



Put a Spring in Your Step at the Library

Spring is upon us, and summer is just around the corner and thoughts of sunshine and better weather make many of us start to think about getting fitter and boosting our health and wellbeing. Libraries stock a wide and diverse range of books, audio books and DVDs that can help you achieve your goals.

We have a wide selection of books on general lifestyle topics, like cookery, gardening and sport and exercise, and many other titles covering specific health-related conditions.

We also have a number of initiatives running in selected libraries around the county aimed at addressing very specific conditions such as mental health and autism.

Well Read is an initiative that provides a collection of books on mental health to borrow. It's open to everyone and aims to encourage people to help themselves to manage their mental health. If you're feeling down, or stressed, for example, there might be some books in the Well Read collection for you. All the books in the Well Read collection are easily recognised as they have a 'Well Read' sticker on them and are free to request. Topics covered include anxiety, depression, grief, stress and trauma.



Well Read Junior is a new collection of books aimed at children, young people and their parents and carers. Titles cover conditions such as OCD, eating disorders, divorce and family relationships and ADHD.



Autism? Your Questions Answered is a range of books and DVDs covering autistic spectrum conditions. In Cumbria, we are the first library service in the country to work in partnership with The National Autistic Society to offer a specialist book collection. Books in the collection deal with issues such as adolescence, adulthood, employment and books for parents. There are currently two autism collections in the county based in Carlisle and Barrow Libraries. More information on the collections and on how to contact The National Autistic Society Helpline can be found at cumbria.gov.uk/libraries

The Macmillan Cancer Information Project is a partnership between Cumbria Libraries, the North Cumbria University Hospitals NHS Trust, the Macmillan cancer charity and other organisations including Age UK. Seventeen libraries around the county offer specialist book collections aimed at providing information to cancer patients and their families, and some of the libraries also offer drop-in sessions hosted by trained Macmillan information and support volunteers.

You can find more information on the titles contained in these collections at cumbria.gov.uk/libraries.



Celebrate the Diamond Jubilee

Queen Elizabeth II celebrates her Diamond Jubilee this year – sixty years as monarch. Since taking over the role at the age of 25 she has seen an enormous amount of change and development take place.

Here are some things you may not know about The Queen:

- Queen Elizabeth II is the second-longest serving monarch, with Queen Victoria having the longest reign at 63 years.
- The first football match The Queen ever attended was the 1953 FA Cup Final.
- The Queen has launched 21 ships during her reign.
- Although we celebrate it in June officially, The Queen's real birthday is 21 April.
- The Queen has owned 30 corgis during her reign, starting with Susan who was given to her on her eighteenth birthday in 1944. She currently has three corgis – Holly, Willow and Monty.

If you're interested in finding out a bit more about Queen Elizabeth II, her life and her sixty year reign, why not try one of the following books?

Sixty Glorious Years: Queen Elizabeth II, Diamond Jubilee 1952-2012 by **Victoria Murphy**

The Diamond Queen: Elizabeth II and Her People by **Andrew Marr**

Elizabeth: Her Life, Our Times: A Diamond Jubilee Celebration by **Alan Titchmarsh**





Orange Prize Shortlist Announced

This year's Orange Prize for Fiction shortlist was announced on 17 April 2012. Shortlisted titles are:

- *Half Blood Blue* by **Esi Edugyan**
- *The Forgotten Waltz* by **Anne Enright**
- *Painter of Silence* by **Georgina Harding**
- *The Song of Achilles* by **Madeline Miller**
- *Foreign Bodies* by **Cynthia Ozick**
- *State of Wonder* by **Ann Patchett**

The judges for the 2012 Orange Prize for Fiction are:

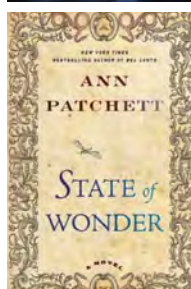
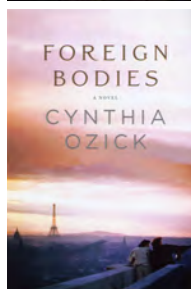
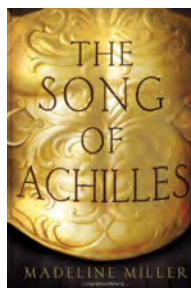
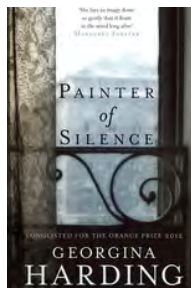
- Joanna Trollope, (Chair), Writer
- Lisa Appignanesi, Writer, Novelist and Broadcaster
- Victoria Derbyshire, Journalist and Broadcaster
- Natalie Haynes, Writer and Broadcaster
- Natasha Kaplinsky, Broadcaster

This year's shortlist honours both new and well-established authors, including a debut novelist and a previous Orange Prize winner; Ann Patchett, who won the Orange Prize for Fiction ten years ago for *Bel Canto* (2002).

