



## NEWSLETTER - 8th June, 2020

Dear volunteers and supporters,

We hope you and your families are well.

Here's this week's newsletter, with a library update and information about the activities being offered online while our library is closed. (Read to the end for our latest exciting event!)

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### **NORTHFIELDS COMMUNITY LIBRARY UPDATE.**

The Library Trustees met on 1<sup>st</sup> June to discuss what will be needed to prepare the library for opening under COVID restrictions, to train volunteers with these new conditions in mind and to run the library with the safety of its users and its volunteers as a constant priority. The Trustees also prepared for a meeting with Ealing Council to discuss the financial implications of the delayed opening of our library. Trustee meetings are taking place fortnightly in order to keep pace with the ever changing situation.

Northfields Library will not open in early July when the council run libraries plan to start reopening. Time is needed to set up the building, and to plan for volunteer training. In due course we will contact all our volunteers to find out who will be willing to work in the library in its first stage of opening (with full social distancing measures in place). We understand that some of you will not be in a position to volunteer in this first phase and of course you will be welcome to join the volunteer team later on.

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### **WHAT'S HAPPENING THIS WEEK**

#### **EMPATHY DAY – JUNE 9<sup>TH</sup>**

We flagged Empathy Day in our last newsletter. The initiative is run by The Empathy Lab in the UK. <https://www.empathylab.uk> and the website has full details of the programme planned for 9<sup>th</sup> June with lots of fantastic resources for families.

Children's Laureate **Cressida Cowell**, *Noughts and Crosses* author **Malorie Blackman**, and award-winning illustrator **Rob Biddulph** are amongst the names to spearhead a powerful Empathy Day programme. The day is organised by not-for-profit EmpathyLab, which uses books to help children experience empathy's transformational power. For the first time the programme will be delivered online to inspire children and families with brilliant events and home or school-based celebrations to be enjoyed anywhere, and will be preceded by a fortnight of family activities, empathy-themed online readings, illustrations and specially written stories.

2020's Empathy Day happens at an uncertain time, when empathy has never been more significant. In this very different year, Empthy Lab has created a **new resource** so everyone can join in at home, and launched a wonderful new Family Activities Pack. It's designed to bring families together to explore, understand and practise empathy.

**Empathy Lab Founder, Miranda McKearney OBE, said:** *"Empathy is a vital human force, and in these past challenging weeks we've seen its power to fuel community and generosity. Empathy Day is all about understanding people's feelings and acting to help. Since the science shows reading's power to build real-life empathy, it's fantastic to see leading authors and illustrators step up to lead a new empathy drive just when it's needed most. We hope that children and families will be inspired by the programme we've created."*

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## SESSIONS TO JOIN THIS WEEK

**Here are the regular activities offered to library users and local residents. Numbers of attendees are growing each week, but there's always room for more to join!**

### **1. GUIDED MEDITATION SESSION EVERY THURSDAY**

**Next session: Thursday 11<sup>th</sup> June at 11:00**

Our volunteer Andreea led the first online guided meditation session last Thursday, and she will be offering sessions every Thursday at 11:00am Andreea explains her process here:

"Our lives have become so busy that sometimes we can find it hard to slow down, and become aware of what is going on inside us. Guided imagery is a way of exploring your feelings through the use of images. The guided imagery session will start with mindfulness meditation to help you become aware of your body and be more present. We will then slowly step into the imagery where I will guide you into an inner journey."

Attendees are finding these sessions really valuable – lasting approximately 20 minutes they are a peaceful, calming and uplifting experience. Thoroughly recommended if you have time to take a break for a short while and join a session

If you're interested to join us, please email [getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk) and title your email **Guided Meditation**. We'll then send you a link for the session, which will take place on Zoom.

## **2. STORYTIME SESSIONS EVERY WEDNESDAY**

**Next session: 10:30am Wednesday 10<sup>th</sup> June**

Brittany, one of our volunteers, is continuing to provide fantastic Storytime sessions for younger children, ably assisted by her own family! The thirty minute sessions are packed with fun and educational stories and lots of ideas for things to make and do.

The sessions take place on Zoom, so if you would like to join with your child / children please email us at [getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk) and title your email **Storytime**. You will then be sent a link for the session on Wednesday. We hope your little ones will enjoy the stories and are inspired by the things to do!

## **3. “SINGING WITH GILBERT” FOR BABIES AND TODDLERS 10:30am every Tuesday and Thursday morning during lockdown**

"Singing with Gilbert" is a continuing series of online nursery and action rhyme sessions aimed at pre-school age children lasting for about 20 minutes. A growing number of parents and carers are attending these sessions and it's lovely to see the babies and toddlers joining in with the songs and actions.

These sessions are delivered on Zoom, so please email the host Wei Hei Kipling and she will send you the link to join the sessions. Email Wei Hei at [gilbertr.stmarys@gmail.com](mailto:gilbertr.stmarys@gmail.com) and entitle your email **“Singing with Gilbert”**. Please add your first name and the number and age of the children who will be with you. If you'd be happy to mention your children's names they might be greeted personally during the session.

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## **AN EXCITING FUTURE ACTIVITY !**

### **THE CAMPFIRE STORYTELLING COLLECTIVE WORKSHOP**

<https://www.campfire-storytelling.co.uk>

The Campfire Storytelling Collective started in Ealing in 2018 with live storytelling nights in Ealing and Hanwell. We were planning a Campfire event in the library this summer and we've been discussing the possibility of holding a virtual storytelling night. Here the team explains a little more about their initiative:

“The Campfire offers you the chance to tell your story to your community. It offers you the space to listen to the stories of those you live near to but maybe never speak to, It offers you a chance to connect, discover your similarities and explore your differences.

Today, we sit glued to our phones, our tablets, our laptops, seeking news, entertainment and validation. We may be on the train, alone in our bedrooms or around the dinner table, and yet we ignore the faces, voices and physical proximity of those just feet away.

Here at The Campfire Storytelling Collective we are recreating small community spaces, where we can look at each other, hear one another's laughter or pain and appreciate the sharing of our shared humanity through our stories.”

The Campfire team are offering a workshop in early July for anyone interested in taking part in a storytelling night, to help them shape their stories and gain confidence in telling them. (The stories are built around a theme, they must be true, and be no longer than 5 minutes.)

If you're interested to learn more please email us and title your email **Campfire Storytelling Workshop**. [getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk)

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That's all for now – we'd love some feedback from those of you who have joined in with any of our virtual activities and we'll have some more ideas for you next week.

Thank you so much for your continuing support, and take care of yourselves and your loved ones.

With best wishes,

Jenny, Tanya, Paul, Alison P, Alison S, Monica and Louisa  
The Northfields Community Library Trustees.

For more information about library developments:

<https://northfieldscommunitylibrary.org.uk>

For offers of help, and any ideas for making our offer even stronger:

[getintouch@northfieldscommunitylibrary.org.uk](mailto:getintouch@northfieldscommunitylibrary.org.uk)