

Wales
TUC
Cymru



Quick Reads

A toolkit for Union Learning Reps
Wales TUC Cymru

About the Quick Reads toolkit for Union Learning Reps

The aim of this guide is to help union learning reps (ULRs) in Wales to use Quick Reads books in an effective way to promote reading for pleasure in the workplace.

Quick Reads books are short, sharp shots of entertainment. They are books for people who want a fun, fast read, and ideal for those who have lost the reading habit or find reading tough. Improved reading habits can lead to other benefits and as a ULR, you can use these books as a way of introducing yourself to your existing members and new potential members. It could also be a pro-active way to explain your role as a ULR and begin discussing learning opportunities with colleagues that you may not have had previous contact.

This guide has been developed in partnership by the Welsh Books Council and the Wales TUC after consultation with ULR's across Wales who either already use or wish to use Quick Reads as a supporting tool to their work as well as a recruitment tool to attract new members through reading activities.

The Wales TUC is the voice of Wales at work. With 49 member unions, the Wales TUC represents over 400,000 workers. We campaign for a fair deal at work and for social justice at

home and abroad.

The Quick Reads project in Wales is coordinated by the Welsh Books Council and supported by the Welsh Government.

Each year four new titles are published. With one in six adults still struggling to read, the Quick Reads campaign aims to break down barriers and get Wales reading by producing short, gripping books available from libraries, bookshops and online for just £1.

Angharad Sinclair, from the Welsh Books Council, said:

'Quick Reads are short, snappy books with fewer than 100 pages each, and are especially written for people who wish to improve their skills and confidence around reading. By taking a bite-sized approach to reading we aim to overcome any confidence issues and show that reading can be a fun and inspiring activity for all.'



Contents:

What are Quick Reads	4
Why promote Quick Reads?	4
Where do Quick Reads fit in my role as a Union Learning Rep?	7
How can Union Learning Reps get the most out of Quick Reads?	8
Feedback on Quick Reads books	16
How can you get hold of Quick Reads books?	17
Resources	19

What are Quick Reads?

Sport, romance, history, travel, science or mystery – Quick Reads cover a huge range of topics.

Quick Reads are short, easy-to-read books by well-known authors such as Hayley Long, Jon Gower, Bethan Gwanas, Maeve Binchy, Ian Rankin and sporting celebrities like Colin Jackson and Brett Johns.

Since 2006, 101 books have been published in Wales as part of the Quick Reads/Stori Sydyn project. 48 of those books are in the Welsh language.

They are great stories in English and in Welsh and they don't take long to read. They are ideal for those who have lost the habit of reading or those who find reading tough.

Why try Quick Reads?

If you've been put off by reading in the past because the book's too long, it's too big, or the print is too small – now's your chance to try something different.

The benefits of promoting these books in the

workplace are bigger than you may imagine and fit nicely into ideas of promoting learning and skills through 'softer' methods.

Quick Reads have a positive impact on attitudes towards reading, confidence, literacy and engagement in learning.

- 95% of survey respondents said that Quick Reads improved attitudes towards reading for pleasure.
- 91% said that Quick Reads improved literacy skills.
- 86% reported increased confidence.
- 58% said that at least half of their learners enrol on other courses after reading Quick Reads.

Why promote Quick Reads?

1 in 8 adults in Wales struggles with reading and a quarter of the population haven't read a book in the last 6 months.

Reading brings with it a huge number of benefits for both work and personal life. Quick Reads can help people to access those benefits.

The Quick Read books can help those who struggle with reading to improve their skills and expand their vocabulary. They can also support those who rarely read to get into the habit.



The benefits of reading books



"a book is a device to ignite the imagination" - Alan Bennett

What are the benefits of reading?

Employment and Earning Potential

People with strong literacy skills are 2.5 times less likely to be out of work than those with lower literacy skills.

People with higher level reading skills also earn 16% more on average. At the level of the National Minimum Wage this means the difference of £1.31 per hour (calculated 2019). At the level of the average household income that's a difference of more than £4,500 every year.

Health

Good reading skills are closely linked to good health. People with poor literacy are less able to:

- Use important information about how to maintain a healthy lifestyle.
- Access information on symptoms and health concerns.
- Manage existing conditions.

Poor readers are also three times more likely to have daily activity limited by ill health than those with good reading skills.

Digital Literacy

Digital literacy refers to the skills that people need to live, learn, work and participate in a society where more and more services and opportunities are only accessible online. Almost one in five people of working age in Wales lack these skills – a number that is considerably higher than the UK average (13% quoted by Welsh Government – Digital Inclusion publication)

You can't expect anyone to be digitally literate if they don't have good reading skills. Until we improve reading skills in Wales hundreds of thousands of working people will continue to miss out on the benefits of digital services.

Empowerment

Improved reading skill leads to higher self-esteem and greater aspiration. As people's reading skills improve, their ambitions and their desire to access educational opportunities also grow.

Supporting Children

If an adult does not have a decent standard of reading, they will be unable to support their children with their school work and unable to encourage their children to attain a high standard of reading themselves.

Encouragement from parents is one of the key drivers of a child's success at school. Young people who get a lot of encouragement to read from their mother or father are more likely to:

- See themselves as readers.
- Enjoy reading.
- Read a lot.

