

Saltash Library Hub NEWSLETTER

WARM SPACE

The Library Hub has a 'Warm Space' for residents. Bring in your re-usable cup for free teas and coffees.

FILM FRIDAYS

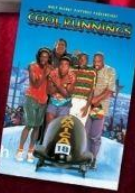
FEBRUARY

Every Friday at 2pm.



Friday 3rd February

Friday 10th February



Friday 17th February

Friday 24th February



A free beginners guide to Yoga with Gee.



'Yoga with Gee' are a set of free beginner Hatha Yoga classes.

A gentle flow of Yoga for all abilities and ages which will also have nourishing mindfulness meditation practises embedded in the class. No expectations, it is just your time to be in the present moment and hold space for yourself.

'Hi, my name is Gee and I am a Yoga, Meditation Teacher. I have been practicing Yoga for 22 years and I am a registered Yoga Teacher (RYT 200) with Yoga Alliance and CIMPSA (Chartered Institute for the Management of Sport and Physical Activity). I am a qualified teacher in Hatha, Vinyasa Yoga, Yin Yoga, Restorative Yoga, Yoga Nidra, Pranayama Breathwork, and Kids Yoga, and hold a PGCE Professional Teaching Qualification and a First Class Honors degree in Art and Design.'

Monday 13th and 27th February - 11am

What to bring:-
Wear comfortable clothing
A Yoga mat or if not, a beach towel
A blanket / yoga Blocks or a cushion
A drink for hydration



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

Thursday February 16th 11am

Join Sarah-Linda for a free introduction to the Alexander Technique.

Thursday February 23rd 11am

Do you want to find out how to keep healthier and more active?

A Healthier Me in 2023!

A FREE event to improve your health and wellbeing!

Information and advice on support including



- Stroke
- Cancer
- Diabetes
- Smoking cessation
- Alcohol limits
- Healthy eating
- Social Prescribing and much more....!



Including demonstration on easy chair exercises to improve your mobility.

Thursday 2nd February, 10:30am -12:30pm
At Saltash Library, PL12 6DX



Free refreshments. All welcome!



HOME LIBRARY SERVICE

Saltash Town Council have taken over the running of the service.

If you would like to volunteer or need more information please ask in the Library Hub.

Well-Being

FEBRUARY 2023

More this month . . .

Saltash Library Hub

Presents free performances from

Script-in-Hand and TheAtré

The Star Child

During a snow blizzard, two poor woodcutters discover an abandoned baby deep in the forest. So begins the tale of the Star Child...

A dramatic presentation of the short story written by Oscar Wilde.

Adapted and directed by Jenny and Paul Shryane

Saturday 18th February

10.30am and 11.45am

Limited to 20 per performance.

Register FREE with the Library.

ANTIQUES FAKE OR FORTUNE?

10.30am - 12.30pm
MONDAY 20th FEBRUARY
Painting & Antique Special

Saltash Library Hub is host once again to BEARNES, HAMPTON & LITTLEWOOD painting & antique specialists giving FREE valuations and identification.

Saltash Library Hub

Childrens
rock-painting
craft
morning

Saturday
25th February 11am

COMING SOON

CONNECTIONS
@ SALTASH LIBRARY HUB

10th - 19th March
as part of British Science Week

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.

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 Library Hub at 11am on every second Saturday.

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.

Storytime
Mondays

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

WIN A
£10 BOOK
TOKEN

In partnership with
THE BOOKSHELF
SALTASH

WORD QUIZ
of the
MONTH

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

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