



**Sandwell Library and Information Service**

**Destination Library!**

**Blue Monday**

**January 2019**

**For further information  
contact your local library  
or call 0121 569 4911**

All activities are **free** unless specified.  
However, donations are welcomed at  
every event.



Date	Library	Description	Time
<b>Saturday 19 January</b>	<b>Blackheath Library</b>	Blue Monday - Guatemalan worry dolls children's craft, you can tell your worries to the dolls and put them under your pillow. The worry dolls can help you feel happy!	11am – 1pm
	<b>Blackheath Library</b>	Beat the Blues Variety Show – come along for a fun evening of live music, comedy, magic and fun participation. Refreshments, a licenced bar and a raffle will be available. £5 per Adult and children are free.	7pm – 9.30pm
	<b>Cradley Heath Library</b>	Blue Monday - Guatemalan worry dolls children's craft, you can tell your worries to the dolls and put them under your pillow. The worry dolls can help you feel happy!	11am – 12pm
	<b>Cradley Heath Library</b>	Go Play: Come along and join in with some Blue Monday Wellbeing arts & crafts and board games	11am – 2pm
	<b>Oakham Library</b>	Go Play: Come along and join in with some Blue Monday Wellbeing arts & crafts and board games	11am – 2pm
<b>Monday 21 January</b>	<b>Blackheath Library</b>	Story and rhyme time for under 5's – come along for a fun and interactive time and an informal socialising time for parents too.	10am – 11am



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Blackheath Library</b>	Knit & Natter Group. Come along and share your knitting skills in our friendly group	10am – 12pm
	<b>Blackheath Library</b>	Afternoon Social Group - To include free talks, fun activities, quizzes and an informal time to socialize over a cuppa. All welcome.	1.30pm – 3.30pm
	<b>Blackheath Library</b>	Scrabble Club - Have fun playing this classic board game.	2pm – 4pm
	<b>Bleakhouse Library</b>	Blue Monday Coffee Morning - Let us put a smile on your face, join us for a coffee and a chat	10am - 11am
	<b>Bleakhouse Library</b>	Beat the Blues Children's craft session – Create a little happiness on this blue day.	3.30pm - 4.30pm
	<b>Brandhall Library</b>	Blue Monday coffee morning - Banish the January blues and join us for a cuppa	11am -12pm
	<b>Brandhall Library</b>	Beat the Blues Children's craft session – Create a little happiness on this blue day.	3.30pm - 4.30pm



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Central Library</b>	Blue Monday Health and Happiness – Do you want to lose weight? Get in shape? Feel healthier? Talk to MyTime Active specialists who can help you reach your wellbeing goal	9.30am - 12.30pm
	<b>Central Library</b>	Blue Monday with Growing Opportunities - Create your own 'positivity jar' or a healthy cocktail to enjoy at our sing along	10am - 11am
	<b>Central Library</b>	Blue Monday Sing-along - Are you ready to sing, dance and laugh-along to a popular movie musical?	10.30am –12.30pm
	<b>Central Library</b>	Blue Monday Sing-along - Are you ready to sing, dance and laugh-along to a popular movie musical?	1.30pm - 3.30pm
	<b>Cradley Heath Library</b>	Friendly Coffee Morning - Meet new friends in an informal setting and over a cuppa or two.	10.30pm - 12.30pm
	<b>Cradley Heath Library</b>	Blue Monday Adult Comedy and Magic Show – with Ron Pople and Dave Bartley to help chase away the blues. The afternoon will also include a quiz and refreshments - £1 per person	2pm – 3.30pm



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Glebefields Library</b>	Blue Monday - Lose at the library - New Year, new you! Join our friendly weight loss group to find support and encouragement for a healthy new you.	9.30am - 10.30am
	<b>Glebefields Library</b>	Blue Monday coffee and a catch up! - Banish those Blue Monday blues with a hot drink and a giggle!	10.30am - 11.30am
	<b>Glebefields Library</b>	Blue Monday - fun at our popular computer game club - Meet new friends and test your skills with the latest computer games	4pm - 5pm
	<b>Glebefields Library</b>	Blue Monday after school fun - Get crafty at your library. After school fun for all.	4pm - 5pm
	<b>Great Barr Library</b>	Staff led storytime - Make new friends with under-fives storytime and rhymes.	2.15pm - 3.15pm
	<b>Great Barr Library</b>	Staff led under-fives Storytime - Come along and make new friends and enjoy stories, songs and playtime	2.15pm - 3.15pm
	<b>Great Barr Library</b>	Blue Monday Pam Ayres Poetry event - Wash away those new Year Blues with an afternoon of Pam Ayres Poetry	2.30pm - 3.30pm



