



Love Life Love Libraries

Health & Wellbeing Week
3-8 February 2020

*Free events across North
Lanarkshire's libraries*



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



Love Life Love Libraries

Come along and join us for a week of events for all ages and stages that will help your physical, mental and emotional wellbeing in a warm and welcoming environment. New for 2020, **It's All About YOU!** is a day jam packed with information to support your health & wellbeing at Bellshill Culture Centre on Tuesday 4 February.

All events are free but places may be limited for some events so please book at the library to ensure your space!

Get Active!

Gentle Movement Taster

Gentle Movement is based on Chi Gung, an ancient Chinese practice aligning breathing, physical activity, mental and spiritual awareness. Come and try Gentle Movement in a safe space with supportive people. No need to wear any specialist clothing – come as you are!

Monday 3 February, 1.30pm-2.30pm
Airdrie Library

Tuesday 4 February, 11.15am-12pm
Bellshill Cultural Centre

Kilsyth Heritage Walk

Paul Carter from Friends of Kelvin Valley will be your guide on a walk from his popular leaflet *Kilsyth Walks: 7 Great Routes* (available in Kilsyth Library). He will be taking you on Route 4, from the

Library to the Lime Road which includes the High Line, the Lime Road and the Garrel Glen, finishing back at the library. The distance is 5K, an elevation of 90m and will be on surfaced paths and minor roads. Please dress appropriately for the weather.

Friday 7 February, 10.30am-1pm
Kilsyth Library

Walking Book Group

Like to get outdoors but also enjoy reading? Join us as we walk around a local park while chatting about a book or short story we have all read. The Motherwell group will start at the library and come back afterwards for a cuppa. While the Coatbridge group will meet at the café at Drumpellier park. Remember to collect the book at the library before the day. Please note there will be no trained walk leader at this event, at own risk.

Monday 3 February, 10.30am-11.30am
Motherwell Library

Thursday 6 February, 10am-11am
Coatbridge Library

The walk will take place at Drumpellier Park. Teas and coffees will be available for sale from Drumpellier cafe.

Make Family Health Fun!

Crazy Library Golf

Bring your little ones along to Coatbridge Library and try a hand at our book themed 6 hole crazy golf course (suitable for ages 3-8).

Monday 3 to Saturday 8 February
Coatbridge Library



Healthy Bookbug

Celebrate the joy of singing at your local Bookbug session!

We know that Stories, songs and rhymes help you and your child feel more relaxed and give you time to cuddle and help you bond with your child. This week we'll share the science behind Bookbug and find out how songs and rhymes are good to help your wee one develop language skills, boost their confidence, and encourage them to draw and write! For children ages 0-4 with parents and carers.

To find a Library Bookbug near you, visit culturenl.co.uk/libraries/children/bookbug/



Stronger than you Know Community event with author Renita Boyle

Sharing our stories across generations is vital to health and wellbeing. Sharing stories across the generations grounds us, gives voice to our experiences, allows us to share wisdom and joy and helps us to express difficult emotions. Storytelling is healing and healthful. Come and join us in a joyous, safe and nurturing space for families of all ages to explore and share their stories and wisdom with one another.

Saturday 8 February, 10am-12pm
Cumbernauld Library



Therapet Visit

Therapets will be visiting Coatbridge Library and Bellshill Cultural Centre! Perfect for young dog lovers and reluctant readers, this session will start with a short talk on 'Children and Dogs' which will teach children how to behave around dogs. Then there'll be a chance to read aloud to the dog, give it cuddles and treats! Places are limited so booking is essential. Children must be accompanied by their parent or carer. For ages 5-12.

Tuesday 4 February, 3.30pm-4.30pm
Bellshill Cultural Centre

Saturday 8 February, 2pm-3pm
Coatbridge Library

Generally Healthy!

Code Club taster session

Log in and have a go at our fun scratch sessions.

Monday 3 February, 4pm-4.45pm
Cumbernauld Library

Fool On! Taster session Music Workshop

Fool On are a mental health charity who promote positive mental wellbeing through the performing arts. At our workshops we offer music tuition, vocal coaching comedy and creative writing. This session will give you a taste of our workshops!

Wednesday 5 February, 10am-11am
Bellshill Cultural Centre



Wednesday 5 February, 2pm-3pm

Coatbridge Library

Thursday 6 February, 2pm-3pm

Wishaw Library

Friday 7 February, 2pm-3pm

Airdrie Library

Great Bookish Bake Off!

Love books? Literary puns? Cakes? Yes, us too at Cumbernauld Library! For Love Life, Love Libraries, join us in combining all three by bringing your favourite book to life in edible form! We will host a tea party where all the entries will be deliberated and devoured!

For more information and an entry form, please ask library staff.