One of the most effective ways of promoting reading at home is for children to regularly see their parents reading. 47% of children who can read above their expected level say that they see their parents reading a lot at home. (NLT 2012 Family Report)

Union and Political Activism

Improved reading skill gives people greater power to access information and get a full picture of what is happening in their workplaces and in society. The combination of more information and greater self-confidence that comes from reading drives higher levels of union and political participation.

Finally, literacy is a right. The right to education is a key part of the work that the trade union movement has campaigned for its members. Having reps within the workplace allows the union to negotiate with employers on improved access to learning opportunities and increase opportunities for people to improve and progress.

Research has demonstrated that employers underestimate the gaps that people have in their literacy skills – and individuals are often not getting the support that they need in the workplace. Union learning reps can plug that gap in their knowledge and ensure that there is provision for all, striving to make learning fully inclusive and improve members opportunity to progress with a better skills and knowledge portfolio.

Where do Quick Reads fit in my role as a Union Learning Rep?

Union Learning Reps are the driving force behind union learning. They help to identify and deliver learning opportunities for union members. They can also suggest workplace learning projects and initiatives to support the wider work of the union.

However, ULRs are about more than just identifying and sourcing education courses. They can see where colleagues need help and support with improving skills and building confidence.

If you believe that colleagues would benefit from improving their reading skills, then Quick Reads are a great way to help get them started and to introduce books into the workplace.

Reading helps to build self-confidence and motivation. It offers the opportunity to find out so much more about life and opens new ways of thinking and communicating.

ULRs can also build on their own expertise with Quick Reads books. Managing and promoting Quick Reads can improve their social and organisational skills, and, in the process, can help ULRs learn new techniques to add to their own CV and enhance their employability.



How can Union Learning Reps get the most out of Quick Reads?

Here are some practical ideas on what you can do to promote Quick Reads and reading more generally.

Reading Ahead Challenge

Book Swap Shop / Library

Set up an area for colleagues to choose from a box of Quick Reads books and other donated books. Posters and cardboard display stands are available from the Welsh Books Council to market the books.

(Contact details can be found at the rear of this guide).

The swap shop might also include newspapers, magazines and other shared books. Try to ensure a decent selection of both fiction and non-fiction books.

Decide with colleagues whether the intention is to establish a library (where the books will be read and returned) or a swap shop (where the books can be kept). If you decide to go for a library, you will need to make sure that you keep a record of who has borrowed what.

A good way to encourage people to pick up the books is to give people a chance to feedback and share their thoughts on what they've read. Recommendations are always a great way of encouraging others, either by a rating system (e.g : points out of five) or a short snappy written statement about why that book is a 'recommended read.'



Add a blank label to the front of each of the books for a simple mark out of 10 and a one-line comment about what the readers thought of the book.

The feedback from your readers allows ULRs a chance to choose appropriate books that are suitable for their members.



Reading Ahead is a UK-wide project that encourages less confident readers to develop an enjoyment of reading at the same time as improving their literacy skills. It has been running since 2006 and more than 300,000 people have taken part in it.

The idea is for the reader to pick six reads and record their progress in a diary. Choices can include all kinds of texts such as poems, song lyrics, games and magazines as well as books. The Quick Reads books are perfect for this challenge.

You can find detailed information on how to run a Reading Ahead Challenge at:

www.readingagency.org.uk/adults/quick-guides/reading-ahead

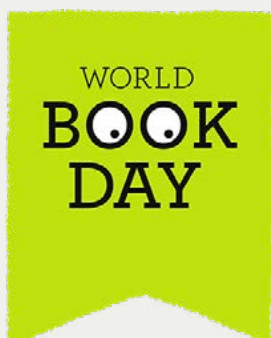
National Reading Celebrations and Events

Every year there are several national celebrations and events which are intended to promote reading. These celebrations can provide a useful hook for workplace activities to promote the Quick Reads.

For most of these events you can download supporting resources and materials directly from the organising website.

The exact dates of many of the following events change each year – so check the websites for the latest information.

World Book Day - www.worldbookday.com

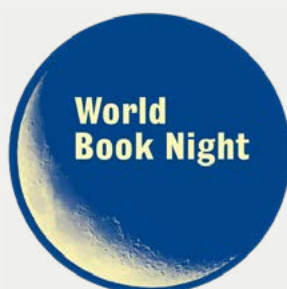


World Book Day is an annual celebration of books and reading. It usually takes place in the first week of March. The main aim is to encourage children to explore the pleasures of reading by providing them with the opportunity to have a book of their own.

While the day is primarily targeted at children, it has a high profile every year in the media and provides an excellent opportunity to hold a celebration in your work place.

World Book Day in Wales (Diwrnod y Llyfr) is coordinated by the Welsh Books Council and supported by the Welsh Government. Contact Welsh Books Council for free bilingual posters and ideas of how you can celebrate at your workplace. (Contact details available at the end of this guide).

World Book Night – www.worldbooknight.org



World Book Night was first celebrated in 2011 and is aimed at adult readers. The focus is to inspire others to read more. Organisations and individuals hold events up and down the country to celebrate the difference that reading makes to our lives.

Events range from book themed parties at home to books swaps in offices. Each year the organisers provide books free of charge to organisations that are holding celebrations.



