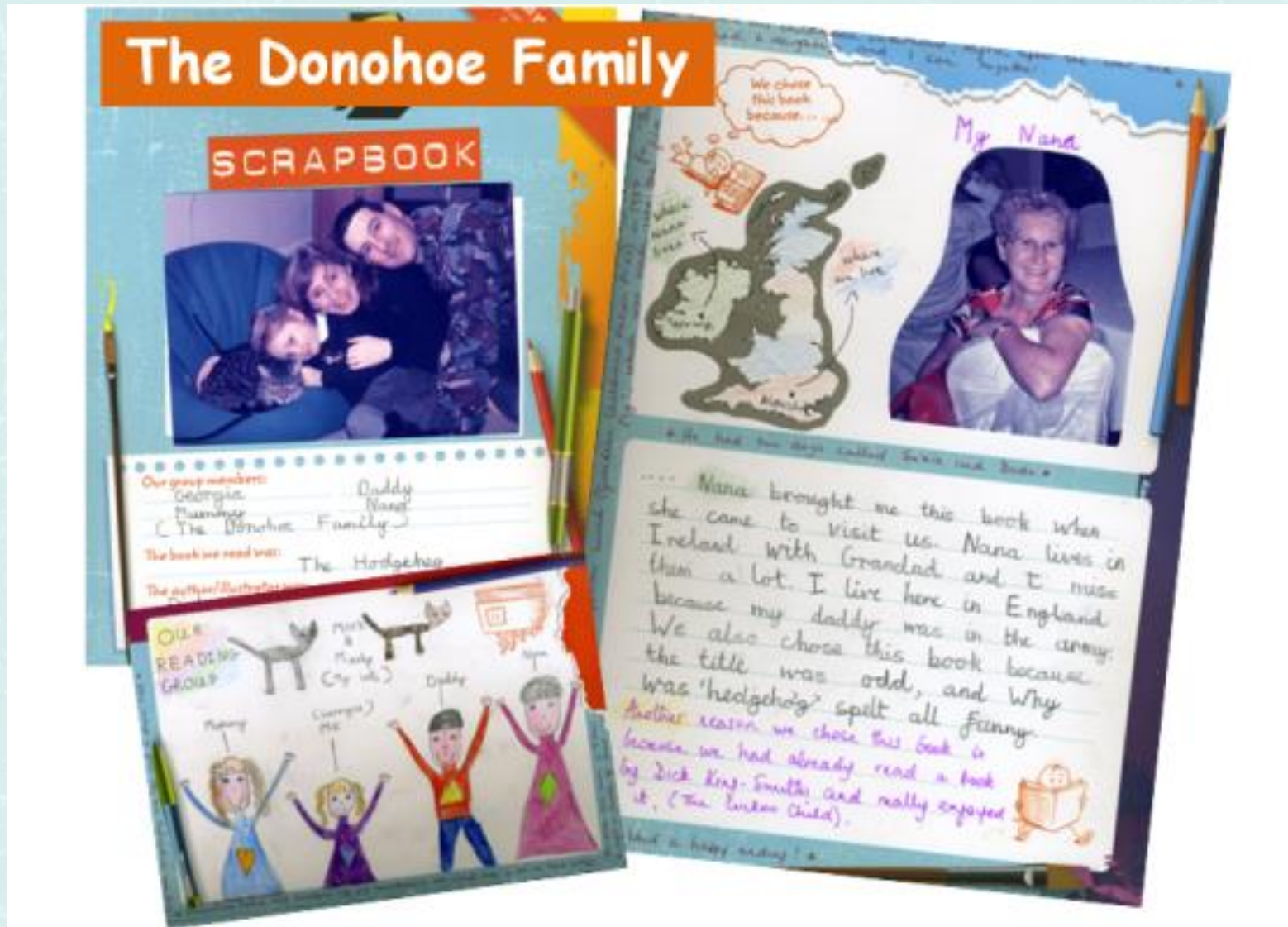


www.readingforce.org.uk

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Families submit scrapbooks for feedback



Working with schools



Harestock pupils with girl-pirate author, Sara Starbuck

“Reading Force had a very positive impact on the Service Families who took part, encouraging the sharing of books with family members. Our Service Families Support Worker supported the children through this venture and we are as a school really excited about launching Reading Force again this year.”

Headteacher

Harestock Primary School

“It felt really good to share a favourite book and I know that sharing is a good thing to do. Thanks for your help Mrs Bird you made me think that reading is fun from all the words you said.”

2012 Participant



Getting out to the market



How families feel about *Reading Force*

‘The memories of doing this scrapbook together will always be with us and when we were having a bad day or not a lot of time we would have five minutes doing this scrapbook and we all felt better.’

The Warren Family

‘We met every evening after bath time and read one chapter each night. If daddy was at home he read to us or listened too. We like reading books together because we can talk about what is happening and can all join in the conversation.’

Newlyn and Seren

A short video by *The Broome Family...*

The benefits of Reading Force for Services families

- Connectedness
- Feeling stronger
- Better mental health
- A long term project to belong to and keep in touch with in future
- A physical record of a challenging time
- A flexible system, can be used in a variety of ways

Wider benefits, which underpin the project

- Improved resilience
- Improved family literacy
- Awareness of community – for parents and children – and possible support

Thank you Reading Force!



Register your school today and receive free Reading Force scrapbooks and materials for all your Service children and families (including ex-Service children)
- please see information in your delegate pack.