

Feeling Good at the Hub

South Normanton Library on 24th and 25th February 2012

Friday 24th February 2012 - Drop in sessions

Mood Boosting Books promotion – books with a feel good effect.

Meet the Book Doctor who will help you choose something new to read and chat to you about books

Pick up one of the latest Quick Reads – perfect for life on the go. Some great titles and authors for you to try.

10.00 am – 12.00 pm

Alternative therapy treatments: Pamper yourself with a 15 minute mini treatment of Indian Head Massage or Aromatherapy hand massage from experienced therapist Jenny Raphael

10.15 am – 11.00 am

Stories to make you Smile: Stories, songs and crafts for the under 5s
(Please book your free tickets for this at the library)

10.30 am – 12.00 pm

Poems to Lift Your Spirits with River Wolton

Poetry balloons; poetry lucky-dip; instant poems to take away

2.00 pm – 3.00 pm

Readings in the Bistro – Mood Boosting Books and Quick Reads
Sit back, relax and listen to readings with your cup of tea or coffee

3.30 pm – 4.15 pm

Meet Danny the Listening Dog – come and say hello to lovely Danny, the dog who helps children to read. All welcome

Friday 24th February 2012 - Workshop sessions – please book tickets for these **free** sessions at the library

12.30 pm - 2.00 pm

Aromatherapy Workshop with Jenny Raphael

Find out about essential oils, what they are & how they can help with well being. We will look at several stress relieving essential oils. Learn how to safely blend oils for massage then carry out a hand and lower arm massage. All materials provided.

1.30 pm – 3.30 pm

Say it with Words with poet/writer River Wolton. A fun and friendly session and a chance to have a go at writing for, or about, family, friends and children. Create a keepsake or a gift. All materials provided.

Friday 24th February (continued)

2.15 pm – 3.45 pm

Indian Head Massage Workshop with Jenny Raphael

Come along and have a go at a basic Indian Massage. Indian Head massage works over those key tension areas, upper back, shoulders, neck & scalp. It is carried out over light clothing (t-shirt, lightweight top) without the need for oils.

Saturday 25th February 2012 – Drop in sessions

Mood Boosting Books promotion – books with a feel good effect

Meet the Book Doctor who will help you choose something new to read and chat to you about books

Pick up one of the latest Quick Reads – perfect for life on the go. Some great titles and authors for you to try

11.45 am – 12.15 pm

Meet Word Wizard and author Andy Newbound who will be selling his books and signing them

Saturday 25th February - Workshop sessions – please book tickets for these **free** sessions at the library

10.00 am – 11.30 am

Word Wizard Andy Newbound will run this fabulous session for children of all ages. Word quizzes, buzzers and basket ball, book fun and games. Win free chocolates. Fun for all the family.

10.00 am – 12.00 pm

Wellbeing Creative writing workshop. Need some time just for you? Why not come along and try Creative Writing? Led by poet and writer Cathy Grindrod, this workshop is for anyone who'd like to have a go at creative writing and meet other interested people. Friendly, no pressure, free! All materials provided.

10.15 am – 11.00 am and again at 11.30 am – 12.15 pm

Laughter Lift! Get a boost of laughter with Laughing John! A feel-good session consisting of jokes and laughter therapy including, some new funny ways to get the giggles. The session should leave you feeling great and very uplifted with lots of laughs guaranteed. Suitable for ages 8 to 80! "Hilarious, infectious and very entertaining!"



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