Saturday 8 February, 2pm-4pm

Cumbernauld Library

New Tricks loves 'Love Life Love Libraries'

It's quiz time!

Come along and join a team for a fun, stimulating quiz, guaranteed to exercise your brain cells and make you smile. Enjoy a cup of tea in good company to follow.

Tuesday 4 February, 2pm-4pm

Airdrie Library



Read Yourself Healthy!

Mood Boosting Book Group

Come along to one of our Book Groups meeting regularly in libraries. This month we will be discussing a Mood Boosting title to celebrate our Love Life Love Libraries week! For more information visit culturenl.co.uk/libraries/whats-on-libraries/book-groups/

If you are new to a Book Group please check with the library to ensure there are spaces available.

The Science of Bookbug - Building a Bond

Singing and rhyming is a wonderful way for mums, dads and carers to bond with their children. Music is proven to help reduce stress levels and spending just a few minutes a day sharing a song or rhyme together can have a positive impact on everyone's mental health.

Our Bookbug Coordinator looks at the science behind the fun sessions and the importance of words, rhythms and rhymes. Refreshments available.

Wednesday 5 February, 10.45am - 11.15am

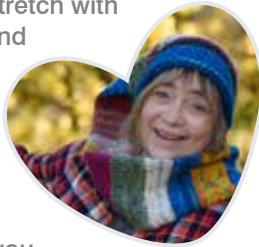
Cumbernauld Library



Shared Reading

Join the reading revolution! Shared Reading brings people together through great literature to talk, laugh and share. There's no pressure to talk or read, join in as much as you like or just sit back and relax with a cuppa. To find out more come along to our taster session during our **It's all about YOU** day in Bellshill Cultural Centre, join the group that meets regularly in Coatbridge Library or come along to our special Shared Reading event*with author Renita Boyle with the theme *Stronger than you know*.

How will Child make peace with the sadness that seeps into everything? Come for a walk in the Far, Far Forest. Pick a basket of blackberries. Sip from the singing stream; listen to the song most needed; weave a web of strength and acceptance; stretch with the cone flowers and rest in the lull of bees. Join Child and her wild friends. Discover how to take just the next step. You are stronger than you know.



Tuesday 4 February, 10am-11.30am
Coatbridge Library

Tuesday 4 February, 2pm-3pm
Bellshill Cultural Centre

Friday 7 February, 10.30am-12pm
***Coatbridge Library**

Healthy Body & Mind

Pamper Session

There's nothing like a wee pamper to make your day and make you feel better. If you are feeling stressed or low or just fancy a wee break and a chance to relax, come along to Coatbridge Library and enjoy Coatbridge College therapy students perform hand treatments. Booking essential.

Monday 3 February, 10am-12pm
Coatbridge Library

Breast awareness and cervical screening awareness drop in session

A drop-in session that covers interactive breast awareness information around signs and symptoms, what is breast cancer, breast self-awareness, and breast screening and key facts and benefits of attending cervical screening.

Wednesday 5 February, 2pm-3pm
Airdrie Library

Get Informed!

The Legal 6 Must Dos!

A free 45 minute talk every Scot over 50 should attend.

It will cover Power of Attorney, Wills, Advance Directive, Equity Release, Plan Ahead for Care Costs and Legal Aid.

Tuesday 4 February, 12pm-1pm
Bellshill Cultural Centre

Wednesday 5 February, 2.30pm-3.30pm
Airdrie Library

Friday 7 February, 2.30pm-3.30pm
Cumbernauld Library



IT'S ALL ABOUT YOU



Tuesday 4 February

10am-4pm

Bellshill Cultural Centre

Join us for a day jam packed with information stands from organisations across Lanarkshire, as well as some great events to support your health and wellbeing.

Programme of events

- 10am-11am BIG Bookbug
- 11am-12pm Gentle Movement
- 12pm-1pm 6 Legal Must Dos
- 1pm-2pm Cats Pyjamas Hoorah for Hollywood
- 2pm-3pm Shared Reading
- 2pm-3pm Browse and Blether
- 3.30pm-4.30pm Therapets

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Remember the Past!

Browse and Blether

Join us to dip into the past with our reminiscence material including old artefacts ie ash tray, cigarette case, books and toys from days gone by and old local photographs. So come along, take a seat and have a natter about memories from the past.

Tuesday 4 February, 2pm-3pm

Bellshill Cultural Centre

Wednesday 5 February 11am-12pm

Coatbridge Library

Thursday 6 February, 2pm-3pm

Cumbernauld Library

Calum's Monologues

Calum will entertain you with his humorous monologues with a Scottish feel. A dramatic soliloquy by one speaker!