How about making a display of photographs of your readers holding their favourite book or standing by your book shelf? It makes a great display and is a strong visual that incorporates your colleagues in your reading activity. These could be posted on your social media pages (with the persons permission). #shelfies

Book Lovers Day

Book Lovers Day is held every year on August 9th. Unlike the other annual celebrations listed here, there is no central organisation or team behind the event – it is simply recognised across the world as the day on which it is customary to make time to read and to hold events that celebrate the joys of reading.

National Non-Fiction November

National Non-Fiction November is a month-long celebration of non-fiction books. Like World Book Day, the focus of National Non-Fiction November is primarily promoting books and reading to children. However, plenty of people will be aware of activities that their children are taking part in and it still provides an excellent opportunity to organise workplace events that look at non-fiction themes.

National Poetry Day – www.nationalpoetryday.co.uk

National Poetry Day takes place every October and is organised around a different theme each year. It has been running since 1994 and the aim is to inspire people throughout the UK to enjoy, discover and share poems. Everyone is invited to join in, whether by organising events, displays, competitions or by simply posting favourite lines of poetry on social media using #nationalpoetryday.



You can also link promotion of Quick Reads in with other national holidays, celebrations and events throughout the year. For example, you could arrange a selection of books to display in your reading corner, workplace library or book swap area to coincide with events such as:

Valentine's Day

Quick Reads with a romance theme such as



Cwtch Me If You Can
by Beth Reekles



The Paratrooper's Princess
by Horatio Clare

Six Nations Rugby – Quick Reads by – or about - Welsh rugby stars such as



Captain Courage
by Gareth Thomas



My Sporting Heroes
by Jason Mohammad



Lionheart
by Richard Hibbard



Reset Your Goals
by Jos Andrews
Featuring a chapter on 2019 Grand Slam star Josh Navidi

Book Club

Book clubs are a popular and effective way of getting people started with books and building a sense of community around reading.

The Reading Agency – a national charity – has a range of fantastic resources and information about how to support you starting and running a successful book club: www.readinggroups.org







Here are some ideas to get you started:

Advertising and recruitment: Use posters, flyers, email, or your work's intranet to advertise the plans to set up a book club and see who is interested. Ideally, you'd get about eight people signed up. This is usually enough to get a good discussion going but also means that everyone will get a chance to speak.

Timing: The club should aim to meet every month. If the gap between meetings is too short then people won't have had time to read the book. But if it is too long then people might just forget about it.

Location: Look for somewhere reasonably quiet to meet where you'll all be able to hear each other easily. This could be a staff room, a quiet pub or café, or someone's house.

Choosing books: Take it in turn to choose a book for the club to read. This allows everyone to feel involved and should ensure a variety of books are chosen.

Starting discussions: If you want the group to have a more formal structure you could prepare some questions ahead of the meeting. This might help get conversation started. However, if the group is more informal you could just let the person who chose the book lead the discussion. Points to discuss could include:

- How you felt about the book.
- Favourite characters.
- Most memorable parts.
- Strengths and weaknesses.

Making notes: Taking notes as you read will make it easier for you to remember your thoughts on the book and will give you more to say in meetings.

Do other things together: The book club can be about more than just the book discussions. You could organise a trip to see the film adaptation of a famous book or look for talks being given locally by the authors that you have read.

Social Media

Social media provides a range of tools that allow people to record and publicise their reading

progress, link up with reading events and activities, and encourage others to take part. For example:

Facebook



You could set up a Facebook page for your work book club where people can share ideas, questions or answers to problems. Similarly, you could set up a blog where people can post short reviews of books they've read or provide info about upcoming events

You could also celebrate national reading events by simply posting a picture of yourself on social media with your favourite book. Look out for the Welsh Book Council's #bookselfie competition on World Book Day for the chance to win a reading hamper.

Twitter & Instagram



You can use Twitter and Instagram to take part in events like World Book Day. Each of the national reading events listed above will have a shared hashtag (e.g. #worldbookday). Using that hashtag, you can post about what you're reading, your favourite books, or the difference reading has made to your life.



Create dedicated social media pages and put details of the links on your notice board inviting people to follow you or join your page.

We would love to see examples of your social media pages so please email your links into: ahalpin@tuc.org.uk

Book and TV Adaptations

There are so many programmes and films now adapted from great books and they provide a brilliant route to getting people interested in the original stories.

You could use publicity campaigns around a new film or TV adaptation to promote the books they are based on to colleagues. If you are running a workplace book club, then you could suggest reading specific books alongside high-profile TV shows or movie releases.



Build a display around a current film or tv series with images from the film/tv series and images of original book. Ask for comments about what they like about the film/tv series. Extracts of the book (famous lines etc) could also be displayed around the images along with details of any reading groups you have and your contact details.

Apps for eBook readers

Kindle



One of the most popular eBook reading apps, Kindle contains many free books that span nearly all categories from romance to fiction, non-fiction, historical and more.

Kindle is available in both iOS and Android and options to buy the eBooks that you wish to read are also available.

Goodreads



There are many free books on Goodreads as well as a lot of books to purchase as well, but this is an extremely popular app for those who want to get some of the best recommendations. You can access quotes and play trivia and have access to a vast database of titles.

Available in iOS and Android

Nook



Another popular free application for reading books. The user interface is very 'user friendly' but also includes a section where you can access magazines, newspapers and comics as well.

