



*“Reading brings us unknown friends.”* Balzac

Bookfeast is an Oxfordshire charity running TeaBooks groups, enabling more people to enjoy and have access to reading because no matter what you read, it can bring you comfort, joy and even better health and wellbeing.

Age UK Oxfordshire is delighted to be able to help circulate their book tips more widely



## Reading is good for you

Did you know reading is good for your health? A Yale University study published in 2016 concluded that reading for just 30 minutes a day was linked to an increase in life expectancy of 23 months! Age UK's recent research also shows that 'reading for pleasure' is the number one creative activity that older people say has an impact on their own sense of wellbeing too - so if you're not already reading regularly then now is the perfect time to start.

Bookfeast regularly supports hundreds of older people to meet, read and discuss books in a whole range of different settings across Oxfordshire, from care homes to pubs, sheltered accommodation to libraries, as part of our popular TeaBooks groups.

If you would like to join us at some point in the future then please contact Amanda on **07826 529232** or email:

**Amanda.ferguson@bookfeast.net** We'd love to see you! In the meantime, enjoy our suggestions for reading in lockdown.

## TEABOOKS SELF ISOLATION READING GUIDE

### BOOKS:

Support an independent Oxfordshire bookshop in difficult times by placing a phone order:

Jaffe & Neale 01608 641033

Mostly Books: 01235 525880

Wallingford Bookshop: 01491 834 383

Coles Bookshop: 01869 320779

### RADIO:

#### BBC Radio 4

- Bookclub with James Naughtie – monthly on a Sunday afternoon and repeated the following Thursday.
- Open Book with Mariella Frostrup – weekly round-up of book reviews Sundays at 4pm, repeated on Thursdays at 3.30pm.
- Book of the Week – serialisation of a book 9.45am – 10.00am Monday to Friday.
- A Book at Bedtime – serialisation of a book 10.45pm – 11pm Monday to Friday and repeated just after the midday news.

RNIB Connect is a radio station available on Freeview Channel 730 (or online or DAB) and plays a blissful hour of an audio book at 2pm every afternoon (repeated at 10pm)

BBC Radio 4 Extra is also a radio station available on Freeview Channel 703 (or online or DAB) playing favourite R4 shows from the archives and a number of literary treats including Booked – a book-lovers quiz with Ian MacMillan and A Good Read with Sue McGregor.

### ONLINE:

You can still borrow e-books and e-audio books through Oxfordshire library service with your library card number and a four digit PIN number or using the 'Forgot your Pin?' function to issue a new one. Oxfordshire Libraries is also running a wonderful online book group via their Facebook page every Thursday so do stay in touch if you can!

### AUDIO:

Search for Librovox on YouTube for free classics and modern fiction or Audible on Amazon for selected titles that are free to download.

### VIRTUAL LITERARY FESTIVAL:

MY VLF [www.myvlf.com](http://www.myvlf.com) was started before lockdown as a way of reducing the carbon footprint of all the travel to literary festivals by authors and audience! It's presented by genre e.g. Romance, Crime Fiction, Historical Fiction.

**Age UK Oxfordshire** usually supports people who are unable to visit the library due to frailty, infirmity or a disability and have no other means of getting access to reading materials through the Home Library Service. Full-time carers and those who might need the service on a short-term basis following debilitating illness or hospitalisation can apply too via **01865 810259** or email **[homelibraryservice@oxfordshire.gov.uk](mailto:homelibraryservice@oxfordshire.gov.uk)** when libraries reopen.