



Love Life Love Libraries

Health & Wellbeing Week
3-10 February 2018

*Free events across North
Lanarkshire's libraries*

*Booking in advance with the library
is recommended as spaces at some
events are limited.*





Get Active

Chair Yoga taster

Join us for some gentle exercise. Chair yoga is ideal for improving flexibility, breathing and relaxation, and is designed for those with mobility issues or other health concerns.

Mon 5 Feb, 10.30-11.30am,
Kilsyth Library

Pilates ABC

Silvia Catani is a qualified Pilates instructor and her passion for Pilates is evident in her teaching. In these Pilates taster sessions, Silvia will be running through some Pilates ABCs (Alignment, Breathing and Centring) and spending a bit of time to explore our body. Please wear comfortable clothing.

Mon 5 Feb, 10.30-11.30am,
Chryston Library



Clubbercise Taster Session

Do you want to have a go at the latest fitness fun? Then come along to our taster session of Clubbercise. Join in with simple, fun dance fitness routines using glow stick and great tunes. All ages welcome.



Tue 6 Feb, 11.30am-12.30pm,
Chryston Library

Wed 7 Feb, 11.00am-12.00pm,
Wishaw Library

Thur 8 Feb, 11.30am-12.30pm,
Airdrie Library

Library Amble

A short and gentle walk lasting no longer than an hour. Join us for some fresh air, friendly chat and who knows even sunshine!

Tue 6 Feb, 10.30am,
Wishaw Library

Fri 9 Feb, 10.00am,
Bellshill Cultural Centre



Macmillan Friendly Walk

Walking is one of the most popular forms of activity and a great way to get active. This walk will suit people with long-term health conditions, including cancer, and will include friendly, knowledgeable, trained walk leaders, safe routes and a welcoming atmosphere.

Wed 7 Feb, 9.30am,
Motherwell Library





Heritage Walk

Join us for a guided walk around Kilsyth taking in the Burngreen, Historic Town centre, Pikey Pond, River Kelvin, the Mausoleum, then finishing back at the library. The distance is 2.5 miles and will be on surfaced paths.

Fri 9 Feb, 10.30-11.30am,
Kilsyth Library

Meet the cuties – Family Photo Walk with Dogs

Join our photography tutors for a family friendly photo walk in the park with two very cute dogs. Get some top tips on how to take great family photos.

For families with children 6 – 9yrs. Children must be accompanied at all time. Starting and finishing at Bellshill Cultural Centre. Wear clothes for the weather (walking to the local park and back).

Sat 10 Feb, 12-2pm,
Bellshill Cultural Centre

Tea Dance

Get those toes tapping to some great old tunes, sing and dance along and have fun at our Tea Dance. Refreshments will be available for donation.

Sat 10 Feb, 10.30am-12pm,
Bellshill Cultural Centre





Make Family Health Fun!

Harry Potter Celebration

Join us for all things Harry Potter to celebrate Harry Potter day. There will be a family quiz so get reading! Ask in the library for more information!

Sat 3 Feb, 1-3pm,
Motherwell Library

Harry Potter Quiz Night

Join us to find out just how good your knowledge is of all things Harry Potter! Get sorted to find out if you are Gryffindor or Hufflepuff and join together to battle it out to find the top Harry Potter experts.

Wed 7 Feb, 5.30-6.30pm,
Coatbridge Library

Healthy Bookbug

Feel good, healthy Bookbug session with amazing action songs and rhymes that's sure to put a smile on your little one's face!

