

## COMMUNITY CONNECTIONS

Community Connections is a project led by East Renfrewshire libraries. Working with HSCP, NHS Scotland and third sector agencies including RAHM, the project hopes to reach adults who are lonely and welcome them to a range of activities and taster sessions.

All activities will run between Jan-June 2017 and are free.

**To take part in any of the activities listed or for more information about Community Connections please contact:**

Gillian Hamilton: [gillian.hamilton@ercultureandleisure.org](mailto:gillian.hamilton@ercultureandleisure.org)

Stock Development Officer

East Renfrewshire Libraries

0141 577 8595



### Mindfulness

Exploring its benefits, origins, and the depth of transformation it can bring to individuals, Martin Stepek will also lead a mindfulness practice so that those attending can gain an actual experience of what mindfulness can bring to our daily lives.

Martin Stepek has been practising Mindfulness for over twenty years. He is one of Scotland's foremost teachers of the science-based techniques, and a published author on the subject.

Thursday 11th May 7pm-8pm

Giffnock Library

Thursday 18th May 2pm-3pm

Barrhead Foundry Library

### Decoupage Picture Frames



Monday 27th February

10am-12noon

Busby Library

Thursday 16th March

1.30pm-3.30pm

Neilston Library

### Creative Writing

Stretch your imagination and get inspired. Whether you write poems, stories, lyrics or are a complete novice, come along to the group to get some great ideas.

Hosted by creative writing guru, Magi Gibson.

Weekly from Friday 3rd March– Friday 24th March

1.30pm– 3.30pm

Clarkston Library

Weekly from Thursday 4th May– Thursday 25th May

1.30pm-3.30pm

Barrhead Foundry

Weekly from Monday 5th June-Monday 26th June

6.30pm-8.30pm

Mearns Library

### A Book, A Brew, A Blether

Stories are a great way to soothe the soul so come along to a new, sunny, relaxed gathering for a braw brew and a blether, share stories or simply listen to others. A great way to rethink, refresh and rejuvenate your mind.

The sessions are hosted by the Village Storytelling Centre and there is no pressure to contribute.

Weekly from Wednesday 19th April-24th May

10.30am-11.30am

Barrhead Foundry Library

### Fabric Canvas



Monday 13th March

10am-12noon

Busby Library

Tuesday 14th February

2.30-4.30pm

Giffnock Library

Glass Painting



Friday 17th February

10.30-12.30pm

Barrhead Foundry Library

Tuesday 21 March

2.30-4.30pm

Giffnock Library

Marbled Cards



Friday 10th March

10.30-12.30pm

Barrhead Foundry Library

Thursday 27th April

1.30pm-3.30pm

Neilston Library

Paper Mache Bowls



Monday 20th March

1.30pm-3.30pm

Barrhead Foundry Library

Tuesday 25th April

2.30-4.30pm

Giffnock Library

Decorated Planters



Monday 24th April

1.30pm-3.30pm

Barrhead Foundry Library

Tuesday 16th May

2.30-4.30pm

Giffnock Library

Decorated Planters



Thursday 25th May

1.30pm-3.30pm

Neilston Library

Monday 22nd May

10am-12noon

Busby Library

Digital Sessions

Not sure what to learn: basics of the internet, email, word-processing, tablets, iPads or something else?

Book a digital skills information session with a friendly advisor from the library team to find out more about what's on offer.

Thu 26th Jan	Clarkston library	10.00am-12.00pm
Tue 14th Feb	Mearns library	10.00am-12.00pm
Tue 21st Feb	Barrhead Foundry	1.30-3.30pm
Thu 23rd Mar	Giffnock Library	1.30-3.30pm
Tue 11th Apr	Barrhead Foundry	1.00-3.00pm
Tue 18th Apr	Clarkston Library	10.00am-12.00pm
Thu 18th May	Mearns Library	1.30-3.30pm
Tue 6th Jun	Giffnock Library	10.00am-12.00pm

Downloading Digital Magazines:

Save your pennies and read your favourite UK magazines for free on your tablet. Learns how to download , access and explore an exciting range of popular magazines. Current issues are available at your fingertips

Fri 27 January	Barrhead Foundry	1pm-2.30pm
Tues 21 February	Clarkston Library	10am-11.30am
Mon 27 February	Mearns Library	2.30pm-4.00pm

Try before you buy

Not sure which type of tablet to buy, or what the difference is between them all? We have iPads and Android tablets for you to try, plus valuable advice on important things to consider before purchasing. Come along, have a go and see for yourself.

Monday 13 February  
2.30pm-4.00pm  
Giffnock Library

Local & Family History 1:1

Prefer a private chat on any aspect of doing your family history or local history research? Book a 30 minute slot and ask away!

Thursday 18<sup>th</sup> May, 10am-12pm, Heritage Centre  
Giffnock Library  
Wed 24<sup>th</sup> May, 10am-12pm, Gilmour Room  
Barrhead Library

Downloading ebooks

Learn how to download books to enjoy on your tablet. Preview, read or listen to your choice of fabulous titles from the comfort of your home, on the move.

Tues 21 February	Mearns Library	1.30pm-3.00pm
Tues 23 March	Clarkston Library	9.30am-11.00am
Fri 31 March	Barrhead Foundry	1.00pm-2.30pm

Tap'N' Talk

Want to use a tablet to keep in touch, face-face, with family and friends who may be far away? Then come along with your tablet and have fun learning how to download, register and use skype.

Tuesday 21 March	Friday 3rd February
1.30pm-3.00pm	1.00pm-2.30pm
Giffnock Library	Barrhead Foundry

Introduction to Family History

Do you think family history might be a great hobby but have no idea where to start? Come along to this informal session where the local history librarian will tell you what information you need and where to find it and help you take those first steps into discovering your past.  
Thursday 4th May 10.30-11.30am Giffnock Library

Introduction to the heritage centre

Come and discover all the wonderful historical sources kept in Giffnock Heritage Centre. The Local Studies Librarian will give you a tour of historical maps, records and photographs as well as show you how to access online information. Ideal if you are interested in Family or Local History.

Tuesday 9th May, 10.30-11.30am, Heritage Centre

Ramble and Read

Walking and reading are activities that many of us enjoy and both bring a wonderful sense of wellbeing. Join the ramble and read group for a gentle health walk along pathways and pavements within Newton Mearns and then relax and refresh with fellow walkers over a nice hot cuppa and a chat about books and reading.

These fortnightly walks will be followed by a short book café facilitated by a member of library staff, introducing some wonderful books, poems or articles. You do not have to read any books in advance and we welcome everyone to come along and get inspired.

Ramble & Read sessions are open to all adults 50 years+ and will run fortnightly from 5 April-31 May.

For more details or to register your interest, please contact Sine Delahunt on 0141 451 0750.

East Renfrewshire Libraries– Contact and Connect with us:

Barrhead Library	0141	580	1174
Busby Library	0141	577	4971
Clarkston Library	0141	577	4972
Eaglesham Library	0141	577	3932
Giffnock Library	0141	577	4976
Mearns Library	0141	577	4979
Neilston Library	0141	577	4981
Netherlee Library	0141	637	5102
Thornliebank Library	0141	577	4983
Uplawmoor Library	01505		850564

[www.ercultureandleisure.org/libraries](http://www.ercultureandleisure.org/libraries)

