



Manchester

#ReadMCR

Get reading in the workplace

Reading in the workplace can be a great stress buster. Did you know that reading for just six minutes a day slows down your heart rate and eases tension?

Reading in your workplace can help you to relax, escape, learn or be inspired.

Here are some of the things you can do...

Add a bookshelf

Introduce a bookshelf or box of books, with a range of different books and magazines for people to borrow. Ask people you work with to bring in a few books from home and don't forget non-fiction.

Swap books

If a bookshelf proves popular, build on this by holding a book swap. Bring unwanted books from home into work and swap them with your workmates. You could even tie the event in with one of the book-themed dates below:

- National Storytelling Week: February
- World Book Day: 2 March
- World Book Night: 23 April
- Book Lovers Day: 9 August
- National Poetry Day: 2 October
- National Non-fiction Day: 3 November

Create some 'me time' at work

Take time out over lunch to pick up a book. It could be a book you've always meant to read, or if you haven't read anything for ages you could try one of the *Quick Reads*. *Quick Reads* are short books designed to be easy to read and help you to get into reading. Find out more at quickreads.org.uk.

Talk about what you're reading

Get an informal group together and talk about the book you're reading. You could meet regularly and pick a book to all read at the same time.

Get social

Share your favourite books and reading selfies from your workplace online with **#ReadMCR** and **#LovetoRead**.

Here are a few ideas of things you could share on social media:

- *My favourite place to read*
- *A 'better than the film' book*
- *The BEST book EVER*
- *A stay up all night page turner*
- *The book I love to read with my kids*
- *My favourite children's book*
- *A holiday read*

Promote family reading

Share your favourite children's books and include them in your book swap to take home to read with your family. Reading with your child is a time for bonding, laughing and talking together. It also helps them massively at school.

Bring the library to your workplace

Manchester libraries are full of books that are free to borrow. Join your local library and you'll be sure to find a book for you or your book group. Libraries also offer activities including reading groups, knitting groups, digital workshops, business advice, help with benefits and housing, author visits, book festivals, live music, storytime for under 5s, study space and much more. Find out what's on in your local library at manchester.gov.uk/libraries.

Set up a non-fiction faction

Tap into existing interests and share non-fiction books with your workmates. This could be anything from gardening guides and recipes books to craft manuals and sporting autobiographies.

Tell us what you are doing

We want to hear about what you are doing and celebrate your successes! Visit readmanchester.org.uk and tweet us with **#ReadMCR**.