Mon 5 Feb

10-10.30am,
Bellshill Cultural Centre,
0-18 months

10-10.45am,
Coatbridge Library,
0-3 years

10.30-11.15am,
Newmains Library,
18-36 months

10.40-11.10am,
Bellshill Cultural
Centre,
18 months to 4 years

2-2.45pm,
Chryston Library, 0-3 years

Tue 6 Feb

10-10.45am,
Kilsyth Library, 0-3 years

10.30-11.30am,
Abronhill Library, 0-3 years

2-2.30pm,
Moodiesburn Library, 0-3 years

Wed 7 Feb

10-10.45am,
Cumbernauld Library,
0-3 years

10-10.45am,
Newmains Library,
0-3 years





10.30-11.15am,
Wishaw Library,
0-3 years

2-2.45pm,
Coatbridge Library,
0-3 years

Thur 8 Feb

10-10.45am,
Cumbernauld Library,
0-3 years

Fri 9 Feb

10 -10.30am,
Motherwell Library,
0-3 years

10-10.45am,
Coatbridge Library,
0-3 years

10-10.45am,
Cumbernauld Library,
0-18 months

10-10.45am,
Wishaw Library,
18-36 months

10.30-11.00am,
Stepps Library,
0-3 years

11-11.45am,
Wishaw Library,
0-18 months

Sat 10 Feb

10.45-11.30am,
Wishaw Library,
0-3 years

**Hidden Treasure Art & Drama
Workshop**

Explore hidden treasures found in an old dusty attic. What could we find? Old letters, a secret map of treasure! Take part in this art and drama workshop where we will make hidden treasures and bring them to life with storytelling.

Tue 6 Feb, 3.30-5pm,
Chapelhall Library





Generally Healthy!

Write and publish your own Children's Book Workshop

Join a writer for this informal but informative workshop where you can get great tips on the best way to start writing for children. Learn how to self-publish your work in three easy steps.

16 years+.

Fri 9 Feb, 10.30am-12.30pm,
Stepps Library

Laughter Bus

Songs and stories with Gerry on the mobile library bus visiting sheltered housing complexes within North Lanarkshire.

Tue 6 Feb, 10am-12pm

Volunteering

Ever thought about volunteering but not sure how? Come along and learn about volunteering, what's involved and the opportunities available in North Lanarkshire.

Mon 5 Feb, 2.30- 3.30pm,
Airdrie Library

CAP Money Taster

The CAP Money Course, designed by Christians Against Poverty, is a revolutionary DVD-based money management course that teaches people budgeting skills and it is a simple, cash-based system that really works. It helps you to take control of YOUR finances by following the principles of Budget, Save and Spend

Mon 5 Feb, 10-11am,
Wishaw Library

Movie Matinee singalong

Sing-a-long to one of your favourite movies at this special screening of South Pacific!

Tue 6 Feb, 2.30pm,
Viewpark Library

Read Yourself Healthy

Mood boosting Read

Improve your mood with an uplifting read! Join a book group near you!

Sat 3 Feb

2-3pm, Motherwell Library



Tue 6 Feb

11am-12pm, Stepps Library
6-7pm,
Bellshill Cultural Centre

Wed 7 Feb

2-3pm,
Chryston Library

2-3pm
Motherwell Library Crime Book Group

Fri 9 Feb

2-3pm,
Condorrat Library

2-3pm,
Kilsyth Library

Open Book Group

Did you know that reading can be healthy? Join us to chat about books and consider the benefits of reading and joining a book group. No prior reading required.

Thur 8 Feb, 5.30-6.30pm,
Motherwell Library

Drop-in Mood-Boosting book group

Relax and enjoy having uplifting stories and poems read to you. No need to read anything in advance, just bring yourself along.

Fri 9 Feb, 2-3.30pm,
Coatbridge Library

Virgil

The Visually Impaired Reading Group that meets in Cumbernauld Library will be reading a Healthy Reading Plus mood-boosting title this month. Contact the library for more information.

Wed 14 Feb, 1-2pm,
Cumbernauld Library





Healthy Body & Mind

Tobacco Awareness

Chat to someone who will be raising awareness about tobacco and the dangers of second hand smoke within the home and around children.

Mon 5 Feb, 9.30am-1.30pm,
Airdrie Library

Thur 8 Feb, 10am-2pm,
Coatbridge Library

Healthy Eating

Find out more about healthy eating and healthy fruit with granola pots on hand with the Lanarkshire Community Food Health Partnership (also promoting Healthy Mummy, Happy Baby and Healthy Start vitamins).

Wed 7 Feb, 10am-12pm,
Wishaw Library



Breast Awareness Workshop or Drop-in

An interactive breast awareness workshop with information around signs and symptoms to look out for, including what is breast cancer, checking your breasts, breast screening and breast cancer in men.

Tue 6 Feb, 2-4pm,
Airdrie Library

Suicide talk

Become more aware of suicide prevention and discover some of the beliefs and ideas about suicide in communities and in yourself. Imagine a suicide safer community.

Thu 8 Feb, 2-3.30pm,
Airdrie Library

Slow Food

Celebrate the food revolution with workshops and films for the family on good healthy "slow" food.

