

The Reading Well Project

https://reading-well.org.uk/books/books-on-prescription/children

The Reading Well Project started in public libraries. The aim was to provide a range of books on mental health and well being that were suitable for children in both primary and secondary schools.
The aim was to give children the vocabulary and understanding of various aspects of mental health so that the can talk about the issues.
Children may be facing these issues themselves, or it may be a family member such as a parent or sibling.

The Reading Well project recognised that in order to reach as many children as possible, the selection of books should be placed in schools where they should be signposted for children to access. Bisley school is participating in this pilot. The selection of books are available in the library.

The collection includes books on healthy minds, feelings, worries, the world around you, dealing with tough times and when you have a condition (neurodiversity). Through these books children will learn that these aspects of our minds may affect us all. We all have to learn how to deal with them, and we start by talking to others.

Children will be introduced to these books and invited to talk to an adult if they wish to. This adult could be a member of staff, or a parent.

Parents are welcome to come and explore the collection of books in the library and to loan them to read at home with their children.

We will continue to add to our collection of books.