

Libraries' Health Week 2010 from 1st to 7th March



We have a great range of activities for everyone this year:

At all libraries this week - borrow any three books and get a FREE health-related CD or DVD title!

Take home your own organic vegetable plant and find out how easy it is to grow your own, even on a windowsill.

Join Leigh Library's own resident chef, Paul Banks, for a 'Ready Steady Health' cookery on a budget challenge.

Experience Laughter Therapy - brighten up this dreary winter with a chuckle!

Use the computer to help you to a healthier lifestyle and de-stress.

Library	Activity	When?
Ashton	Organic vegetable planting session with Lisa from Three Sisters	Monday 1st 10.30-11.30
	Hand massage taster session	Tuesday 2nd 10.30-12.30
	Wii fit free session	Wednesday 3rd 3-4pm
	Health Trainers - info	All week
Atherton	Themed under 5's	Wednesday 3rd 10-11am
	Health book display	All week
Beech Hill	Laughter Therapy	Wednesday 3rd 10.30-11.30
	Ground works vegetable seed planting session	Wednesday 3rd 11.30-12.30
	Themed under fives	Wednesday 3rd 2-3pm
	Free Blood Pressure Checks	Wednesday 10th 9.30-10.30am
Golborne	Themed Under 5s	Friday 5th 2-3pm

	Health Trainers info	All week
Hindley	Themed Under 5s	Tuesday 2nd 10.30-11.30am
	Wii Sports	Monday 1st 3-4pm
	Stop Smoking group	Tuesday 2nd 2-3pm
	Keep Fit DVDs showing	All week
	Healthy Recipe exchange	All week
Hope	Get Into Reading taster session	Tuesday 2nd 10-11am
	Hand Massage	Friday 5th 10-12
	Organic Vegetable growing	Sat 6th 10-11am
Ince	Healthy Recipe exchange	
	Wii Sports	Thursday 4th 3-4pm
	Themed Under 5s	Tuesday 2nd 2-3pm
Leigh	Ground works vegetable seed planting session	Monday 1st 1.30-2.30
	NHS Choices IT drop-in	Tuesday 2nd 11-12
	Under 5s grow your own veg theme	Wednesday 3rd 11-12 and 1.30-2.30
	Laughter Therapy (in Derby Room)	Wednesday 3rd 2-3pm
	Chatterbooks	Thursday 4th 11-12
	Get Into Reading taster	Thursday 4th 2-3pm
	Wii Sports for teens	Thursday 4th 5-6.30
	Ready Steady Health cookery demo	Friday 5th 2-3pm

Marsh Green

Planting session and decorating flowerpots
Get Into Reading Taster

Monday 1st 3.30-4.30

Tuesday 2nd 1-2pm

Orrell

Book at Bedtime
Themed Under 5s

Monday 1st 5.30-6.15pm

Thursday 4th 1.45-2.45pm

Tyldesley

Themed Under 5s
Health trainers

Monday 1st 2-3pm

Wigan

Wii Sports
NHS Choices IT drop-in
Bookchat around health
Love Food Hate Waste IT drop-in
Getting physically active and healthy Coffee Morning
Active Living display in library

Monday 1st all day

Tuesday 2nd 10-11.30

Wednesday 3rd 10.30-11.30

Friday 5th 10-11.30

Monday 8th 2-3pm

Wigan Children's

Themed Under 5s
Wii Sports Console League

Wednesday 3rd 2-3pm



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<i>Library</i>	<i>Other</i>	<i>When?</i>
Wigan	Wii Sports NHS Choices IT drop-in Bookchat around health Love Food Hate Waste IT drop-in Getting physically active and healthy Coffee Morning Active Living display in library	Monday 1st all day Tuesday 2nd 10-11.30 Wednesday 3rd 10.30-11.30 Friday 5th 10-11.30 Monday 8th 2-3pm
Wigan Children's	Themed Under 5s Wii Sports Console League	Wednesday 3rd 2-3pm
Hindley	Themed Under 5s Wii Sports Stop Smoking group Keep Fit DVDs showing Healthy Recipe exchange	Tuesday 2nd 10.30-11.30am Monday 1st 3-4pm Tuesday 2nd 2-3pm
Ince	Healthy Recipe exchange Wii Sports Themed Under 5s	Thursday 4th 3-4pm Tuesday 2nd 2-3pm
Marsh Green	Planting session and decorating flowerpots Get Into Reading Taster	Monday 1st 3.30-4.30 Tuesday 2nd 1-2pm

Health Week 2010

Library	Themed Under 5s	Display	Veg	WiiFit	Other	Sorting in-house
Ashton	Yes	Yes		Booked	Head/hand massage - booked Health Trainers Fruit for customers	ACL Yes Staff to buy and reclaim Carole sourcing seeds, pots etc
Leigh		Yes	Pending	Booked	Wii Sports for Teens Herbalist Talk NHS Choices drop-in Cookery Demo Laughter session - booked Get Into Reading group - booked	Yes Wii booked with Kathy Yes - booked? Yes? Yes Paul to sort and reclaim Robin GIR team Carole sourcing seeds, pots etc Active Living to contact - Zoe Denton
Ince and Hindley	Yes	Yes	No		Wii Sports Stop smoking self-help Healthy recipe exchange Keep Fit DVD playing in library	Yes Wii booked with Kathy Yes Yes? Yes
Wigan		Yes	No		Wii Sports NHS Choices IT drop-in Bookchat around health Love Food Hate Waste IT drop-in Getting physically active and healthy Coffee Morning Active Living display in library all week	Yes Booked with Kathy? Yes? Yes Yes? Yes Active Living to contact - Zoe Denton
Wigan Children's	Yes				Wii Sports console league	Yes
Tyldesley	Yes	Yes			DVD offer	

