

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.

FREE
WITH YOUR LIBRARY CARD



 **pressreader**
Digital news stand featuring over 7,000 of the world's
most popular newspapers and magazines.



CONNECTIONS @ SALTASH LIBRARY HUB

10th - 19th March

as part of **British Science Week**

Activities, events, keynote speakers & competitions
Win a telescope and look at the stars.

We are all made of stars

What is Evolution?

The Natural World

Engineering
& Technology

Spaceport Cornwall -
An exciting future



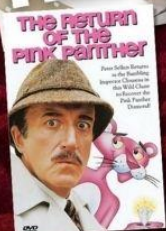
HOME LIBRARY SERVICE

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.

FILM FRIDAYS

Great fun films
Fridays at 2pm.



Friday 3rd
March



Friday 24th
March



Friday 31st
March

MARCH 2023

More this month . . .

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 CIMSPA (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 Class and hold a PGCE Professional Teaching Qualification and a First Class Honors degree in Art and Design.'

Monday 20th and 27th March - 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



WIN A
£10 BOOK
TOKEN

in partnership with
THE BOOKSHELF
SALTASH

WORD QUIZ of the MONTH

Peter, our amazing computer expert is back in the Library on Thursdays:-
2nd, 16th and 30th March,
13th and 27th April.



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.

SIGN UP IN THE SALTASH
LIBRARY COMMUNITY HUB

SOUTH WEST READING CHALLENGE 2023!!

6TH FEB - 6TH JUNE

Read to win!!
Complete 2, 4
or 6 reads for
your chance
to win great
prizes!

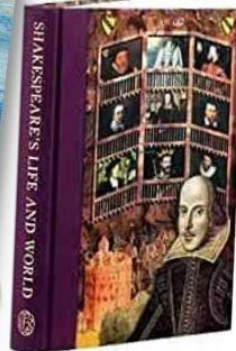


WIN THESE GREAT PRIZES!

A Lenova laptop
An Amazon Fire Tablet
A Bluetooth Speaker

Shakespeare Week Quiz

Win a copy of
'Shakespeare's Life
and World' -
Simply answer
the two following
questions.



- Where was Shakespeare born?
a. Saltash b. London c. Stratford-upon-Avon
- Which famous line from 'Hamlet' is correct?
a. 'To be or not to be, this might take a while'.
b. 'To be or not to be, that is the question'.
c. 'To be or not to be, hang on a moment'.

email your answers and details to -
saltash.library@iscornwall.org.uk
or drop your beautifully handwritten
answers with your contact details in
the Library no later than 26th March.



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.

COMING SOON

THE BIG GREEN ENVIRONMENT SHOW

@ SALTASH LIBRARY HUB

Spring events & activities throughout April



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

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