Available in both iOS and Android

Online Resources

Free Online Short Stories

The internet has many pages that offer free short stories in a multitude of categories that your members can read themselves or with their children. Examples are:

www.bookbub.com

BookBub features limited-time offers for the best free books in over twenty genres, from both top-tier publishers and critically-acclaimed independent authors. These free ebooks are available on all devices, including Kindle, Nook, iPad, and Android

www.readprint.com

ReadPrint is a free web resource where you can read whole books for free online. The site hosts over 8,000 book titles from over 3,500 authors including famous names like Agatha Christie, Charles Dickens, Edgar Allan Poe, George Orwell and Jane Austin and more.

The search function will allow you to browse the site in many categories that include short stories.

Other online resources

By 2030 there will be...

7 million

lonely people in the 60+ age-group alone.

society will face over the next decade. You can

The Reading Agency commissioned a report from leading independent think tank Demos. It lays out the central role reading must play in helping to address many of the most pressing challenges British

download a copy of this fascinating report from the Reading Agency's website in the 'Resources' section entitled **A Society of Readers**. This report will give you many excellent statistics and points to justify the importance of reading for self-improvement, mental health and well being as well as improving social mobility and combating loneliness.

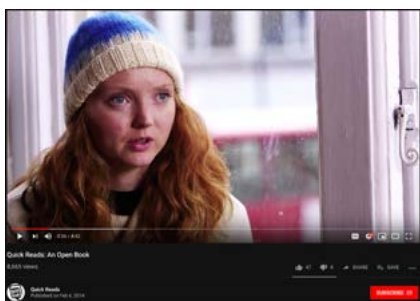
We would encourage you to read and share your thoughts on Twitter and Instagram using the hashtag #PowerOfReading

Documents and articles such as this can be useful tools to keep you abreast of current themes around reading and adult literacy that you can share with your Branch who could assist you with any events or activities that you may be planning to undertake.

Wales TUC will endeavour to keep you up to date through our website and newsletters which you will need to subscribe to. For further details on this, visit www.tuc.org.uk/wales or email wtuc@tuc.org.uk

YouTube as a Resource for Reps to help promote Reading

Quick Reads: An open book



Quick Reads presents 'An Open Book', a short film that celebrates the power of reading. 'An Open Book' features a host of celebrities and

authors, including Lily Cole, Myleene Klass and Andy McNab, who talk openly and passionately about their relationship with reading -- both good and bad.

This video, 'An Open Book' is available to view on the Reading Wales website within the Quick Reads section.

<http://readingwales.org.uk/en/quick-reads/videos/>

If you use social media, adding links to videos like this would be an effective way of communicating with friends and colleagues through a different medium and provide a visual explanation of what you are promoting.

Videos such as these can be used by ULR's to gather positive quotes that they can use when they talk to members about reading. If you have a reading area or a notice board, quotes that capture the joy and positive attributes of reading can be written out and displayed. If you use social media, adding links to videos like this would be an effective way of communicating with friends and colleagues through a different medium and provide a visual explanation of what you are promoting.

These quotes directly from the video capture the enthusiastic way that some people describe reading as an activity:

"The books that I was reading took me somewhere. They took me across the sea, they took me to places that seemed to be more exciting." (Larry Lamb-TV actor and Radio Presenter)

"I read to forget about the rest of the day. I read to escape." (Amanda Holden-Actress)

"The enjoyment that you get from reading a book is second to none." (Ben Shepherd-TV Presenter)

"The experience of reading can just be so wonderful, a good writer can create another world." (Lily Cole – Model and Actress)

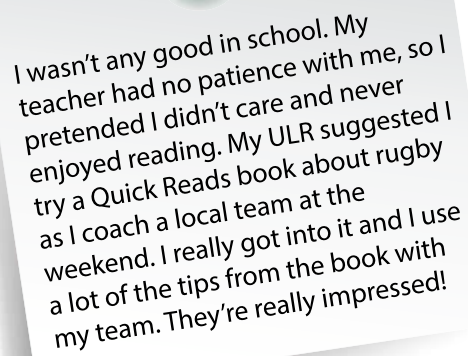
"If you get the right story it just allows your brain to run absolutely wild." (George Lamb – TV Presenter)

"It's like getting a key and unlocking a whole new world, you can go anywhere" (Myleen Klass-Musician and Presenter)

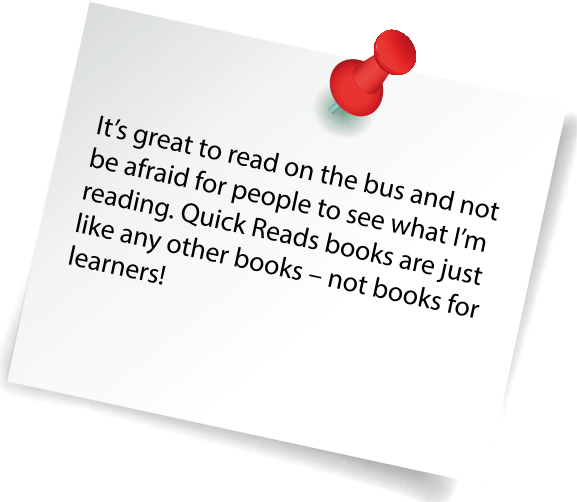
"Sometimes, a book will make me laugh. It enlightens me, it takes me on an adventure to a different place. The world without books would be a very dismal place to live you know" (Barbara Taylor Bradford-Author)

Other quotes can be used as inspirational quotes to encourage reading as a 'first-step' activity to move members closer to improving their literacy skills and general skills.