The Prize was set up in 1996 to celebrate and promote fiction by women throughout the world to the widest range of readers possible and is awarded for the best novel of the year written by a woman.

The winner will be presented with a cheque for £30,000 and a limited edition bronze statue known as 'the Bessie', created by artist Grizel Niven.

The award ceremony will take place in The Clore Ballroom, Royal Festival Hall, Southbank Centre, London, on 30 May 2012.



12-18 May is Adult Learners Week

As usual, libraries across the county will be running adult-learning themed events and activities to highlight this year's Adult Learners Week.

This year Adult Learners' Week has introduced seven themes for learning to help you decide which areas you might be interested in.

- Learning through Art and Culture
- Learning with your Family / Community
- Learning for Health
- Learning through Sport and Leisure
- Learning through Technology and Innovation
- Learning for Work

Learning doesn't have to be formal – in a classroom, or sitting an exam. Just by coming along to one of our activities during Adult Learners Week, or borrowing a book on one of the subjects above contributes towards your learning, and it might just tempt you to take your learning a stage further by joining an adult education class.

Keep an eye out for details of Adult Learners Week events and activities in libraries in your area on our library Facebook page or on our website – cumbria.gov.uk/libraries

May is Local History Month

Look out for talks, events and activities taking place at a library near you. Visit the website cumbria.gov.uk/libraries - or see our Facebook page for more details.



Adult Learners Week Events

Creative Writing Workshop

Led by novelist, travel writer, poet and journalist Angela Locke

Saturday 19th May at Carlisle Library 10am - 4pm

Tickets cost £10 (refreshments included, but bring your own lunch) available from Carlisle Library
Tel. 01228 227310

All materials are provided, so all you need to bring is your imagination!

Practical Wisdom - Why Philosophy Matters

A talk and discussion with Michael Travers

Philosophy in counselling; for children; in business; for managers; in everyday life

Carlisle Library Thursday 18th May, 2pm

Tickets £1.00, available from the library 01228 227310



Meet the Historian

Local and family history enquiries

Monday 14th May at Carlisle Library
10am - 12noon

Denis Perriam will be available in Carlisle Library to discuss your local history enquiries.

Ancestry Taster Sessions

Using the Ancestry website

Carlisle Library
Tuesday 15th May, 2pm
Thursday 17th May, 2pm

An introduction to family history using the Ancestry website. Book a free session in the library.





Carlisle Library presents

Illustrated Art talks given by David Cross

Nordic Art
Thursday 3rd May, 12 – 1pm

Science through the eyes of the artist
Thursday May 17th, 12 – 1pm

Tickets £2, available from the library
Tel. **01228 227310**

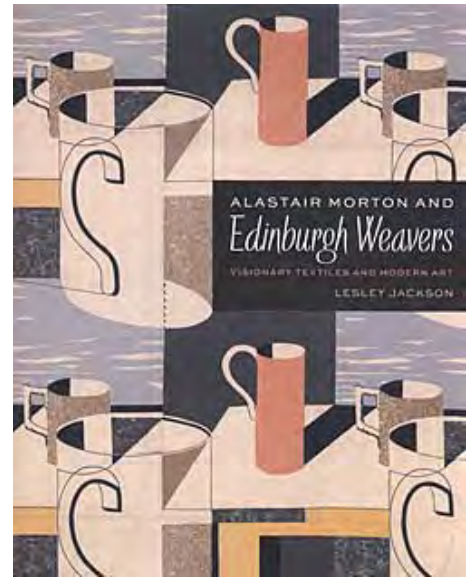


New local books available in the library

Alistair Morton and the Edinburgh Weavers - Visionary Textiles and Modern Art
Lesley Jackson

The Carlisle based company, Edinburgh Weavers, was one of the most important textile companies of the twentieth century.

Alastair Morton, visionary art director of the company, commissioned a remarkable series of textiles from leading British artists, including Ben Nicholson, Barbara Hepworth and Elisabeth Frink, as well as artist-designers, such as Marion Dorn, Ashley Havinden and Lucienne Day. Morton was also a gifted artist, textile designer and weaver in his own right. This long overdue study traces his wide-ranging career and records the history of Edinburgh Weavers and the glorious textiles it produced. Drawing on the V&A's extensive archive this impressive book features over 300 images of artists' textiles unparalleled in quality and scope and is an invaluable resource.



Local History Month

Two new Carlisle city centre walks available

Two new city centre walks, describing the history of the area and the buildings, have been prepared by Carlisle Library with the help of Denis Perriam and are available to download as PDFs from the Cumbria Libraries website, at www.cumbria.gov.uk/libraries/localstudies/default.asp

The areas covered in the new walks are:

- The Crescent and Court Square
- The Victoria Viaduct and Nelson Bridge