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Great Bridge Library</b>	Banish the Blues – all day cant and colouring, jigsaw and poetry sharing	10am – 5pm
	<b>Great Bridge Library</b>	Indulge in a relaxing mini massage to shake away those winter blues	4pm – 5pm
	<b>Hamstead Library</b>	Blue Monday Tea Toast and Treat yourself to a hand massage! - Let's have a happy Monday with breakfast and a hand massage courtesy of Body Shop	9.30am - 11.30am
	<b>Hamstead Library</b>	Games to Play - Xbox One and PS4 available for you to play-ask staff	3.30pm - 4.30pm
	<b>Hill Top Library</b>	Blue Monday - Drop in for a cuppa, biscuit and a chat with our friendly staff	2pm - 3pm
	<b>Langley Library</b>	Banish the Blue Monday Blues - Bring in a treasured item, maybe a picture or old toy and talk about how it helps you to banish any blue feelings. A hot drink and cake will help too!	2pm - 4pm
	<b>Oakham Library</b>	Local History Coffee Morning – Come along to Oakham library and reminisce about the local areas with some local photographs and memorabilia.	11am – 12.30pm



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Oakham Library</b>	Afterschool games club - Pop to Oakham Library afterschool every day to play on the XBOX, PS4 or Football Table. Just ask a member of staff.	3pm – 4.45pm
	<b>Oakham Library</b>	Yoga session by Poonam – Enjoy a time of relaxation and fitness at an accessible weekly class for people of all ages, fitness and ability. Please bring your own mat or towel. £4.00 per person	6pm – 7pm
	<b>Oldbury Library</b>	Special Adult Craft Session - Blue Monday craft with Sue, join us for coffee and craft to banish the January blues	10.30am – 11.30am
	<b>Oldbury Library</b>	Happy Painters - Drop in and spend the morning painting with our friendly group of artists	10.30am – 1pm
	<b>Rounds Green Library</b>	Lose at the Library - Feel good and start shaking off that winter weight at our weekly weigh-in, including free recipe card to take away.	10am - 11am
	<b>Rounds Green Library</b>	Laughter Yoga - Let all the stress out with this laugh-out-loud twist on yoga, with emotional and physical benefits.	10am - 11am
	<b>Smethwick Library</b>	Colour With Us - Colouring for adults. Come and meet others and colour in a relaxed environment	11am -12pm



Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Stone Cross Library</b>	Blue Monday Breakfast Club - Pop in for hot drink with a pastry or toast to get you through the bluest day of the year	9.30am - 11.30am
	<b>Stone Cross Library</b>	Blue Monday Mini Pamper Session - Enjoy a free nail treatment with a yummy hot chocolate to help cheer you up	2pm - 3pm
	<b>Stone Cross Library</b>	eBay Taster Session Learn how to bid, buy and sell on the world's biggest auction website, a great way to recycle your unwanted gifts	2pm – 4pm
	<b>Thimblemill Library</b>	Blue cake Coffee Morning - everything is Blue today and that's including the cakes. Sit back with a cuppa and enjoy the company	10.30am - 11.30am
	<b>Thimblemill Library</b>	Blue Prize bingo - eyes down, bingo pens at the ready for our fun prize bingo afternoon	2pm - 3pm
	<b>Thimblemill Library</b>	The Marvellous Mabel Normand Film with live music from The Meg Morley Trio - the screening is part of comic Genius - a nationwide celebration on screen led by BFI promoted by BCT	7pm - 9pm





