

**Libraries**  
ReadLearnConnect



# LIBRARIES WEEK

## 8-13 OCTOBER 2018

**This year's Libraries Week focuses on wellbeing. Libraries across Islington are bringing communities together to combat loneliness, provide a space for reading and creativity, and support people with their mental health.**  
**#librariesweek**

**Most events are free!**

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Week**  
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2018



**ISLINGTON**

## Special events

**Wednesday 10 October**  
**10 –11am**

**Central Library**

**Launch of Women's Health Resource**

This fantastic new resource covers all aspects of women's mental and physical health and wellbeing and includes 100 book titles. Join us for the launch!

**Saturday 13 October 6-8pm**

**Finsbury Library**

**Words Play**

Join us for a special one off pop up Late at the Library event at Finsbury Library. Join Word2018 festival partners including All Change, Lyrix Organix, Key Changes and House of Illustration for an intergenerational celebration of words. Featuring live poetry, spoken word, music and more from exceptional artists and local people.

## Health and wellbeing

**Monday 8 - Friday 12 October**  
**10am - 4pm**

**Central Library, N5 1PF**  
**and**

**Finsbury Library, EC1V 4NB**

**Health checks**

NHS Health Checks are free health check-ups that act as a midlife MOT, available to Islington residents aged 40-74. The checks are part of a national programme and are designed to spot the early signs of health problems. The health check takes between 20 and 30 minutes and includes some simple questions, measurements, and a simple blood test for cholesterol and diabetes.

**Saturday 13 October**

Wondering what to do during over the weekends? Why not take the kids for a walk? We have a number of walks that pass by our libraries, so you can pop in on route.

For information on these walks, as well as information on topics such as diet, mental health, drug misuse, sexual health visit:

[www.oneyouislington.org](http://www.oneyouislington.org)

## Walks with 'One You Islington'

**All week**

Find out about Islington's past with a local history walk from Archway Library to Crouch Hill.

## Exercise classes

**Tuesday 9 October 1.30pm**

**North Library**

**Tuesday 9 October 2pm**

**West Library**

**Gentle exercise**

A gentle exercise class for older people.

**Thursday 11 October 11.30am**

**Cat and Mouse Library**

**Pilates**

Wear loose clothing and bring a mat for this Pilates class. £3 per session. For details call 07981 142 376.

**Wednesday 10 October 11.30am**

**Cat and Mouse Library**

**Thursday 11 October 5-6pm**

**North Library**

**Saturday 13 October 9.30am**

**West Library**

**Osteoporosis class**

For anyone diagnosed with osteoporosis, in a high risk group, or just want to make sure your bone density stays strong and supple. Exercise has been developed by Royal Free Hospital. £3 for details phone 07981 142 376. Bring a mat and wear loose clothing.

**Thursday 11 October 6.30pm**

**North Library**

**Keep Fit**

For men and women of all ages. Chair and standing exercises to give increased energy, improved stamina and strength. £3 per session. For more information call 07981 142 376.

**Friday 12 October 2pm**

**West Library**

**Gentle Yoga**

This gentle exercise is for all ages and abilities. Chair or mat-based to match your comfort and ability. Increase core strength, flexibility and balance. £3 for details call 07981 142 376.

**Arts and crafts**

**All week**

**N4 Library**

**Mindful colouring and the Mindful Tree**

Take part in a week of mindful colouring with sheets provided or place your positive thoughts on the Mindful Tree during the week. Select a shape to write the thoughts to hang on the tree.

**Friday 12 October 10am – 12pm**

**First Steps Learning Centre,**

**Central Library**

**Zentangle workshop**

In this mindful activity, you combine different patterns and designs to create unique images. Help to develop your concentration and focus and have some fun as you learn this beautiful art form.

**Saturday 13 October**

**10am-4.30pm**

**Archway Library**

**Saturday 13 October**

**10am-4.30pm**

**Cat and Mouse Library**

**Colour to relieve stress and anxiety**

Take part in a day of stress and worry relieving colouring with sheets provided.

**Saturday 13 October 11am-12pm**

**South and West Libraries**

**Saturday 13 October 2-3pm**

**Mildmay Library**

**Mandala mindfulness – colour yourself calm**

Discover the therapeutic powers of mandala patterns that flow and swirl. Craft session suitable for all ages.

**Saturday 13 October 10am-12pm**  
**Central Library**

**Mindful colouring**

Join us for some mindful colouring for all the family.

