

Shropshire Libraries

Shrewsbury Library Warm Spaces Newsletter

SHROPSHIRE



The Winter Warm Spaces initiative is funded by the UK government and aims to provide places where people can go to for free to meet friends, socialise, join in activities and keep warm over the winter months. Shrewsbury Library is pleased to be a part of this initiative and one of the Warm Spaces across Shropshire.

Free Facilities Available at Shrewsbury Library:

Warm library space
Public toilets and menstrual products
WIFI and public computers
Hot drinks (October - March)
Friendly staff on site to help you
No time limit - stay all day, 6 days per week
Jigsaws to do and board games to play
Mindful colouring table
Light Therapy lamp
Free events (see below)



Events Available:

Chair Yoga with Jenna Blair Yoga Studio

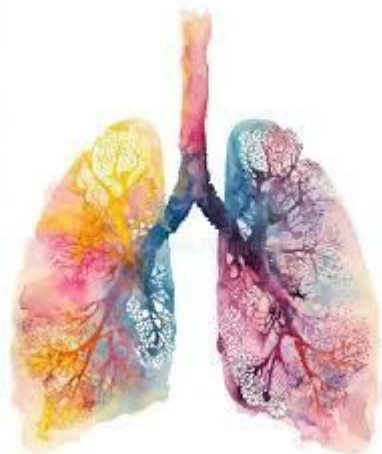


Fridays at 10am - 7th November to 12th December

Chair yoga classes are designed to be gentle, making them suitable for seniors, individuals with limited mobility, or those recovering from injuries.

Please speak to a member of staff for more information and to book places.

Breathing Workshops - 3 week courses

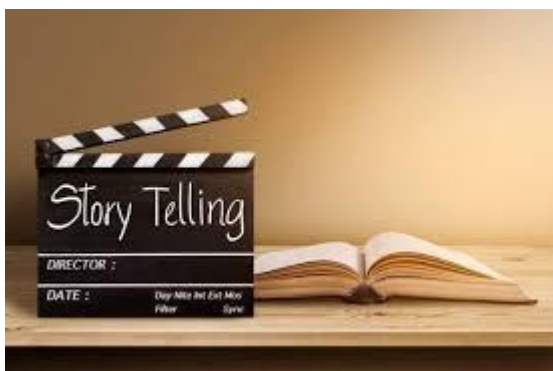


Tuesdays at 10:30am from 11th November for 3 weeks and Wednesdays at 10:30am from 26th November for 3 weeks

We all breathe, but very few of us are breathing to our full potential. These three sessions are your path to unlocking the natural power of your breath to transform your body and mind.

Please speak to a member of staff for more information and to book places.

Danielle Free Storytelling



5-8 years: Tuesdays 4:30-5:30pm from 16th September

9-12 years: Tuesdays 5:45-7pm from 16th September

A fun, engaging oral storytelling club, designed to build confidence, courage and oracy skills in children, through the magical art of spoken stories.



Scan QR code to book

We are here for you

If you are struggling this winter, come to the library and ask for some help. We cannot promise to have the answer to every question, but we can promise to do everything we can to help you find it. Whether you need a phone number or a referral, or just a friendly chat and a warm place to be, your library is here to help you. Everyone is welcome and there is no charge. As always, we also have a catalogue or regular events continuing throughout the winter months.

Images from istock.

To book for any of these events, or for further information, please contact Shrewsbury Library on 01743 255308 or shrewsbury.library@shropshire.gov.uk

If you or anybody you know is interested in running an event at the library, or if you have any ideas for new events we could run, please get in contact!