

15 to 21 May 2023

# Mental Health Awareness Week



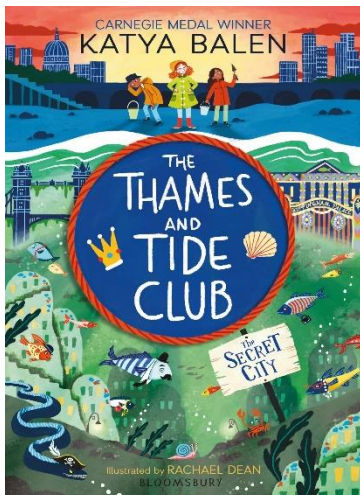
#ToHelpMyAnxiety

**Welcome to Catch the Reading Bug:** This week is Mental Health Awareness Week. The theme this year is 'anxiety' - a normal emotion in us all, but one that can sometimes get out of control and become a mental health problem. Focusing on anxiety for this year's Mental Health Awareness Week aims to increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

**Reading for Pleasure & Mental Health:** From the Scottish Book Trust website: '.....reading, particularly as a leisure activity, has been proven to support and improve mental health. It has a demonstrable impact on common symptoms of loneliness, social (im)mobility and dementia - and studies have indicated that reading can enhance social, mental, emotional and psychological wellbeing in patients with depression. It increases empathy, raises self-esteem, improves employment opportunities, and inspires creativity. Reading for pleasure for college students improves theory of mind, and it develops resilience and wellbeing for older people. So much so, the Mental Health Foundation advises reading books and playing musical instruments as a way to preserve mental health in older age.' Visit [www.scottishbooktrust.com/articles/mental-health-and-the-benefits-of-reading](http://www.scottishbooktrust.com/articles/mental-health-and-the-benefits-of-reading) for links to research findings. Also visit: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Book Worms @ Malvern:** Congratulations to last week's readers of the week ! They included: Esmeray and Theo from the Nursery, Ryan from Miss Murphy's class, Cillian from Miss Fraser's class, Grace from Miss Brown's class and Grace from Mrs Matthews' class.

Reader  
of  
the  
Week

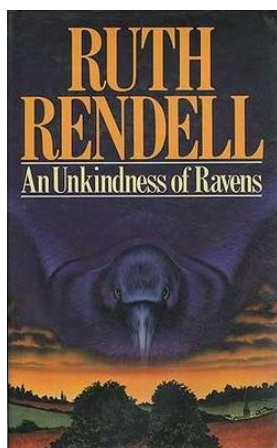


**The Thames and Tide Club and the Secret City:** A group of young wannabe archaeologists get more than they bargained for when searching the banks of the Thames. This Love Reading 4 Kids Pick of the Month was published on May 11<sup>th</sup>. The website says: Award winning Katya Balen spins a delightfully funny and fanciful adventure story as mudlarkers Clem and her friends Ash and Zara find something really special hidden in the Thames riverside. Unearthing it sets them off on a madcap and very, very wet adventure in a London that it is at once familiar and totally unrecognisable. Katya Balen's vividly imagined and brilliantly controlled underwater world is perfectly captured in Rachel Dean's delightful illustrations. For age seven plus.

Katya Balen is brilliant ! I haven't read 'The Thames and Tide Club' yet - but I really loved 'October October' and 'The Light in Everything'



**The Jhalak Prize:** First awarded in March 2017, the Jhalak Prize and its new sister award, the Jhalak Children's & YA Prize (founded in 2020), seek to celebrate books by British/British resident BAME writers. This year's shortlist has six books that showcase a wide range of genres — featuring both illustrated picture books and young adult fiction. Taking in thought provoking discussions on identity, the destabilising effects of violence, social media and toxic relationships as well as highlighting messages of hope and unity, the titles explore a kaleidoscope of themes through inventive narratives. The anonymous benefactor of the Jhalak Prize says: *In Hindi and many Northern Indian dialects, Jhalak means 'glimpse'; implicitly brief, often tantalising with promise, piquing curiosity to explore further.*



**Malvern Community Book Club:** The next meeting will take place on Thursday 8<sup>th</sup> June at 7.30pm in the Bowring Park Pub. Between now and then we're reading 'An Unkindness of Ravens' by Ruth Rendell. The Waterstone's website says: *Detective Chief Inspector Wexford thought he was merely doing a neighbourly good deed when he agreed to talk to Joy Williams about her missing husband. He certainly didn't expect to be investigating a most unusual homicide. Rodney Williams was neither handsome nor wealthy - but he had an unerring eye for a pretty girl and when he disappeared and two other men were later attacked by a young woman, Wexford couldn't help wondering if there was a connection. If there wasn't, where was Rodney Williams and why had he vanished? He had committed no crime - apart from telling his wife the occasional lie...*

**'Books crowbar the world open for you.'** (From 'Rooftoppers' by Katherine Rundell)

Paul Kynaston : Assistant Head Teacher : Reading Advocate : Malvern Primary School : Liverpool : May '23

At home I'm reading **Slade House** by David Mitchell.

The children's book that I'm reading is **Where the River Runs Gold** by Sita Brahmachari.

The Malvern Community Book Club's current book is **An Unkindness of Ravens** by Ruth Rendell.