**Saturday 13 October 2-4pm**  
**Lewis Carroll Library**

**No worries – relax and colour**

An afternoon of mindful colouring for all the family.

**Saturday 13 October**

**1.30-4.30pm**

**North Library**

**Good crafternoon**

A happily relaxed afternoon of crafting for all ages.

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## Talks

**Monday 8 October 6pm**

**Central Library**

**Launch of book by Darren Douglas ‘Power of 21 – pathways to a better future’**

**Want to start a career and learn how to be successful? Ever wondered what it takes to get to the next level? Well, this is a must read!**

The Power of 21 is a motivational empowerment book packed with inspirational stories from successful individuals sharing their experiences and expertise across various industries and professions. Contributors include: Zawe Ashton, Akala, Dina Asher-Smith, Danny Richman, Christine Hodgson, Paul

Young, Danielle Carter and many more.

This book sets out to inspire the young people and students of today to achieve their dreams and transform their lives. This event also forms part of our Black History month.

**Tuesday 9 October 10.45am**

**Central Library**

**Wednesday 10 October 10.45am**

**Archway Library**

**Thursday 11 October 10.45am**

**Cat and Mouse Library**

**Growing Together: Information on Children’s Mental Health for Parents with Janis Griffiths**

We all know how important a child’s physical health is but are we familiar with the issues affecting a child’s mental well-being? Meet Janis Griffiths from “Growing Together” who offer support for parents and children. The event coincides with our under 5s story time.

**Tuesday 9 October 11am\***

**North Library**

**Thursday 11 October 11am\*\***

**N4 Library**

**Growing Together: Information on Children's Mental Health for Parents with Dr Shreena Ghelani**

We all know how important a child's physical health is but are we familiar with the issues affecting a child's mental well-being? Meet Dr Shreena Ghelani from "Growing Together" who offer support for parents and children.

\*The event coincides with our under 5s story time.

\*\* The event coincides with our baby bounce rhyme time.

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## Stalls

**Monday 8 October 3-5pm,  
Tuesday 9 October 10.30am-12pm and Thursday 11 October 10.30am-12pm**

**Finsbury Library**

**St Luke's Community Centre stall**

Come to Finsbury Library and hear all about the wonderful opportunities and courses available from the local St Luke's Community Centre.

**Monday 8 October  
9.30am-12.30pm**

**Central Library foyer**

**Manor Gardens stall**

Learn all about the services and activities run by the Manor Gardens Centre.

**Friday 12 October**

**9.30am-12.30pm**

**Central Library foyer**

**Better Lives Islington stall**

Better Lives Islington is the new Drugs and Alcohol Service in Islington with an integrated approach to treatment services. There are drugs and alcohol treatment services, shared care services in primary care settings, pathways to treatment via the Criminal Justice route and a family service.

## Monthly Teen Read Group

**Thursday 11 October 6-7pm  
Finsbury Library**

**"You're a Nought and I'm a Cross and there's nowhere for us to be, nowhere for us to go where we'd be left in peace."**

Young people from the Peel Centre will be working with our Teen Reading Group on looking at reads that they enjoy, such as the October theme book – Noughts and Crosses by Malorie Blackman. What's your idea of a good read? Tell us about it at our Teen Reading Group. We meet once a month. For more information contact [finsbury.library@islington.gov.uk](mailto:finsbury.library@islington.gov.uk)

Thank you to our  
partners in Libraries  
Week.



The Charity Formerly Known As **MUSIC** People

**Healthy Generations**

Registered Charity No. 1128902

Contact 0798 114 2376

Helping People Take Control  
Of Their Own Health

info@healthygenerations.org.uk



# Your Libraries

## Archway Library

Hamlyn House, Highgate Hill, N19 5PH

## Cat and Mouse Library

277 Camden Road, N7 0JN

## Central Library

2 Fieldway Crescent, N5 1PF

## Finsbury Library

245 St. John Street, EC1V 4NB

## Lewis Carroll Library

166 Copenhagen Street, N1 0ST

## Mildmay Library

21-23 Mildmay Park, N1 4NA

## North Library

Manor Gardens, N7 6JX

## N4 Library

26 Blackstock Road, N4 2DW

## South Library

115-117 Essex Road, N1 2SL

## West Library

Bridgeman Road, N1 1BD

MY TIME.

MY SPACE.

MY LIBRARY.

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