

Saltash Library Hub NEWSLETTER

National Wellness Month

Thursday 4th

Sarah-Linda Johnson presents

2.45 - 3.15pm Mindfulness Group Session

3.30 - 4pm Alexander Technique Session

Friday 19th

Introduction to Physical Therapy sessions

Tuesday 23rd

Sarah-Linda Johnson presents

2 - 2.30pm Mindfulness Group Session

2.45 - 3.15pm Alexander Technique Session

Thursday 25th

Healthy Eating with Waitrose Saltash



Summer Reading Challenge 2022

GADGETEERS

Presented by The Reading Agency.
Delivered in partnership with libraries.

Become a Saltash Gadget Club reader.
Have a go at our Virtual Reality Headset
and enter our Lego gadget competition
to win a LEGO gadget prize.

BUILD A
GADGET

'WORKSHOP'

Sat 20th August



AUGUST 2022

This month

Saltash Library Hub ANTIQUES

FAKE OR FORTUNES?

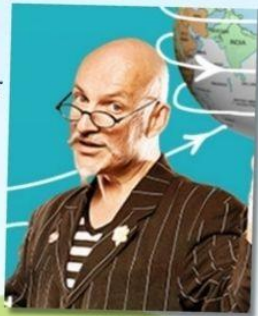


10.30 - 12.30 pm **THURSDAY 11TH AUGUST**
Saltash Library Hub is host to **RICHARD HAMM**
from art auctioneers **BEARNES, HAMPTON & LITTLEWOOD**
giving **FREE** valuations and identification on family
heirlooms and attic treasures.
Pop on in - you never know!

Saltash Library Hub is at Saltash Regatta this year

**POP ALONG, SAY HELLO
AND ENJOY OUR STORYTELLERS
ON THE HOUR EVERY HOUR**

Saturday 3rd Sept.
International Storyteller
& Children's Author
CLIVE PIGG



Sunday 4th Sept.
'TALES OF WONDER
& NATURE' with
Storyteller & Author
LISA SCHNEIDAU

MEET THE AUTHOR



**PLYMOUTH ARGYLE
On This Day**



History, Facts & Figures
from Every Day of the Year
RICK COWDERY

Former ARGYLE Head of Communications,
author and Saltash resident

RICK COWDERY

visits Saltash Library Hub on Saturday
27th August, 11.30 am kick-off.

Rick will delight us with anecdotes and
stories about his books and his time with
the 'Greens' throughout the years.



'DEBBIE' is here!

A new virtual one stop shop of
information is here at Saltash Library
Hub for you to explore.

**WATCH OUT
THE GIANTS
ARE COMING!**

Welcome to
SALTASH



Ласкаво просимо в Салташ

For Ukrainian nationals needing support:-
email - homesforukraine@cornwall.gov.uk

For more daily Library information & updates,
check our Facebook page - www.facebook.com/saltashlibraryhub