

# Saltash Library Hub NEWSLETTER



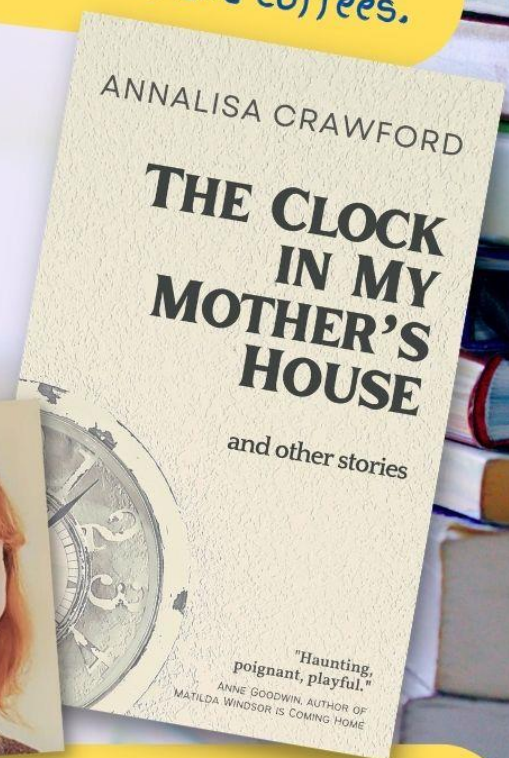
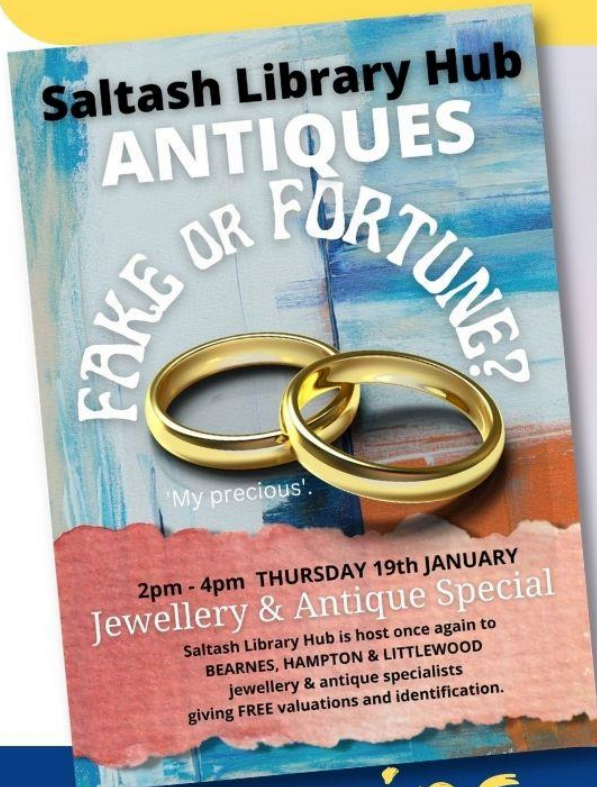
## WARM SPACE

The Library Hub has a 'Warm Space' for residents wishing to spend some time here during the winter days. Bring in your re-usable cup for free teas and coffees.

Enjoy a free one hour taste of mindfulness with Sarah-Linda Johnson.

Thursday January 12th 11am

Mindfulness is a gentle, wise and friendly way of lessening the grip of unhelpful thoughts and behaviours that interfere with our wellbeing.



An invitation to meet amazing Saltash author Annalisa Crawford at her book launch.

Thursday 19th January 11.30am

Well-Being **JANUARY 2023**



More this month . . .

## Saltash Library Hub

# FILM FRIDAYS

## Well-being JANUARY

Great family films every Friday at 2pm.

HAVE YOUR SAY

## It's a big deal for Cornwall

...and it's a big deal for you. To secure extra powers to make our own decisions about the things that are important to us, we'd need to change the way Cornwall Council is run by having an elected Mayor.

We'd get 30 years of extra funding, and powers to...

Build more homes for local people



Provide more skills and training



Improve Cornwall's transport



Invest in innovation



Invest in green energy



Promote and protect the Cornish Language



It's your Cornwall, and your future.

Get involved and have your say by 17 February 2023



letstalk.cornwall.gov.uk/bigdeal  
or call 0300 1231 118 to request a paper copy



CORNWALL COUNCIL  
one and all - o'nen hag all

Did you know?

You can reserve books and audiobooks on your library card on the website.  
[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

### Saltash Library Hub

## Writers Club

Every second Saturday morning of the month in 2023 we are hosting a writers club for anyone to come in and be creative and have some fun.

If you would like to join please let us know or simply pop in to the first session on Saturday 14th January at 11am.

### Saltash Library Hub

Adult rock-painting craft afternoon

Monday  
30th January 2pm

WIN A £10 BOOK TOKEN

In partnership with THE BOOKSHELF SALTASH

## WORD QUIZ MONTH

## The Book Club

We are starting a monthly book club where you can discuss your favourite books, receive book recommendations and also meet professional authors. Pass in details if you would like to join.

### Saltash Library Hub

Peter, our amazing computer expert is back in the Library on Thursdays  
26th January, 9th and 23rd February.  
10am - midday



If you need FREE advice on anything, pop in and see Peter.  
From switching a computer on to online banking and shopping, Peter can help.  
We have FREE public computers as well in the Library for you to use.

## Storytime Mondays

Starting on Monday  
9th January 10.30am for pre-school children.

Did you know?

You can read newspapers and magazines for FREE on PRESSREADER via your library card online.

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

For Ukrainian nationals needing support email:- [homesforukraine@cornwall.gov.uk](mailto:homesforukraine@cornwall.gov.uk)

For more daily Library information & updates,  
check our Facebook page - [www.facebook.com/saltashlibraryhub](http://www.facebook.com/saltashlibraryhub)

