

January 2025

Torpoint Library and Community Hub



We are lucky to have 5 new volunteers!

Many people volunteer to make new friends and gain new skills, along with building up their confidence. If you volunteer with us, you will receive a full induction and training. Along, with lots of support. We are very thankful to all our volunteers!

Thank you!

This January we were privileged to welcome 4,138 people and children through the door!!

Healthy Living

Watch this space for February!

Chair Pilates

Health and Wellbeing Day

Visit from the Resettlement Team for refugees and Asylum seekers. We will welcome women from Afghanistan to the library!

Health Checks in February and March.

Art groups, knit and natter group, support for Veterans, Regular Support for Armed Forces families.

over 160 free bowls of soup served!



Healthy Cornwall Health Assessments

Torpoint Library, Fore Street, PL11 2AG
10am-3:30pm - 20th Jan, 17th Feb, 17th March 2025

Book in with Torpoint Library for a health assessment and support with:

- ▶ Healthy weight (including optional weigh-in)
- ▶ Physical activity and healthy eating
- ▶ General wellbeing, sleep and hydration
- ▶ Quitting smoking and alcohol awareness

Contact us : 01872 324200
www.healthycornwall.org.uk

7 people received a free health check on the 20th of January, and we are busy booking up more people for a health check on the 17th of February!



What is Makaton?

Makaton is a communication programme that combines signs, symbols and speech to empower anyone living with learning or communication difficulties to understand and be understood.

Makaton has brought positive transformation to millions of lives by giving people a way to express themselves independently, overcoming frustration and promoting inclusion.

The Makaton Charity has been dedicated to improving the lives of people with communication difficulties for over 50 years. We offer a range of services and products.

There are currently in excess of **2.2 million** people in the UK with speech, language and communication difficulties.

Torpoint Library is now officially Recognised as, Makaton Aware!!

Our team is always dedicated to making sure we offer assistance and support to customers facing communication challenges.

We will have Makaton symbols around the library and Makaton signs will be introduced during Rhyme Time!