Sat 10 Feb, 3-4.30pm,
Cumbernauld Library

Healthy Learning

Perhaps you want to learn more about a particular health interest or just fancy learning more about a subject of your choice. Find out what short online courses are available and get ready to exercise the brain.

Fri 9 Feb, 3-4pm, Motherwell Library

Health @ Your Fingertips

Come along to our drop-in session and learn how to navigate health information using health websites and apps.

Thu 8 Feb, 10.30am-12.30pm,
Coatbridge Library



Pamper Session

There's nothing like a wee pamper to make your day. If you are feeling stressed or low or just fancy a wee break, come along for a hand or head massage and a mini manicure courtesy of Coatbridge College therapists. Booking essential.

Thu 8 Feb, 2-4.30pm, Coatbridge Library

Get Informed!

Health and Care Information That You Can Trust.

Have a chat with NHS 24 staff who can show you the range of services offered via phone, webchat and websites which provide information about care and care services for people living in Scotland. These include:

- NHS inform providing information to help you look after your own and your family's health such as healthy living, conditions and treatments
- Care Information Scotland - if you look after someone, need care yourself or are planning for your future care needs, you can get the



information and advice you need.

- Smokeline is an advice and support service for anyone trying to stop smoking in Scotland.

Tue 6 Feb, 10am-4pm,
Motherwell Library

Wed 7 Feb, 10am-4pm,
Airdrie Library

Well-Informed

Visit the information stall where you will find a number of resources on mental health and well-being, including CDs, leaflets and quizzes. We will be taking enquiries relating to mental health and well-being, providing information and signposting to other organisations where relevant.

Mon 5 Feb

10am-12pm, Chryston Library
1-3pm, Moodiesburn Library

Tue 6 Feb

10am-12pm, Condorrat Library
1-3pm, Abronhill Library

Wed 7 Feb

10am-12pm, Stepps Library
2-4pm, Shotts Library



Dementia Awareness

What's the difference between dementia and Alzheimer's disease? What can you do in your community to make sure it's inclusive to everyone with dementia? Find out more about dementia at this information session.

Mon 5 Feb, 3-4pm,
Wishaw Library

Tue 6 Feb, 11am-12pm, Airdrie Library



Healthy Start

Making the most of your Healthy Start Scheme promoting the benefits of the scheme, application forms, maternal and infant vitamins.

Tue 6 Feb

10.45am, Kilsyth Library

2.30pm, Moodiesburn Library

Fri 9 Feb

9-11.30am, Airdrie Library

Macmillan in Lanarkshire

A profile raising event showcasing the new cancer environment located in Bellshill Cultural Centre. A chance to find out about the role volunteers play supporting people affected by cancer in accessing services and support people to be more physically active with Macmillan Move More.



Mon 5 Feb, 11am- 1pm,
Bellshill Cultural Centre

Remember the Past!

Browse and Blether

Join Aileen and Jayne as they dip into the past with our reminiscence material including books, flash cards, memorabilia and smell box. So come along, have a seat and a natter about memories from the past.

Mon 5 Feb, 2-4pm, Coatbridge Library

Fri 9 Feb, 2-3.30pm, Cleland Library

Memories online

There are lots of ways to use technology and websites as a trip down memory lane. Join our Open Learning Officers to take a look at



some of the websites and be pointed in the direction of others. No IT experience necessary.

Wed 7 Feb, 11am-12pm,
Bellshill Cultural Centre

Cuppa and a cake with the B Flat Miners

The life of a miner performed in story and song by three talented Summerlee Museum staff. The performance takes the audience on a journey from the 1940s to the present day. Enjoy a cuppa and a slice of cake during the performance. Free but booking advised.

Tue 6 Feb, 11.30am- 12.15pm,
Cumbernauld Library

Childhood Games and Play

Get together for a chat about how life has changed with reminiscence objects around childhood and play and share stories and memories.

Tue 6 Feb, 1-2.30pm,
Airdrie Library

In the Mood

A community singing session where you can enjoy tunes from the 1950s and 1960s, including a selection of Scots favourites.

Wed 7 Feb, 10.30am,
Condorrat Library

Calum's Monologues

Calum will entertain you with his humorous monologues with a Scottish feel.

