

## **ADDITIONAL INFORMATION FROM NCC LIBRARIES RE NEWSLETTER AND READING FOR WELLBEING PROJECT**

[Northumberland Libraries Newsletter - February](#)

**Reading for Wellbeing** is a project to explore how stories and reading can offer comfort, escape, laughter and inspiration in difficult times. Author Ann Cleeves is working with Public Health and the Library Service to ensure that everyone has access to free books and to groups that offer stories and friendship. We offer the companionship of like-minded people in a safe, confidential setting where you can lose yourself in a book, escape from the everyday, make friends and find a listening ear. So, whatever makes you laugh, entertains you or interests you, we are offering telephone and online sessions on a one to one basis in the first instance.

Like to know more? Call Jane or Sarah on 07966 330372 or email:

[read@northumberland.gov.uk](mailto:read@northumberland.gov.uk)