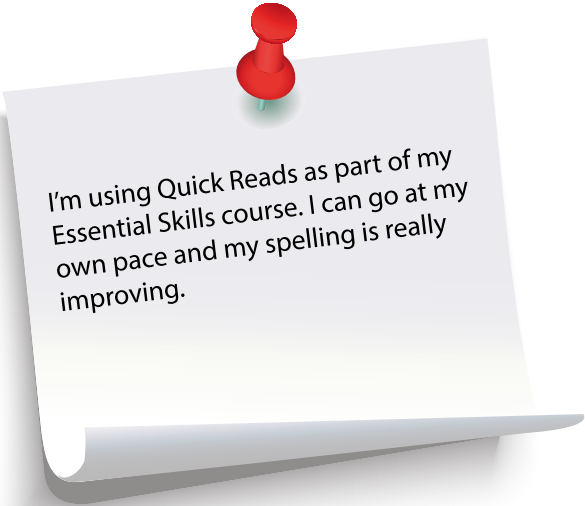
Feedback on Quick Reads books from the Workplace



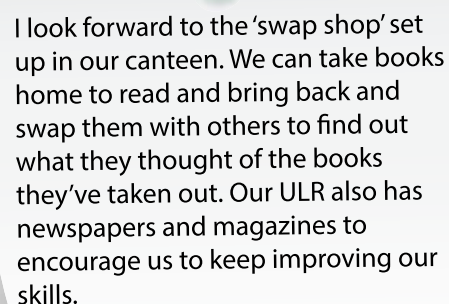
I wasn't any good in school. My teacher had no patience with me, so I pretended I didn't care and never enjoyed reading. My ULR suggested I try a Quick Reads book about rugby as I coach a local team at the weekend. I really got into it and I use a lot of the tips from the book with my team. They're really impressed!



It's great to read on the bus and not be afraid for people to see what I'm reading. Quick Reads books are just like any other books – not books for learners!



I'm using Quick Reads as part of my Essential Skills course. I can go at my own pace and my spelling is really improving.

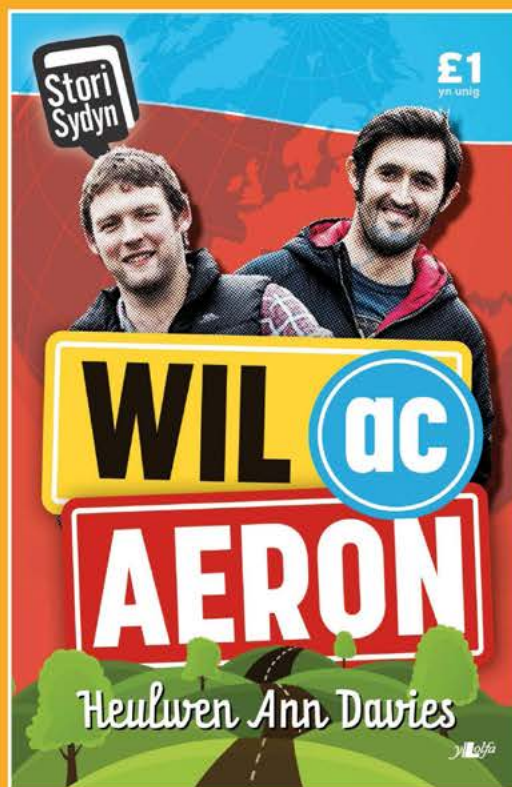
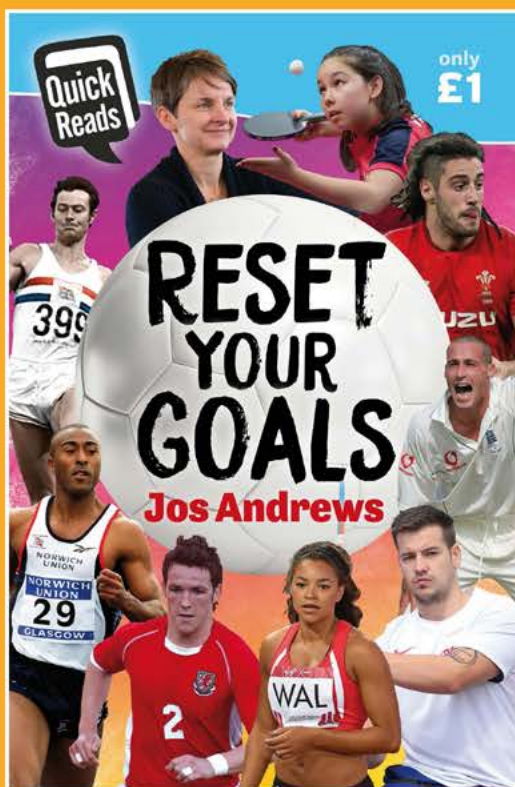
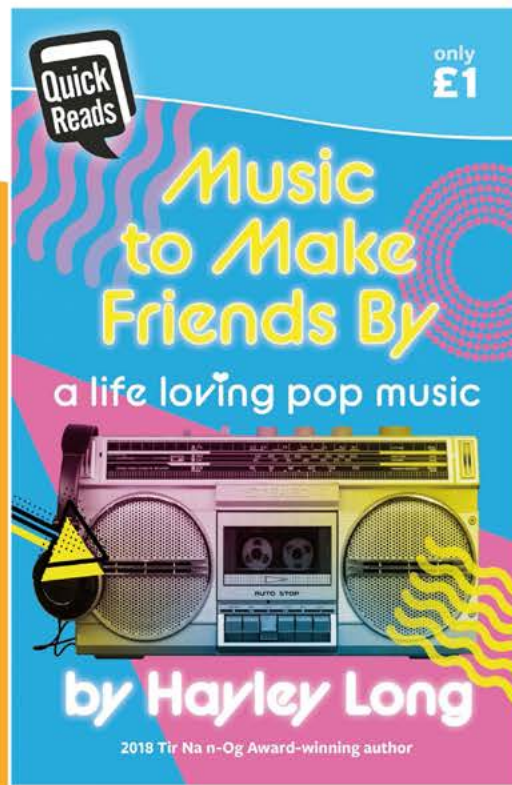
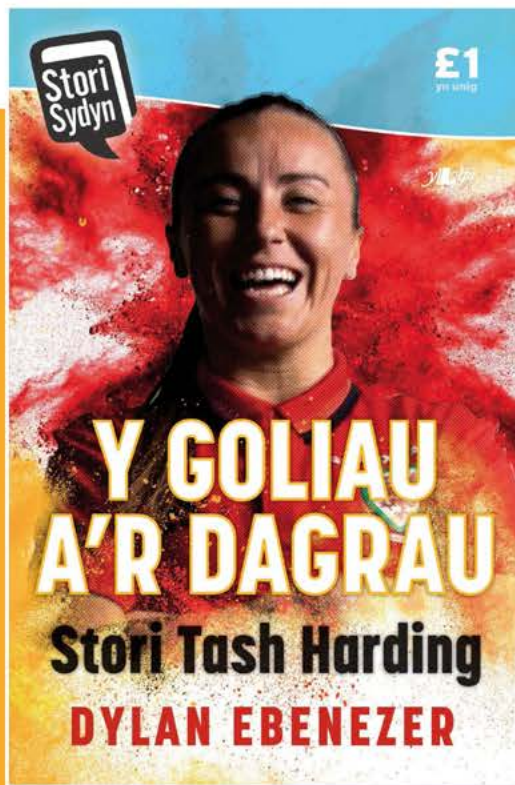


