


What's on? The Elms, May 2024

Mondays	09:00 - 16:30	Skills for Life Programme	10 week programme for 15-18 year olds who are not in education, employment or training.
	10:00 - 12:00	Multiply Spreadsheet Workshop	5 weekly workshops, whether you're a beginner or looking to refine your expertise. Booking required.
	10:00 - 12:30	Creative Writing (Online)	Online session. Unleash your creativity! Booking required.
	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	13:30 - 16:00	Creative Writing	Unleash your creativity! Face to face session. Booking required.
	13:30 - 15:30	Join the Ride	Bike riding group. Bring your own bike or use one of ours.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends.
	16:45 - 18:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Tuesdays	09:30 - 13:30	On the Plot (Pengegon Allotment)	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	10:00 - 12:00	The Magic Cupboard	A subscription based food larder.
	14:00 - 15:30	Fix It Club with Cornwall Stitches	Learn new skills and give your old pieces of loved clothing a new lease of life.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided. No booking required.
	16:00 - 18:00	Just Be;	A space for young people, with food, activities and on-hand advice. Drop in, no booking required.
Thursdays	10:00 - 12:00	HELP Drop In	Drop in for advice and guidance , anything from housing to benefits.
	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre.
	13:15 - 16:15	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
	17:00 - 19:30	SPACE	10 week course for parents who wants to better understand and support their children's emotions, as well as their own.
Fridays	09:00 - 16:30	Skills for Life Programme	10 week programme for 15-18 year olds who are N.E.E.T. Booking required.
	10:00 - 12:30	Chilled Arts Group	Bring your own arts and crafts projects, tea and biscuits provided.
	12:30 - 16:30	Community Designers	Collaborative issue-solving in our community and understanding perspectives.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 14:00	Why Don't You? Club	Fully accessible family activities designed to be enjoyed by all. Booking required.
	13:30 - 16:30	The HOPE Programme	A 7 week course to help build confidence to self-manage health conditions. Register your interest now!
	14:00 - 16:00	Cultural HELP Drop-In	Struggling to feel settled? Need advice on money, housing, jobs and getting to know your area? Drop in running on 4th & 18th.
Sundays	11:00 - 14:30	Fix it Club with Make A Mends	Give your old pieces of loved clothing a new lease of life. Social Sunday lunch. Booking required.
	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.

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