Wednesday 5 February, 2pm-3pm

Wishaw Library

Hooray for Hollywood!

Enjoy well known songs from the past with theatre group Cats Pyjamas. A cabaret filled with songs from Hollywood Movie Musicals (Gypsy, Singing In the Rain, Chitty Chitty Bang Bang, Mary Poppins, Annie, Cabaret, Sweet Charity - plus some others) There is bound to be one you can singalong to whilst you browse the library shelves or just come to listen and join in!



Tuesday 4 February, 1-2pm

Bellshill Cultural Centre

Silver Screen – Magnificent Mondays at the Library!

Banish those winter blues with a classic black and white movie on a Monday morning. Tea and coffee afterwards and a chance to share your thoughts on the movie with like-minded fans.

Monday 3 February, 9.30am-11.30am

Cumbernauld Library

Find Your Inner Artist!

Crafternoon

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

Tuesday 4 February, 2pm-3pm

Friday 7 February, 2pm-3pm

Bellshill Cultural Centre

Knit and Natter

Do you enjoy knitting or crochet? Fancy a chat with like-minded people? If you answered 'yes', then our Knit n Natter groups might be for you! Suitable for beginners and experts alike, come along and share your knitting and crochet skills or learn new ones in good company while having fun in the library.



Monday 3 February, 10.30am-11.30am

New Stevenston Library

Monday 3 February, 1.30pm-3.00pm

Shotts Library

Tuesday 4 February, 12.30pm-3pm

Coatbridge Library

Wednesday 5 February, 1pm-3pm

Friday 7 February, 1pm-3pm

Cumbernauld Library

Wednesday 5 February, 2pm-3pm

Airdrie Library

Friday 7 February, 2.30pm-3.30pm

Wishaw Library



Tuesday 11 February 11-3pm
Health and Wellbeing Fair
& Green Health Event

Join in a range of activities designed to help improve your health & wellbeing including Green Health activities to help you connect with the outdoors. Find out about the services and classes available in your area.

No admission charge.

Summerlee Museum of Scottish Industrial Life

Heritage Way, Coatbridge ML5 1QD

01236 638460

web: culturenl/summerlee



Venues Listing

Abronnhill Library,

17 Pine Road, 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 Crescent,
Chapelhall, Airdrie ML6 8XW
t. 01236 750099

Chryston Library,

Lindsaybeg Road, Chryston, G69 9DL
t. 01236 856281

Cleland Library,

7 Main Street, Cleland ML1 5QW
t. 01698 860487

Coatbridge Library,

Buchanan Centre, 126 Main Street,
Coatbridge, ML5 3BJ
t. 01236 856444

Condorrat Library,

North Road, 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 Avenue,
Moodiesburn, G69 0DL
t. 01236 856295

Motherwell Library,

35 Hamilton Road, Motherwell, ML1 3BZ
t. 01698 332626

Newmains Library,

15 Manse Road, Newmains, ML2 9AX
t. 01698 520680

New Stevenston Library,

Coronation Road, Motherwell, ML1 4HX
t. 01698 403787

Newarthill Library,

1 Kirkhall Road, Newarthill ML1 5BB
t. 01698 732033

Shotts Library,

Benhar Road, Shotts ML7 5EN
t. 01501 821556

Stepps Library,

10 Blenheim Avenue, Stepps, G33 6FH
t: 01236 638555

Viewpark Library,

135 Burnhead Street,
Uddingston, G71 5AT
t. 01698 812801

Wishaw Library,

The Houldsworth Centre,
Wishaw, ML2 7LP
t. 01698 524960



Can you spare 6 minutes a day for reading?

This Love Life Love Libraries Week we are launching our new reading challenge – Read Well NL. The challenge is to read for at least 6 minutes every day, which has been proven to have a positive impact on an individual's health and wellbeing. It will be running across all CultureNL Libraries from Monday 3rd February – Friday 17th April 2020.

The challenge is open to everyone, adults and children, and you can read any book as part of this. We have lots of recommendations in our libraries if you need some help getting started! Everyone who completes the challenge will be entered into our prize draw to win a 'Read Well' book kit – we have one for adults and one for children – and we will announce our winners on World Book Night (Thursday 23rd April 2020).

So what are you waiting for?! Set aside at least 6 minutes a day for some reading, whether it's to give yourself a bit of 'you' time or to snuggle up and read with your little one, and experience the benefits to your health and wellbeing.

You can sign up in your local library or online.

For more information please speak to a member of staff or visit:
culturenl.co.uk/readwellnl



Share your positivity by submitting a short message about what made you love life today.

Visit www.culturenl.co.uk/lovelife/today to submit your message or speak to a member of library staff.



For more information about CultureNL Libraries visit www.culturenl.co.uk/libraries



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