Date	Library	Description	Time
<b>Monday 21 January</b>	<b>Tipton Library</b>	Blue Monday - Adventures in Dementia - Award winning comedian Steve Day tells his story of caring for a parent with dementia. It is thought provoking, inspirational and funny.	2pm - 4pm
	<b>Wednesbury Library</b>	Blue Monday - Autism Coffee Morning Support Group. Drop in for a coffee and a chat.	10am - 11am
	<b>Wednesbury Library</b>	Blue Monday - FREE Reiki session. Book your appointment with a member of staff.	10am - 3pm
<b>Tuesday 22 January</b>	<b>Blackheath Library</b>	Basic Computers – Want to learn a new skill why not join our basic IT group – run by Kaleidoscope	12pm – 1.30pm
	<b>Blackheath Library</b>	Ancestry Club - Join our friendly group to find out who your ancestors were.	1.30pm – 3.30pm
	<b>Bleakhouse Library</b>	Blue Monday Week Yoga - Shake off the January blues by joining in with this relaxing yoga class	9am - 10am
	<b>Bleakhouse Library</b>	Blue Monday Week Coffee Mornings – Banish the January blues and join us for a cuppa and a chat	10am - 12pm



Date	Library	Description	Time
<b>Tuesday 22 January</b>	<b>Central Library</b>	Colour Therapy – Colouring session for Adults to help relieve stress	10.30am –12.30pm
	<b>Cradley Heath Library</b>	Kaleidoscope Plus Support Group	10.30am –12.30pm
	<b>Great Barr Library</b>	Circle Players - An established amateur dramatic group for budding actors!	7.30pm - 9.30pm
	<b>Hamstead Library</b>	IT for beginners - Help is available for those who would like to brush up on IT skills. Creating email accounts, Job search and more. Please ask a member of staff for more information and to make an appointment	2.30pm - 3.30pm
	<b>Hamstead Library</b>	Games to Play - Xbox One and PS4 available for you to play - ask staff	3.30pm - 4.30pm
	<b>Oakham Library</b>	Over 50's Group Social Group - A fun group for over 50's including refreshments, socialising and bingo. The group also organises regular trips.	11.30am – 2pm
	<b>Oldbury Library</b>	Adult Craft Card Making Session - Join our friendly group for a mood boosting card making session.	10.30am – 1.30pm



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<b>Tuesday 22 January</b>	<b>Oldbury Library</b>	Blue Monday invitation to Asian ladies to engage in singing, chatting and gentle exercise.	10am – 1pm
	<b>Smethwick Library</b>	My Time Active - Tuesday group - Health MOT. Advice on healthy eating and exercise.	10am - 4pm
	<b>Thimblemill Library</b>	Gentle Relaxing yoga with Paul - gentle relaxing yoga with Paul, learn the techniques of yoga for this free taster session	12.15pm - 1pm
	<b>Thimblemill Library</b>	Afternoon film with blue in the title, sit back relax into a film and free refreshments	2pm - 4pm
	<b>Wednesbury Library</b>	Blue Monday - From Folk Remedies to Pharmacy. Join us for a special talk with Marie Fogg.	2pm - 3pm
<b>Wednesday 23 January</b>	<b>Blackheath Library</b>	Story and rhyme time for under 5's – come along for a fun and interactive time and an informal socialising time for parents too.	10am – 11am
	<b>Blackheath Library</b>	Knit & Natter Group - Come along and share your knitting skills in our friendly group	10am – 12pm



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<b>Wednesday 23 January</b>	<b>Blackheath Library</b>	Kaleidoscope Plus Group – An informal drop in and Quiz morning for anyone with mental health support needs	10.30am –12.30pm
	<b>Blackheath Library</b>	Mytime Active – Weigh Management Support. Come along and get advice and guidance on healthy weight loss & management. To book an initial appointment call 0121 366 0966/0800 011 4656	12pm – 2.30pm
	<b>Blackheath Library</b>	Health Exchange Stop smoking Clinic – Want to kick the habit why not drop in to this stop smoking service to support you	2pm – 5pm
	<b>Brandhall Library</b>	Blue Monday craft club - Beat the Blues this week with crafting and a cuppa	10am - 12pm
	<b>Central Library</b>	Coffee morning – Tea, coffee, cake and bingo with our friends from Ideal for All	10.30am –12.30pm
	<b>Cradley Heath Library</b>	Craft and Chatter - Bring along your craft pieces to work on and meet other crafters. Free Refreshments available.	10am – 12pm
	<b>Cradley Heath Library</b>	Reading Group "Readers Aloud" is an adult reading group with a difference. Listen and read to others. New members welcome.	2.30pm – 4.30pm



