

MEDIA STATEMENT



Friday, 8 September 2017

Library event encourages people to rediscover reading

Thousands of Australians will be taking time out to pick up a book for an hour on Thursday, 14 September as part of a national event aimed at encouraging people to rediscover reading.

Bunbury and Withers libraries will be embracing Australian Reading Hour by challenging people to stop what they are doing for one hour and immerse themselves in a book.

Hundreds of events will be carried out in libraries and bookshops across the nation and Senior Library Officer Kerry Shaw said the aim was for people to either rediscover or introduce themselves to the benefits of reading.

"Australians say reading is their number one enjoyable leisure activity and research shows that reading reduces stress by 68 per cent," Ms Shaw said.

"Of course, reading not only makes us feel good, it's also an important life skill.

"We will have cosy reading nooks set up especially for the day at both libraries and all you have to do is simply choose a book, find a spot and get reading."

Ms Shaw said Bunbury public libraries run reading-related activities all year round, including book clubs, children's storytime, meet the author events, Children's Book Week and National Simultaneous Storytime, but the Australian Reading Hour was the one event that everyone could take part in.

"It is for all ages and all interests, and you can do it at any time of the day or night," she said. "If you can't join us at the library, come in and borrow a book to take home with you for later."

Bunbury City Library is open from 9am to 8pm and Withers Community Library is open from 9am to 5pm on Thursdays.

For more information about the Australian Reading Hour, visit www.australianreadinghour.org.au.

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