

**Comhairle Contae  
Fhine Gall**  
Fingal County  
Council



**Leabharlann Shoir: Feabhra 2020**  
**Ríomhphost: [swordslibrary@fingal.ie](mailto:swordslibrary@fingal.ie)**  
**Fón: (01) 8905894 / 5582**

## Swords Library Events for February 2020

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**Email: [swordslibrary@fingal.ie](mailto:swordslibrary@fingal.ie)**  
**Contact us at (01) 8905894 / 5582**

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### Events for Children



#### **Sensory Friendly Yo-Yo Yoga**

**Thursday, 27th February at 6:00 PM**

An introduction to Yoga for children aged 7 and older, and their families. Particularly geared towards children on the ASD spectrum, but all are welcome to benefit from the simple, fun and effective exercises, with some suggestions for beginning yoga at home. Nicola Foxe has been teaching yoga to children and adults since 2011, with a particular focus on children and teenagers with special needs. She trained in India, where she developed a passion for this work, and has further qualifications from YTI, Rainbow Kids and Special Yoga, London. She is also an SNA, qualified in child psychology, childcare, paediatric first aid, and has a wide range of experience in working with children and young adults of all ages and abilities. Suitable for ages 7+.

# Events for Adults



## **E-Services**

### **Wednesday, 5<sup>th</sup> February between 6:30 – 7:30 PM**

Stop by any time between 6:30 and 7:30 PM to learn about the e-services offered by the library. Library staff will answer any of your questions about our e-services and show you how to use them.



## **E-Services**

### **Tuesday, 25<sup>th</sup> February between 2:30 – 3:30 PM**

Stop by any time between 2:30 and 3:30 PM to learn about the e-services offered by the library. Library staff will answer any of your questions about our e-services and show you how to use them.



## **Fingal Volunteer Centre**

### **Thursday, 27<sup>th</sup> February from 3:30 – 5:00 PM**

Stop by any time between 3:30 and 5:00 to find out more about volunteering opportunities in Fingal.

# Ongoing Events



## **Club Leabhair Naíonán / Grúpa do Thuismitheoirí agus Naíonáin**

### **The Baby Book Club / Parent & Toddler Group**

### **Tuesday, 25<sup>th</sup> February at 10:30am**

This free event includes storytelling and fun activities for pre-schoolers.



## **Foirm san Fhilíocht / Form in Poetry**

### **Tuesday, 25<sup>rd</sup> February 5:50pm**

This is a free Poetry workshop hosted by Poet, Máighréd Medbh.

## Upcoming in the first week of March ...

### **Handling Anxiety in Children and Teens with Stella O'Malley**

**Monday, 2nd March at 6:30 PM**

Anxiety is the most common mental health issue in Ireland today. Not only that, but anxiety is often contagious and so anxiety can infect the whole family. Anxiety is often described as an over-estimation of the danger and an under-estimation of your ability to cope. This talk provides helpful tips and strategies for parents to teach their perspective and help their children feel more able to cope.

### **Bricks4Kidz**

**Wednesday, 4th March at 3:30 PM**

In this workshop, teachers provide a 10-15 minute themed lesson, students build the model of the day with simple step by step instructions, and students explore their own creativity through free play time. Suitable for ages 5-12.

## Now taking names ...

### **Beginner Computer Courses**

In this free 8 week course, you will learn the basics of computer use. We are now taking names for the next class which will be beginning in late March. Space is limited so please book early to avoid disappointment.

**Please book your place for the above events by contacting the library @ (01) 8905894 / 5582. All events are on a first-come first-served basis.**

**Tá Leabharlanna Fhine Gall ar na Meáin Shóisialta!  
Fingal Libraries are on Social Media!**



**Tabhair cuairt ar an leabharlann arlíne:**

**<https://www.fingal.ie/fingallibraries>**

**Visit our Library page on <https://www.fingal.ie/fingallibraries>**