

Friends of Colyton Library

www.friendsofcolytonlibrary.co.uk

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LIBRARY NEWS - OCTOBER 2017



Active Life Active Mind

Active Life Active Mind is an annual programme of library events focused on health and wellbeing. In 2017, for the fifth consecutive year, over 100 events are being planned across the network of 50 Devon Libraries.

Active Life Active Mind 2017 will run throughout October with the theme of 'Connectedness', and aims to bring people together and promote healthy lifestyles and positive wellbeing. Events and activities in libraries will range from yoga and knitting groups to walking for health, Lego and colouring clubs and FabLab maker space workshops at Exeter and Barnstaple Library. Why not pop in to Colyton Library to pick up your free brochure and find out what is going on?

Colyton Library is already pretty active place with a variety of groups meeting there regularly – there are two Book Groups, a Play Reading Club, and the Shakespeare Group meeting monthly and the Knit and Natter Group meeting every week.

You can come in to the library to find out more about any of these groups, but **the Knit and Natter group** would love to see you any Wednesday between 10am and 12 noon: you don't have to be an expert. Group members try to help each other with their projects where needed and will be very pleased to see you, there is no need to book.

The **Play Reading Club** is also open to everyone – you don't have to read, you are welcome to just come along and listen. The club meets on the 4th Monday of every month at 7.30pm.

We will be trialling a **Scrabble Club** during October. The Club will meet on Thursday 5th October and Thursday 19th October from 2-3pm. Anyone is welcome to join us.

We are also trying to find out if there is interest in **Computer Workshops** being run in the library – there is a short questionnaire available from the Library or the Little Shop which we hope you will complete to help us provide the workshops you would like to see.

And finally, why not have a go at entering our **Limerick Competition**. Can you write a limerick about your Active Life, your Active Mind – or even both? Entries from all ages very welcome and prizes will be provided by the Friends of Colyton Library. Pick up an entry form at the library.

Look out for details of further Active Life Active Mind events on the library noticeboard or on the library website www.devonlibraries.org.uk

Coffee Morning in library- First Tuesday - **10.30am 3rd OCTOBER**

Knit and Natter along with Crafty Corner -WEEKLY on Wednesday - **10am -12noon in the library**