



## Winter Wellness:

# How your library can help



**T**here's no better time of year to cosy up in the library, with plenty going on to reward a visit. This winter, get inspired to join a group or get cosy reading indoors. Check out our library resources that pair perfectly with the long nights ahead and get up to speed below with lots of ideas for winter fun!

### Your Social Wellness



Attend an event or join a group while staying warm and cosy at the library. Explore the 'What's on' section of our website where you'll find information on adult book clubs, crochet and knitting, art, felting, flower arranging, language courses, digital classes, author visits, history talks and so more!

### Winter Reading Challenge



kids active and engaged over the winter, look no further than the Library. Our libraries are becoming a social hub for kids and teens this winter, from Storytime's and crafts

**Light up your nights**

### Winter Reading Challenge

- Read 4 books before 31st December
- Fill in the titles you read and your contact details on the card
- Return to any library in Kilkenny or email a photo of it to outreach@kilkennylibrary.ie by 7th January.
- See [kilkennylibrary.ie](http://kilkennylibrary.ie) for more details

Light up your nights with a book and join our Winter Reading Challenge. Pick up a card from your local library and join us in reading 4 books between 1st November and 31st December!

Return your completed card to us by 7th January and be in with a chance to win a prize! This challenge is open to adults and secondary school students.

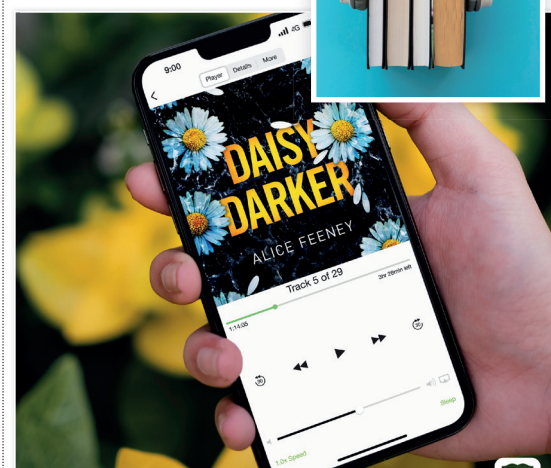
Children and Teens If you're looking to keep your



for the younger groups to junior book clubs, Lego workshops, study spaces, new books and so much more! Check out what's going on in your local branch.



### Listen to an Audiobook or read the paper online!



Don't fancy going out in the cold or rain? We've got you covered just download the BorrowBox App and sign up for FREE with your library card for access to 1000's of eBooks/Audiobooks. Our Pressreader App also gives you free access to 100s of Newspapers daily.

### Decluttering - How it can Bring You Happiness with Fiona Hall of Consciously Clearing on Thursday 17th Nov at 11am in Ferrybank Library



Fiona works with clients in their homes throughout Ireland helping them declutter, clear out the past and start living with less. Whilst the work involves a lot of physical effort, the decluttering process can also be quite cathartic emotionally. This workshop explores the many great benefits to our mental health from clearing out the past. Workshop is 45 mins with 15 min for questions so come armed with your queries/questions for Fiona!

Contact Ferrybank Library on 051 897211 for more information or to book.

### Family Time at your Library



Keep an eye on our website this December for family activities and events as part of our national Right to Read Initiative. The programme is aimed at increasing awareness of the benefits of reading and we hope to promote reading as a fun, recreational activity for children.

For more information on all our services visit [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie) or contact your local branch.