

## Contact



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[www.eastcheshirenhslibrary.net](http://www.eastcheshirenhslibrary.net)



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# ECT Staff Book Club

Do you enjoy reading fiction? Do you like to read but struggle to be motivated? Do you enjoy discussing what you've read with others?

The Library and Knowledge Service hosts a Book Club which is open for all staff to join.

## Opening hours

Trust staff have 24/7 access - swipe in with your staff ID badge. Use the self-service kiosk to issue, return or renew books. PCs and study facilities are available.

Staffed library hours:

Monday - Friday 8.30am - 4:30pm

Unstaffed weekends and bank holidays.



Library &amp; Knowledge Service

Facilitating evidence-based decision making at East Cheshire NHS Trust



## How does it work?

- Books are supplied to us by the Cheshire Reading Group Service approximately every 6 weeks. We email you to inform you of the next meeting date and to collect the book from the library.
- The Book Club meets to discuss the book, usually about 6 weeks after the book has been delivered, so you have plenty of time to read it.
- We try to arrange it so at each meeting there is a book to hand back and a new title to take.
- If you can't make it to a meeting then just email your thoughts to the library email at [ecn-tr.stafflibrary@nhs.net](mailto:ecn-tr.stafflibrary@nhs.net) and they will be shared with the meeting. You can also join the meeting via Teams.

## Do I have to read every book?

No, is the simple answer.

You can choose which of the books you'd like to read, you aren't committing to read every title just by signing up.

## Where and when does the Book Club meet?

The Book Club meets in the library in the LE&D Hub on the 1st Floor in New Alderley House.

- Usually on a Tuesday or Wednesday, approximately every 6 weeks.
- Between 12.30pm and 1.30pm, but you don't need to stay for the full hour.
- A meeting invite is sent out, usually 6 weeks ahead of the next meeting.
- Drinks and biscuits are provided.
- You can bring your lunch with you.
- Join the meeting via Teams or in person.

## How are the titles chosen?

The titles we receive are chosen by the Cheshire Reading Group Service from their Book Club collection.

We are also able to request particular titles from the collection.

## Why should I join the Book Club?

There are many proven health benefits to reading, such as reducing stress and improving imagination. By participating in a Book Club, not only will you benefit from reading but you will also gain:

- An oasis of calm amid your busy working day
- Be able to socialise with/get to know other trust staff in an informal setting.
- Have the opportunity to read books that you may not normally choose.

## How do I sign up?

If you'd like to join the Book Club or would like more information, then please contact the library at [ecn-tr.stafflibrary@nhs.net](mailto:ecn-tr.stafflibrary@nhs.net), 01625 661362 or speak to a member of staff at the Reception Desk.