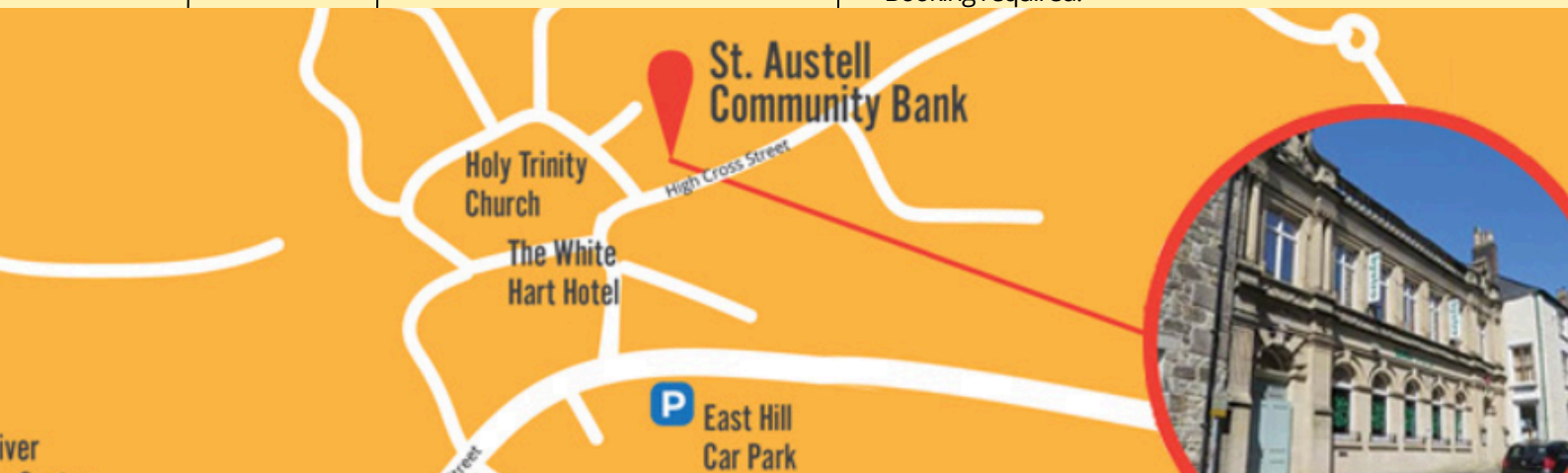


# What's on? Activities

## The Bank, January 2025

CN4C offers many ways for the community to come together & they are all completely free!

<b>Mondays</b>	<b>11:30 - 13:00</b>	<b>Job Club</b>	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
<b>Tuesdays</b>	<b>10:00 - 14:00</b>	<b>St Petrocs</b>	Offering homelessness advice. Drop in and appointments available.
	<b>12:00 - 14:00</b>	<b>Community Lunch</b>	Good food and a friendly chat. No booking required. Advice and Guidance available.
	<b>10:00 - 14:00</b>	<b>Affordable Food Club</b>	A subscription based food larder.
	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	Come and exchange any household items for other items you may need.
	<b>13:00 - 15:00</b>	<b>Health Checks</b>	30 minute health checks run by Healthy Cornwall. Running every fourth Tuesday. Book in advance.
	<b>13:00 - 15:00</b>	<b>Stop Smoking Clinic</b>	20 minute appointments run by Healthy Cornwall. Running every second Tuesday. Book in advance.
<b>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>Crafty Chat with ArtsWell</b>	Fun craft sessions with a friendly chat. No booking required.
	<b>18:00 - 19:30</b>	<b>Georgia's Voice</b>	Fortnightly mental health support group for young women aged 18-25.
<b>Thursdays</b>	<b>10:30 - 12:00</b>	<b>Falls Prevention</b>	Keep active, get connected, and improve your strength and stability to help prevent falls. Delivered by Age UK.
	<b>13:30 - 15:00</b>	<b>Step Into Wellness</b>	7 week programme improving mental, physical and emotional wellness. Starting 16th January. Run by Age UK.
	<b>14:00 - 16:00</b>	<b>The HELP Drop-in</b>	Safe space. Everyone welcome! Information, Advice and Guidance available.
	<b>19:00 - 21:30</b>	<b>A Band of Brothers</b>	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system
<b>Fridays</b>	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	Come and exchange any household items for other items you may need.
	<b>12:00 - 14:00</b>	<b>Nature Club with CWT</b>	Join Cornwall Wildlife Trust to create some art with nature.
	<b>12:00 - 14:00</b>	<b>Lunch Club and Advice</b>	Good food and a friendly chat. Advice and Guidance available. No booking required.
<b>Saturdays</b>	<b>10:00 - 12:00</b>	<b>St Awesome Breakfast Club</b>	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	<b>13:30 - 15:30</b>	<b>The Young Ukrainian Youth Club</b>	A space for young Ukrainians to meet, make new friends and have fun. Lunch included. ArtsWell music sessions.
	<b>15:00 - 17:00</b>	<b>Art and Relax with ArtsWell</b>	Come and create art in a relaxing environment. Open to all. Booking required.



# What's on? Courses

## The Bank, January 2025

CN4C offers many ways for the community to come together & they are all completely free!

Mondays	09:30 - 13:30	Harvesting & Preparing for Autumn	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	13:30 - 15:30	Empowering Communities	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
Wednesdays	10:00 - 13:00	Autumn Eats: Cooking Made Easy	Learn some new cooking skills and enjoy your food afterwards. Booking required.
Fridays	10:00 - 13:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.

We offer three different personal development training courses. Details below. Register your interest now!

## Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACEs recovery" to explore how we can start to move forward from these experiences

## SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

## HOPE Help Overcoming Problems Effectively

HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.