Date	Library	Description	Time
<b>Wednesday 23 January</b>	<b>Great Barr Library</b>	Library Singers - Come and have fun in a relaxing atmosphere with like-minded people. No auditions necessary.	10am – 12pm
	<b>Hamstead Library</b>	Games to Play - Xbox One and PS4 available for you to play-ask staff	3.30pm - 4.30pm
	<b>Hill Top Library</b>	Blue Monday - Join our Knit and Natter Group, if you can't knit just come for a cuppa and natter	2pm - 3pm
	<b>Oakham Library</b>	Mytime Active – Weigh Management Support. Come along and get advice and guidance on healthy weight loss & management. To book an initial appointment call 0121 366 0966/0800 011 4656	10am – 1pm
	<b>Oakham Library</b>	Mytime Active – Weigh Management Support. Come along and get advice and guidance on healthy weight loss & management. To book an initial appointment call 0121 366 0966/0800 011 4656	2pm – 4.30pm
	<b>Oakham Library</b>	Knit & Natter - Bring your knitting & we'll start you off if you're a beginner. Come and meet new friends over a cuppa.	2.30pm – 3.30pm
	<b>Oakham Library</b>	Afterschool games club - Pop to Oakham Library afterschool every day to play on the XBOX, PS4 or Football Table. Just ask a member of staff.	3pm – 4.45pm



Date	Library	Description	Time
<b>Wednesday 23 January</b>	<b>Oakham Library</b>	Go Play Sandwell will be providing children's fun arts, crafts and board games.	3pm – 5pm
	<b>Oakham Library</b>	Blue Monday - Fun Family Quiz Night - Refreshments and a raffle included - £2 per person.	7pm - 9pm
	<b>Oldbury Library</b>	Asian Mental Health Group - Drop in and have a chat within a safe and friendly environment	2pm – 3pm
	<b>Rounds Green Library</b>	Knit and Natter Group - Whether you are a beginner or an experienced knitter, all are welcome at our friendly group, with refreshments and good company provided.	10am - 12.30pm
	<b>Rounds Green Library</b>	Mindfulness Activity Session - Clear your mind with a selection of adult colouring pictures and puzzles.	11.30am - 12.30pm
	<b>Smethwick Library</b>	Card Making - Learn a new skill and meet new friends in a relaxing setting to beat that Blue Monday feeling	10.30am - 11.30am
	<b>Stone Cross Library</b>	Afternoon Tea Drop in for a drink and a chat	2pm – 4pm



Date	Library	Description	Time
Wednesday 23 January	Wednesbury Library	Blue Monday - Meet up with friends and enjoy a coffee and a chat.	10am - 12pm
	Wednesbury Library	Shake off those winter blues and join us for a Feel-Good Movie	2pm – 4pm
Thursday 24 January	Blackheath Library	Thursday Coffee Social - Meet new friends in an informal setting and over a cuppa or two.	10am – 12pm
	Blackheath Library	Basic Computers – What to learn a new skill why not join our basic IT group – run by Kaleidoscope	1pm – 2.30pm
	Blackheath Library	Yoga session by Poonam – Enjoy a time of relaxation and fitness at an accessible weekly class for people of all ages, fitness and ability. £5.00 per session	6.30pm – 7.30pm
	Bleakhouse Library	Blue Monday Week Art Group - Banish the Blues and join our lively art group and discover your artistic talents	9.30am - 11.30am
	Bleakhouse Library	Tai Chi - Alleviate stress and anxiety and promote serenity and inner peace with our tai chi taster session	2pm - 3pm



Date	Library	Description	Time
<b>Thursday 24 January</b>	<b>Brandhall Library</b>	Blue Monday yoga class - Beat the January blues with a relaxing yoga session	1.30pm - 2.30pm
	<b>Central Library</b>	Colour Therapy – Colouring session for Adults to help relieve stress	10.30am –12.30pm
	<b>Central Library</b>	Play'n'Stay – A chance for you and your child to play and meet new friends in a welcoming, relaxing environment.	1.30pm – 2.30pm
	<b>Great Barr Library</b>	Knit and Natter - Meet new friends and share ideas and help over a cuppa! 10.30am-1.00pm	10.30am – 1pm
	<b>Great Barr Library</b>	Tai Chi - A chance to keep mind and body fit as you exercise.	5.15pm – 6pm
	<b>Oldbury Library</b>	Kaleidoscope Health & Well-being - A drop in support group helping people to manage their own health and well-being.	2pm – 4pm
	<b>Oldbury Library</b>	Yoga - A friendly, accessible class for people of all ages and abilities.	4pm – 5pm