I look forward to the 'swap shop' set up in our canteen. We can take books home to read and bring back and swap them with others to find out what they thought of the books they've taken out. Our ULR also has newspapers and magazines to encourage us to keep improving our skills.



**How can you get
hold of Quick
Reads books?**

Llyfrau Bach – Storiâu Mawr



Small Books – Big Stories

Ar gael mewn siopau llyfrau, llyfrgelloedd ac ar-lein.
Available from bookshops, libraries and online.



 @storisydyn2019
@quickreads2019

darllencymru.org.uk
readingwales.org.uk



CYNGOR LLYFRAU CYMRU
WELSH BOOKS COUNCIL

gwales.com
LLYFRAU AR-LEIN BOOKS ONLINE



Noddir gan
Llywodraeth Cymru
Sponsored by
Welsh Government

Quick Reads books



ISBN No:	Title	Author	Description
9781783759361	My Sporting Heroes	Jason Mohammad	Jason Mohammad chooses his favourite Welsh sporting stars - including his boyhood hero, the former Wales manager Mark Hughes, Ryan Giggs, Baroness Tanni Grey-Thompson, Welsh rugby stars Sam Warburton and Ieuan Evans, boxer Joe Calzaghe and swimmer David Davies.
9781784611118	Cymru a'r Rhyfel Byd Cyntaf *Written in Welsh*	Gwyn Jenkins, Gareth William Jones	The story of the First World War is followed chronologically, as tales about the role of the Welsh nation in the war are relayed.
9781784611125	Ar dy Feic *Written in Welsh*	Phil Stead	The experiences of a Welsh biker on his travels in Wales and France are relayed in this book, together with a general introduction to the popular world of biking. The author writes of the way biking has helped him overcome some difficulties caused by illness.
9781784611132	O'r Llinell Biced I San Steffan *Written in Welsh*	Sian James, Alun Gibbard	30 years ago, Siân James played a key role in the Miners' Strike as organiser of food kitchens that fed strikers and their families. Elected MP for Swansea East in 2005 and portrayed in the recent film 'Pride' she will retire after ten years in office .
9781784611149	Bryn y Crogwr *Written in Welsh*	Bethan Gwanas	A thriller about a tree surgeon who has strange experiences as he treats an old oak tree dating from the rebellion of Owain Glyndŵr.
9781784612474	Y Gosb *Written in Welsh*	Geraint Evans	When Erin is raped, she is determined to find the rapist and punish him, but she makes one mistake, and Detective Gareth Prior and his team have to investigate. A short and exciting detective novel.
9781784612481	Gorau Chwarae Cydchwarea *Written in Welsh*	Dylan Ebenezer	Join author Dylan Ebenezer as he recalls the excitement amongst the Welsh football team and their fans as they secure their place at the Euro 2016 tournament. The perfect companion for football fans, including a bilingual list of footballing terms.
9781784613785	Y Stelciwr *Written in Welsh*	Manon Steffan Ros	Einir looks online for a partner, without realising that he lives in the same street. She is snared and deceived by the stalker.
9781784613792	Rhwng y Pyst – Hunangofiant Owain Fon Williams *Written in Welsh*	Owain Fôn Williams, Lynn Davies	Owain Fôn Williams is a member of the Welsh football squad and in this title in the 'Stori Sydyn' series, we are guided behind the scenes during the success of the team at the Euro 2016 tournament in France in 2016. But we also learn much more about the goalie from Pen-y-groes - he's a musician and artist, and Welsh to the core.
9781784615468	Brett Johns – Ymladdwr *Written in Welsh*	Brett Johns, Alun Gibbard	A volume that provides a glimpse of the intense preparations of Brett Johns, the cage fighter ranked 13th in the world and unbeaten MMA (Mixed Martial Arts) champion.
9781784615475	Arwyr Cymru *Written in Welsh*	Jon Gower	A volume presenting stories about 13 Welsh heroes and heroic movements, both the well-known and the not so well-known: Betsi Cadwaladr, Dic Penderyn, Griffith Jones, Gwenllïan (Princess of Wales), Hedd Wyn, Iolo Morganwg, Jemeima Niclas, Merched Beca, Owain Glyndŵr, Twm Siôn Cati, W. H. Davies, William Williams and the Chartists.
9781784616991	Y Goliau a'r Dagrau- Stori Natasha Harding *Written in Welsh*	Dylan Ebenezer	This is the story of Natasha Harding, who has been a member of the Wales Women's Football Team for many years. Since she began playing in primary school and later in Ysgol Cwm Rhymni, she has faced prejudice but has also witnessed great changes as the profile of women's international football has risen.
9781784617004	Wil ac Aeron *Written in Welsh*	Heulwen Ann Davies	The story of the friendship of Wil and Aeron since childhood in the Dyfi valley. They began performing and scripting for the local Young Farmers Club and this led to an invitation to present a tv programme from the Royal Welsh Show. They have since presented many tv series and radio programmes.
