

### Reading for Pleasure



*"Research shows that reading for pleasure can promote better health and wellbeing, aids in building social connections and relationships with others and is associated with a range of factors that help increase the chances of social mobility."*

*([The Reading Agency - reading facts](#))*

**No time for reading** – Quick reads are available and can be one way to encourage adults. The Reading Agency has a new list for the top quick reads for 2020.

*[Quick Reads 2020: Find out more about the books](#)*

**Be a Reading Role Model** – "If you want your child to be a good reader, be one yourself!" There are 7 tips on how parents/carers can be a reading role model.

*[Scholastic - Be a Reading Role Model](#)*

**Increasing adults' self-esteem and confidence** – "Many adults are reluctant to admit to their literacy difficulties and ask for help. One of the most important aspects of supporting adults with low literacy levels is to increase their self-esteem and persuade them of the benefits of improving their reading and writing."

*[National Literacy Trust - Adult Literacy](#)*

Regards Kate – Adult Skills and Family Learning Team