

Book Night: a 'first' with a lasting effect

The first-ever Book Night on Tuesday 24 May is designed to motivate hundreds of readers throughout New Zealand to spend part of their evening reading.

"We are delighted that the Book Discussion Scheme is launching Book Night in May," says New Zealand Book Council chief executive, Catriona Ferguson.

"At the Book Council, we firmly believe that reading changes lives; Book Night offers a fantastic opportunity for readers around New Zealand to feel a sense of connection with each other and to celebrate all that a good book has to offer," she says.

Individuals, families and groups can participate in Book Night by reading for at least 15 minutes anytime during the evening of Tuesday, 24th May.

"No matter who you are with or what time of evening it is, grab a book, an e-book, or a comic or magazine and set aside at least a quarter of an hour to enjoy reading," says Barbara Brown, manager of the Book Discussion Scheme.

"Gather up your whanau or book group, invite your friends over, or just curl up with your cat or dog!" she says.

Readers who take part in the event can email a message and (optional) photograph or 'selfie' to the BDS website www.bds.org.nz/booknight Online registration automatically enters them into a prize draw for book vouchers to the value of \$150, sponsored by business solutions software company Chreos (www.chreos.com). Second prize is a \$75 book voucher from Christchurch-based printing company Printmax (www.printmax.co.nz).

Details of the event can be found on the Book Discussion Scheme website www.bds.org.nz The Scheme would like to run Book Night as an annual event.

“Reading for pleasure is the single most important indicator of a child’s future success, according to research by the OECD [Organisation for Economic Co-operation and Development],” says Barbara.

“Regular reading also helps keep adults mentally alert and has positive effects on memory, on stress levels, and our aptitude for imagination and compassion,” she says.

Book Discussion Scheme is the only nationwide book group organisation in New Zealand and has more than 1100 registered book groups for adults, ESOL speakers and migrants, prisoners, and high school and tertiary students. It lends book sets and discussion notes for more than 850 fiction and non-fiction titles.

The Scheme has been promoting reading for more than 40 years and operates from the Christchurch suburb of Sydenham, where it houses more than 40,000 books.

ENDS

Photo: Book Night logo supplied

For further information about local book groups and Book Night 2016, please contact:

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