

Saltash Town Council Library Hub NEWSLETTER

JANUARY 2024

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

Thursday 11th January
11am - 12 noon

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

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

With regular practise, we learn how we can
experience more ease, stability and contentment
in our lives.

Whatever our circumstances may be
Sarah-Linda will guide you through some simple
mindful pauses and practices.

All levels of experience welcome.



A guide to Yoga with Gee.



'Yoga with Gee' is an introduction
to Hatha Yoga.

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.

Saturday 20th January 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

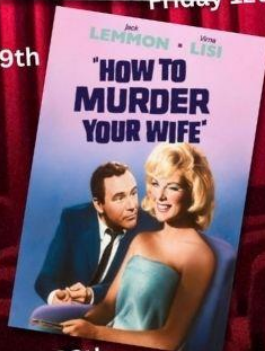


Wellness month

Saltash Town Council
Library Hub

JANUARY
Great family films every
Friday at 2pm.

**FILM
FRIDAYS**



**GIANT CRAZY
GAMES DAY**

Saturday 27th January
from 10.30am



WarmSpace

available during opening hours

Notice Board

Wellness month
FREE events & activities

Necklaces Earrings
Bracelets
Brooches

Jewellery Craft Club
Thursday
18th January 2pm
All welcome

Waste Engagement Roadshow

Thursday 25th January 10am - 2pm

Cornwall Council will be visiting the Library Hub to answer any questions you may have about the new waste collection roll-out planned for 2024



SATURDAY BOOK CLUB

THE BRILLIANT & FOREVER
KEVIN MACNEIL

BOOK OF THE MONTH

27th JANUARY 11am
ALL WELCOME

Saltash Town Council
Library Hub

ANTIQUES
FAKE OR FORTUNE

10.30am - 12.30pm
THURSDAY 25th JANUARY

Paintings & Prints

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

STORY TIME
Every Monday 10.30am

MUSIC MAN
Every Tuesday 10.30am

LEGO CLUB
Every Thursday 3.30pm

facebook FOR ALL FREE EVENTS & ACTIVITIES

WIN A £10 BOOK TOKEN
in partnership with THE BOOKSHELF SALTASH

WORD QUIZ of the MONTH

December's events & activities



CHRISTMAS CLAY CLUB

Loads of fun and mess was made by happy families making tree decorations.

NADELIK - 'CHRISTMAS IN CORNWALL' BY CRAIG BARR-GREEN

Children enjoying the interactive music and storytelling.



ALL DAY CHRISTMAS PARTY

Films, games, crafts, food and general mayhem at the all day party in the Library Hub.

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

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