



# MOULTON LIBRARY HEALTH & WELLBEING HUB

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Hello,

As your Community Connectors we want to help people build networks in the local area and form meaningful social connections. Our priority is to support you to improve you and your family's health and wellbeing, and so we aim to provide a range of different activities within the Library Hub. Below are details of some groups that may be of interest to you;

## **Crafternoon**

At crafternoon we're all about encouraging creativity in a relaxed and fun environment. Have a few hours crafting in our warm and bright library with like-minded people. Bring your own craft along or try your hand at something new. Firm favorites for our regular crafters include knitting, needle felting and card making. Crafters meet from 1pm on Thursday afternoons, for the cost of just £2 you get a hot drink and slice of homemade cake.

## **Games Morning**

Every Friday morning without fail the library is full to the brim with local residents enjoying a good chat and catch up over a cup of tea and a biscuit – not to mention the games! They are a friendly welcoming bunch, aided by our Good Neighbour volunteers who keep the tea flowing and ensure any newcomers are welcomed into the group. If you yourself, or you know of someone who may be feeling lonely, are new to the area, or are simply looking for a new activity to get involved in then please come along. Gamers pay £2 which includes refreshments. With the money taken throughout the year we were able to treat everyone to a lovely Christmas meal out – we would love to see some new faces this year so do come and give it a try.

## **Community Lunch Club**

We are working in conjunction with EAT the new café at the community centre to bring community lunch club. Running on alternate Fridays we have so far enjoyed hearty Cottage Pies and homemade lasagna. With over twenty people attending each time it is the perfect time to come and meet new people whilst enjoying a warm meal. A place at Lunch must be pre booked so contact us if you'd like to come along, and to find out the next date and menu. The cost of lunch club is just £5.

The majority of groups and activities that are set up are on the back of feedback and suggestions we receive from local residents. So, if you have ideas, or want to get involved then be sure to get in touch. We can be found at the welcome desk in Moulton Community Centre Monday – Friday 9am to 5pm and would love to meet you.

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