Wed 7 Feb, 10.30-11.30am,
Cumbernauld Library

Up the Dancing

Get together for a chat about how life has changed with reminiscence objects around dancing and dance halls around Glasgow and Lanarkshire and share stories and memories.

Thur 8 Feb, 1.00-2.30pm,
Wishaw Library



Through the Decades

Enjoy well known songs from the 1940s right through to the 1970s with the theatre group Cats Pyjamas.

Thur 8 Feb, 2-3pm,
Bellshill Cultural Centre

Find your Inner Artist

Crafternoon

Join us for our regular crafternoon sessions. Bring your own project or have a go at something different like bookfolding or cross stitch. The sessions are always a good way of sharing ideas, getting help or being inspired.

Mon 5 Feb 1.30-3pm,
Motherwell Library

Wed 7 Feb, 3.30-4.30pm,
Wishaw Library

Sat 10 Feb, 1.30-3.30pm,
Bellshill Cultural Centre

Card making Afternoon

A fun and relaxing afternoon learning new skills in card making.

Tue 6 Feb, 2-3pm,
Coatbridge Library

Colouring for Calmness

Need time to de-stress? Then come along and focus your mind on some calming colouring in. Unwind in your relaxing library setting and chat to others who share your interest. All materials are provided.

Tue 6 Feb

10-11am, New Stevenston Library
11am-12.30pm, Stepps Library

Wed 7 Feb

11am-12pm, Chryston Library
2.30-3.30pm, Cleland Library

Thur 8 Feb

11am-12pm, Coatbridge Library
11am-12pm, Newarthill Library



Embroidery taster

Come along and try out some embroidery, whether you are a beginner or experienced. Enjoy being creative and having a blether!

Wed 7 Feb, 12.30-2.30pm,
Airdrie Library



Embroiderers' Guild

Caricatures with Calum

Calum will sketch a well-known celebrity and help and encourage others to join in and attempt their own caricature.

Wed 7 Feb, 2-3pm,
Cumbernauld Library

Stitches

Join an interactive session of needlecraft for participants of all levels of skill and experience.

Thur 8 Feb, 5.30-6.30pm,
Chapelhall Library

Knit & Yarn

Meet up for a knit and chat session.

Fri 9 Feb, 2.30-3.30pm,
Wishaw Library





Venue Listing

Abronhill Library,

17 Pine Rd, Cumbernauld, G67 3BE

t. 01236 731503

Airdrie Library,

Wellwynd, Airdrie, ML6 0AG

t. 01236 758070

Bellshill Cultural Centre,

John Street, Bellshill, ML4 1RJ

t. 01698 346770

Chapelhall Library,

2 Honeywell Cres, Chapelhall,
Airdrie ML6 8XW

t. 01236 750099

Chryston Library,

Lindsaybeg Rd, Chryston, G69 9DL

t. 01236 856281

Cleland Library,

7 Main St, Cleland ML1 5QW

t. 01698 860487

Coatbridge Library,

Buchanan Centre, 126 Main St,
Coatbridge, ML5 3BJ

t. 01236 856444

Condorrat Library,

North Rd, Cumbernauld, G68 9AE

t. 01236 736615

Cumbernauld Library,

8 Allander Walk,
Cumbernauld, G67 1EE

t. 01236 618190

Kilsyth Library,

Burngreen, Kilsyth, G65 0HT

t. 01236 632880

Moodiesburn Library,

Glenmanor Ave, Moodiesburn,
G69 0DL

t. 01236 856295



Motherwell Library,

35 Hamilton Road, Motherwell, ML1 3BZ

t. 01698 332626

Newmains Library,

15 Manse Rd, Newmains, ML2 9AX

t. 01698 520680

New Stevenston Library,

Coronation Rd E, Motherwell, ML1 4HX

t. 01698 403787

Newarthill Library,

1 Kirkhall Rd, Newarthill ML1 5BB

t. 01698 732033

Shotts Library,

Benhar Rd, Shotts ML7 5EN

t. 01501 821556

Stepps Library,

10 Blenheim Ave, Stepps, G33 6FH

t. 01236 638555

Viewpark Library,

135 Burnhead St,

Uddingston, G71 5AT

t. 01698 812801

Wishaw Library,

The Houldsworth Centre,

Wishaw, ML2 7LP

t. 01698 524960





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