



NEWSLETTER 18th May, 2020

The latest news from our virtual library!

Dear volunteers and supporters,

We hope you and your families are well.

Here's this week's newsletter. Please do read the information below about the Shared Reading Session next Wednesday – we'd love to start a group in our library when it reopens, and it would be great if some of you could join us and let us know what you think.

1. SHARED READING TASTER SESSION

11:30am Wednesday 20th May 2020



The Reader is a national charity that brings people together and books to life. You can find out more here: <https://www.thereader.org.uk>

Erin Carlstrom, the Hub Leader for North, south and West London, is offering a taster session for volunteers and Northfield residents next Wednesday. Erin explains:

“This is how a session works: A trained Reader Leader, reads aloud from a great novel, short story or poem. We stop and talk about what we have read. There is no need for group members to read aloud or speak – it’s fine to just listen. The idea is to create a space where people feel at ease.

Reading the literature aloud in real-time means that everyone is involved in a shared, live experience. Group members are encouraged by the Reader Leader to respond personally, sharing feelings, thoughts and memories provoked by the reading. Everyone experiences the text in their own way, but the literature provides a shared language that can help us to understand ourselves – and others – better. No other organisation makes use of literature in this way.”

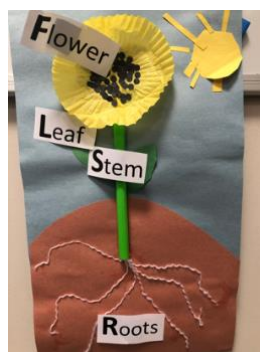
THIS IS A WONDERFUL OFFER. WE’D LOVE YOU TO ATTEND IF YOU CAN, AND LET US KNOW ABOUT THE EXPERIENCE

The session will take place on Zoom, so if you would like to join please email us at getintouch@northfieldscommunitylibrary.org.uk and title your email **Shared Reading**. We will then send you a link for the session.

2. STORYTIME SESSIONS EVERY WEDNESDAY

Next session: 10:30am Wednesday 20th May

Brittany, one of our volunteers, is running fantastic storytime sessions for younger children, ably assisted by her own family. The theme for May is “In The Garden” and last week we enjoyed thirty minutes of stories and facts about seeds and plants, with lots of ideas for things to do (as modelled here!)



Next Wednesday the topic is “Problems in the Garden!” – so bring your little ones along to have fun and learn a lot as well! Thoroughly recommended.

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 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 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.

4. GUIDED MEDITATION SESSIONS

A number of you have asked to join a series of short guided meditation sessions, run by volunteer Andreea. We'd like to start these next week. If you would like to join these sessions please email us at getintouch@northfieldscommunitylibrary.org.uk and title your email “**Guided Meditation**”

MENTAL HEALTH AWARENESS WEEK : 18th to 24th MAY 2020

We're reading and hearing a lot about the mental health issues experienced by some as a result of the COVID crisis and the way in which the situation is affecting some people with existing conditions. This week is Mental Health Awareness Week, run by The Mental Health Foundation. It's an annual event, but possibly more important than ever in 2020. The theme this year is simply “kindness”. Here's a link to a Supporters' Pack, which contains more information about the initiative and suggestions for ways in which those who are interested can get involved.

https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf

That's all for now – we're excited to hear from those who would like to join 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