



## Course details

### Course title

Care 2: Books for the Soul: Reading for Wellbeing

### Course code

Q00021449

### Course date

Start: 20/05/25

End: 17/06/25

### Number of classes

5 sessions

### Timetable

Tue 20th May, 13:00 to 15:00

Tue 27th May, 13:00 to 15:00

Tue 3rd Jun, 13:00 to 15:00

Tue 10th Jun, 13:00 to 15:00

Tue 17th Jun, 13:00 to 15:00

### Tutor

Nicola Torode

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

**Venue**

Online

**Level of study**

Beginners

**Course overview**

This course is for carers, former carers and the cared for. Do you love the enchanted world of stories? Remember how hearing stories read aloud made you warm and happy? Yes? Then this is the course for you. A friendly, gentle reading and self-discovery circle. The power of shared reading is good for the soul. Come discover modern fiction and true stories on heart-warming themes like friendship, community, hope, love and food. Each week we'll read and reflect on the story, on our own lives. We'll share and tell our own tales, from books we read as children, from stories of our own lives.

**Course description**

During the course, each learner will be invited to write one short piece to share with the group or share a story that stuck with them over the years.

This is for people who enjoy reading, are interested in discovering new stories, learning from different cultures and meeting new people.

Please note: This is not an English literature class. No literary analysis skills needed.

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