



## Scottish Book Trust's *Reading is Caring* online Workshops

### What is *Reading is Caring*?

*Reading is Caring* seeks to support people living with dementia and the people who care about them to maintain their existing personal relationships through shared reading. It is delivered through a set of informative, enjoyable and helpful online workshops that have been specifically designed for those caring for someone living with dementia. These online workshops are delivered in real-time by me, Koren Calder, Scottish Book Trust's Reading Communities Outreach Project Manager.



### Why attend *Reading is Caring* online workshops?

The online workshops will help carers create a regular shared reading practise that has been individually designed for the person they care for to help ensure that it is an enjoyable, productive and relaxing experience each time. It is also a great way for professionals to connect with the people they provide care for and their families too.

### How are the *Reading is Caring* online workshops delivered?

The online workshops use screen sharing video voice overs to provide background and context. As well as zoom for group discussions and to enable opportunities to practise recommended shared reading approaches, that carers can then use with the person they care for in the future, following attendance.

A *Reading is Caring* hand book and *Reading Diary* will be sent to all those who sign up, in the post. These books accompany the workshops and can be worked through alongside the real-time delivery. They have been designed to enable carers to tailor the *Reading is Caring* programme to their individual requirements and circumstances and capture progress at the same time.

### When can I attend *Reading is Caring* online workshops?

Koren will be delivering these online workshops either as two half days or a series of four separate hours, to small groups or individuals to fit in with their and her time availability.

To sign up to attend a *Reading is Caring* workshop contact Koren at [koren.calder@scottishbooktrust.com](mailto:koren.calder@scottishbooktrust.com) Koren will then email a link with instructions on how to join in a Zoom online workshop from your computer, as long as you have access to the internet and confirm dates and times that you can take part.

Please note when it is safe to do so the above workshops will be made available as face to face small group sessions. If you would be interested in attending one of these email Koren at [koren.calder@scottishbooktrust.com](mailto:koren.calder@scottishbooktrust.com). Your name will be added to a waiting list and further details times, dates, venues will be sent to you as soon as they become available.



Koren Calder, Reading Communities Outreach Manager  
| [Koren.Calder@scottishbooktrust.com](mailto:Koren.Calder@scottishbooktrust.com) | | @korenSBT |

