



THE READER ORGANISATION

presents

'Mind & Body' Readers' Day

in Association with **The Brindley**

Sat 17 May | The Brindley | £20, £15 OAP & Student, £12 Unemployed & Leisure card | Lunch included

A fun, friendly and thought-provoking day for everyone who loves reading, writing and talking about books!

9.00 Doors open, arrive, register, tea | coffee

10.00 Introduction and panel discussion.

THE READER Recommends

Hosted by Jane Davis, Director of The Reader Organisation, our workshop facilitators come together to recommend 'Mind and Body' reads to the whole audience.

Poetry, short stories, novels and non-fiction, there will be an enticing variety of texts to inspire you to get reading. As Richard Steele wrote in *Tatler*, (1709 - 11). 'Reading is to the mind what exercise is to the body.' Aerobics for the brain!

10.45 Tea | coffee break

11.15 AM Morning workshop: choose **one** from options next page

12.30 Lunch, Bookstall

1.30 What's Your Problem? Books on prescription!

Is there something troubling you? A friend in a difficult situation? You don't have to speak personally, or even factually - feel free to make a problem up. Problems could be written and posted to the panel in advance. Panel members will aim to answer your problems by recommending novels and poems which might help.

"My boss tells me he loves me but there's another. I can't work out what I should do what book could possibly help? Perhaps Charlotte Bronte's *Jane Eyre*?"

2.00 Tea | Coffee break

2.15 PM Afternoon workshop: choose **one** from options next page

3.30 Raffle and final reading. The day ends with an enthusiastic and powerful reading by Philip Davis, editor of THE READER magazine, who will read from Bernard Malamud's most-celebrated novel *The Assistant*.

4.00 Finish

Workshop Choices

MORNING

Choose **one** from options below

AM1

The unquiet heart and brain

After the sudden death of his best friend, Alfred Tennyson found himself feeling that life itself had no more meaning or purpose. 'But for the unquiet heart and brain, a use in measured language lies' Over a long period of time he wrote his way through shock, grief and uncertainty. The result, *In Memoriam*, seems as useful and vital as it has ever done. We will discuss just a few of the sections that make up the whole.

Copies sent on booking.

Angela Macmillan, Assistant Editor and GIR project worker

AM2

Connect with a Classic

Jane Austen's novel *Sense and Sensibility* has been featured on TV recently, giving everyone the chance to remember to get around to reading or re-reading it! Come and whet your appetite at a classic beginners reading workshop.

Jane Davis, Director of The Reader Organisation

AM3

Stories and histories

When the body is gone all that is left are the stories others tell about us. So how do we know who historical figures really were? And what about the rest of us? This workshop explores the ways in which, over time, stories cover up the real you.

Chris Routledge, Editor of The Reader Online

AM4

Writing about memories

Would you like to write stories, but don't know where to start? Ever thought about writing down your memories, but don't know where to begin?

Caroline Smailes will lead a friendly discussion, showing how writers can use their own memories to produce plots and tales.

Caroline Smailes, author of *In Search of Adam*

AFTERNOON

Choose **one** from options below

PM1

Prose not Prozac – The Reading Cure

Following a three-page article by author Blake Morrison in the Guardian Review (05.01.08), The Reader Organisation has been inundated with enquiries about our 'Get Into Reading' project. People all over the UK and indeed around the world are



picking up on the idea that poetry and prose could replace Prozac for some sufferers. Jane will talk about the origins and practice of the project - and why she thinks literature can help.

Jane Davis, Director of The Reader Organisation

PM2

The Film of the Book and the Book of the Film Workshop: *The Diving Bell and the Butterfly*

Jean-Dominique suffers a stroke and wakes up locked into his body. His physical immobility leaves him feeling hopeless; but he soon discovers how, through imagination and memory, his mind has no boundaries. Watch the film, read the book, or do both! And come to this workshop to rejoice in, and be inspired by, the power of the mind.

* This film will be shown at The Brindley on Fri 2 May @ 7pm

Ella Jolly, facilitator of 'The Film of the Book and the Book of the Film' workshops

PM3

From birth to death - a journey in poetry

Come and read poems that explore key stages in life; from the wonder of birth to the inevitability of death. Take an opportunity to discuss the changes that effect our bodies and minds. The workshop will investigate how successfully poems can express both the universal and personal experience.

Rebecca Goss, poet and teacher

PM4

The mind of Bernard Malamud (1914-86)

This is a double story:

The story of a biographer – how Philip Davis became the first biographer of the American novelist, Bernard Malamud

The story of a writer – Malamud himself, whose work is about the struggle of ordinary people, after bad starts, to take their second chances and make a life for themselves

Philip Davis, Editor of The Reader magazine

THE READER ORGANISATION exists to promote the good in literature, in the belief that reading can be serious and fun, life-enhancing and creative for everyone. Discover your own way of bringing books to life by visiting our websites:

www.thereader.co.uk

www.getintoreading.org

and find information about our highly acclaimed GET INTO READING project, our quarterly magazine THE READER and our unique programme of live literature events.

Contact The Reader Office on 0151 794 2830 | www.thereader.co.uk

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