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Thursday 24 January	Smethwick Library	Happy Painters - Art group for all abilities, with the aim to help wellbeing.	10.30am - 12.30pm
	Thimblemill Library	Smethwick in the 1 <sup>st</sup> World War - with local historian Mary Bodfish, talk and film show	2pm - 3pm
	Wednesbury Library	Colour Therapy – Adult Colouring session with a cuppa	11am – 12pm
Friday 25 January	Blackheath Library	Story and rhyme time for under 5's – come along for a fun and interactive time and an informal socialising time for parents too.	10am – 11am
	Blackheath Library	iPad basics session - Learn the basics of using an iPad, including how to browse the internet, use social media/email and much more.	11am – 12.30pm
	Blackheath Library	Learn to play the ukulele with the Blackheath Ukulele Collective every Friday – all levels are welcome	5pm – 7pm
	Central Library	Film Friday – Ease into the weekend with a film. Bring your own popcorn!	2pm – 4pm
	Cradley Heath Library	Cradle Club - Join us for our under 5's stay and play session and give your little one's time for play and crafts!	2pm – 3pm
	Great Barr Library	Coffee Morning - Come along and join us for a cuppa whilst browsing our shelves for your next great read	10am – 12pm



Date	Library	Description	Time
<b>Friday 25 January</b>	<b>Great Barr Library</b>	Yoga session for mind body and soul to improve your health.	5.30pm – 6.30pm
	<b>Hamstead Library</b>	Go Play - Creative Academies - Creative Academies craft and play session for ages 6 -12	3.30pm - 4.30pm
	<b>Hamstead Library</b>	Games to Play - Xbox One and PS4 available for you to play-ask staff	3.30pm - 4.30pm
	<b>Hill Top Library</b>	Blue Monday - Chase away the blues by finding out what's on offer at your library and chat to our friendly library staff.	11am – 12pm
	<b>Oakham Library</b>	Afterschool games club - Pop to Oakham Library afterschool every day to play on the XBOX, PS4 or Football Table. Just ask a member of staff.	3pm – 4.45pm
	<b>Oldbury Library</b>	Knit & Natter - Banish the January Blues, come and join our friendly, chatty group of knitters.	10.30am –12.30pm
	<b>Rounds Green Library</b>	Feel Good Coffee Morning - Come and relax with a good chat and good company, all over a nice hot cuppa.	10.30am - 12.30pm
	<b>Smethwick Library</b>	Coffee morning - Free 'self-serve' drinks and colouring sheets available	11am – 12pm
	<b>Stone Cross Library</b>	Coffee Morning Come along to make friends for a cuppa. Colouring and games session, adult colouring, jigsaws and board games with refreshments.	9.30am – 12pm



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Friday 25 January	Thimblemill Library	Afternoon Tea Party - with a bit of magic, comedy and poetry with Ron Popple and Dave Bartley	1.30pm - 3.30pm
	Tipton Library	Blue Monday - Cant and colour - Come along to a special Blue Monday cant and colour session, refreshments included.	11am – 12pm
Saturday 26 January	Blackheath Library	Go Play Sandwell will be providing family well-being themed arts and crafts and board games	12pm – 3pm
	Central Library	Go Play craft activities for children – painting, colouring and creative sessions	10am – 12pm
	Central Library	Saturday Children’s Club – Crafts, colouring and console games available. A chance for you to play and meet new friends	12pm – 3pm
	Great Barr Library	Crafty Bookworms - Fun arts and crafts to make for children 3 and over	11am – 12pm
	Oakham Library	Saturday morning craft club – Fun messy craft available very Saturday morning	11am – 12pm
	Smethwick Library	Coffee morning - Free 'self-serve' drinks and colouring sheets available	11am – 12pm



Date	Library	Description	Time
Saturday 26 January	Stone Cross Library	Boredom Buster Drop in craft session for all the family.	11am – 2pm
	Thimblemill Library	Blue quiz afternoon, prize for the winner! Join us for an afternoon of general knowledge in the mighty blue quiz	2pm - 3pm
	Wednesbury Library	Blue Monday - Meet up with friends and enjoy a coffee and a chat.	11am – 12pm

**For further information contact your local library  
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**Parents and carers are responsible for all children  
in their care while they are in the library.  
No child under 8 years of age should be  
left unaccompanied at events.**