

# What's on? The Elms, December 2023

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

<b>Mondays</b>	<b>10:30 - 15:30</b>	<b>Creative Communities</b>	Combines both writing and art in a variety of ways. Last session on the 11th December.
	<b>10:30 - 12:00</b>	<b>Cuppa Companions (Tyacks Hotel)</b>	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	<b>11:00 - 15:00</b>	<b>Christmas Day Meal</b>	Christmas Day Meal on 25th December. Booking required.
	<b>14:00 - 16:00</b>	<b>Healthy Cornwall Weigh In</b>	Health and Wellbeing advice with an optional weigh in. Drop in, open to everyone. Last session on 18th December.
	<b>15:00 - 16:30</b>	<b>Cuppa Companions</b>	An opportunity to meet new people and make new friends. Last session on 18th December.
	<b>16:00 - 19:00</b>	<b>The HOPE Programme</b>	A 7 week course to help build confidence to self-manage health conditions. Booking required.
<b>Tuesdays</b>	<b>09:30 - 13:30</b>	<b>On the Plot (Pengegon Allotment)</b>	Learn how to grow your own fruit and veg at our allotment, with our expert. Last session on 12th December.
	<b>11:00 - 14:00</b>	<b>The Magic Cupboard</b>	A subscription based food larder.
	<b>11:00 - 15:00</b>	<b>Boxing Day Meal</b>	Boxing Day Meal on 26th December. Booking required.
	<b>14:00 - 15:30</b>	<b>Fix It Club</b>	Learn new skills and give your old pieces of loved clothing or furniture a new lease of life.
<b>Wednesdays</b>	<b>10:00 - 13:00</b>	<b>Warm Tums</b>	Under 5s & parent/carer group. Craft activities and a hot lunch provided. Last session on 13th December.
	<b>16:00 - 18:00</b>	<b>Just Be;</b>	A space for young people, with food, activities and on-hand advice.
	<b>16:00 - 20:00</b>	<b>Christmas Party</b>	Christmas Party on 20th December with Santa's Grotto! Booking required.
	<b>19:00 - 20:30</b>	<b>Georgia's Voice Women's Group</b>	Caring, non-judgemental group to chat, or just listen for young women aged 18-25.
<b>Thursdays</b>	<b>09:00 - 11:00</b>	<b>Crisis Drop - In</b>	Drop in for advice and guidance, anything from housing to benefits. Last session on 14th December.
	<b>10:00 - 15:00</b>	<b>Cook Well, Eat Well</b>	Learn some new cooking skills and enjoy your food afterwards. Last session on 14th December.
	<b>10:00 - 15:30</b>	<b>Christmas Cooking Workshop</b>	Running on 7th December. Over 19? Come and join our Christmas Cooking Workshop with Multiply.
	<b>11:00 - 12:00</b>	<b>Puffalots (Illogan)</b>	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre.
<b>Fridays</b>	<b>10:00 - 12:30</b>	<b>Chilled Arts Group</b>	Bring your own arts and crafts projects, tea and biscuits provided.
	<b>13:00 - 16:00</b>	<b>Community Larder</b>	Groceries and 1-1 support to people experiencing hardship.
	<b>15:00 - 16:30</b>	<b>Games Galore</b>	Fun and friendly competition as we dive into a world of board games.
	<b>17:00 - 19:00</b>	<b>Friendly Friday</b>	Good food and a friendly chat. Booking required. No meals on 15th or 22nd December.
<b>Saturdays</b>	<b>10:00 - 14:00</b>	<b>Why Don't You? Club</b>	Fully accessible family activities designed to be enjoyed by all. Booking required. Check Facebook for more info.
<b>Sundays</b>	<b>12:00 - 14:00</b>	<b>Social Sunday</b>	Good food and a friendly chat. Booking required. No meal on 24th December.

The Elms

Drump Road


The Elms, Green Lane, Redruth, TR15 1LS

info@cn4c.org.uk

01209 310610

@CN4C.Cornwall

# Bringing communities together

Cornwall Neighbourhoods for Change 

We offer crisis and job support, activities, courses and social groups for all ages, and so much more!

## A Warm Welcome

Hot food, company and advice and guidance are available 7 days a week all winter

## Social Meals and Cooking

Grow, harvest, cook and eat meals together

## Career Progression

Guidance and financial support for career progression

## Food Larder

Fresh food and veg as well as toiletries for those in need

## Ukrainian Support

Make friends at our weekly online conversational English lessons or pop in for some advice and guidance

## Crisis Support

Basic needs and emergency advice and guidance for food, housing and homelessness, fuel, benefits, wellbeing and access to services

## Clubs and Activities

Community-designed useful, and fun activities that bring people together to learn and share. Just Be;, Warm Tums, Yoga, Walking Groups and many more

## Families

Our "Why Don't You..?" Club will support families and inspire aspiration and achievement

## Learning

Fun learning and skills, from entry-level to professional qualifications. Starting you on your journey or helping you to progress

## TOAST

A learning and work experience programme for brave young people who can't attend school or college but want to find a future path

## Coaching Conversations

1-2-1 support with your wellness, learning or work journey

