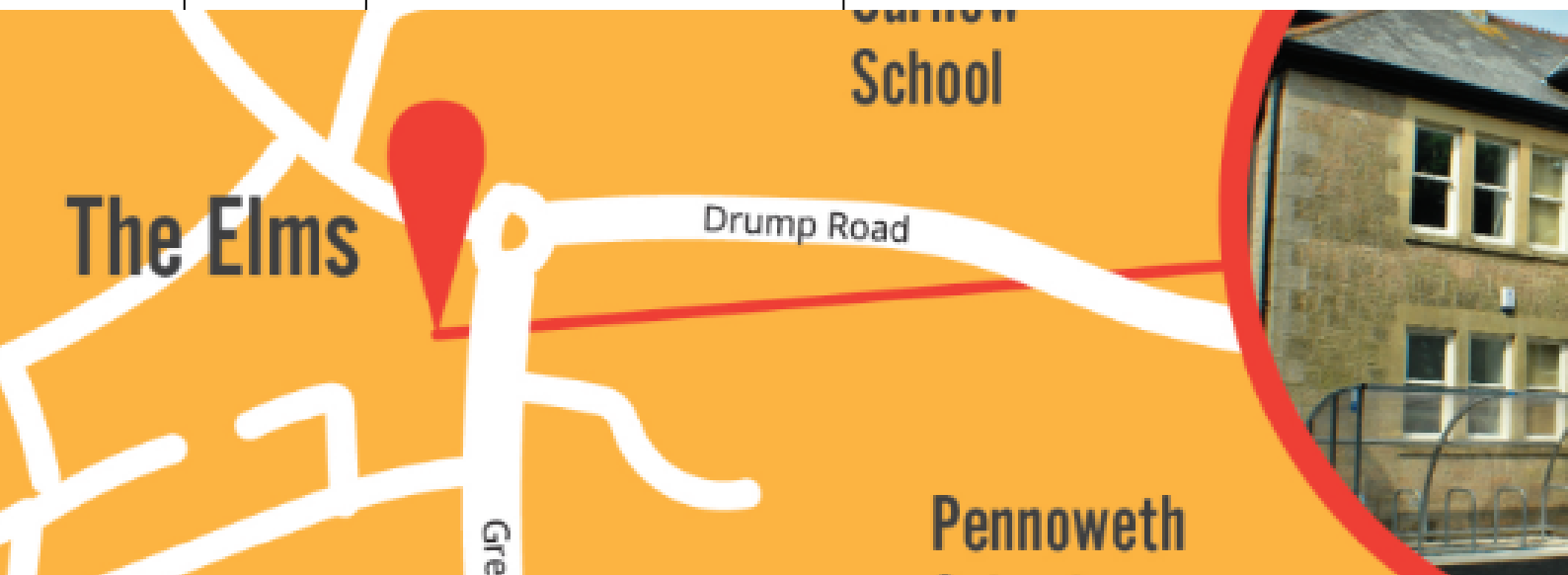


What's on?

Activities The Elms, November 2025

Mondays	9:30 - 11:30	Tiny Tots	Playgroup for under 5's and their parent/carer. Pool Family Hub, behind Treloweth School.
	9:30 - 12:30	Rise & Thrive	Enrichment group - hands-on activities for those not attending school including crafts, cooking and trips out.
	12:00 - 14:00	Health Coaching	Appointments or drop-ins available. Run by Healthy Cornwall. Optional weigh in available.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
	15:00 - 17:00	Games Galore!	Come along and play a board game, a strategy game or a group game with us! No booking required.
Tuesdays	09:30 - 11:30	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Come and enjoy a story, rhymes, and gentle play in a warm and friendly atmosphere.
	13:30 - 15:00	Woman Kind	Our women's peer support group. Safe supportive space for all women. Introduction/referral needed.
	19:00 - 20:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 12:00	Drop In with Coodes Solicitors	Free legal consultations on 13 th & 27 th from Coodes Solicitors.
	10:30 - 12:30	HELP Crisis Drop In	Drop in for advice and guidance with our team every week.
	10:00 - 13:00	Health Checks	Health checks by Healthy Cornwall on 20th November. Booking in advance required. Eligibility criteria applies.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required. Weather dependant.
Fridays	10:00 - 12:00	Chilled Art Group	Bring your own craft project and enjoy a relaxed, social space to create! Limited materials and prompts available.
	12.30-15:00	VIVA Co-Design Group	Join the VIVA group to talk about what really matters to you, and challenge the systems that don't work for people.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 13:00	Why Don't You? Club	Fully accessible family activities for children aged 5-16 designed to be enjoyed by all. Booking required.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.



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What's on? Courses

The Elms, November 2025

Mondays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Tuesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00-12:00	PAACE - Trauma Recovery Course	Learn how childhood trauma affects adults and ways to recover from it. Starting 11 th November. Booking essential.
Wednesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Thursdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	14:00 - 16:00	Digital Basics	Improve your digital skills and confidence with our beginners course.
	14:00 - 15:30	Stronger Together	Join our 10 week course to 18 th December for simple tips to eat well, feel good and stay independent. Booking essential.
Fridays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.

Coming Soon!

True You: Unlock your Best Self

Learn simple ways to care for your hair, skin and nails to boost confidence and feel your best.

Digital Basics 2026

Join the next course to improve your skills and build your confidence!

Community Kitchen: Cooking Together, Learning Together

Learn to cook budget friendly seasonal food and make meals for our community members

HOPE 6 week programme

Join the next group on the 6 week HOPE programme, starting November.

Stronger Together 2026

Join the next course for easy to follow tips to improve your wellbeing!

What's on? Activities

The Bank, November 2025

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

Mondays	09:00 - 17:00	St Awesome	We are open 9am to 5pm for appointments with the team to talk about what matters to you.
Tuesdays	10:00 - 14:00	Affordable Food Club	A subscription based food larder.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
Wednesdays	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat. No booking required.
	18:00 - 19:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	09:00 - 17:00	Santander Community Advice	Community banking advice from Santander.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	13:00 - 15:00	Health Checks & Stop Smoking Clinic	Health Checks or Stop Smoking support with Healthy Cornwall. Booking essential.
	14:00 - 16:00	The HELP Drop-in	Information, Advice and Guidance on what matters to you. Drop in and chat with our team.
Fridays	10:00 - 12:00	St Awesome Breakfast Club	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.



What's on? Courses

The Bank, November 2025

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

Mondays	11:00 - 12:30	Stronger Together	Join our 10 week course from 6th October for simple tips to eat well, feel good and stay independent.
Thursdays	10:00 - 12:00	Digital Basics	Improve your skills and build your confidence with our beginners course - sign up now!

Coming Soon!

HOPE

A 6 week course where you can learn a positive approach to looking after yourself.

Community Kitchen: Cooking Together, Learning Together

Learn to cook budget friendly seasonal food and make meals for our community members

Digital Basics: 2026

Improve your digital skills and your confidence with our beginners course in the new year.