September 2025 | Newsletter

## Torpoint Library and Community Hub



## We welcomed 5,585 people through the door this month!

The new Menopause Group is going very well, and runs once a month in the evening at the library. It is a friendly support group facilitated by a qualified local lady, Sarah



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Fit™
FREE SESSION

Are you peri menopausal, menopausal or post menopausal?

- Unexplained aches and pains
- · Poor sleep
- · Midsection weight gain
- ♪ Hot Flushes....

The Summer Reading Challenge has ended!

Well done to everyone who took part in both the main challenge and the mini challenge. We are now working hard to write out the **104 finishers** certificates ready for them to be sent out to schools.

We were sad to say
Farewell to Jayne, who
has volunteered in
Dreckly's cafe for over 2
years!
Good Luck on your new
adventure Jayne



Healthy
Cornwall have
completed 20
health checks
this month

Our Craft group is going so well!
Krystal has been teaching the group Quilling.



They also turn their hands to lots of other activities such as, cross stitch, knitting and lace making! All welcome!

This month we had a
Parenting Drop-in facilitated
by Ben our Parenting Advisor.
Ben met with several parents
and promoted the Parenting
Training that is **free**.
The next session will be
Thursday 1<sup>st</sup> October 11am 1pm at the library