



NEWSLETTER

25th May, 2020

The latest news from our virtual library

Dear volunteers and supporters,

We hope you and your families are well and that you're enjoying the Bank Holiday weekend.

Here's this week's newsletter, with an update on plans for Ealing Libraries, a report on the Shared Reading session which took place last week and information about the activities being offered online while libraries are closed.

PLANS FOR RE-OPENING EALING LIBRARIES

You may have read that Ealing Council are beginning to plan for very limited re-opening of the council run libraries. The community libraries, including Northfields, will open later than the council run buildings as we will need to carry out our volunteer training and make the library ready and safe for our users. All plans depend on a significant and consistent lessening of COVID-19 infection rates and as yet there are no confirmed dates for re-opening.

Once we have more detail 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.

Meanwhile, if you've walked past Northfields Library this week you will have noticed that the refurbishment work is underway again, which is great news!

REPORT ON OUR SHARED READING TASTER SESSION

Erin Carlstrom, the Reader charity Hub Leader for North, South and West London, led an online Shared Reading session for us last Wednesday.

What is Shared Reading? 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.

The session on Thursday was very well attended, the discussion was lively and thought provoking and feedback has been excellent. We plan to hold regular sessions in the library as soon as we are able to get together as a group.

WHAT'S HAPPENING THIS WEEK

THE HAY FESTIVAL DIGITAL

The Hay Festival, the UK's premier literary festival, is taking place online this year. Many of you will already be accessing the fantastic events on offer. If you haven't heard about it, here are the details:

The main programme runs 22–31 May and features free live broadcasts and interactive events from more than 100 award-winning writers, global policy makers, historians, pioneers and innovators, celebrating the best new fiction and non-fiction, and interrogating some of the biggest issues of our time." Join the sessions from here: <https://www.hayfestival.com/home>

SESSIONS TO JOIN THIS WEEK

1. GUIDED MEDITATION SESSION

Thursday 28th May at 11:00

We asked people to register interest for this activity a couple of weeks ago and several of you have asked to join a taster session next Thursday. Andreea, our volunteer who will be leading the session, explains how she works:

"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 and life patterns 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.”

If you're interested to join us, please email 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 27th May

Brittany, one of our volunteers, is continuing to provide Storytime sessions for younger children. The theme for May is “In The Garden” and last week we enjoyed three stories and facts about seeds and plants, with lots of ideas for things to do and make.

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

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.

LOOKING AHEAD

EMPATHY DAY – JUNE 9TH

This initiative is run by The Empathy Lab in the UK. <https://www.empathylab.uk>

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.”*

Children’s Laureate **Cressida Cowell**, *Noughts and Crosses* author **Malorie Blackman**, and award-winning illustrator **Rob Biddulph** are amongst the names announced today to spearhead a powerful Empathy Day programme on **9th June 2020**. 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, Empathy 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.

Countdown to Empathy Day, 26 May - 8 June

The Family Activities Pack has 14 creative activities to do at home and is designed to be as inclusive as possible - once downloaded, all you need is a pencil and scrap paper. These activities help families understand, explore and practise empathy. There are some lovely things to do, like detecting feelings in faces or making Empathy Awards to book characters.

The website has full details of the programme planned for 9th June and lots of fantastic resources for families. <https://www.empathylib.uk>

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