9781786152459	Rugby Dads	Jos Andrews	Being a great dad - on and off the pitch. With personal, family stories from several generations of rugby players and their children, along with tips on how to deal with the stresses and strains of a competitive, strenuous job and family life, this is a rugby book with a difference.

9781786152961	Stargazers	Phil Carradine	In a Middle-Eastern state, Yaniv plans to follow in his father's soldiering footsteps - he wants to travel, adventure and respect. So the offer to escort some stargazers on a mysterious journey seems like a great chance. But his first mission isn't as straightforward as it is expected to be.
9781786155474	Gun Shy – The Story of the Army Dog Scared of War	Angie McDonnell	This is the true tale of a special friendship that started dodging bullets on the enemy lines in Afghanistan and found a happy ending chasing balls across the beaches of South Wales.
9781847711120	Bywyd yn y Coal House *Written in Welsh*	Y Teulu Griffiths, Alun Gibbard	A title in the short and fast-paced series Quick Reads. The experiences of the Griffiths family from Cardigan, one of the families in the first 'Coalhouse' series on BBC Wales. Reprint; first published in February 2009.
9781847711724	Jamie – Y Llew yn Ne Affrica *Written in Welsh*	Jamie Roberts, Lynn Davies	Follow Jamie Roberts's remarkable year with the Wales rugby team and with the Lions in 2009. Jamie is also studying to become a doctor; the book looks at the way Jamie combines his studies with his status as one of Wales's chief rugby heroes.
9781847711731	Ali Yassine – Llais yu Adair Gleision *Written in Welsh*	Ali Yassine, Alun Gibbard	The autobiography of one of Cardiff City's most prominent fans. A book about football, but also about an interesting character with an Arab background. Ali Yassine was the voice behind the microphone at Ninian Park, and now entertains the fans at the new Cardiff City stadium.
9781847711748	Cymru Howard Marks *Written in Welsh*	Howard Marks, Alun Gibbard	Howard Marks was born in Kenfig Hill but did not have much sympathy for Wales and the Welsh language. When he was imprisoned in the USA, as one of the world's most prominent drug smugglers, his country was not too keen to embrace him either. His relationship with his native country has, however, changed since his release.
9781847711755	Hiwmor Nigel *Written in Welsh*	Nigel Owens	A collection of jokes by Nigel Owens, the rugby referee and entertainer from Pontyberem. The book also includes humorous stories (and reveals some secrets!) from the S4C series, 'Bwrw'r Bar' and 'Jonathan'.
9781847712950	Hartson	John Hartson, Lynn Davies	The autobiography of John Hartson, one of Wales's best football players, who battled against cancer in 2009.
9781847712967	Cymry Man U *Written in Welsh*	Gwyn Jenkins	Man U is perhaps the world's best known football club and thousands of supporters live in Wales. But how many of them know that Newton Heath was the club's original name? How many of them can name the Welshmen who played for the club during the last century and earlier?
9781847712974	Tacsi I Hunllef *Written in Welsh*	Gareth F.Williams	An exciting thriller, in the short and fast-paced series Quick Reads.
9781847712981	Mefin – I Gymru yn ol *Written in Welsh*	Mefin Davies, Lynn Davies	This book answers the question why Mefin Davies, Welsh international hooker and proud Welshman, had to play in England. We are told of the way in which he was treated by the WRU and Wales's regional teams prior to his move.
9781847714077	Hunllef *Written in Welsh*	Manon Steffan Ros	A man returns to the town where he grew up to start a new chapter in his life following his marriage breakdown. He has suffered from terrible nightmares for years - nightmares that become more regular after his move to the new flat.
9781847714084	Yr Elyrch – Dathlu'r 100 *Written in Welsh*	Geraint H. Jenkins	This is the story of Swansea City's extraordinarily successful 2010-11 season. In the year of its centenary, the team is also celebrating its first season in the English Premier League. This books gives a history of the club from the beginning in 1912, when Swansea Town was established.
9781847714091	Tu ol l'r Tiara – Bywyd Miss Cymru *Written in Welsh*	Courtenay Hamilton, Alun Gibbard	Courtenay Hamilton found fame after winning the Miss Wales title. But her life behind the tiara is very different. She is a very talented athlete, she trekked to the Arctic, and sang the national anthem when Wales played football. This book tells the story of a very independent, determined young lady.

