



Do you Live in the Hawkesbury area?

Want to use your love of reading to improve social connection/mental health in your community?

BECOME A VOLUNTEER SHARED READING FACILITATOR

Shared Reading, uses carefully selected literature to promote connection, reflection, healing and joy.

Shared Reading sessions are inclusive and uplifting with outcomes including:

- Increased confidence
- Reduced loneliness
- Increased belonging
- Increased hope/optimism
- Greater sense of purpose
- Improved mental health

"I'm so glad I found Shared Reading, this is the best thing I do"

Sue - volunteer facilitator

What you will get out of it

You will be fully trained in the techniques and skills to deliver Shared Reading groups.

Then we will find a placement for you in a community setting. Shared Reading groups run from libraries, community centres and retirement villages

The benefits of becoming a volunteer Shared Reading facilitator include

- Running a fun, engaging activity
- Increased meaning and purpose
- Connecting with other volunteers
- Learn a new skill
- Do something good for your community
- Do something that people love
- Personal growth

Commitment

Training is free for volunteers, but after training you will be expected to commit to run a fortnightly Shared Reading group - 2 hours per fortnight.