9781847714107	Cymry yn y Gemau Olympaidd *Written in Welsh*	John Meurig Edwards	For such a small country, Wales has produced some outstanding Olympic athletes in the past and this book introduces us to several that have been successful in their events. The book gives an account of some of our Olympic heroes, such as Lynn Davies and Colin Jackson.
9781847716330	Inc *Written in Welsh*	Manon Steffan Ros	A picture on skin, that is what a tattoo is. But for those who come to Ows' tattoo studio - and for Ows himself - they are a symbol of something deeper than just a decoration in ink on their skin. Everyone has their reason for having a tattoo, and it can sometimes be an unexpected one.
9781847716347	Cymry Mentrus *Written in Welsh*	John Meurig Edwards	Many Welsh people from the past are famous for going on dangerous and challenging adventures. And today people such as Lowri Morgan, Eric Jones, Richard Parks and Elin Haf Davies share that adventurous spirit.
9781847716354	Meddyliau Eilir *Written in Welsh*	Eilir Jones	Eilir Jones has been gathering his thoughts and has come to the conclusion that he lives on a planet full of mad people. He shares his thoughts with us in this book and is willing to help anyone that has been troubled by these people. A humorous look at life's little complexities by the popular comedian.
9781847718358	Oswald *Written in Welsh*	Lleucu Roberts	Oswald is a journalist who writes obituaries in newspapers. He is sacked from his job when he writes an obituary to his mother's boyfriend, who was still alive. He leads a lonely life and is obsessed with funerals. This story is about his attempt to free himself from his obsession.
9781847718365	Foxy'r Llew *Written in Welsh*	Jonathan Davies, Alun Gibbard	A book about the life and career of the popular rugby player Jonathan Davies, who plays centre for Wales and the Lions. He is one of the most prominent Welsh rugby players and has won nearly 40 caps. Jonathan was chosen to play for the British Lions on their tour of Australia in 2013.
9781847718372	Gareth Jones – Y Dyn oedd yn Gwybod Gormod *Written in Welsh*	Alun Gibbard	A story about the journalist Gareth Jones from the Barry who became famous when he revealed the Ukraine famine of the 1930s. He died when he was only 30 years of age, under suspicious circumstances.
9781847718389	Aled a'r Fedal Aur *Written in Welsh*	Aled Sion Davies, Lynn Davies	This is Aled Sion Davies, the Paralympic Champion's story. He won a gold medal for throwing the discus and a bronze medal for the shot putt in the Paralympic Games, London 2012. At only 21 years of age he is one of the youngest athletes in the British squad and one of the most successful.
9781849674003	No Place to Call Home	Llinos Dafydd, Katey Pilling	Children, families, couples – anyone can become homeless. Read the fascinating and emotional personal story about Katey Pilling's experiences of homelessness as a child and as an adult. It really can happen to anyone, even you!
9781849674010	Words Apart – Triumphs over Dyslexia	Llinos Dafydd	A diagnosis of dyslexia can cause anxiety and confusion. This illuminating book shares triumphant stories of people in Wales who have found creative ways of getting to grips with the condition. Some even say that their dyslexia helped them to be more successful.
9781849674065	Reset your Goals	Jos Andrews	Don't worry about failures, worry about the chances you miss when you don't even try. Sportsmen and women talk about dealing with success and disappointment. The common message is I might get knocked down but I get up again. Setbacks are challenges but they don't defeat me. In the words of Wales' Olympic gold medallist, 'If it's to be, it's up to me' Lynn Davies (featured)
9781849674072	Music to Make Friends by – A Life Loving Pop Music	Hayley Long	'Music to Make Friends By' is a funny, uplifting and autobiographical book about the life-changing moments and friendships that result from loving pop music. From buying my first record, aged 9, to teaming up with a friend to DJ in the bars and clubs of Cardiff, each short chapter is packed with music and memories.

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Wales TUC and Quick Reads

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Wales TUC uses returned feedback forms to continue to support the Quick Reads initiative and to highlight their use in the workplace.

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This toolkit will be regularly updated, so we would welcome any comments or suggestions on how it could be improved. Please let us know if you notice anything that is out of date, unclear, or that you think may need correcting or updating.

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